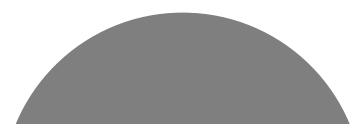
Screening for Social Determinants of Health: Should We Move Beyond the Hunger Vital Sign?

> VCHIP CHAMP Learning Session October 13th, 2020

Stanley Weinberger, MD, MS Kate Cappleman Sinz, LICSW Cathy Kelley, LICSW Pediatric Primary Care University of Vermont Children's Hospital



University of Vermont Children's Hospital



Disclosure

- We have no relevant financial relationships to disclose or conflicts of interest to resolve
- We will discuss no unapproved or off-label pharmaceuticals



Objectives

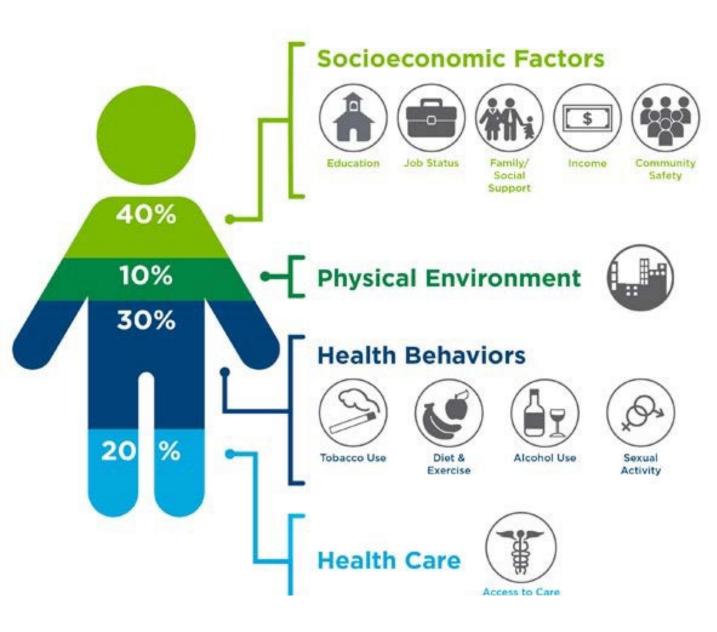
- 1. Review the importance and recommendations of screening for social determinants in pediatrics
- 2. Review tools and processes for expanded SDoH screening
- 3. Share our experience of screening

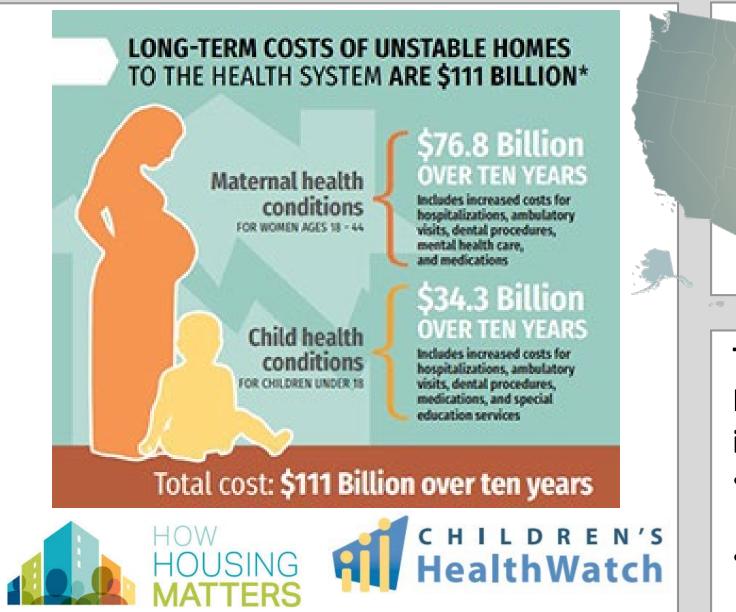
Think of a patient encounter of yours where some social factor was impacting health and it changed your management

What Goes Into Your Health?

Social Determinants of Health:

The economic and social conditions that influence differences in health status



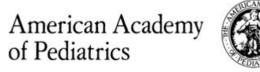


Children in the United States lives in a food-insecure household. Certain households and children face higher risks.

