



The Impact of Pediatric Somatic Symptoms (PSS) on Frontline Providers, Healthcare Utilization, and Cost

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Problem/Purpose

- Pediatric Somatic Symptoms (PSS) such as fatigue, dizziness, headache, abdominal, and body pain impact approximately one in three youth worldwide and are a common reason for presentation to primary and specialty care¹
- Best practices for identification and management of PSS remain poorly defined, increasing patient and provider stress
- Incorporating psychosocial management strategies into medical care may be promising for an initial approach to PSS to try to help reduce extensive and expensive medical evaluations



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Study Objectives



Elucidate the effects of PSS on frontline providers



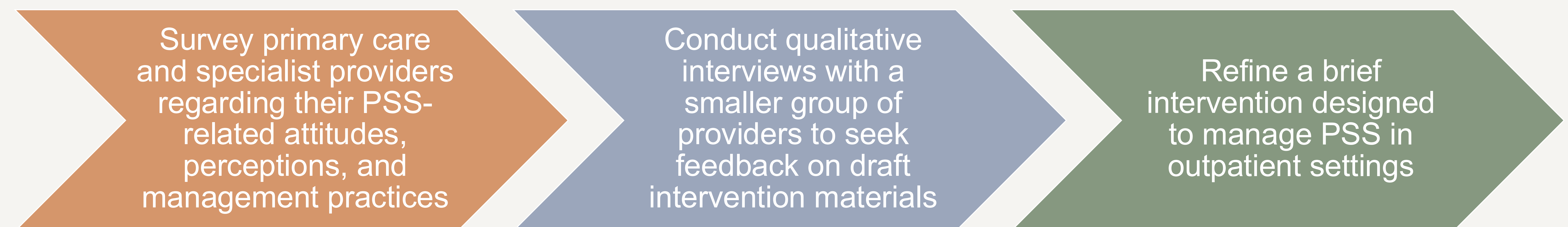
Gain a deeper understanding of how PSS affect outpatient providers' perception practices, and burnout



Begin co-developing a brief intervention tailored to outpatient medical settings

Methods

Data collection is currently underway



Current Results

^R Quantitative and qualitative data analysis is currently underway

86 Survey Respondees

Including Primary Care, Gastroenterology, Neurology

23 have expressed interest in a focus group session

7 Focus Group Participants
General Themes

Time and parent buy-in as barriers to providing meaningful care

Interest in implementation of psychosocial intervention

Effective design and materials for patient populations

Anticipated Impact

Providers are keen to access evidence-based tools to support management of youth with PSS. The intervention we have developed holds promise.

Next step: Pilot test the intervention in primary care settings

Referenced Literature

1. Vesterling C, Schütz-Wilke J, Bäker N, et al. Epidemiology of Somatic Symptoms and Disorders in Childhood and Adolescence: A Systematic Review and Meta-Analysis. Health & Social Care in the Community. 2023;2023(1):6242678. doi:<https://doi.org/10.1155/2023/6242678>

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