Moral distress in caring for mental health boarders: a common challenge for pediatric hospitalists and opportunity to intervene.

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INTRODUCTION
- Pediatric residents and hospitalists are key stakeholders in the care of mental health boarders.
- Child and Adolescent Psychiatry (CAP) is not a core or required experience in pediatric residency training programs in the United States.4
- During the rise in mental health (MH) boarders, colleagues in pediatrics have shown increased measures of moral distress6 and concerns for patient care5.

METHODS
- After reviewing relevant literature,2,3,5,6 stakeholders were identified at institution and community levels.
- Needs assessments were conducted to identify concerns, challenges, and opportunities for quality improvement.
  - Discussed felt needs of pediatrics resident stakeholders in open forum.
  - Examined expressed needs communicated to hospital service stakeholders, including pediatric division leadership and support staff.
  - Elicited normative needs for effective intervention from experienced CAP faculty.
- Initial intervention was identified in collaboration with stakeholders: supporting pediatrics trainees with education and skills training in caring for MH boarders.

RESULTS & CONCLUSIONS
- Polled stakeholders identified support with psychiatric services as a primary determinant of care quality.
- Support foci included: psychotherapy, psychotropic medication management, behavioral de-escalation support, and safety/risk assessment.
- Psychiatry and pediatrics program directors at our institution suggested formalizing pediatrics' access to curated MH content & therapeutic skills practice.
- Residents in Mayo Clinic's pediatrics training program requested collaboration with psychiatry to build knowledge, skills, and a resources base.

FUTURE DIRECTIONS
- Finalize baseline assessment to determine prior knowledge & knowledge gaps among pediatrics residents.
- Develop curriculum with skills and content to target enhancing residents' competence & confidence when caring for MH boarders.
- Complete summative assessments to evaluate intervention strengths and areas for growth.
- Broaden and sustain intervention measures to impact other stakeholders over time.

REFERENCES