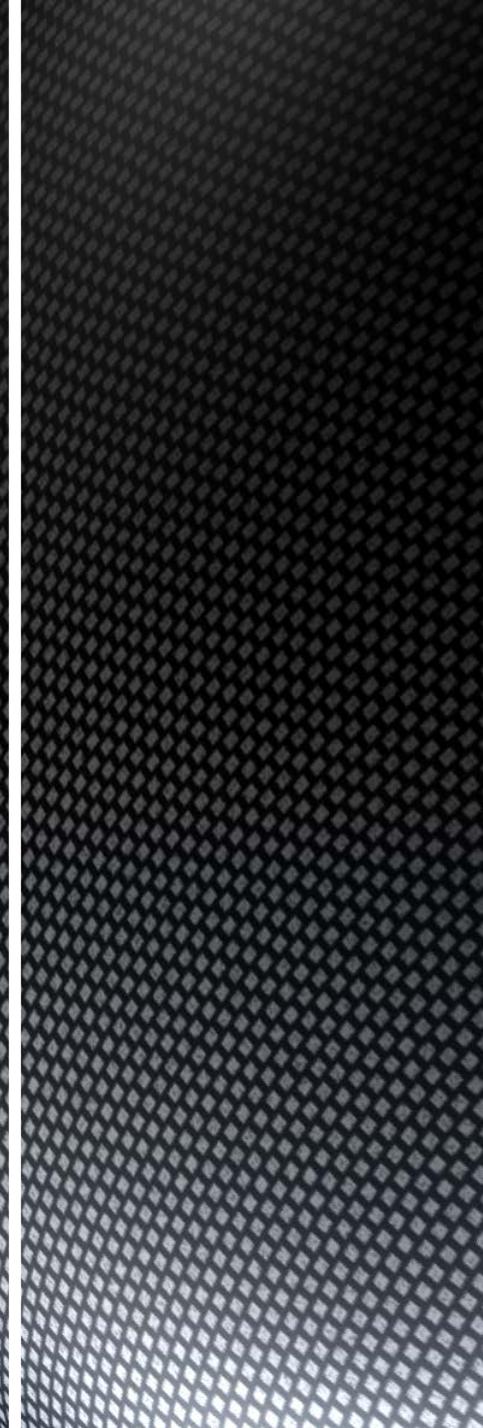


Depression Screening

Indian Health Service
National GPRA Team



Depression Screening

- Measures the proportion of eligible patients who have been screened for depression or diagnosed with a mood disorder during the report period.
- Eligible patients are all adults age 18 and older.

Measure Logic

Denominator:

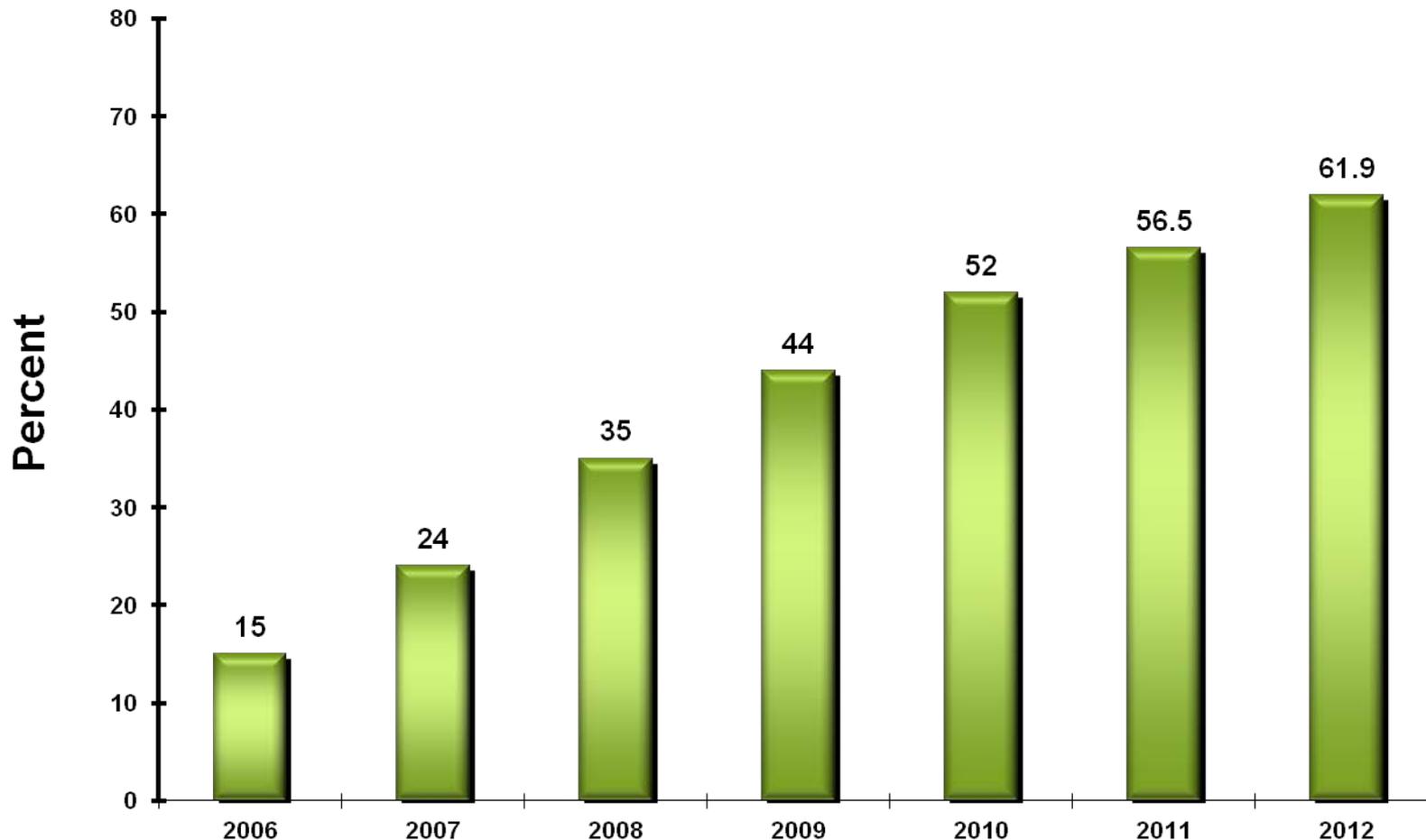
Active Clinical patients ages 18 and older, broken down by gender.*

