

AN ASSESSMENT OF HEALTH-RELATED SOCIAL NEEDS AMONG HOSPITALIZED ADULTS WITH CONGENITAL HEART DISEASE

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Background: Advances in complex congenital cardiac care have allowed 90% of pediatric patients with congenital heart disease to survive to adulthood. As adults with congenital heart disease (ACHD) have lifespans approaching that of the general population, there is a growing call to understand the experience of living with this childhood-onset chronic condition. Hospitalists are often the primary inpatient providers for ACHD patients and have the opportunity to support patients' health-related social needs and promote health equity.

Materials/Methods: This cross-sectional pilot study assesses the prevalence of unmet health-related social needs and comorbid mental health conditions within hospitalized ACHD patients at Texas Children's Hospital. Our survey includes the Accountable Health Communities Health-Related Social Needs Screening Tool, Patient Health Questionnaire-9, General Anxiety Disorder-7, Adult Attention-Deficit Hyperactivity Disorder Self-Report Scale, along with self-reported health status and clinical diagnoses from chart review. The survey is available in English and Spanish and administered on a tablet while patients are hospitalized. Summary statistics of the preliminary data were generated.

Results: Between June and November 2021, 40 ACHD patients were screened with our survey with median age 28.5 (23,38) and 63% male. Of participants screened, 55% had moderate and 45% had great complexity cardiac lesions. About one-third had completed higher education beyond high school and 50% had private insurance (3% uninsured). Seventy-three percent reported health-related social needs in > 3 domains (with stress, financial strain, cognitive disability, and difficulty with activities of daily living as the most prevalent needs). Symptoms of depression (75%) and anxiety (50%) were common. Eighty percent of participants had at least one prior ER visit and 75% had a procedure in the past year. At one month follow up, 35% of participants were found to have been rehospitalized. Only 13% requested speaking with a social worker during their inpatient stay.

Conclusions: Screening for social needs in an inpatient cohort of ACHD patients showed the vast majority had health-related social needs in multiple domains. Mental health remains an area of great need and a minority of patients seek assistance through social work. In order to truly achieve positive outcomes, promote health equity and reduce costs for this population, a multidisciplinary approach to identify and address health-related social needs is necessary.

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