

# It's all in your HEEADSSS:

## Evaluating junior doctors' use of psychosocial assessment in adolescent admissions.

Dr Amy Haeffner( FY1), Dr Kamal Patel (Cons).  
Royal Alexandra Children's Hospital

### Background and aims:

**Lifestyle factors** and socioeconomic disparities can **impact physical and mental health** in children and young people (CYP) , as well as healthcare compliance (1, 2). The RCPCH outlines aspirational **aims** to **engage with psychosocial background** of CYP (3). Psychosocial assessments can be completed and actioned using the Goldenring & Rosen **"HEEADSSS" framework** (4). We therefore aimed to **evaluate** and **improve** completion of this by:

- Investigating what is **already being done** elsewhere in the UK
- Establishing how local guidelines **compare** to a standard, and their MDT utility.
- Evaluating the **use of HEEADSSS** in a 1 month period in all CYP admitted over the age of 12.
- Considering **current trainee teaching** on HEEADSSS and how to **improve** it.

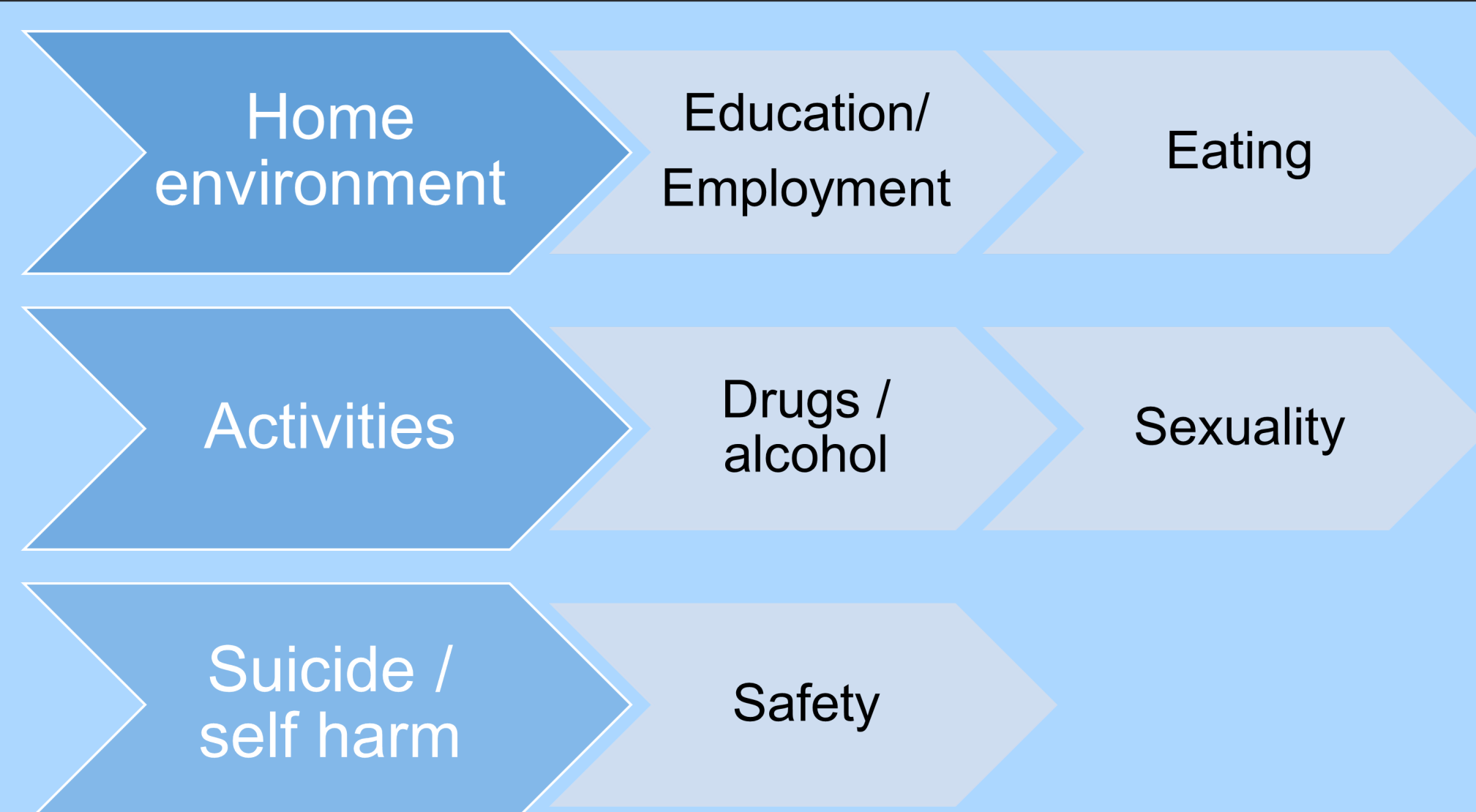
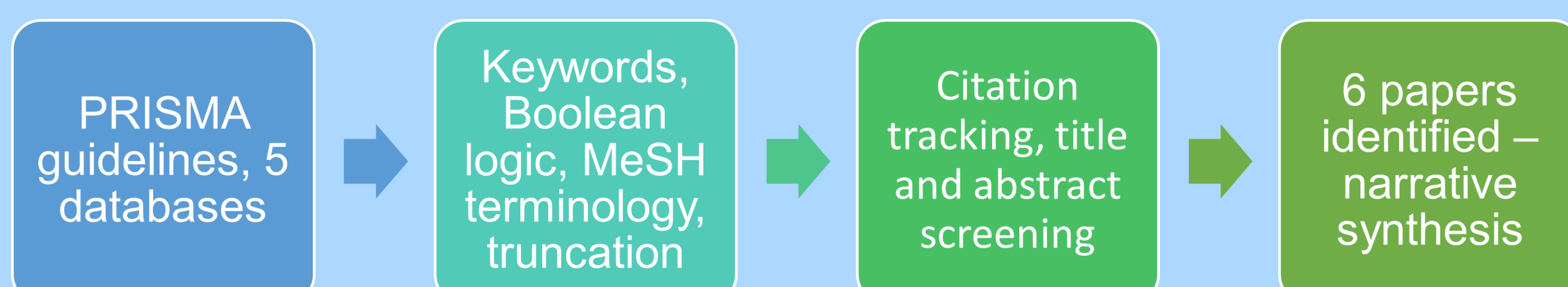


