



Depression in Laryngectomized Patients

BETTY IRENE MOORE SCHOOL OF NURSING



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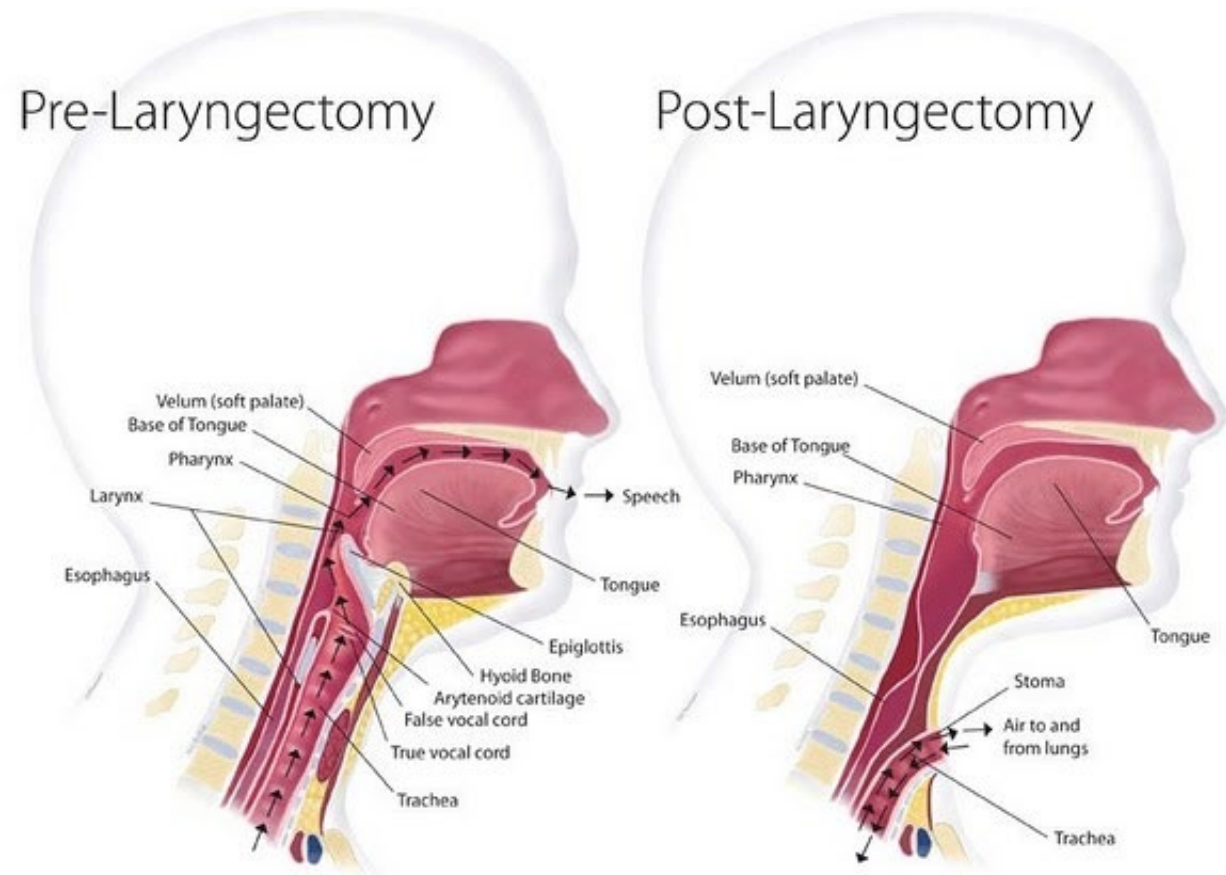
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Laryngectomy

- Partial or total removal of the larynx
- Laryngeal cancer is the 2nd most common head and neck cancer
- Men > Women



Depression

- DSM-5 Definition:
 - *Anhedonia*
 - *Depressed mood most of the day, nearly every day*
 - *Weight gain/loss*
 - *Insomnia/hypersomnia*
 - *Fatigue or loss of energy*
 - *Feelings of worthlessness or excessive or inappropriate guilt*
 - *Diminished ability to think or concentrate, or indecisiveness*
 - *Thoughts of death/suicide*
 - *Psychomotor agitation*
- 15-25% of people with cancer are also affected by depression

