



Workshop Title:

MENTAL HEALTH CONSIDERATIONS FOR PEDIATRIC CRITICAL CARE PROVIDERS: A TRAUMA INFORMED APPROACH

Workshop Date / Time:

June 1, 2024 / 12:45- 17:00 (GMT -5)

Workshop Type:

Virtual Half-Day Workshop

Workshop Organizer

Avi Kopstick, MD

Workshop Moderator:

Franco Carnevale, RN PhD(psych),PhD(phil) (Canada)

Workshop Facilitators:

Sarah Michael, MD (USA)

Gillian Colville, Bsc MPhil PhD, United Kingdom

Avi Kopstick, MD (USA),

Learning objectives:

1. Define concepts, such as adverse childhood experiences, severe mental health crises, the social safety net, psychiatric boarding, reverse triage, medical versus behavioral restraints, agitation, emotional regulation, psychological trauma, pediatric medical traumatic stress, and trauma informed care.
2. Describe how environmental/cultural factors impact patients, families, and staff, when children and adolescents are admitted with mental health concerns to the PICU.
3. Practice trauma-informed care as a universal precaution.
4. Compare pharmacological and non-pharmacological approaches for addressing pediatric agitation in neurodiverse patients.
5. Develop PICU mental health protocols, which include aggression and self-harm screening tools, autism-specific care pathways, behavioral safety plans, and procedures for early collaboration with child-life and mental health teams.

Workshop Objectives:

To introduce pediatric critical care providers to the psychological implications of admitting children and adolescents, especially those experiencing severe mental health crises (MHC), to the pediatric intensive care unit (PICU), and to explain how trauma-informed care can improve the overall PICU experience for patients, families, and staff.

Workshop Description:

Globally, pediatric MHC are boiling over. Rates of depression, aggression, self-harm, and developmental disorders such as autism and attention-deficit/hyperactivity, continue to rise, while resources necessary to address these issues continue to struggle. Children and adolescents experiencing psychiatric



emergencies frequently present to non-psychiatric trained units, where frontline providers have needed to acquire new and unfamiliar skillsets to adequately and humanely provide care. Failure to prepare has led to “psychiatric boarding,” a practice in which youth and their families languish in deleterious environments for extended periods of time, even after receiving medical clearance, while they await inpatient psychiatric placement. As a result, healthcare personnel during these situations experience high levels of moral distress, compassion fatigue, and burnout. As more of these patients arrive to our hospitals, a proportion of them will still be critically ill due to traumatic injuries, toxic ingestions, or respiratory failure. We in the PICU must, therefore, learn to manage these special populations. Unfortunately, our community has paid little attention to this growing problem. Still, we can learn from others, such as emergency medicine providers, pediatric hospitalists, residential psychiatrists, and patient advocacy groups, to appropriately and preemptively inform our practice. In this workshop, we will attempt to integrate knowledge from various disciplines to inform us how we can help respond to this growing crisis. We will also consider the wider psychological implications of being admitted to and discharged from the PICU on the overall well-being of children and parents.

Agenda:

1. The Rising Burden of Pediatric Mental Health (40 minutes) – Dr. Franco Carnevale
2. Evidence-based Strategies for Managing Mental Health Concerns in the PICU (40 minutes) – Dr. Sarah Michael
3. Pediatric Medical Traumatic Stress (40 minutes, pre-recorded) – Dr. Gillian Colville
4. Trauma-Informed Care as a Universal Precaution (90 minutes, English and Spanish) – Dr. Avi Kopstick
5. Commitment to action (30 minutes, open discussion) – Drs. Carnevale, Michael, and Kopstick