Figure 1: HEEADSSS acronym

### Methods:

**A rapid systematised review** investigating use of psychosocial assessment in other UK-based centres was completed:

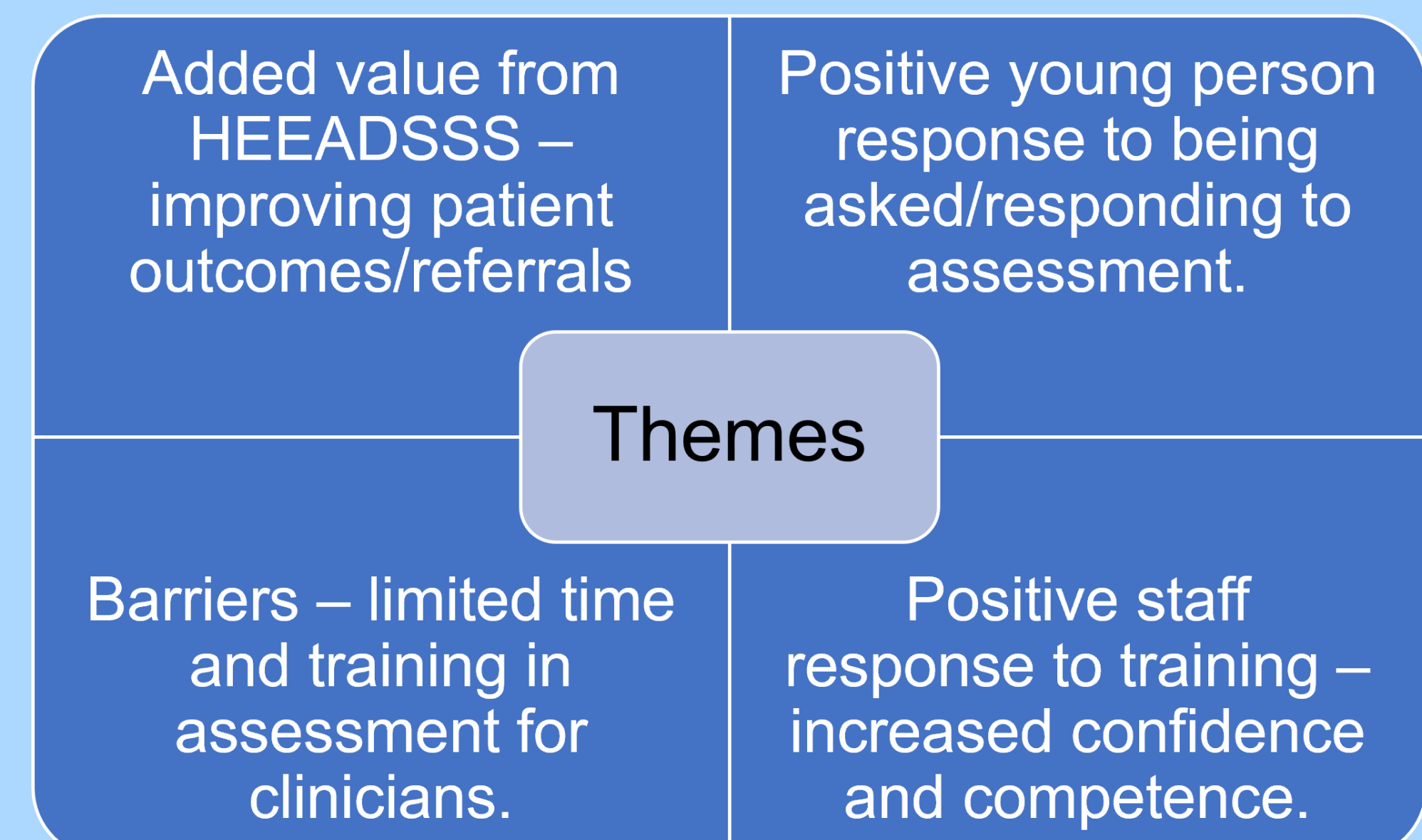


**A round table discussion** with 4 clinicians of varying stages and Health Youth Workers **evaluated current HEEADSSS proforma** and **current available trainee teaching** on psychosocial assessment.

**A retrospective audit** of notes from a 1month period evaluated completion of HEEADSSS assessments in CYP over 12 admitted to an inpatient ward.

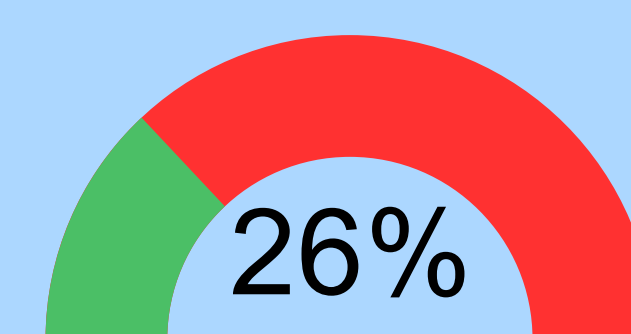
### Results:

Results from the literature review highlighted **4 major themes** (5 - 10).



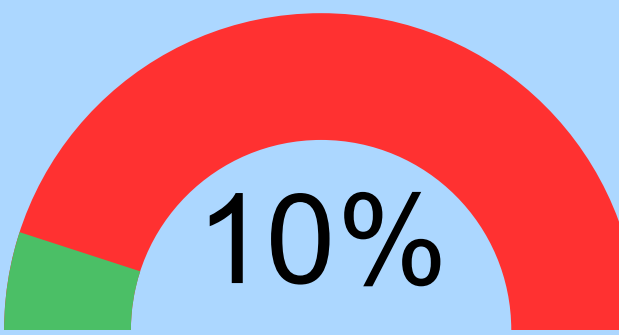
The local assessment proforma was **updated** to include more questions on **sleep**, **screen time** and **violence in the neighbourhood**.

**38** CYPs notes were audited, highlighting:

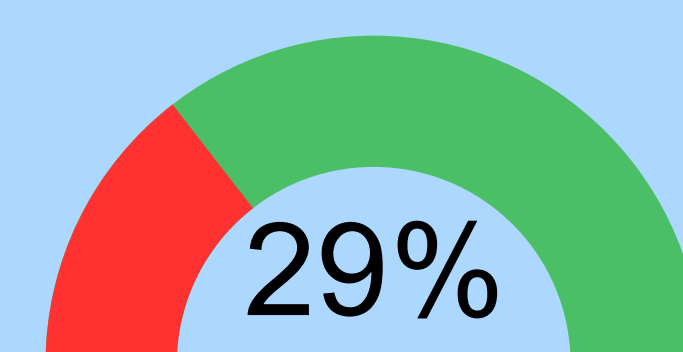


**26%** of CYP over 12 had at least **1 element of HEEADSSS assessment completed** during admission.

Only **10%** of CYP over 12 had a **full HEEADSSS proforma** completed during their admission.



All children with assessments complete were admitted due to mental health concerns.



**29%** of CYP over 12 presenting with mental health concerns had **no HEEADSSS assessment completed**.

**All** HEEADSSS assessments resulted in **action**, commonly, specialist referral.



We created a **5 part eLearning module** utilising **connectivist** learning pedagogy (11) and rolled it out for trainees with **positive** initial feedback.

Re-audit of HEEADSSS assessment completion 3 months post introduction is awaited.

### Conclusions:

- Literature suggests **all CYP over 12** should have **psychosocial assessments** in secondary care.
- We found **low rates of completion** of these assessments.
- Assessments **facilitate** children **accessing** further **support**.
- Junior clinicians would be more confident with **teaching interventions**.
- We hope to **further examine** the efficacy of the teaching intervention implemented.

References:

