Depression Management

Adult, Ambulatory Clinical Practice Guideline Pocket Guide

DEPRESSION MANAGEMENT GUIDELINE USE

Full Dartmouth-Hitchcock Depression Management Adult, Ambulatory Clinical Practice Guideline:
http://one.hitchcock.org/intranet/docs/default-source/d-h-knowledge-map-documents/depression_cpg_final.pdf

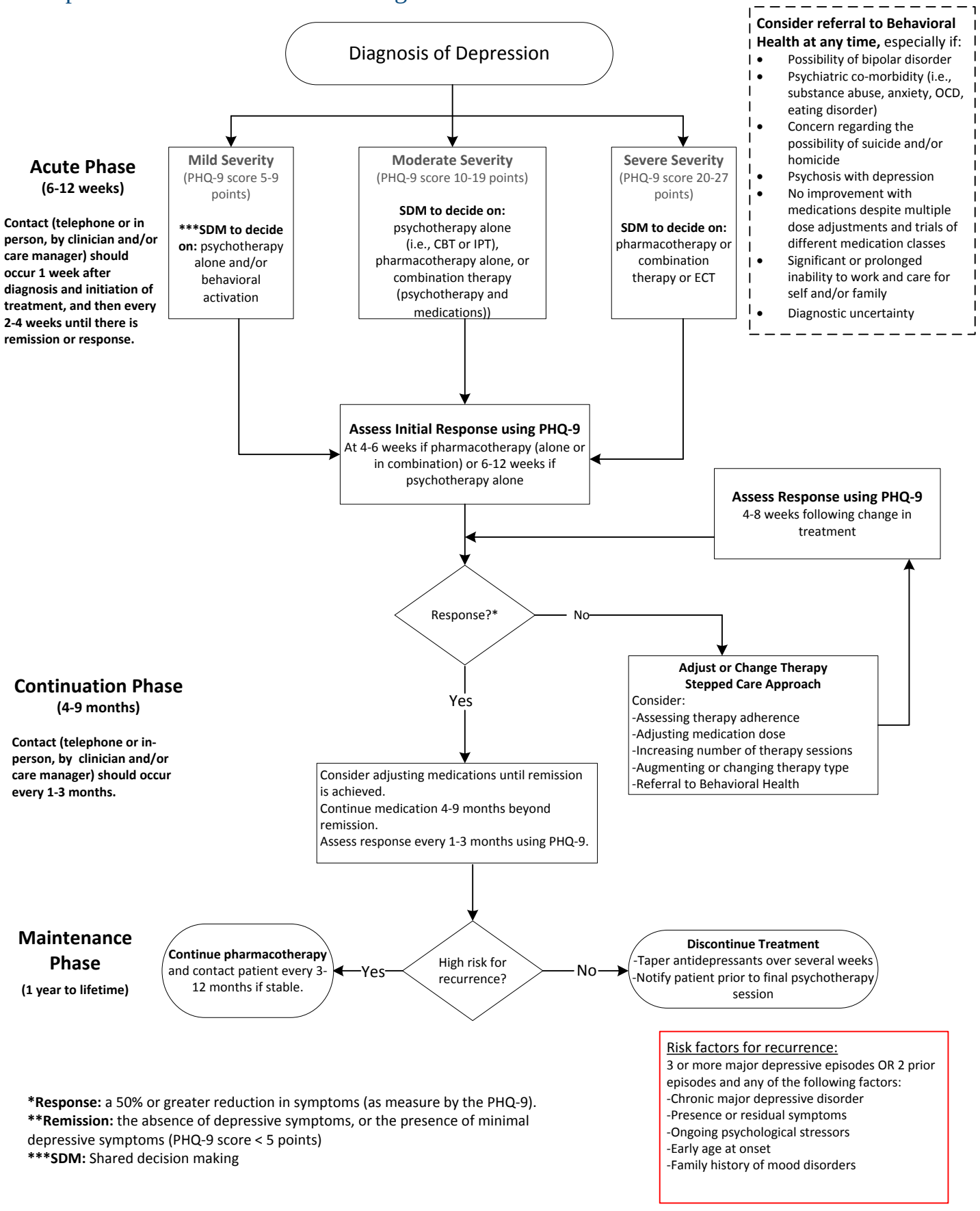
Depression Management Adult, Ambulatory Clinical Practice Brief:
http://one.hitchcock.org/intranet/docs/default-source/d-h-knowledge-map-documents/depression_brief-final.pdf

Patient Resources

- A D-H internet web-page will be built that summarizes information, self-help strategies, self-help groups, counseling resources, etc. for depression (below).
- Healthwise resources on D-H internet site: dozens of topics available
- Other web resources
  - Information
    - www.nimh.nih.gov/health/topics/depression/index.shtml
    - www.psychiatry.org/patients-families/depression
    - www.suicidepreventionlifeline.org
  - Finding a therapist
    - https://therapists.psychologytoday.com
  - CBT based self-management
    - http://www.moodjuice.scot.nhs.uk
    - https://moodgym.anu.edu.au/welcome
    - http://www.beatingtheblues.co.uk/patients/
- Apps
  - Pacifica- anxiety, stress and depression relief
  - MoodKit- CBT for depression, anxiety, anger management
- Books
  - The Cognitive Behavioral Workbook for Depression- William Knauss, EdD

Pathways & Guidelines: Clinical Practice Guideline and pathways are designed to assist clinicians by providing a framework for the evaluation and treatment of patients. This Clinical Practice Guideline outlines the preferred approach for most patients. It is not intended to replace a clinician's judgment or to establish a protocol for all patients. It is understood that some patients will not fit the clinical condition contemplated by a guideline and that a guideline will rarely establish the only appropriate approach to a problem.

Depression Treatment in Adults Algorithm



***Response:** a 50% or greater reduction in symptoms (as measure by the PHQ-9).
****Remission:** the absence of depressive symptoms, or the presence of minimal depressive symptoms (PHQ-9 score < 5 points)
*****SDM:** Shared decision making

Risk factors for recurrence:
3 or more major depressive episodes OR 2 prior episodes and any of the following factors:
-Chronic major depressive disorder
-Presence or residual symptoms
-Ongoing psychological stressors
-Early age at onset
-Family history of mood disorders