Numerator:

Patients screened for depression or diagnosed with a mood disorder at any time during the report period.

*CRS includes separate denominators for males and females, however **the GPRC measure denominator includes both genders.**

IHS National (Federal and Tribal) GPRA Depression Screening Rates



Depression Statistics

- Each year, depression affects an estimated 9% of adults in the United States.
- Depression occurs 70% more frequently in women than in men.
- Depression increases the risk of suicidal behavior.

Depression and Type 2 Diabetes

- People with diabetes are almost twice as likely to develop depression as those who do not have a chronic medical condition.¹
- When combined with diabetes, depression contributes to poorer blood glucose control, more frequent hospital visits, higher risk of long-term complications, and a shorter life span.²

¹Pan A, Lucas M, Sun Q, et al. Bidirectional Association Between Depression and Type 2 Diabetes Mellitus in Women. *Arch Intern Med.* 2010;170(21):1884-1891.

²Behavioral Diabetes Institute. (2011) Breaking Free From Depression and Diabetes: 10 Things You Need To Know And Do.

Recommendations for Depression Screening and Follow-up

Screen adult patients for depression when staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and follow-up.¹

If depression is diagnosed, intervention should include:

- collaborative care team
- patient-centered care
- focus on the patient's chronic diseases
- routine monitoring using a standardized depression survey
- stepped treatment intensification
- follow-up.^{1,2}

¹U.S. Preventive Services Task Force. Screening for depression in adults: U.S. Preventive Services Task Force Recommendation Statement. *Ann Intern Med* 2009;151:784-792.

²Katon, W. et al. (2010). Collaborative Care for Patients with Depression and Chronic Illnesses. *The New England Journal of Medicine*, 363, 2611-20.

Recommended Screening Tools

PHQ-9:

- Scores each of the 9 DSM-IV criteria for depressive disorders
- Establishes diagnosis and grades symptoms' severity

Source: Pfizer Inc. (1999). Patient Health Questionnaire (PHQ-9). *PRIME-MD*

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

| | Not at all | Several days | More than half the days | Nearly every day |
|---|------------|--------------|-------------------------|------------------|
| 1. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 2. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |
| 3. Trouble falling 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 | 0 | 1 | 2 | 3 |

add columns + +

(Healthcare professional: For interpretation of TOTAL, TOTAL:
please refer to accompanying scoring card).

| | | |
|--|----------------------|-------|
| 10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? | Not difficult at all | _____ |
| | Somewhat difficult | _____ |
| | Very difficult | _____ |
| | Extremely difficult | _____ |

Importance of Depression Screening

- Without treatment, the frequency and severity of symptoms tend to increase over time.
- Screening for depression is the first step to identifying patients who need help and follow-up!

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