

## DEP - Depressive Disorders

### DEP-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

**OUTCOME:** The patient/family will understand the impact and influences cultural that spiritual traditions, practices, and beliefs have on health and wellness.

#### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

### DEP-DP DISEASE PROCESS

**OUTCOME:** The patient/family will understand the specific depressive disorder.

#### **STANDARDS:**

1. Discuss the common symptoms of depressive disorder with the patient and/or family, which may include:
  - a. Persistent sadness and/or irritability
  - b. Loss of interest and pleasure in usual activities
  - c. Changes in appetite/ weight loss or gain
  - d. Sleep disturbances
  - e. Energy loss
  - f. Fatigue
  - g. Hyperactive or slowed behavior
  - h. Decreased or slowed sexual drive
  - i. Feelings of worthlessness
  - j. Difficulty concentrating or making decisions
  - k. Memory loss
  - l. Recurrent suicidal thoughts. **Refer to SI.**
  - m. Feelings of hopelessness
2. Discuss the severity and duration of the depressive episode, as it relates to the specific diagnosis.
3. Discuss the effect that depression may have on the patient's ability to function at work, school, and leisure activities.

## **DEP-EX      EXERCISE**

**OUTCOME:** The patient/family will understand the role of increased physical activity in this patient's disease process and will make a plan to increase regular activity by an agreed-upon amount.

### **STANDARDS:**

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

## **DEP-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of treatment plan full participation and regular follow-up.

### **STANDARDS:**

1. Discuss the patient's responsibility in managing major depression.
2. Review the treatment plan with the patient/family, emphasizing the need for keeping appointments and adhering to medication regimens.
3. Instruct the patient/family to contact a mental health professional or other medical personnel if persistent thoughts of suicide occur. Explain that if the patient has a plan to act on suicidal thoughts, this is a medical emergency and hospitalization may be necessary. **Refer to SI.** Discuss the procedure for obtaining urgent referrals.
4. Explain the process for making follow-up appointments.

## **DEP-HPDP      HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient/family will understand the lifestyle changes necessary to promote and sustain healthy living.

### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and

substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.

3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.
  - d. Practice new knowledge.
  - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

#### **DEP-IR INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will receive information and referral for alternative or additional services as needed or desired.

**STANDARDS:**

1. Provide the patient/family with alternative or additional sources for care and services.
2. Provide the patient/family with assistance in securing alternative or additional resources as needed.

#### **DEP-L LITERATURE**

**OUTCOME:** The patient/family will receive literature about depressive disorders.

**STANDARDS:**

1. Provide the patient/family with literature on depressive disorders.
2. Discuss the content of the literature.

#### **DEP-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication. Some medication may take up to six weeks to take effect.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.

3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **DEP-MNT    MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **DEP-N        NUTRITION**

**OUTCOME:** The patient/family will understand nutrition, as it relates to depression.

### **STANDARDS:**

1. Emphasize that nutritional management includes meal planning, careful shopping, appropriate food preparation, and eating.
2. Describe healthy food preparation methods. Emphasize the importance of appropriate serving sizes and reading food labels.
3. Explain that caffeine and other herbal supplements should be avoided with medication use.
4. Discuss the use of food as a coping mechanism and its role in eating disorders.

5. Refer to registered dietitian for MNT or other local resources as appropriate.

#### **DEP-PSY      PSYCHOTHERAPY**

**OUTCOME:** The patient/family will understand the goals and process of psychotherapy in the treatment of depression.

##### **STANDARDS:**

1. Review the reason for the initial referral for therapy as part of the care plan.
2. Explain that therapy may include individual, group, psycho-educational/therapeutic, talking circles, or other modalities.
3. Emphasize that full participation and follow-up are critical to treatment success.
4. Emphasize the importance of openness and honesty with the therapist.
5. Discuss issues of safety, confidentiality, and responsibility.
6. Explain to the patient that the therapist and the patient will establish goals and duration of therapy together.

#### **DEP-S          SAFETY**

**OUTCOME:** The patient/family will understand the safety plan as it relates to severe depression, and potential suicidal ideation and/ or behavior.

##### **STANDARDS:**

1. Discuss the safety plan/ contract with the patient, including no-harm contract and local resources and phone numbers, in case the condition worsens or the urge to hurt oneself increases.
2. Explain that local police may also be available to assist in transportation and safety compliance.

#### **DEP-SM      STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in depressive disorders.

##### **STANDARDS:**

1. Explain that uncontrolled stress is linked with the onset of depressive disorder and contributes to more severe symptoms of depression.
2. Explain that uncontrolled stress can interfere with the treatment of depressive disorder.
3. Explain that effective stress management may reduce the severity of symptoms the patient experiences, as well as help improve the health and well-being of the patient.

4. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the severity of the depression and increase risk of suicidal behaviors.
5. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. Maintaining a reasonable diet
  - g. Exercising regularly
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
6. Provide referrals as appropriate.

## **DEP-TX      TREATMENT**

**OUTCOME:** The patient/family will understand some of the factors which contribute to a balanced and healthy lifestyle.

### **STANDARDS:**

1. Explain that a combination of psychotherapy and medication interventions usually have better results than therapy or medication alone. The patient has a right to choose either option or both.
2. Explain that therapists have different styles and orientations for treating depression, and that no one approach has been shown to be more effective than others, although some styles may suit the patient better.
3. Explain to the patient/family that the prognosis is often good with appropriate treatment.
4. Explain that the treatment plan will be made by the patient and treatment team after reviewing available options. Explain that treatment for depression may vary according to the patient's life circumstances, severity of the condition, and available resources.
5. Discuss important facets of the treatment plan:

- a. Counseling or psychotherapy is an effective treatment for depression.
- b. Medication may be prescribed on an individualized basis, according to need. Refer to DEP-M.
- c. Regular exercise will usually contribute significantly to improving the symptoms of depression and in some cases will eliminate the need for medication. Refer to DEP-EX.
- d. Patient participation in the treatment plan is essential to treatment success, including scheduled follow-ups.