Literature Review

Symptoms of Depression & Anxiety

- Less feelings of depression as time progressed
- Highest levels of anxiety and depression reported during rehabilitation phase
- Increased depression associated with total vs. partial laryngectomies

Social Withdrawal & Exclusion

- Speech intelligibility
- Avoidance of places requiring speech

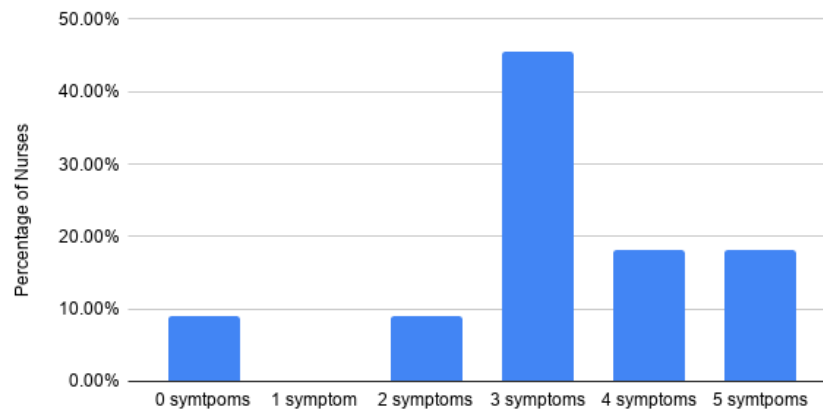
Treatment

- Need for increased awareness of psychological complications of laryngectomies
- Untreated depression can lead to decreased therapy compliance, slow wound healing, and poor appetite

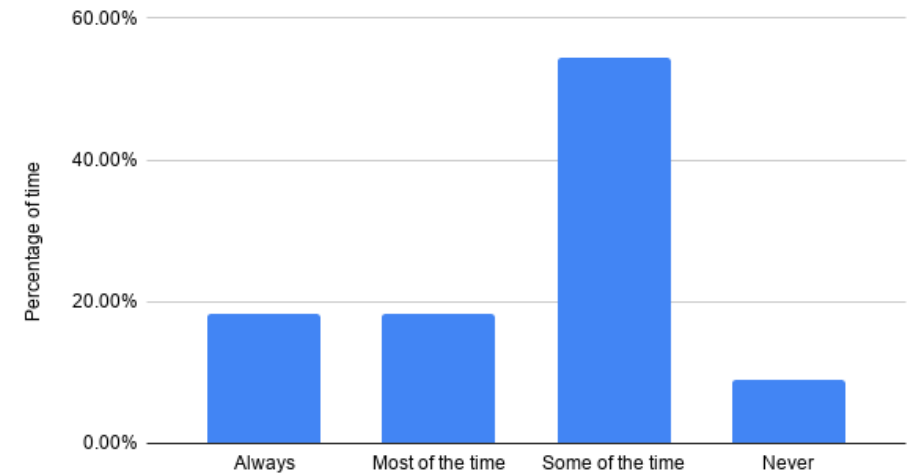
Survey

- UC Davis ENT nurses were surveyed to assess their existing knowledge and identify potential gaps

