Child Maltreatment Screening and Anticipatory Guidance: What the PNP Needs to Know

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Disclosures

• The speakers have no conflicts of interest to disclose

Learning Objectives

• Discuss the importance of screening for child maltreatment and psychosocial risk factors.
• Explore evidence-based screening tools for child maltreatment and risk factors.
• Describe the concept of obtaining minimal facts regarding a child maltreatment concern.
• Explore incorporation of screening and anticipatory guidance into PNP practice.

Why is it important to screen?

Epidemiology of Abuse

• In 2015 approximately 702,000 American children were victims of child maltreatment
  – 50,000 suffered sexual abuse
• 1,580 children died as a result of abuse/neglect
• Up to 10 million children per year witness domestic violence
• 3.6 million referrals to child protective services
  – Only 9.2% of referrals from health care personnel

NAPNAP

• Position statement
  – Implementation of protocols for screening for child maltreatment and risk factors
  – Anticipatory guidance
Screening

- Screening/anticipatory guidance for child maltreatment and its risk factors
  - Prompt identification
  - Prompt intervention
  - Reducing sequelae
  - Prevention

Adverse Childhood Experiences Study

- Relationship between childhood experiences and adult health
- More than 18,000 adult members of Kaiser Health Plan were surveyed

ACE

- Childhood exposures
  - Child maltreatment
  - Exposure to domestic violence
  - Household substance abuse
  - Household mental illness
  - Parental separation or divorce
  - Criminal household member

ACE

- Adult health behaviors
  - Diet
  - Exercise
  - Tobacco
  - Alcohol
  - Substance use
- Adult health

ACE

- Interrelatedness of adverse childhood experiences
  - If reported one ACE likelihood of having another was 2 to 18 times higher than those having 0
  - If reporting one ACE 86.5% reported at least one additional ACE and 52% reported at least 3 additional ACEs

ACE

- Participants reporting multiple ACES
  - Smoking
  - Physical inactivity
  - Alcoholism
  - Drug abuse
  - Over eating
ACE

- Health outcomes
  - Depression
  - Suicide
  - Ischemic heart disease
  - Cancer
  - Chronic lung disease
  - Skeletal fractures
  - Liver disease
  - Sexual transmitted infections

Toxic Stress Exposure

- Mediated by chronic hypercortisolemia and cytokines
  - Immune
  - Metabolic
  - Nervous
- Various coping mechanisms
  - Overeating
  - Drug use / smoking
  - High risk sexual behaviors

Child Maltreatment Screening and Anticipatory Guidance: A Description of Pediatric Nurse Practitioner Behaviors

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  - Saribel Garcia Quinones
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Purpose

- To describe pediatric nurse practitioner practice behaviors related to screening and providing anticipatory guidance for child maltreatment and its psychosocial risk factors

Method

- 8500 members of NAPNAP
- Email survey and reminder
- 240 responded for a 3% response rate

Survey

- Demographics
- How often do you perform an ano-genital exam?
- How often do you educate children about private parts and ask if anyone has touched or hurt their private parts?
- How often do you ask children questions about discipline?
- How often do you ask parents if they have concerns regarding sexual abuse?
- How often do you ask parents if there is a history of sexual / physical abuse in the family?
- How often do you ask parents if their child is ever exposed to individuals who have or have been accused of sexually abusing a child?
- How often do you question parents about methods of discipline?
- How often do you encourage the use of non-physical methods of discipline?
Survey

- How often do you ask parents if there is a history of involvement with CPS?
- How often do you ask parents if they have ever been physically, sexually or emotionally hurt by a current or former partner?
- If parents answer yes to above question do you ask if their children ever witness the violence and provide anticipatory guidance regarding effects on children?
- How often do you ask parents if they or their partner have any mental health concerns and provide anticipatory guidance regarding effects on children?
- How often do you ask parents if they or their partner have any drug or alcohol problems and provide anticipatory guidance regarding effects on children?
- How often do you ask parents if they or their partner have ever been involved with law enforcement?
- How often do you use a validated, evidence-based screening tool to assess child maltreatment, IPV, or other risk factors?
- What are potential barriers to screening and/or providing anticipatory guidance?