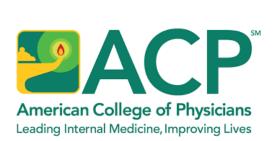
INC

Total Estimated Costs of Food Insecurity and Hunger in the US

- Total Direct and Indirect Costs: 160 Billion
- Estimated Education Costs: 19 Billion



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Everyone Recommends Screening

The current state of comprehensive health related social needs (HRSN) screening tools

I'm convinced there is value in screening – what screen should I use?

- There is a lack of validated, multidimensional, comprehensive screening tools for pediatric care professionals.¹
- There has been wide variation in how researchers and health care organizations develop, validate, and implement tools for identifying/addressing patients' social needs.
- The lack of standardized workflows/screening tools has largely resulted in ad hoc efforts to assess patients' social needs with varying degrees of success and validation in terms of sensitivity, specificity, or evidence that outcomes are altered.³
- This is currently an area of tremendous flux and study, as we move along the learning curve!

Sokol et al. Screening Children for Social Determinants of Health: A Systematic Review. Pediatrics. 2019 Morone. An Integrative Review of Social Determinants of Health Assessment and Screening Tools Used in Pediatrics. J Pediatric Nursing.2017 Butler. AMA Forum: Building Blocks for Addressing Social Determinants of Health. JAMA Form.2017

What Screening Tools Are Out There?

Screening Tool	Topics	Questions	Time		
Accountable Health Communities Health Related Social Screening	Food insecurity, housing, safety, transportation	10	2 min		
SEEK (Safe Environment for Every Kid)	Safety, Food, Parental Depression, Parenting, Substance Use	15	2 min		
Health Leads Screening Tool	Financial stress, food insecurity, housing, transportation, safety	10	3 min		
IHELLP (Income, Transportation, Housing, Education, Legal Status, Literacy, Personal Safety)	Literacy, Immigration/legal status, literacy, safety, transportation	11-24	5 min		
PREPARE (Protocol for Repsonding to and Assessing Patients' Assets, Risks, and Experiences)	Education, employment, incarceration, financial stress, safety, transportation	17-21	9 min		
We CARE (Well Child Care, Evaluation, Community Resources, Advocacy, Referral, Education)	Child Care, Education, Employment, Food insecurity, Housing	10	< 5mi		
Places to find screening tool comparisons: <u>https://screeningtime.org/star-center/#/screening-tools#top</u>					
https://sirenetwork.ucsf.edu/tools-resources/mmi/screening-tools-comparison/peds					

What are the barriers to screening

Providers often describe:

- Lack of recognized impact or measurable outcomes
- Lack of time
- Lack of professional training
- Lack of familiarity with relevant assessment tools
- Lack of knowledge of relevant community resources
- Will family's feel it is appropriate?

- Chung, et. al, Current Problems Pediatric Adolescent Health Care, 2016
- Suburban Families' Experience with Food Insecurity Screening in Primary Care Pediatric Practices. Palakshappa et al. Pediatrics. 2017

Avoiding the Unintended Consequences of Screening for Social Determinants of Health

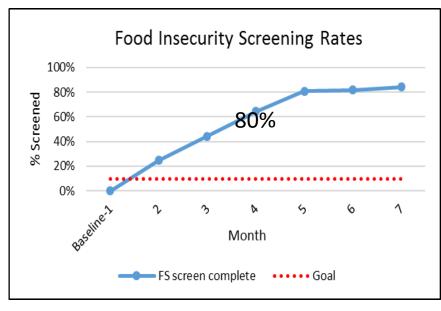
Key Principles:

- 1. Ensure patient and family-centered screening for SDoH
- 2. Emphasize shared decision making
- 3. Integrate screening with referral and linkage to community-based resources
- 4. Perform screening within the context of a comprehensive systems approach
- 5. Use a strength-based approach to support patients and their families
- 6. Do not limit screening practices based on apparent social status

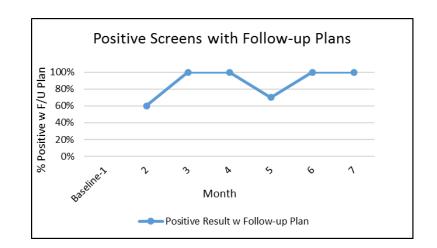
2018-19 VCHIP CHAMP Project: Screening for Food Insecurity

