

The Benefits of Implementing Collaborative Care into Pediatrics

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The purpose of this literature review is to assess the relationship between collaborative care in primary care and the improvement of mental health in children and adolescents. Collaborative care is an established intervention in adult care (Katon, 1995) and this project was designed to review literature to support its implementation into pediatric care. PsycINFO (access provided through Grand Valley State University) was used for the literature review. Peer-reviewed articles that included the terms “collaborative care”, “psychiatric care”, “anxiety and depression”, and “pediatric care” were examined. Articles that were literature reviews, were meta-analyses, involved data on adults, or were published before 1990 were excluded. Our search yielded 11 articles. Aspects of collaborative care that were assessed in this review included cost/benefit, symptom improvement, outside referral rates, satisfaction of pediatricians and patients, accurate diagnosis and treatment, and frequency of follow up. Common observations included reduction in symptoms, reduction of cost per patient, lower outside referrals and more accurate diagnosis. The majority of articles analyzed concluded that collaborative care was beneficial for everyone involved. The results of these studies suggest that collaborative care has the potential to improve mental health in pediatric populations by starting treatment at an early age which can reduce disease burden later in life. Future research could examine other mental health disorders and the effectiveness of collaborative. Additionally, research could be expanded in younger populations as mental health disorders are becoming more prevalent at early ages.

Citation:

Katon, W., Von Korff, M., Lin, E., Walker, E., Simon, G. E., Bush, T., Robinson, P., & Russo, J. (1995). Collaborative management to achieve treatment guidelines. Impact on depression in primary care. *JAMA*, 273(13), 1026–1031.

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