

Screening for Depression

Although many patients may present to their primary care provider with nonspecific physical symptoms that are consistent with depression or anxiety, such as poor sleep or poor appetite, pain, or digestive problems, their comorbid diagnosis of depression may go unrecognized. Screening patients on a regular basis can identify common BH conditions like depression earlier and improve both the mental and physical health of our patient population.

Who Should I Screen?

The US Preventive Service Task Force (USPSTF) recommends screening for depression in the general adult population, including pregnant and postpartum women, and in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.

Did you know?

- Major Depressive Disorder (MDD) remains a treatable cause of pain, suffering, disability and death?
- Primary Care Clinicians detect MDD in one-third to one-half of their patients and about half of these go untreated.
- Additionally, more than 80% of patients with depression have a medical comorbidity.

Step

Description

Confirmation of Eligibility and Benefits

Prior to the patient visit, eligibility is verified, and patient benefits are confirmed.

Patient Arrives for Scheduled Appointment

Patient presents with chief complaint(s) and medical assistant asks patient/family about any BH concerns.

Screening for BH

BH screening performed (incorporated as a part of the office visit)

BH Positive Indication

Positive screen (indicating depression, substance use, etc)

Discussion with Patient

Physician discusses the diagnosis/status with the patient and/or caregivers and recommends BH services and treatment.

BH Coordination and Collaboration of Care

Care manager meets with the patient and collaborates with treating practitioners for the episode of care (based on severity and risk). If applicable, care manager provides patient education about available resources.

Care Oversight

Physician continues to oversee the patient's care, including prescribing medications, treating medical conditions, and making referrals to specialty care.

Patient Health Questionnaire - 9 (PHQ-9)

Over the last several weeks, how often have you been bothered by any of the following problems?

Not at all

Several days

More than half the days

Nearly every day

1. Little interest or pleasure doing things

0

1

2

3

2. Feeling down, depressed, or hopeless

0

1

2

3

3. Trouble falling asleep or staying asleep, or sleeping too much.

0

1

2

3

4. Feeling tired or having little energy

0

1

2

3

5. Poor appetite or overeating

0

1

2

3

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down

0

1

2

3

7. Trouble concentrating on things such as reading the newspaper or watching television

0

1

2

3

8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

0

1

2

3

9. Thoughts that you would be better off dead or of hurting yourself in some way

0

1

2

3

For office coding:

0

+_____

+_____

+_____

Total Score:

If you checked off any problems, how difficult have these problems made it for you to do work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult