

# Implementation of Anxiety Screening in Lung Transplant Candidates



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## A Quality Improvement Project

### Introduction

- ❑ Lung transplantation is a treatment for end-stage lung disease and requires comprehensive evaluation for eligibility <sup>4</sup>
- ❑ Up to 50% of pre-lung transplant candidates report anxiety <sup>1</sup>
- ❑ Anxiety can lead to poor post-transplant outcomes such as increased admissions <sup>2</sup>
- ❑ Uncontrolled anxiety is contraindicated in transplantation<sup>4</sup>

### Local Problem

- ❑ Local study found 58% of lung transplant candidates reported anxiety and increased to 89% by the time of waitlist <sup>3</sup>
- ❑ Johns Hopkins Hospital does not use evidence based or validated screening tool for anxiety

### Methods

- ❑ Lung transplant multi-disciplinary team educated on using GAD-7 anxiety screening tool
- ❑ Team given pre-implementation survey measuring importance, readiness, confidence, of the change
- ❑ Lung transplant candidates screened with GAD-7 during first clinic visit
- ❑ Administered post-implementation survey to assess if team change still important, ready to change, confident in making the change with addition of open-ended question

### Results

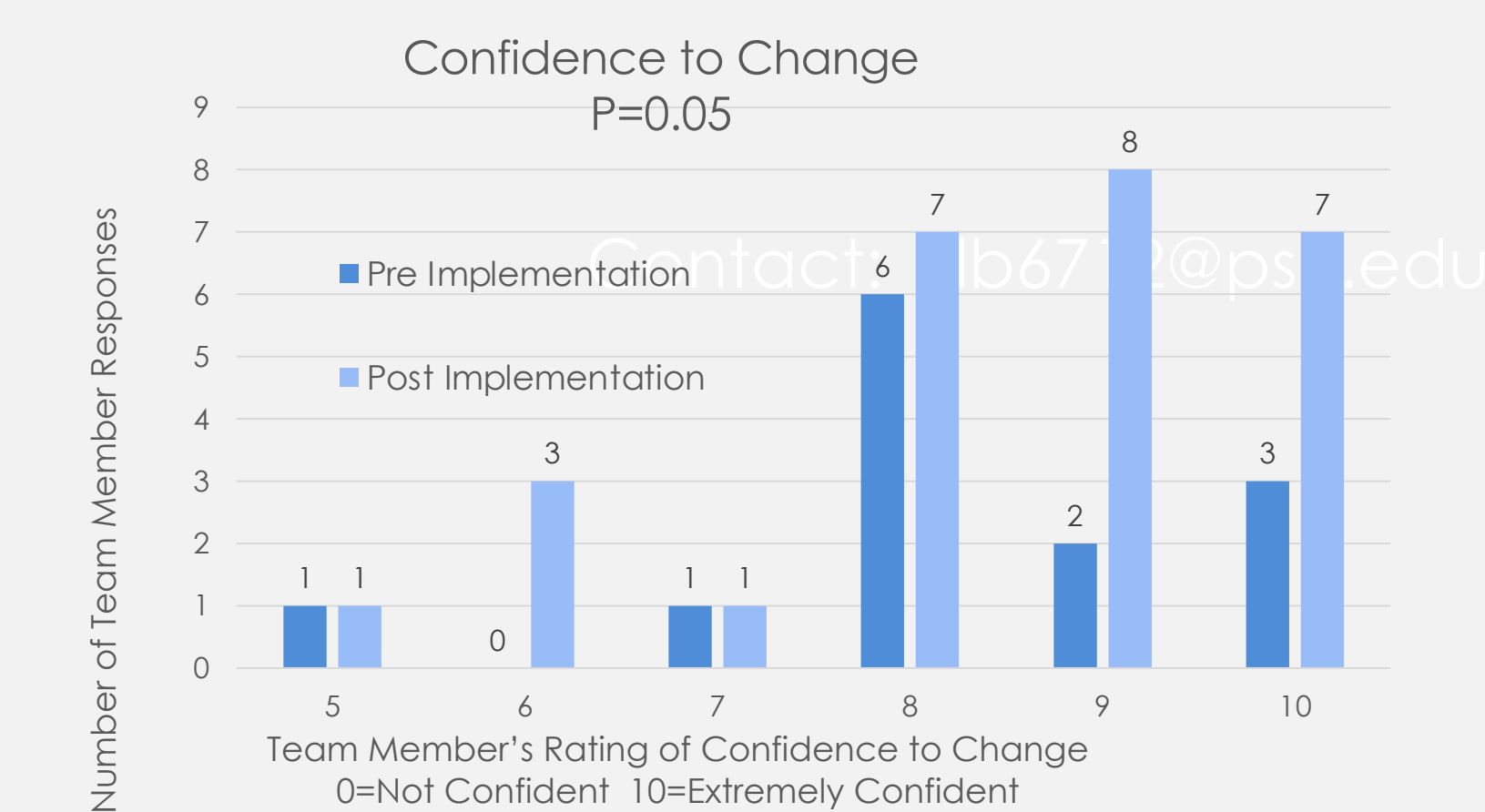
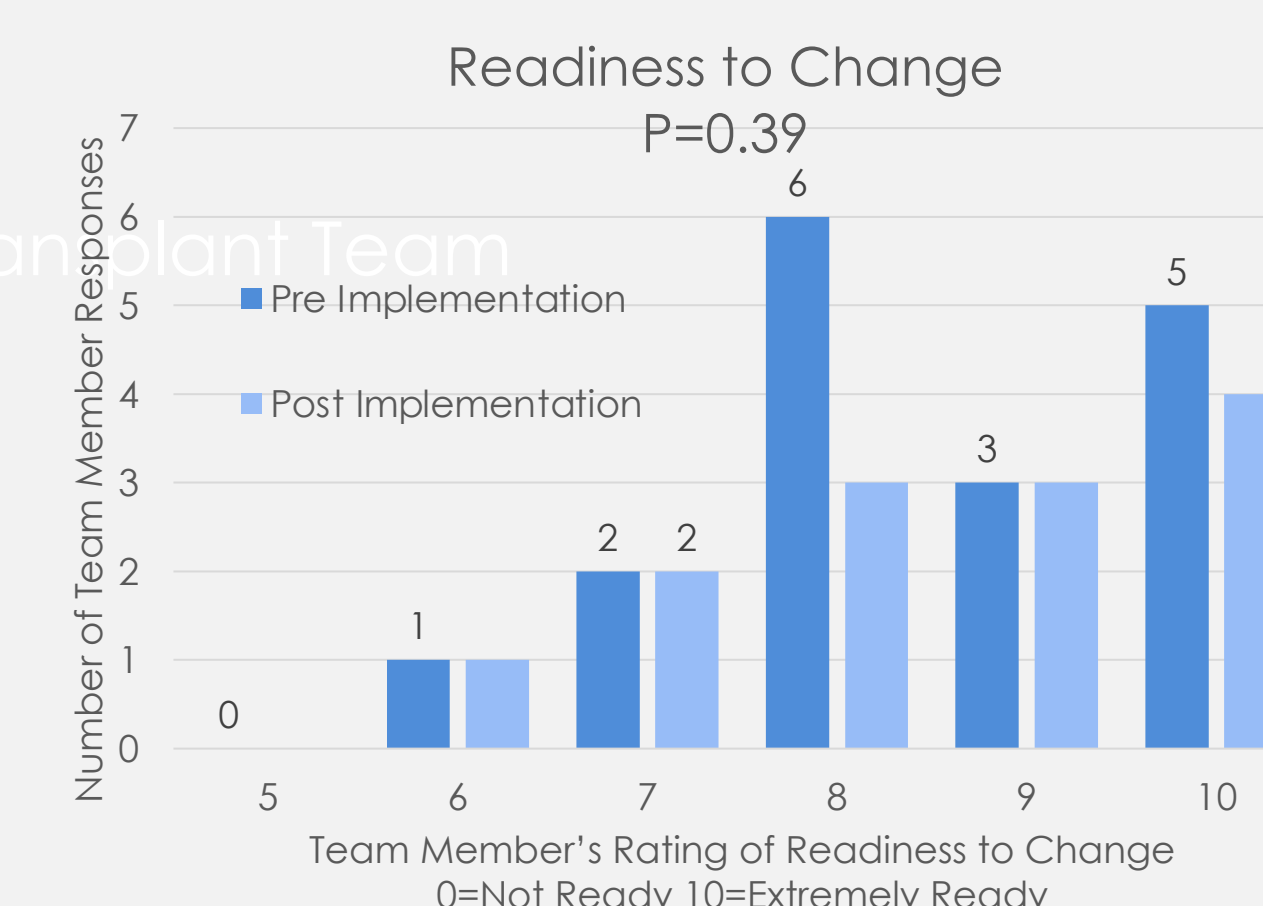
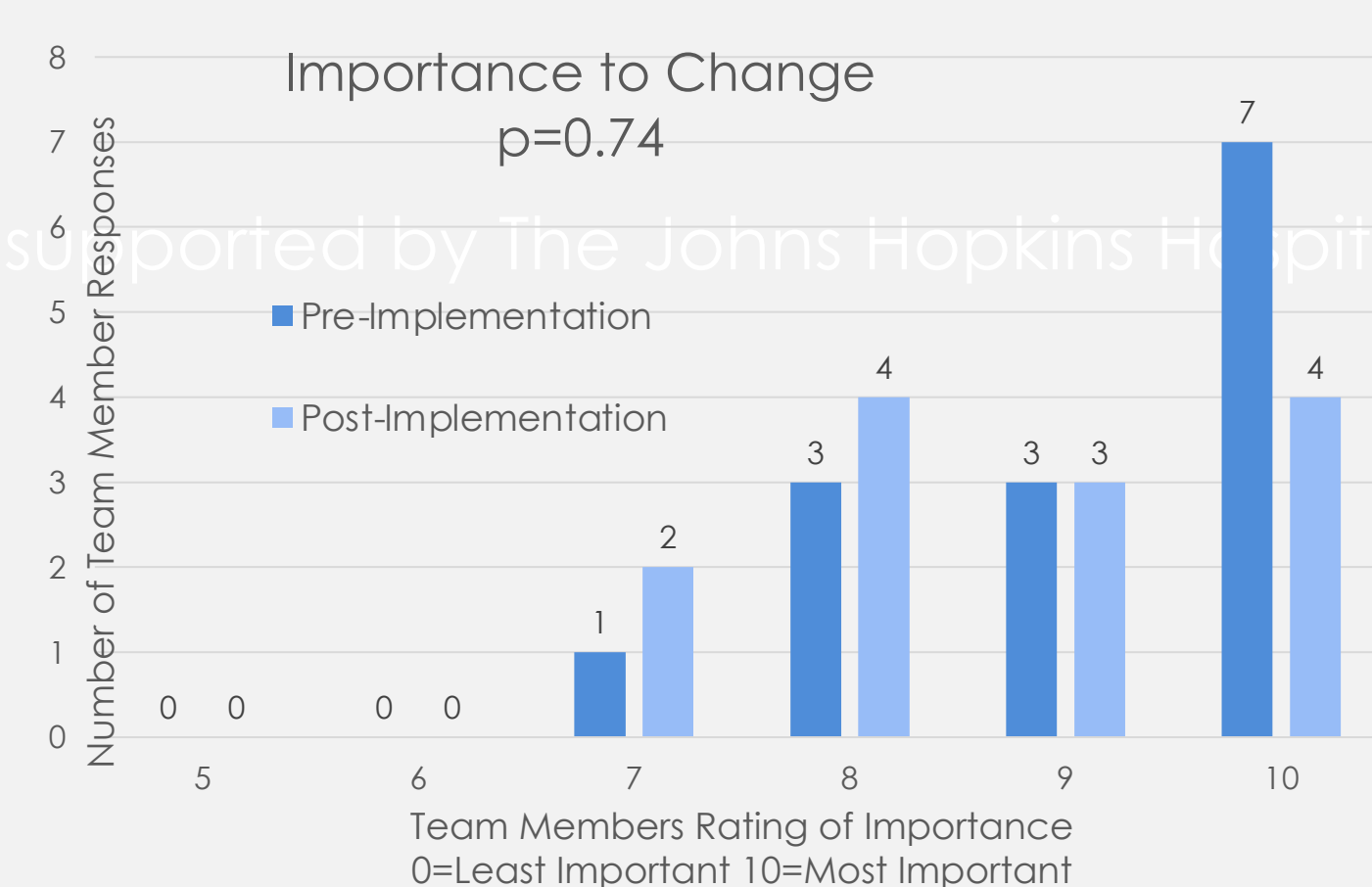
- ❑ 12 out of 17 lung transplant candidates completed GAD-7 screening
- ❑ Chi square for importance, confidence, readiness: no significant change from pre to post survey
- ❑ Post scores slightly lower
- ❑ Majority of positive comments in support of screening
  - *“Identifies those that may otherwise not screen positive for anxiety.”*
  - *“Identify those at risk for anxiety prior to transplant and help relieve before surgery.”*
  - *“Can identify interventions and psych referrals.”*

### Conclusions

- ❑ Team rated the screening use high on importance, readiness and confidence to change from pre- to post-implementation with no statistically significant change
- ❑ Slightly lower post-scores, most likely from some team members not directly experiencing the results of the tool
- ❑ Survey completion rate of 71%, so feasible to administer
- ❑ First clinic appointment not be ideal to complete screening as time was major factor in screening completion

### Purpose

- ❑ To implement an evidence-based anxiety screening tool in lung transplant evaluation



This work was supported by the Johns Hopkins Hospital Lung Transplant Team

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References

