

Cultural Considerations in Mental Health Screenings in a Medically Underserved Community in Peru

Co- Presenters:

Wendy Thal, DNP, APRN, FNP-C, APHN- BC

Anna Jessup, DNP, APRN, FNP-C

Sara Johnston Ph.D., C.R.C.



Disclosure presenter

×	No (potential) conflict of interests	
×	1. Relations that could be relevant for the meeting	none
×	2. Sponsorship or research funds	none
×	3. Payment or other (financial) remuneration	none
×	4. Shareholder	none
×	5. Other relation	none

Objectives

- Discuss need for inclusion of mental health screenings in mobile primary care clinics in medically underserved communities worldwide.
- Identify strengths and weaknesses of use of the PHQ-9 in culturally diverse settings.
- Review case studies from patient encounters identified through the mental health screening process in Carabayllo, Peru.

Who & Where We Are

- TTUHSC International Program
- Carabayllo, Lima Peru
- Population 213,000
- Urban Poverty
- Identified Health Concerns:
 - Mental Health
 - Hypertension
 - Diabetes
 - Asthma



Background

- Provider experience with tool
- Validated
- Available in Spanish
- PHQ-9 Resource

https://www.integration.samhsa.gov/images/res/STABLE_toolkit.pdf



Clinic Parameters

- An overall PHQ- 9 score of > 14
- An affirmative response to question # 9 indicating suicidal risk regardless of score
- A very severe rating of symptoms

Referral Process

- Handouts (Stress Management, Anxiety, Depression)
- Counselor
- Local Providers
- Linea 100 (<https://www.mimp.gob.pe/homemimp/linea100.php>)

Case Study #1

Darkness in the Soul

- Patient: 19 year old female
- Chief complaint
 - Irritability, sadness, "darkness in the soul"
- PHQ- 9 Scoring >14
- Severe rating across all categories
- Potential suicide risk
- Final Diagnosis: Anxiety & Adjustment Disorder

Case Study # 2

Down A Rabbit Hole

- Patient: 48 year old female
- Chief complaint
 - Fatigue, irritability and sadness X several months
- PHQ- 9 Scoring >14
- Severe rating across all categories
- Potential suicide risk
- Final Diagnosis
 - Peri- Menopause

Case Studies 3 & 4

Following the Yellow Brick Road to Success

- **Patient 1**

- Mom as a student
- Abusive relationship
- High overall score

- **Patient 2**

- Wife with cheating husband
- Husband had illegitimate child with other woman
 - Wife felt shame was on herself culturally



Final diagnosis for both: Adjustment Disorder

Common Cultural Issues in our Patient Populations

- Metaphorical or Contextual in Responses
- Cultural misinterpretation of pleasure
- Cultural misinterpretation of self-harm
- Difficulty in gauging severity of symptoms using a Likert scale

Implications to Practice

- Individualized screening needs to populations
 - Refugees
 - Medical Missions
- Collaboration with local health care providers
- Access to resources and services within the community
- Next Steps: Adaptation of screening tool across multiple settings, providers, and populations

Questions?



References

- Domestic Abuse Intervention Programs, (2017). Power and control wheel. The Duluth Model. Retrieved from <https://www.theduluthmodel.org/>
- Kroenke, K. Spitzer, R., Williams, W., (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16, 606-616.
- Peru Ministerio de la Mujer y Poblaciones Vulnerables (N.D.). Linea 100, Retrieved from <https://www.mimp.gob.pe/homemimp/linea100.php>.
- Pfizer Inc (1999). The STABLE resource toolkit: The patient health questionnaire (PHQ-9) overview. Retrieved from http://www.cqaimh.org/pdf/tool_phq9.pdf
- Schantz, K., Reighard, C., Aikens, J., Aruqipa, A., Pinto, B., Valverde, H., & Piette, J., (2017). Screening for depression in Andean Latin America: Factor structure and reliability of the CES-D short form and the PHQ-8 among Bolivian public hospital patients. *The International Journal of Psychiatry Medicine*, 0(0), 1-13. doi: 10.1177/0091217417738934
- Substance Abuse and Mental Health Services Administration (2017). Screening tools. Retrieved from <https://www.integration.samhsa.gov/clinical-practice/screening-tools#bmb=1>
- “The District of Carabayllo.” *LimaEasy: The Lima Guide*, www.limaeasy.com/lima-info/districts-of-lima/the-district-carabayllo.
- White Ribbon Australia (2018). Cycle of violence. Understanding Domestic Violence. Retrieved from <https://www.whiteribbon.org.au/understand-domestic-violence/what-is-domestic-violence/cycle-of-violence/>
- World Health Organization (2017). Mental health: strengthening our response. Retrieved from <http://www.who.int/mediacentre/factsheets/fs220/en/>