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## Mental Health Screening for the Trauma Patient

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**Purpose:** To provide a structured approach to identify injured patients who are at high risk for mental health problems

To provide screening for injured trauma patients who are at high risk for psychological sequelae with subsequent referral to a mental health provider

**Guidelines:**

A. Patient Population for Screening

- a. Any injured patient who is at least 18 years of age and is cognitively able to participate and has one or more of the following
  - i. a spinal cord injury resulting in paralysis;
  - ii. a mechanism of injury consistent with violence (ex. assault, intentional gunshot wound, stabbing)
  - iii. death of another person involved in the mechanism
  - iv. amputated extremity proximal to the wrist or ankle
- b. Any patient has the right to refuse to receive a screening

B. Screening Process

- a. An in-patient consult to Spiritual Care will be entered in EPIC
- b. Spiritual Care will administer the Injured Trauma Survivor Screen (ITSS) tool as developed by Joshua C. Hunt, Ph.D. and Terri A. deRoon-Cassini, Ph.D.
  - i. ITSS consists of 9 questions
    1. Questions 1 and 2 are regarding the patient's experience prior to the traumatic event
    2. Questions 3 and 4 are regarding the patient's experience during the period in which they were injured and immediately following
    3. Questions 5 – 9 are regarding the patient's experience since the traumatic event

C. Scoring the ITSS

- a. A response of "yes" to any question is scored as a 1
- b. A response of "no" to any question is scored as a 0
- c. If the sum of questions 1, 2, 3, 5 and 6 is  $\geq 2$ , the screen is positive for PTSD risk
- d. If the sum of questions 3, 4, 7, 8 and 9 is  $\geq 2$ , the screen is positive for depression risk
- e. Scoring will be documented in the form of an EPIC note

- D. Any patient who receives an ITSS screening will receive information regarding mental health resources available in our community
- E. Any patient who receives a positive ITSS screening as outlined above will have a Care Team consult entered in EPIC
  - a. Care Team will follow up as appropriate
- F. Patients less than 18 years old who meet the mechanism of injury screening criteria and are exhibiting possible symptoms of PTSD or depression will receive a Care Team referral

**References:**

- Injured Trauma Survivor Screen (ITSS) User Guide, Joshua C. Hunt, Ph.D. and Terri A. deRoos-Cassini, Ph.D.
- ACS Trauma Programs, Best Practice Guidelines, Screening and Intervention for Mental Health Disorders and Substance Use and Misuse in the Acute Trauma Patient, Dec. 2022