DEPRESSION

INFORMATION FOR PRIMARY CARE PHYSICIANS

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STATISTICS

Major depression is a common **psychiatric disorder**.

Major depression was reported to have the **heaviest burden** of disability of all mental health disorders.

350 million people worldwide suffer from major depression.

15.7 million individuals were diagnosed with major depression in the United States during 2013.

STATISTICS

35% of the patients who are seen in the primary care setting are struggling with some type of depression, and of those, 10% meet criteria for major depression.

The lifetime prevalence of depression in the general population is 15%.

In **women**, the lifetime prevalence can reach as high as **25%.**

Women are **twice** as likely as men to suffer from depression.

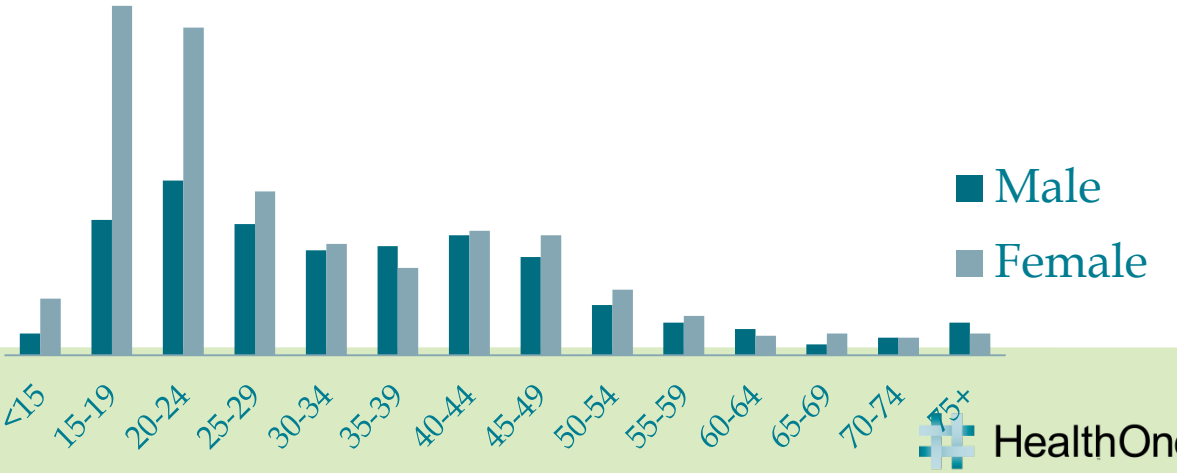
STATISTICS

Whites more frequently suffer from depression than either African Americans or Hispanics.

Major depression is more often noted in separated and divorced individuals than in those who are married.

Children and adolescents can also suffer from major depression, but often the presentation is different from adults.

The **highest** incidence of major depression is found in the **18-25** age group, and the **lowest** incidences is in the **50+** age group**.**



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STATISTICS - SUICIDE

In 2013, suicide was the **10th leading cause of death** for all ages, and the second leading cause of death in the 15-34 age group.

Middle-aged adults accounted for the highest rate of suicide (56%).

It is estimated that one life is lost to suicide approximately every **13 minutes**.

Women are **twice** as likely to **attempt** suicide, while **men** are **four** times as likely to have a **completed** suicide.

Women most often choose **poisoning or overdose** as a means to end their life, while men tend to choose more violent means--such as **shooting or hanging** themselves.

DEPRESSION - PRIMARY CARE SETTING

Approximately one-third of patients who are seen in a primary care setting suffer from depression.

Marriage and dependent children are protective factors mitigating against suicide.

Poor health, social isolation, male gender, Caucasian ethnicity, and alcohol/substance abuse are risk factors for suicide.

SCREENING FOR DEPRESSION

Due to the high burden of depression in the primary care setting, it is important to have reliable and patient-friendly instruments to assess depression.

SCREENING INSTRUMENTS

- **PHQ2**
- **PHQ9**
- **Ham-D**
- **Reynolds Adolescent Depression Scale**
- **Edinburgh Post-Natal Depression Scale**
- **Zung Self-Rating Depression Scale**
- **Geriatric Depression Scale**
- **Beck Depression Inventory**

SCREENING FOR DEPRESSION

WHEN SHOULD THE PATIENT BE SEEN?