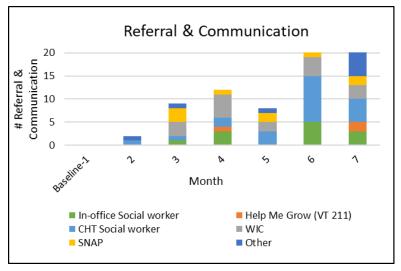
Results: Food Insecurity Composite Screening Rates

20 practices chose this topic



	Food Insecurity Screens by Month							
	Baseline	2	3	4	5	6	7	Total
Positive Screens	0	5	12	12	10	18	14	71
Total Screens	0	48	87	127	145	147	138	692
% Positive Screens	na	10%	14%	9%	7%	12%	10%	10%





University of Vermont Children's Hospital

Our Experience in Pediatric Primary Care 2016 to Present

How did we choose a SCREENING TOOL?

Over the past 3 years:

- Initially started using the "SEEK"
- Participated in a task force with Family Med, Adult Med, and inpatient to use CMS 10 tool
- Included the PHQ-2 to screen for parental mental health
- Patient advisory group reviewed and recommended changes



Questions for Parents or Caregivers

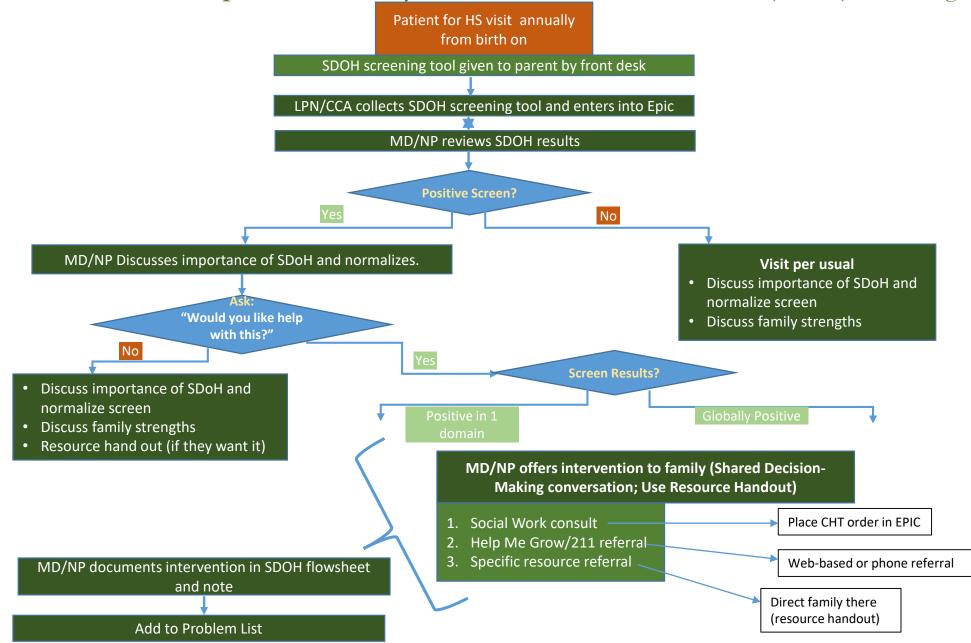
Dear Parent or Caregiver: Being a parent can be hard. We want to help families have a safe place to raise their kids. These questions are about problems that many families have and that affect kid's health. We ask so that we can help you if you want or need help. Your answers are private.

