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Minimizing Triggers

Bailey Havis

Childrens Health

Ashley Miller

Childrens Health

Jorge Zamarripa

Childrens Health

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PICO: The purpose of this EBP is to implement and evaluate the effectiveness of a screening tool identifying triggers and calming actions to increase nurse ability for individualized patient care and communication for developmentally delayed pediatric patients.

Background and Purpose

- Hospital visits can cause a lot of anxiety for children, especially children with developmental delays. This can make the care of our patient's more difficult and ultimately, limit the care they receive. In an environment where there is a lack of understanding and disconnect, children are unable to feel safe and trust their providers. We believe that because CMC Dallas has a large population of developmentally delayed patients, and because it is our responsibility to provide the best care we can to each patient we encounter, we need to identify a way to better connect with this population.
- Overall, the purpose of this EBP is to further analyze how the utilization of the screening tool that identifies triggers and calming measures for the developmentally delayed pediatric population would work to overall decrease the amount of anxiety and increase the amount of successful encounters providers have with their patients. The goal is that by being able to identify the stressors we are able to provide the best care possible, and ultimately, make lives better for children.

Example Tool

Anxiety Triggers Questionnaire

1. What routines does your child find comfort in?
2. How does your child show that they are upset?
3. What factors trigger anxiety in your child? (examples: loud noises, strangers, touch, textures, etc.)
4. What actions, items, or words comfort your child when they are upset?

Recommendations

- Implement screening tool:
 - Encourage staff to utilize tool when appropriate
 - Partner with EPIC to display the screening tool under admission requirements
 - Partner with Psych Resource Nurses for additional recommendations and best practices
- Provide education to families of patients with delays so that they are fully aware of the intention behind the tool and so that they are able to help us better understand and relate to their child

Article Summaries



References