Demographics

- Age
  - 55 to 64 29%
  - 45 to 54 23%
  - 35 to 44 21%
  - 25 to 34 23%
- Years as PNP
  - 0-5 years 33%
  - 6-10 years 17%
  - 11-20 years 24%
  - Greater than 20 years 26%
- Educational level
  - MSN 77%

Parents

- Concerns for sexual abuse
  - Every visit 4%
  - Well visits 12%
  - Initial visit 5%
  - Symptomatic / concern for abuse 15%
- History of abuse in the family
  - Every visit 5%
  - Well visits 8%
  - Initial visit 3%
  - Symptomatic / concern for abuse 47%
- Exposed to individual/accused of sexual abuse
  - Every visit 5%
  - Well visits 5%
  - Initial visit 3%
  - Symptomatic / concern for abuse 47%
- Discipline
  - Every visit 5%
  - Well visits 16%
  - Initial visit 5%
  - Symptomatic / concern for abuse 47%
- Encourage use of non-physical discipline
  - Every visit 5%
  - Well visits 16%
  - Initial visit 5%
  - Symptomatic / concern for abuse 47%
Parents

<table>
<thead>
<tr>
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<th>Parents drug or alcohol concerns</th>
<th>Parental mental health concerns</th>
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<tr>
<td>Every visit</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>Well visits</td>
<td>27%</td>
<td>30%</td>
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<tr>
<td>Initial visit</td>
<td>23%</td>
<td>23%</td>
</tr>
<tr>
<td>Symptomatic / concerns for abuse</td>
<td>42%</td>
<td>48%</td>
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<tr>
<td>Never / rarely</td>
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Barriers to Screening

- Scope
- Tools
- Comfort
- Training
- Time

Human Trafficking

- History of child maltreatment
  - Sexual abuse
  - Physical abuse
- Mental health concerns
- Running away
- Multiple living arrangements
  - Foster care
  - Residential placements

How to implement screening into your practice?

- Screening/intervention/anticipatory guidance for child maltreatment and its risk factors
  - Prompt identification
  - Reducing sequelae
  - Prevention

Screening Questions or Tools?

- Difficult to fit additional questions during a well exam
- Many providers uncomfortable with asking
- Fearful they will anger caregiver
- Many patients feel more comfortable writing a concern down rather than saying it
- Tool can be given in the waiting room or while waiting for you in the exam room prior to the visit

Psychosocial Assessment

- Draw family tree
- Psychosocial risk factors
  - Parental mental health/mental retardation
  - Parental substance abuse
  - Parental child maltreatment as a child
  - Exposure to domestic violence
  - Previous involvement with CPS or law enforcement
  - Parents support systems
Domestic Violence Screening

- Parents / Dating Teens
  - Have you ever been hit, kicked, punched, or hurt by a partner/spouse/boyfriend or girlfriend, or have they ever threatened to hurt you?
  - Do you feel safe in your current relationship?
  - Do you have a past relationship where you did not feel safe?
  - Have you ever been hit, kicked, punched, or hurt by a partner/spouse/boyfriend or girlfriend, or have they ever threatened to hurt you?
  - Is there a particular partner/spouse/boyfriend or girlfriend from a past or current relationship who is making you feel afraid or in danger?
  - Have weapons ever been used against you?
  - Have you ever been forced to have sex?

- Child / Teens
  - What happens when Mommy and Daddy fight?
  - Have you ever seen anyone hit/push/hurt Mommy?
  - Have you ever seen anyone hit/push/hurt Daddy?

- Chronic sadness, doesn't seem to enjoy any activities
- Other ____________________
- Quick, explosive anger
- Very flat affect or withdrawn behavior
- Chronic sadness, doesn't seem to enjoy any activities
- Other ____________________

Parents / Dating Teens

- Do you or your partner think the child has experienced any of the following:
  - Physical injury or broken bone
  - Burned
  - Internal damage
  - Excessive aggression or violent behavior
  - Sexual abuse or exposure
  - Other ____________________

Child / Teens

- Have the child identify his or her private parts.
- Have the child identify his or her body parts.
- Is your child ever in contact with anyone who has been accused of sexually abusing a child or adolescent?

Trauma Screening Checklist: Ages 0-5

- Does the child exhibit any of the following emotions or moods:
  - Chronic sadness, doesn't seem to enjoy any activities
  - Very flat affect or withdrawal behavior
  - Quick, explosive anger
  - Other ____________________

- Is the child having problems at school?
  - Low in grades
  - Inadequate performance
  - Difficulty with authority
  - Attention and/or memory problems
  - Other ____________________

- Henry, Black-Pond, & Richardson (2010)

Trauma Screening Checklist: Ages 6-18

- Does the child exhibit any of the following emotions or moods:
  - Excessive mood swings
  - Attention and/or memory problems
  - Difficulty with authority
  - Other ____________________

- Is the child having problems at school?
  - Inadequate performance
  - Other ____________________

- Henry, Black-Pond, & Richardson (2010)

Sexual Abuse Screening

- Parents
  - Do you have any concerns of sexual abuse?
  - Were you or your partner sexually abused as a child?
  - Is there a history of sexual abuse in your family or your partner’s family?
  - Is your child ever in contact with anyone who has been accused of sexually abusing a child or adolescent?