In the last 12 months, you worried that your food would run out before you got money to buy more.			c	Often Some		ometimes	Never	
In the last 12 months, the food you bought just didn't last and you didn't have money to get more.			c	Often Sometimes		Never		
	I have a steady	y place to live						
What is your living situation today?	I have a place to live today, but am worried about losing it in the future							
	I do not have a	a steady place to	live					
Think about the place you live. Do you have problems with any of the	Mold	Pests such as bugs, ants or mice	Not e	enough he much he			Oven or stove not working	
following? Check all that apply.	Water leaks	Lead paint or pipes		e detector or not worl		ıg	None	
In the last 12 months, has the electric, gas, oil or water company threat to shut off services in your home?			atened			Already Shut off		
to shut off services in your home?			ateneo	No	Yes	Alread	y Shut off	
				No	Yes	Alread	y Shut off	
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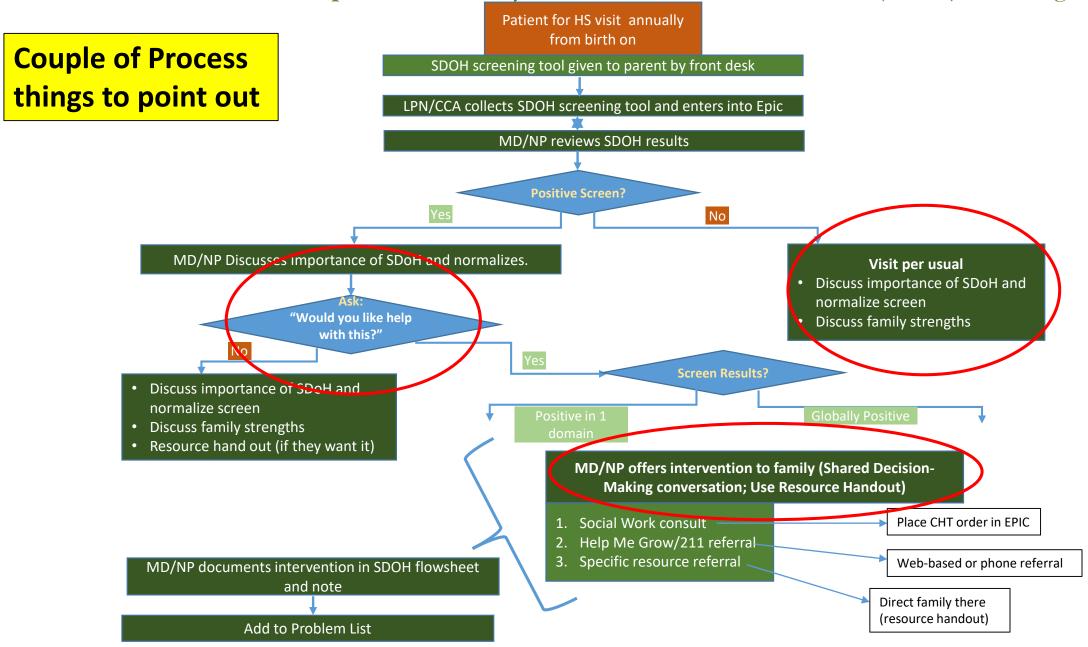
How did we decide WHEN to Screen?

- Decided on Annual Screening at health supervision (well child) visits
- Started with ages 2-12 years. Why?
 - Weren't sure which younger visits to choose? Also more paperwork (Edinburgh depression screen, ASQ)
 - Weren't ready to tackle screening parents of adolescents
- Expanded to all ages ~ 1 year later
 - Screen at 2-4wk, 1 year, and 2 year visits and annually after that.
- Screening process involved the whole office integrated into our "normal" flow
 - Paper screening tool given to parents at check-in
 - MA/LPN enters results into the computer
 - Clinician reviews results with the family

Process Flow Map: Food Insecurity or Social Determinant of Health (SDoH) Screening



Process Flow Map: Food Insecurity or Social Determinant of Health (SDoH) Screening



University of Vermont Pediatric Primary Care

Burlington: 802-847-4696 Williston: 802-847-1440

Interpreter Line 802-847-8899

If you would like assistance with understanding local food resources, We can schedule time with a member of our social work team.

What is Resilience?

The ability to return to being healthy and hopeful after bad things happen.

Resilient Families:

- Have resilient parents who solve problems, build relationships with other adults, and seek help when necessary.
- Create social connections with family, neighbors, schools, church and community.
- Meet basic needs such as safe housing, nutritious food, clothes, health care and education. Can access services and supports during hard times.
- Understand how children grow, and how to encourage healthy development.
- Help children manage their emotions and communicate their feelings and needs.
 Family members listen to one another and respond with patience

Tips for Building Resilience in Kids:

- Make eye contact.
- · Simply notice what your child is doing.
- · Manage your own emotions, breathe.
- Play simple back and forth games like catch, counting or alphabet games, I-Spy.
- Keep a sense of humor.



PEDIATRICS

Family Resources

Chittenden County

Food Resources

WIC (Women, Infants, Children) Burlington: 1-888-253-8803/1-802-863-7323

• For income eligible women, new mothers, infants, and children up to age 5

 Kids on Medicaid/Dr. Dynasaur automatically qualify

Vermont Food Help: Hunger Free Vermont 1-800-479-6151

- Benefits specialists to help
- Hours and requirements vary for each location.

