

Depression in Patients with Diabetes Protocol

1. Screening for depression
 - a. PHQ-9 will be given to all patients with a diagnosis of diabetes
 - b. There are multiple ways to administer the test
 - i. Patient self-administered on a form handed out by the receptionist
 - ii. Patient self-administered on a form handed out by the clinic staff when the patient is roomed
 - iii. By phone
 - c. A PHQ-9 score of 5 or more will be considered a positive screen
 - iv. This is likely to be about 10% of those screened
 - v. If the score is < 5, it is entered into the registry and no further action is needed.
 - d. Patients with a positive screen will see a provider to confirm the diagnosis and to develop a treatment plan.
 - e. The results of the screening will be entered into SECAT
2. Patients with a confirmed diagnosis of depression (old or new) will be entered and followed in a registry.
3. Health Coaches will see the patients with depression (old or new diagnosis) at least one time, preferably on the day the screening was done, to provide:
 - a. Review education handout about depression including:
 - i. Cause, symptom, and natural history
 - ii. Treatment options
 - iii. How to monitor symptoms and side effects
 - iv. Follow-up protocol
 - v. Length of treatment
 - b. Medication adherence survey (Morisky Scale) and if needed guidance to increase adherence
 - c. Arrange follow-up by phone or in office
 - d. Assistance in goal setting (adherence, exercise, follow-up)
 - e. Review and maintain the registry
4. Initial treatment for patients with a new diagnosis
 - a. The initial treatment plan will be made by the physician and patient and may include watchful waiting, medication, and/or counseling
 - b. If watchful waiting is chosen the follow-up will be at the discretion of the provider but not longer than 4 months
5. Follow-up schedule if medication or counseling is started
 - a. Health Coach follow-up by phone after 1 week
 - i. Discuss medication adherence, side effects, and response to Rx thus far. Plan further phone contacts if needed.
 - b. First office visit with provider and Health Coach in 2-4 weeks

- c. Subsequent office visits with the provider and Health Coach at 4-week intervals until patient is in remission and at least for the first 3 months.
6. Measure the response to Acute Treatment
 - a. Repeat PHQ-9 at 4-6 weeks and then at 4-week intervals until the patient is in remission. The PHQ-9 will be administered by the Health Coach
 - i. A score less than 5 indicates the patient is in remission. No changes in treatment are needed.
 - ii. If symptoms are reduced 25% or more but still greater than 4
 1. Measure medication adherence and address if needed
 2. Physician should consider continuing the same treatment but possibly increasing the dose of medication.
 3. Re-evaluate in 4 weeks
 - iii. If symptoms are reduced less than 25% and PHQ-9 score is still greater than 4:
 1. Measure medication adherence and address if needed.
 2. If on anti-depressant medication then physician should consider increasing the dose or change the medication.
 3. Re-evaluate in 4 weeks.
 - b. If the patient is not in remission by week 12 then the physician should consider both medication and counseling treatments at the same time.
 7. Continuation Therapy
 - a. Begins when the PHQ-9 score is 4 or less and there has been at least 3 months of therapy
 - b. Continue treatment with antidepressants for 6–12 months
 - i. Follow-up every 3-4 months and give PHQ-9 and Morisky tests.
 8. Medication Adherence Measurement by the Morisky Scale
 - a. The Morisky scale will be given to all patients each time they take the PHQ-9
 9. Data collection – 9 elements will be entered into SECAT
 - Date: Date PHQ-9 was given.
 - Test number: Add 1 to the most recent number in SECAT. (If there is no previous test then this is test number 1).
 - PHQ result: The score (0 – 27) from today’s PHQ-9 test.
 - Morisky result: The score (0 – 4) from today’s Morisky test (Total number answered “Yes”).
 - ADmeds taken: Is the patient currently taking anti-depressant medication?
 - Physician Eval: The results of the Physician Evaluation. Was Depression diagnosed? (Fill in only at the initial physician evaluation).
 - Coach 5A: Did the Health Coach provide a 5A’s intervention?