Number of Symptoms of Depression Correctly Recalled by Nurses

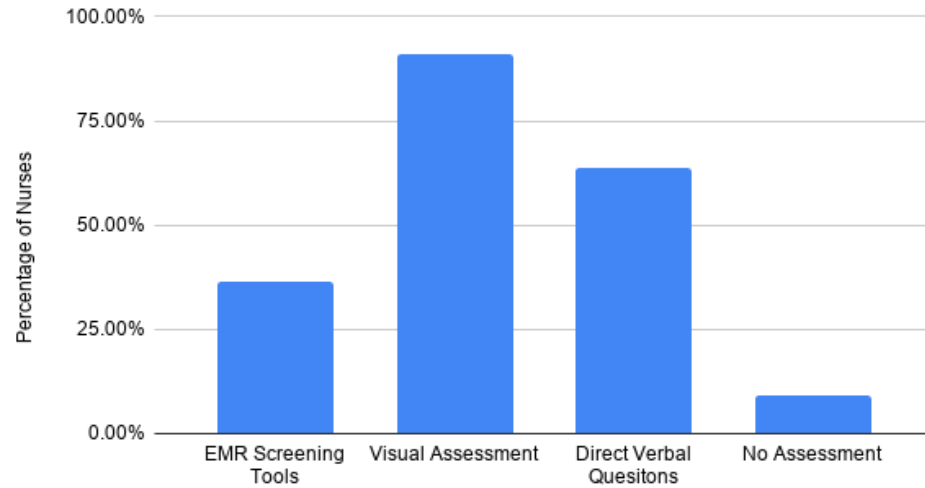


Frequency of Depression Assessment

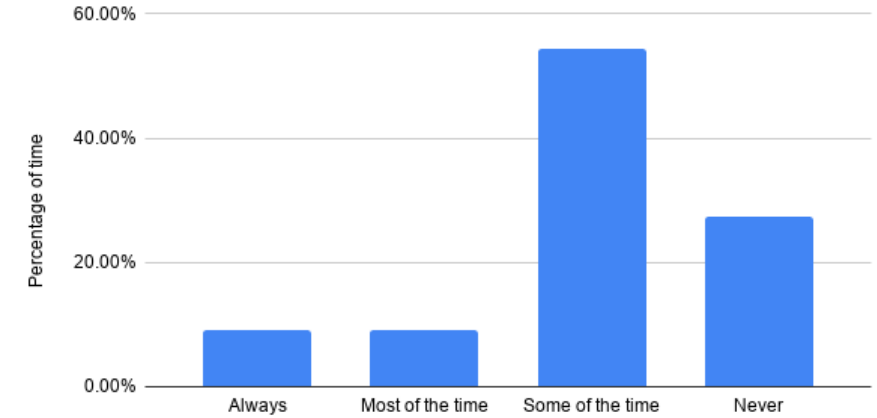


Survey Results

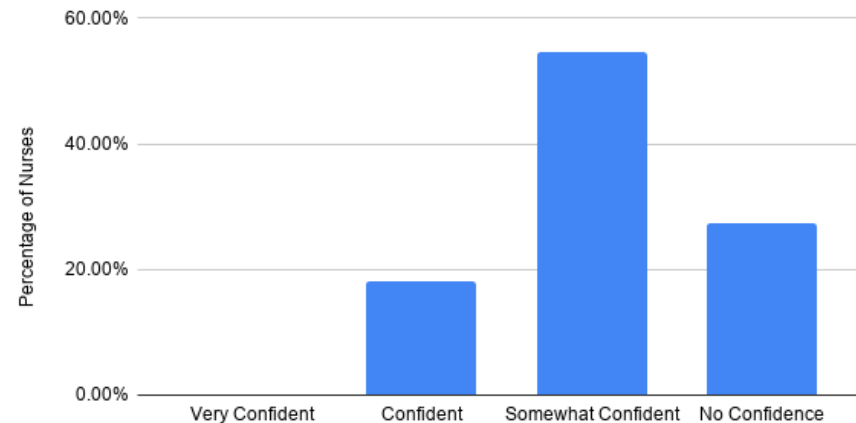
How Nurses Assess for Depression in their Patients



Frequency of Patient Education about Self-monitoring for Depression



Confidence Level of Nurses in Providing Resources for Depression



Applied Project: Learning Module for the Bedside Nurse

- Learning module for nurses to teach:
 - Background information
 - How to assess for depression in this population
 - How to teach patients to monitor for depression in themselves
 - Resources for patients who may be experiencing depressive symptoms
- Created with the software Quizzizz using the 8 Dimensional E-learning Framework
- Panel of expert reviewers:
 - CNII, CNIII, and ANII on UC Davis ENT floor
 - ENT NP at UC Davis Medical Center
 - Psychiatric-Mental Health NP at UCSF

Next Steps...

- Pilot learning module on UC Davis ENT floor
 - Conduct post implementation evaluation
- Implementation of learning module
- Continued evaluations of the module post implementation



Thank you for your time.

QUESTIONS?