Help preparing meals on a budget?

- WIC Nutritionists
- Hunger Free Vermont Learning Kitchen 1-800-479-6151
- Vermont Expanded Food & Nutrition Education Program 802-656-2311

Food Pantries/Free Meals

For the most up-to-date sites and times throughout Vermont, contact:

211/Help Me Grow

Call 211 or text your zip code to 898211. Person-to-person assistance is available 24/7

Burlington Chittenden Emergency Food Shelf 228 North Winooski Ave, Burlington 802-658-7939

Old North End Community Dinner Salvation Army

Mental Health Services

24 hour, 365 day services

First Call for Chittenden County—24 hour crisis line. 802-488-7777

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Crisis Text Line Text 741741 when in crisis

Personal Safety

Domestic and Sexual Violence Support-

STEPS To End Domestic Violence 24 hour hotline 802-658-1996 Www.Stepsvt.org

Hope Works

Sexual Violence Support 802-863-1236 800-498-7273 Www.Hopeworksvt.org

Safe Space

working to end physical, sexual, and emotional violence in the lives of lesbian, gay, bisexual, transgender, queer, and HIV-affected (LGBTQH) people www.pridecentervt.org/services local: 802-863-0003 toll free: 866-869-7341

Economic Services

211/Help Me Grow Call 211 or text your zip code to 898211. Person-to-person assistance is available 24/7.

