Screening for post traumatic stress in parents after their child’s admission to PICU

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Parents are significantly distressed during and after PICU

Board & Ryan-Wenger (2002)
• PICU mothers significantly more distressed than general ward mothers 6 months after discharge (n=63)

• PTSD in 27% PICU parents v 7% general ward parents 6-12 mths post discharge
  (n=62)

• 21% PTSD at 4 month follow up (n=161)

NICE guidelines on PTSD
• Evidence base for value of early intervention
• Advise screening high risk populations
Inherent Difficulties
• Carers in extreme distress (capable of informed consent)
• No formal follow up structure
• High proportion of deprived families

Deprivation

Acute Stress Disorder Scale
• 19 item self-report scale
  eg
  “During or after the trauma did you ever feel in a daze?”
  “Have you had difficulty concentrating since the trauma?”
  *Bryant et al (2000) Psychol Assessment*

Compass questionnaire
• Coping (24 items)
• Needs (15 items)
• Stresses (19 items)
  *Ross et al, Southampton PICU*
Parental Stressor Scale: PICU

- 37 item self-report scale

- Child’s Appearance
- Sights and Sounds
- Procedures
- Staff Communication
- Child Behaviour
- Parental Role
- Staff Behaviour

*Carter & Miles (1989) Matern Child Nurs J*

Parental Stressor Scale: PICU

- e.g.
  - “The sudden sounds of monitor alarms”
  - “Not being able to hold my child”

1 = not stressful
5 = extremely stressful

Pilot cross-sectional cohort study

- 34 mothers at 8 months
- Found PSS: PICU highly correlated with post-traumatic stress (IES)
- Specific sub-scales higher correlations

(NB PSS:PICU completed retrospectively)

*Colville & Gracey (2005) ICCN*

Prospective Study

- Parental Stressor Scale: PICU @ 48 hrs
- Follow up appointment @ 2 months
- Impact of Events Scale (IES) @ 4 months

Associations with PTSD score

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<tr>
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<tbody>
<tr>
<td>PIM score</td>
<td>0.16</td>
<td>NS</td>
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<tr>
<td>Length of stay</td>
<td>0.25</td>
<td>NS</td>
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Associations with PTSD score

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<tr>
<td>Townsend Deprivation Score</td>
<td>0.38</td>
<td>0.007</td>
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<tr>
<td>Child’s age</td>
<td>0.32</td>
<td>0.02</td>
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 Associations with PTSD score

\[ r \quad p \]

- PSS:PICU total 0.51 <0.001
- PSS-3 0.58 <0.001

Regression analyses

\[ R^2 \quad p \]

- PSS-3 33% <0.001
- PSS-3 40% <0.001

Cut off of PSS-3 > 8.5

- Sensitivity = 80%
- Specificity = 89%

Predicting PTSD score > 35 on IES

ASD score

- Sensitivity 61%
- Specificity 78%

Predicting caseness on PTSD Checklist

Staff recognition of stress

www.NCTSNet.org

Traumatic Stress in Ill or Injured Children

AFTER THE ABC’S CONSIDER THE DEF’S

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<th>D</th>
<th>Distress</th>
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<tr>
<td>E</td>
<td>Emotional Support</td>
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<tr>
<td>F</td>
<td>Family</td>
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- E: Who and what does the patient need now? Bolster to mobilizing existing supports.
- F: Assess parents’ or siblings’ and others’ distress. Gauge family stressors and resources. Address other needs (beyond medical).
Child Accident Prevention Trust

The magic number is 8.5!

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