



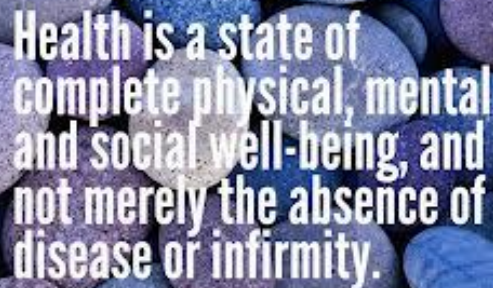
Survey of Mental Health Needs in Primary Care at Franklin



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Introduction

- Overview
 - Background, Methods, Results, Discussion, Recommendations
- Personal interest in primary care & psychiatry / mental health
- Louisiana Public Health Initiative at Franklin
 - Primary Care Capacity Project
 - Collaborative to Improve Behavioral Healthcare Access
- Needs assessment of mental health
- Provider's views on mental health
- How mental health & primary care might look at Franklin



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

-Anonymous





Background

- SBIRT = Screening, Brief Intervention, & Referral to Treatment
- Number of adult patients with a mental health diagnosis
 - Any diagnosis $4665/30,735 = 15\%$
 - Anxiety or depression = 2380 (both anxiety and depression = 363)
- Mental Health Statistics
 - 50% of mental health care provided in primary care
 - 67-80% of psychotropic medications prescribed by primary care
 - Decreased life expectancy for people with mental illness
 - Why is mental health not addressed?
 - Lack of funds (& insurance), lack of mental health providers, lack of time
 - Stigma, limited access
 - Addressing mental health improves physical health
 - diabetes, heart failure, behavior change



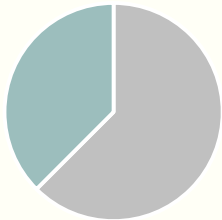
Methodology

- Patient Survey
 - Questions for depression, anxiety, bipolar, eating disorders, sleep, PTSD, substance abuse, safety, & social support
 - Given to 2nd Floor Adult Medicine patients
 - Wednesday 7/17 – Friday 7/26
 - Completed by patient while waiting for the provider
- Provider Survey
 - Questions about thoughts about mental health: their comfort, time spent with patients, importance, integration with primary care, medications, & provider's own mental health
 - Mailed to all providers at Franklin, returned via mail to me

Patient Survey Results

48/57
completed

Gender

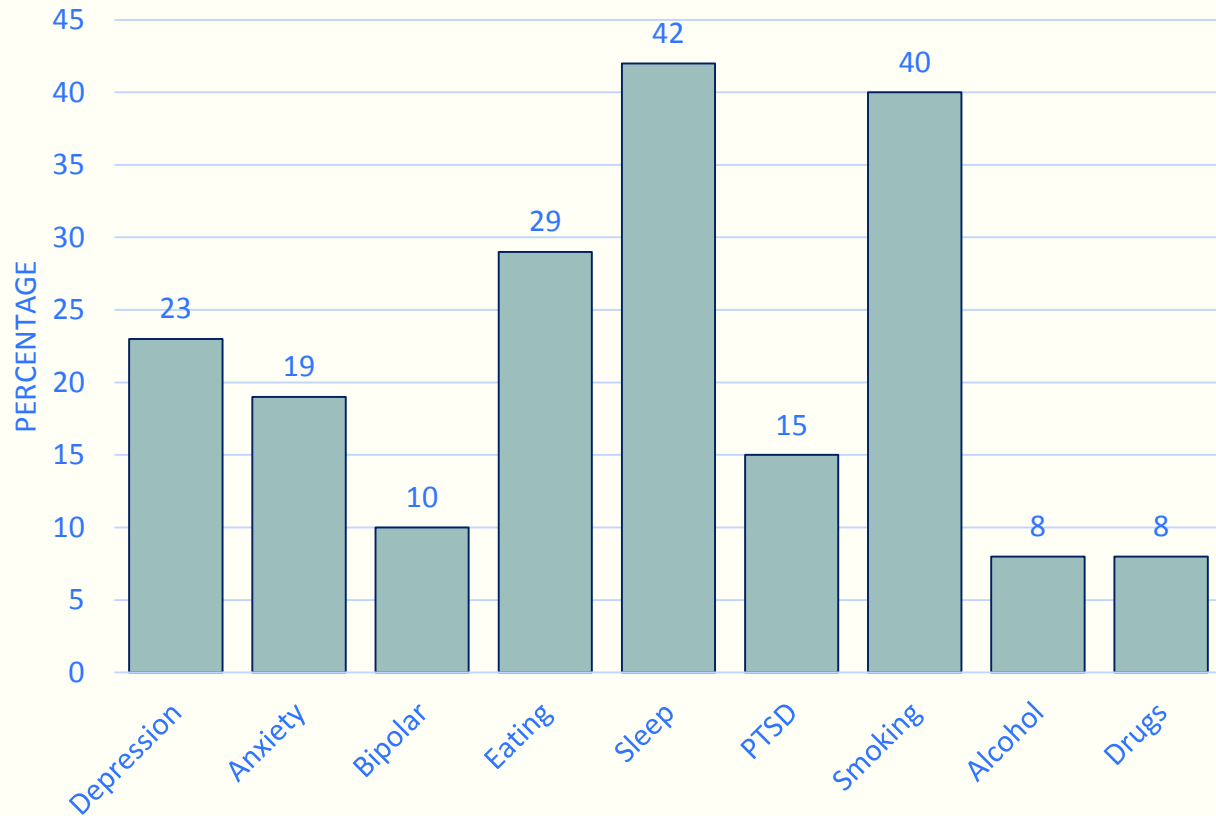


■ Female ■ Male

Age



■ 18-29 ■ 30-40 ■ 40-50
■ 50-60 ■ 60+



17%
stated they had a mental
health concern today

23% issues have made
it somewhat difficult” or
“extremely difficult”



Provider Survey Results

- Comfortable with mental health issues
- Importance of integration, screenings
- Mixed feelings about behaviorists, psychotherapy, Altapoint referrals
- Don't all feel like they have had adequate training, wish they had more training in psychiatric medicines
- Substance abuse referrals underused
- Providers tend to feel burnt out



Discussion

- Prevalent mental health issues
 - Most common: sleep, anxiety, depression, PTSD
 - Frequently take time to discuss these concerns
- Questions Raised:
 - How many patients at Franklin are underdiagnosed/undertreated?
 - How adequately are patients' mental issues being treated
- Further Research:
 - Longer and more extensive study
 - Opportunities for mental health trainings for PCPs
 - Pilot study of integration of a behaviorist to a team
- Possible tangible results of findings
 - Providers made aware of mental health needs of patients
 - Some patients' issues were addressed that day



Recommendations

- Make sure to ask patients about these issues
- Screenings could be done on paper or by MA/RN
 - Positive findings could be followed up with by provider or behaviorist
- Improving mental health will likely improve physical health
 - Improve diabetes and hypertension
 - Decrease rates of smoking
 - Improve sleep and therefore improve heart health
 - Better quality of life, less pain, more functionality
- Provide support for provider's own mental health
- Follow Ryan White HIV Model
- Make providers aware of community resources, substance abuse, Altapoint

Conclusion

- Important and prevalent issues!
- Screenings are useful
- Provider support needed
- Improve health
- Lower costs





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