Economic Services Call 1-800-479-6151

- 3SquaresVT (Food Stamps)
- Emergency and Fuel Assistance
- Reach Up

CVOEO—Champlain Valley Office of Economic Opportunity 802-863-6248

255 South Champlain St, Burlington

- Housing and Emergency Assistance
- Food Shelves
- Tax Preparation

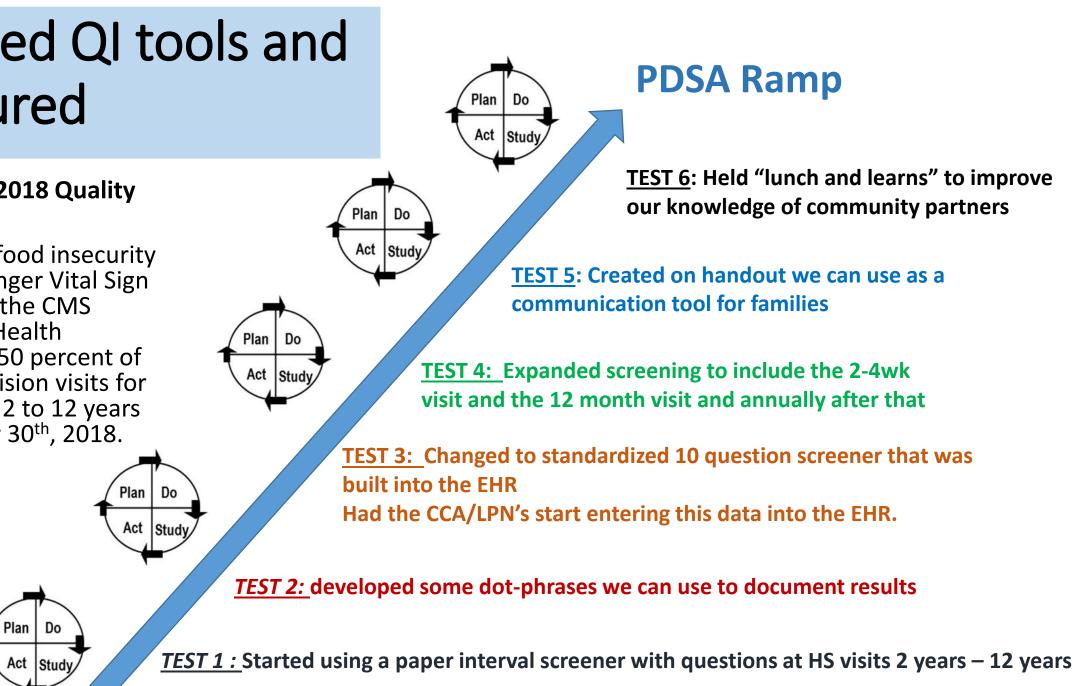
Hours: Monday - Saturday 5:00pm-6:00pm



We used QI tools and measured

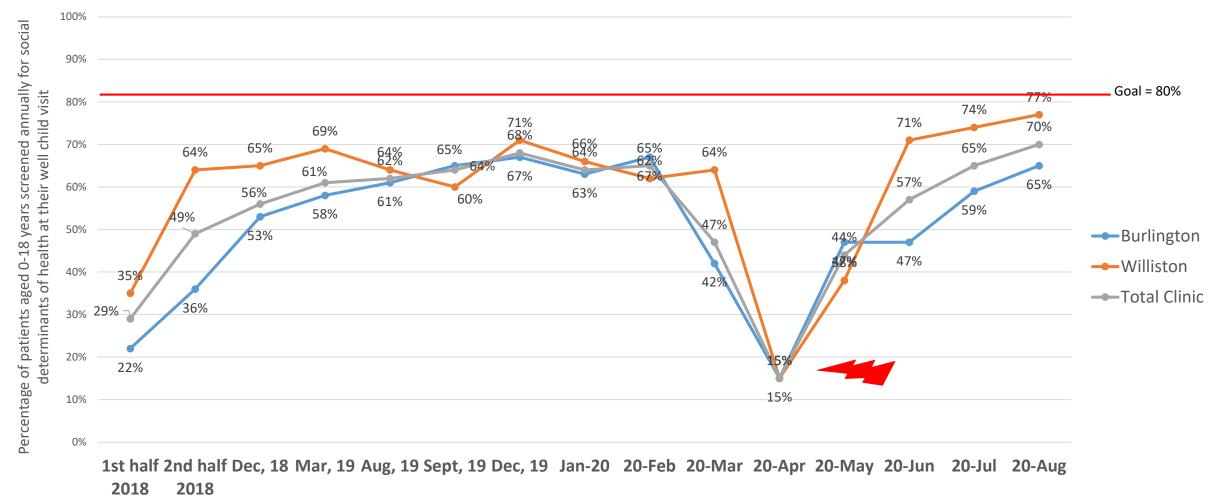
SMART Aim (2018 Quality Metric):

To screen for food insecurity (using the Hunger Vital Sign embedded in the CMS Accountable Health questions) at 50 percent of health supervision visits for children aged 2 to 12 years by September 30th, 2018.



How have we done? Percentage of well child visits completing screening

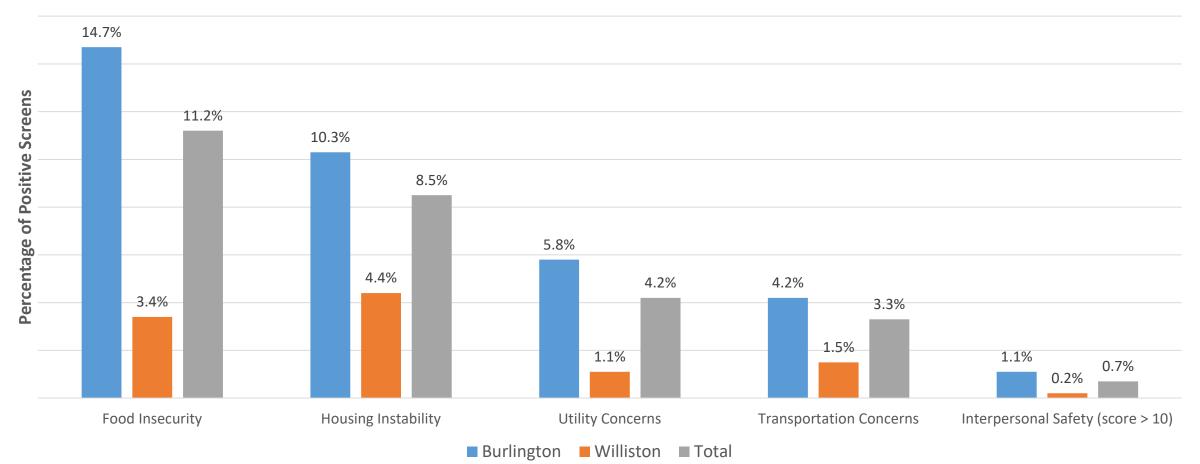
Screening for Social Determinants of Health



