

Eastern Kentucky University

Encompass

Doctor of Nursing Practice Projects

Nursing

2021

A Protocol for Improving Early Recognition and Treatment of Bipolar Disorder

Zelluyah Gaitho

Eastern Kentucky University, zelluyah_gaitho@mymail.eku.edu

Follow this and additional works at: <https://encompass.eku.edu/dnpcapstones>



Part of the [Nursing Commons](#), and the [Psychiatric and Mental Health Commons](#)

Recommended Citation

Gaitho, Zelluyah, "A Protocol for Improving Early Recognition and Treatment of Bipolar Disorder" (2021). *Doctor of Nursing Practice Projects*. 69.

<https://encompass.eku.edu/dnpcapstones/69>

This Open Access Capstone is brought to you for free and open access by the Nursing at Encompass. It has been accepted for inclusion in Doctor of Nursing Practice Projects by an authorized administrator of Encompass. For more information, please contact Linda.Sizemore@eku.edu.

A Protocol for Improving Early Recognition and Treatment of Bipolar Disorder

Zelluyah W. Gaitho

School of Nursing, Eastern Kentucky University

NSC 994, DNP Project

Dr. Molly Bradshaw

November 23, 2021

Abstract

In bipolar disorder, patients present to a clinician during depressive episodes often leading to a misdiagnosis. In turn, this could lead to inappropriate treatment. This failure to diagnose could be attributed to lack of use of validated screening tools and deviation from clinical guidelines. The purpose of this quality improvement project was to develop a protocol that will help improve early recognition and treatment of bipolar disorder by using the Mood Disorder Questionnaire. A training program was developed to increase knowledge on the proper use of the Mood Disorder Questionnaire (MDQ) and the Quality-of-Life Enjoyment and Satisfaction Questionnaire-Short Form (Q-LES-Q-SF). A protocol was then developed to increase utilization of the MDQ on all patients presenting with symptoms of depression and bipolar disorder at the initial visit. The Q-LES-Q-SF was completed at baseline with subsequent retest in two and four weeks respectively once treatment was initiated. Paired t-tests were conducted for significant differences from pre-test and post-test. A p-value of less than 0.05 indicated significant differences.

Keywords: delay, bipolar disorder, mood disorder questionnaire, depression, outcome, diagnosis.