After starting medication:

- **10-14 days after starting medication, changing medication, or stopping medication**
- **Again after 4-6 weeks**

After being discharged following a psychiatric hospitalization:

- **Within the first week following discharge**
- **Second visit needs to be within the month**

SCREENING FOR DEPRESSION

ASSESSING THE PATIENT'S RESPONSE TO TREATMENT:

"SIG E CAPS"

- **S**leep - insomnia or hypersomnia
- **I**nterest - loss of interest in previously enjoyed activities
- **G**uilt - inappropriate guilt or feelings of worthlessness
- **E**nergy - decreased energy or fatigue
- **C**oncentration - diminished ability to concentrate
- **A**ppetite - decreased appetite with associated weight loss
- **P**sychomotor agitation or retardation
- **S**uicidal thoughts

REFERRAL TO PSYCHIATRIST

WHEN TO CONSIDER A REFERRAL TO A PSYCHIATRIST:

- **Patient has post-partum depression.**
- **Patient is currently on psychotropic medication and wishes to become pregnant.**
- **Patient has a co-morbid psychiatric diagnosis, such as panic attacks or alcoholism.**
- **Patient has refractory depression.**
- **Patient has significant psychosocial stressors.**
- **Patient's family history is significant for depression, bipolar disorder, substance abuse, and/or suicide.**
- **Patient has complicated bereavement.**
- **Patient has severe depression with or without psychotic symptoms.**
- **Physician feels uncomfortable managing the patient's psychiatric care.**

DATA SHARING

INFORMATION TO BE SHARED BETWEEN PCP AND PSYCHIATRIST:

- **Reason for referral, including pertinent office notes**
- **All diagnoses**
- **All medications, including OTC**
- **Labs**
- **Results of depression screening**

BILLING

Depression Screening

- **Billing code is G0444**
- **Once a year – to indicate that appropriate, documented screening has taken place**
- **Add-on code to office visit or annual visit**
- **Paid separately, without added out-of-pocket cost to patient**

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QUESTIONNAIRE

Please take the survey below.
Upon completion, you will be mailed a $50 honorarium.

https://www.surveymonkey.com/r/PXCGNMJ

One honorarium will be paid per Primary Care Provider submission. Participating providers must be IN-network with Alliant Health Plans and outside of the PHCS network. Providers who attended the on-site presentation in March are not eligible to receive an additional honorarium.

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CITATION

The following sources were used when developing this presentation:

1. **World Health Organization**
   www.who.int/mediacentre/factsheets/fs369/en/
2. **The Journal of the American Board of Family Practice**
   www.jabfm.org/content/18/2/79.full
3. **CDC**
   www.cdc.gov/violenceprecention
4. **KAPLAN**

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    - Written information in other formats (large print, audio, accessible electronic formats, other formats)
        - Provides free language services to people whose primary language is not English, such as:
            - Qualified interpreters
            - Information written in other languages

If you need these services, contact Sabrina LeBeau.

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

Language Assistance

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Alliant Health Plans, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al (800) 811-4793.

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Alliant Health Plans, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi (800) 811-4793.

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如果您，或是您正在協助的對象，有關於[插入SBM項目的名稱Alliant Health Plans]方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 [在此插入數字 (800) 811-4793。

તમને વિના મૂલ્યે તમારી ભાષામાં મદદ અને માહિતી મેળવવાનો અધિકાર છે. આરોગ્ય વીમા વ્યાપારબજાર વિશે દુભાષિયા સાથે ગુજરાતીમાં વાતચીત કરવા, કૉલ કરો (800) 811-4793.

Si vous, ou quelqu'un que vous êtes en train d'aider, a des questions à propos de Alliant Health Plans, vous avez le droit d'obtenir de l'aide et l'information dans votre langue à aucun coût. Pour parler à un interprète, appelez (800) 811-4793.

እርስዎ፣ ወይም እርስዎ የሚያግዙት ግለሰብ፣ ስለ Alliant Health Plans ጥያቄ ካላችሁ፣ ያለ ምንም ክፍያ በቋንቋዎ እርዳታና መረጃ የማግኘት መብት አላችሁ። ከአስተርጓሚ ጋር ለማነጋገር፣ (800) 811-4793 ይደውሉ።

यदि आपके ,या आप द्वारा सहायता ककए जा रहे ककसी व्यक्तत के Alliant Health Plans के बारे में प्रश्न हैं ,तो आपके पास अपनी भाषा में मुफ्त में सहायता और सूचना प्राप्त करने का अधिकार है। ककसी भाषषए से बात करने के लिए, (800) 811-4793 पर कॉ करें।

Si oumenm oswa yon moun w ap ede gen kesyon konsènan Alliant Health Plans, se dwa w pou resevwa asistans ak enfòmasyon nan lang ou pale a, san ou pa gen pou peye pou sa. Pou pale avèk yon entèprèt, rele nan (800) 811-4793.

Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Alliant Health Plans, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону (800) 811-4793.

إن كان لديك أو لدى شخص تساعده أسئلة بخصوص Alliant Health Plans، فلديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون اية تكلفة. للتحدث مع مترجم اتصل ب(800) 811-4793.

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Alliant Health Plans, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para (800) 811-4793.

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Falls Sie oder jemand, dem Sie helfen, Fragen zum Alliant Health Plans haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer (800) 811-4793 an.

ご本人様、またはお客様の身の回りの方でも Alliant Health Plans についてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合、(800) 811-4793までお電話ください。

TTY/TDD

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call (800) 811-4793 (TTY/TDD: (800) 811-4793).