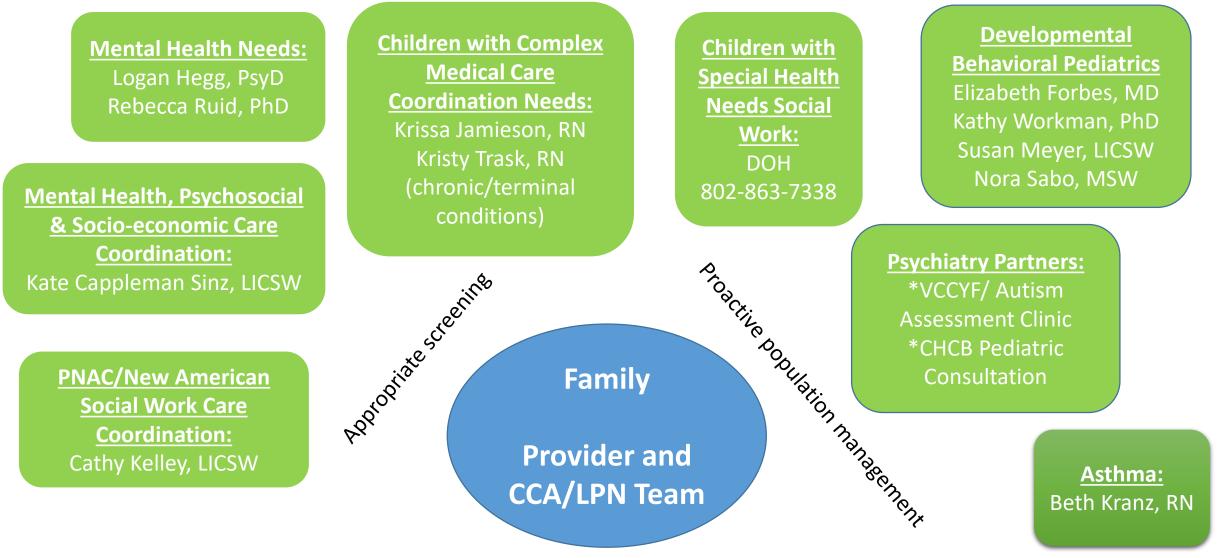
YTD

How have we done? Percentage of positive Screens

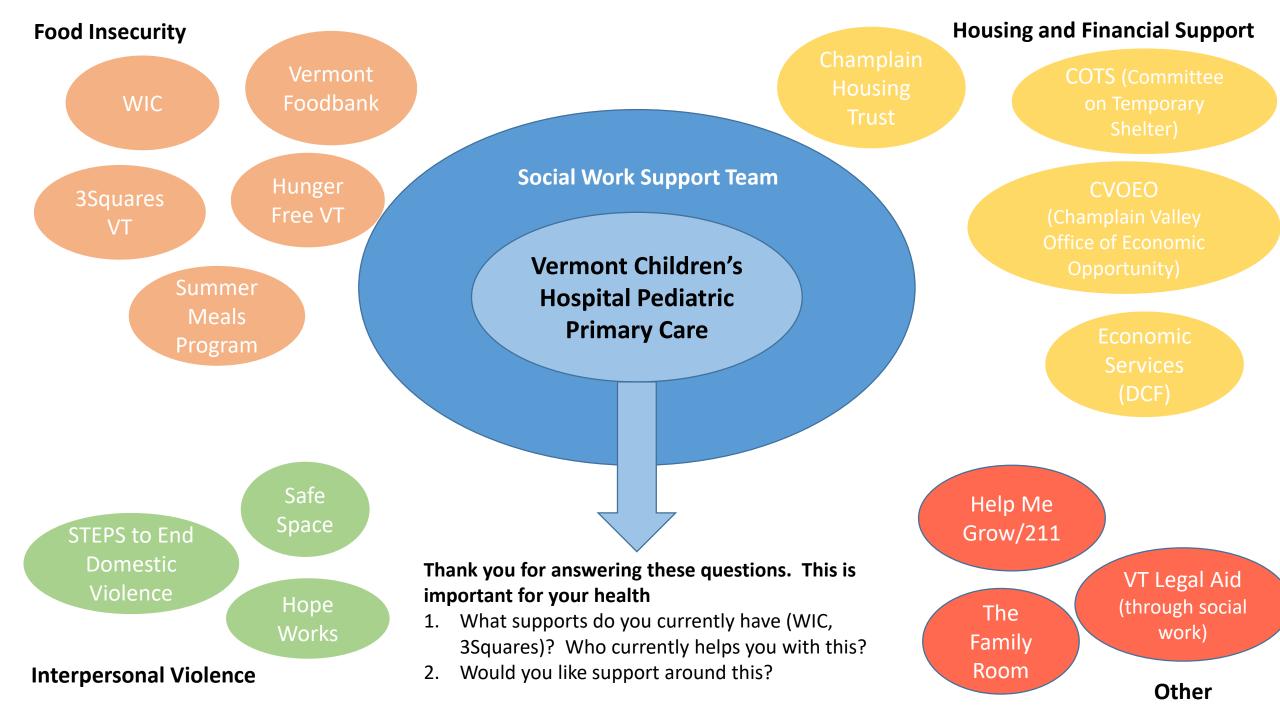
Monthly Percentage of Positive Screens by Domain from Social Determinants of Health Screening 9/2019 - 8/2020



