

## Introduction

- With advances in complex cardiac care improving survival, there is a growing call to understand the experience of living with congenital heart disease into adulthood.
- Hospitalists are often the primary inpatient providers for admitted ACHD patients and have the opportunity to support their health-related social needs.

## Objective

- Assess the prevalence of unmet health-related social needs and comorbid mental health conditions within hospitalized ACHD patients at Texas Children's Hospital.

## Methods

- This is an ongoing cross-sectional pilot study started in June 2021 at Texas Children's Hospital.
- The study includes hospitalized adult congenital heart disease patients.
- The study excludes patients who speak a primary language other than English or Spanish, or those who are pregnant.
- An IRB amendment allowed the enrollment of patients lacking independent medical decision-making capacity starting 8/22/21.
- Primary Outcome: Social Needs.
- Secondary Outcomes: Mental Health Conditions & Health Status.

## Results

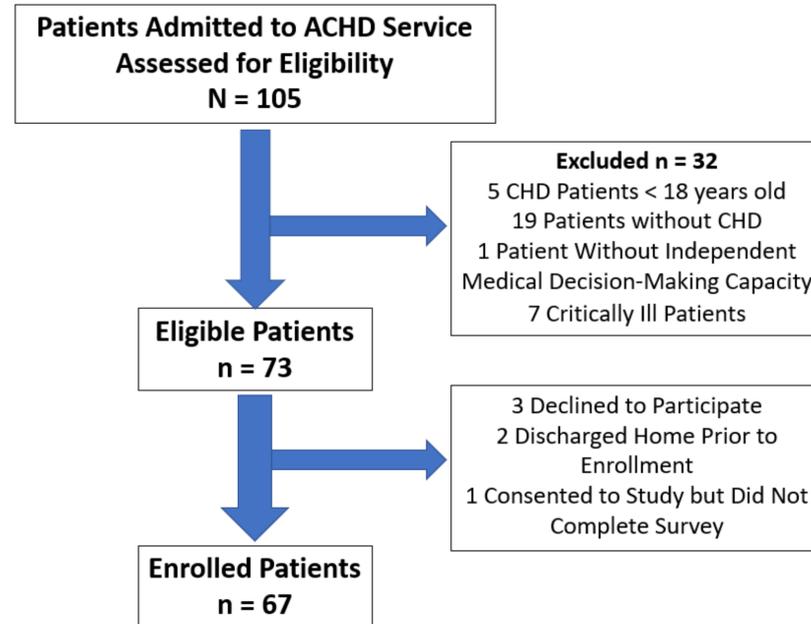


Figure 1: Participant enrollment diagram.

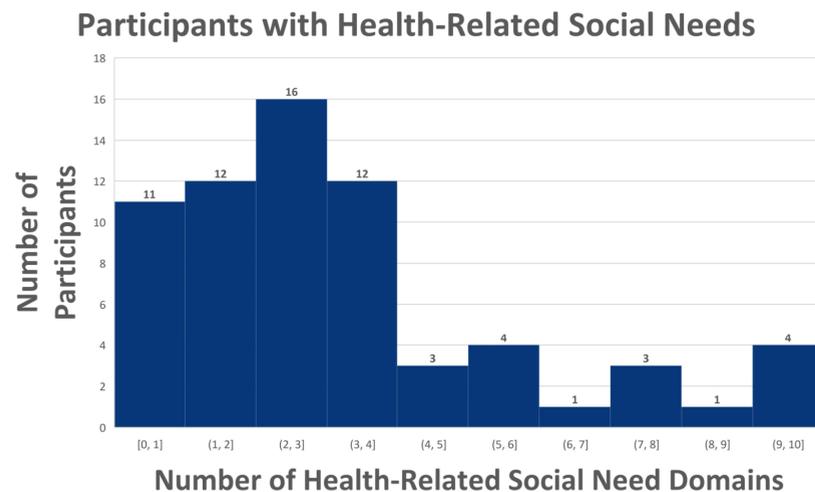


Figure 2: Distribution of participants screening positive for health-related social needs.

Characteristic	n (%)
<b>Enrolled Patients</b>	<b>67</b>
Male, n (%)	42 (63)
Race, n (%)	
White	31 (46)
Black	12 (18)
Latino	18 (27)
Asian	1 (1)
Multi	5 (7)
Higher Ed Beyond HS, n (%)	
College Graduate	16 (24)
Higher Degree	7 (10)
Health Insurance, n (%)	
Private	24 (36)
Uninsured	5 (7)
Household Composition, n (%)	
Alone	4 (6)
Parents and/or Siblings	33 (49)
Partner and/or Children	23 (34)
Multiple family members	7 (10)
Household Annual Income, n (%)	
More than \$50,000	23 (40)
\$40,000 - \$49,999	7 (12)
\$30,000 - \$39,999	6 (11)
\$20,000 - \$29,000	4 (7)
\$10,000 - \$19,999	8 (14)
Less than \$10,000	9 (16)

Table 1: Participant characteristics.

## Top 5 Health-Related Social Needs

1. Stress – 78%
2. Physical Activity – 70%
3. Cognitive Disability – 40%
4. Financial Strain – 36%
5. Physical Disability – 24%

## Results

- Between June 2021 and March 2022, 67 ACHD patients were screened with our survey with median age 29 (23,38).
- 55% had great and 45% had moderate complexity lesions.
- Sixty-six percent reported health-related social needs in  $\geq 3$  domains.
- Symptoms of depression (64%) and anxiety (48%) were common.
- To our knowledge, 28% of participants have been rehospitalized one month since enrollment.

## 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 in ACHD patients who have chronic complex disease.
- Admissions for acute illness, chronic disease complications, and procedures are common which provides the hospital medicine team an important opportunity to identify and address health-related social needs.