- Child
  - Have the child identify his or her body parts.
  - Have the child identify his or her private parts.
  - Using the child's words for his or her private parts, ask if anyone has ever touched, tickled, hurt, or put anything in their private parts.
Human Trafficking Screening Considerations

- History of child maltreatment
  - Sexual abuse—STDs and pregnancy
  - Physical abuse
- Mental health concerns—withdrawn, anxiety, fear
- Accompanied by someone other than parent—refuses to leave room, answers questions, controlling
- Running away/disappears for long periods
- Multiple living arrangements—changes addresses

Discipline/Corporal Punishment Screening Questions

- Parents
  - How do you discipline your child?
  - Do you or anyone else ever spank your child with a hand?
    - Where on their body?
    - How often?
    - Has it ever left a mark?
  - Do you or anyone else ever hit your child with an object?
    - What object?
    - Where on their body?
    - How often?
    - Has it ever left a mark?
  - Do you ever use other physical means of discipline?
    - Kicking/pinching/pulling hair/hot sauce on tongue
  - Do you ever use nonphysical means of discipline?
    - Time out
    - Stand in corner
    - Take away privileges
    - Ground/send to room

Neglect Screening

- Do you have trouble getting health care or medicines for your child?
- Do you sometimes have a difficult time getting enough food for your family?
- Does anyone at home smoke cigarettes or use drugs or alcohol?
- Are poisons and other dangerous items out of your child’s reach?
- Does your child wear a helmet when riding a bike?
- Do you have a working smoke alarm?
- Is there a gun in your home?
- Are there times when you have to leave your child home alone?
- Are there times when you do not know where your child is?
- Do you often feel sad, down, or hopeless? How are you managing the children?
- How are things going at school for your child? (behavior, learning, and peers)
- Is there a pattern of poor hygiene?
- Is there a pattern of inadequate clothing?
- Have you been homeless in the past year?

ACE/WE CARE Screening Tools

- High School Degree/GED
- Employment
- Daycare
- Living arrangements
- Food supply
- Support—family, community
- Use of drugs/alcohol/smoking—parent or family member
- Sad, depressed, anxiety
- Domestic violence
- Child abuse

SEEK PQ

- Please check
- Yes No Do you need the phone number for Poison Control?
- Yes No Do you need a smoke detector for your home?
- Yes No Does anyone smoke tobacco at home?
- Yes No In the last year, did you worry that your food would run out before you got money or Food Stamps to buy more?
- Yes No In the last year, did the food you bought just not last and you didn’t have money to buy more?
- Yes No Are there any problems you’d like help with today?
Edinburgh Depression Screening Tool

• Given to post partum mothers to assess their coping threshold and adjustment to a new baby
• Practices differ in when they administer; often start at 2 weeks and continue to one year; some offices give it only up to 4 or six months
• A score over 10 or any positives to particular questions, should alert the provider that Mom may be experiencing post partum depression; a plan should be in place to refer Mom for therapy and to determine if she has a support system to help her with the infant
• Make sure you assess if the mother is able to safely care for her infant

Minimal Facts Interview

• First interview for the child
• Usually followed by a forensic interview
• May be used by a medical provider, social worker or responding officer to a scene
• GAPS form for adolescents may pick it up

Minimal Facts Interview Questions

• What happened? (where on the body did the abuse take place)
• Where did the alleged abuse happen? (home, school, bus)
• When did it happen? (first time, more than once, last contact)
• Was anyone else there?
• Did you tell anyone else?
• What about other children that may need protection?
• Alleged perpetrator?
• Immediate medical attention needed?
• NEVER ASK THE CHILD WHY OR WHAT THEY DID TO CAUSE THE ABUSE!

Asking Difficult Questions

• Be honest and direct
• Give a careful explanation of why you have to proceed with calling CPS, police, medical tests etc.
• If relevant, explain to the caregiver why the injury doesn’t fit the history provided
• No matter how difficult; avoid blame or judgement
• Use simple explanations that can be understood; need to assess developmental age of child and parent
• Avoid medical jargon; some may afraid to ask you to clarify
• Use the “I” word: “I am worried that your son may have other injuries so I am ordering a test that will take a picture of all of his bones; it is called a skeletal survey”
• Offer empathy; in many cases of child abuse there was no intent to hurt

Intervention

• Report to child protective services
  – Know your state law
• Traumas revealed in psychosocial assessment
  – Link parents to services
  – Monitor parent follow through
  – If child at risk report to CPS-can also provide preventive services
  – Trauma- focused mental health services

References

References