UVM Children's Hospital Pediatric Primary Care Medical Home & Immediate Neighborhood



Accessible, Continuous, Comprehensive, Coordinated, Family-centered, Compassionate, Culturally effective



Lessons Learned

- Families are not surprised and generally accept doing this screening
- The more we have these conversations the more natural it gets
- There is a lot more that having the "right" screening tool
 - The nuances of "how" you ask matter a lot
- It is a shared decision-making conversation
 - Ask about current supports and family wishes
- We still can't "fix" all the positive screens
- We are still trying to improve our connections with community partners
- Covid has up-ended our paper-based screening process

Special Considerations



New American families

- <u>More obvious barriers</u>: language, cultural practices/beliefs/preferences, many large/extended families
- <u>Less obvious</u>: access issues caused by low literacy, lack of familiarity with resources, transportation issues, stigma, fluctuations in income
- <u>COVID-related</u>: challenges created by unemployment (decreased 3Squares benefits, increased rent, fluctuating equation)
- <u>Systems issues</u>: ongoing barriers reflecting lack of education/refusal to adapt service provision, systemic bias/discrimination/racism
- <u>Consider</u>: community-based resources, including programs serving this population (USCRI-VT, AALV), mutual aid programs (Winooski Mutual Aid), school-based assistance, Family Room and other organizations which have stepped up to fill in gaps

Next Steps

Everyone Eats:

- Partnership with Skinny Pancake, Intervale Center, Vermont Community Foundation and High Meadows Fund
- Provides nutrition meals; source of income for restaurants, farms and food producers
- Frozen meals for families screening positive for food insecurity and negatively impacted by Covid

Electronic referral connection with Feeding Chittenden and 211

- With Children's Hospital, applied for grant funding
- Easier referral to sources of support
- Connect with online grocery ordering program for food insecure families

In Conclusion

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- Screening for social determinants of health (besides the HVS) can be done
- The tools we have are imperfect and this will continue to evolve
- Remember the strengthening families paradigm
 - We can help connect families to concrete support in times of stress
 - We can help families identify areas of strength and help families cope
 - We can do this in a family-centered way without judgement that respects families decision making

Thank you for all the work you are doing to care for patients and families!

Hennepin Healthcare

It's hard to be healthy when you are hungry.

The Food Shelf @ HCMC



Hennepin County Medical Center



Healthcare and Community partnerships in Minnesota

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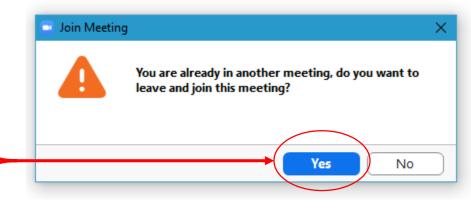
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Return to Main Webinar Space

Click the link in the Chat (or email/ agenda) to return to the main webinar space

When prompted, select "Yes" to leave the main webinar room and join the breakout session



	Wrap-Up (for General Learning Session) <i>Presenters:</i> Wendy Davis, MD, FAAP and Breena Holmes, MD, FAAP
Up Next	MOC QI Project Orientation and Overview <i>Presenters:</i> Stan Weinberger, MD, FAAP and Chris Pellegrino, MS, ASQ CMQO/E