

## Poster Th4

Increasing provider utilization and understanding of Nature Based Interventions to improve mental wellbeing in pediatric patients: A quality improvement project.

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### **Background & Significance**

The mental wellbeing of children and adolescents in the United States have been declining while rates of anxiety and depression in youth have been rising. Improvement of pediatric mental wellbeing is multifaceted and treatment from providers includes a variety of interventions ranging from nonpharmacological to pharmacological. Nature-based interventions (NBIs) are a nonpharmacological intervention that can improve memory, cognition, and attention as well as decreasing anxiety, stress, and depression in pediatric patients. Many pediatric primary care providers (PCP) feel under-prepared to help pediatric patients meet their mental health goals. Furthering educational opportunities of pediatric PCPs to the treatment options such as NBI's can aid providers in growing their toolbox to help improve feelings of preparedness in PCPs to improve pediatric mental wellbeing.

### **Disclosures**

I have no disclosures

### **Purpose**

The purpose of this Quality Improvement (QI) project is to measure provider knowledge and utilization of NBIs in each of the communities. The purpose will be met by 1) assessing provider knowledge of NBI and utilization pre-educational session and 2) evaluating the provider knowledge and use of NBI one-month post-educational session.

### **Methods**

An educational session discussing the benefits and application of NBI's on pediatric patients will be given at two primary care pediatric clinics. Understanding of NBI's and utilization will be measured through a Likert survey, which will comparison results that were collected pre-educational session and one month following (post-session). Survey results from pre- and post-sessions will be compared utilizing percentages and t-tests. PeaceHealth IRB and OHSU IRB both determined the project is a QI project.

**Outcome:** The main outcome will be to measure provider understanding and utilization of NBI's pre- and post-intervention.

**Implications:** For this QI project, we hope to illustrate how education and provision of resources can increase utilization of NBI's in the pediatric primary care setting to aid in pediatric mental health.

### **Keywords:**

Nature-Based Interventions, Mental Wellbeing, Anxiety, and Depression