



Algorithm for MCHP Depression Guideline

Screen Adults using the PHQ-2 (<http://health.utah.gov/rhp/pdf/PHQ-9%20two%20question.pdf>)
If positive PHQ-2 score exists, follow up with the PHQ-9

Screen for Depression using **PHQ-9** (<http://muskie.usm.maine.edu/clinicalfusion/DHHS/phq9.pdf>)
1-4: minimal depression; 5-9: mild depression; 10-14: moderate depression; 15-19: moderately severe depression; 20-27: severe depression.

If PHQ-9 score is greater than 5

Diagnose using DSM IV criteria:

At least 5 of the following symptoms must be present most of the day, nearly everyday, for at least 2 weeks and at least 1 of the bolded symptoms must be present.

- **Depressed mood**
- **Markedly diminished interest in usual activities**
- Significant increase/loss of appetite/weight
- Insomnia/hypersomnia
- Difficulty with thinking, concentrating, or making decisions
- Fatigue or loss of energy
- Feelings of worthlessness or excessive guilt
- Recurrent thoughts of death or suicide
- Psychomotor agitation or retardation

If the member is 18 years or older and has been diagnosed with depression, please refer to MercyCare Health Plans Depression Case Management Program, by contacting Linda Hanson, RN, CCM 800-752-3431 ext. 3026.

Immediately Refer to Behavioral Health if any of the Following are Present:

Suicidal ideation

Personal or family history of bipolar

Psychotic symptoms

No

- Arrange assessment with a network provider
- Communication between the PCP and behavioral health practitioners with patient consent

Client agrees to counseling

Select Treatment

Select & initiate treatment with an adequate trial of an SSRI antidepressant
Discuss the need for counseling & refer if indicated
Discuss Medication side effects and delayed onset of effect of antidepressants

Client agrees to antidepressant

Acute Phase-1st 12 Weeks of Treatment

3 visits; 1 must be with a prescriber (HEDIS® Quality Measure)

Keep on medication for 12 weeks (HEDIS® Quality Measure)

Reassess Patient at 4-6 Weeks

Administer PHQ-9

No Response
(no or minimal change in score)

Partial Response
(decrease in score by 2-4)

Positive Response (decrease in score by ≥ 5)

Positive Response

Continue Treatment. Stay on medication 4-9 months

GOAL=Remission
PHQ-9 score < 5

HEDIS® Quality Measure tracks patients that remain on medication for 6 months

- Reassess diagnosis or adjust dosage
- Change or augment medication
- Consider adding psychotherapy or psychiatric consult

- Reassess diagnosis and medication treatment (increase dose or change medication)
- Consider adding psychotherapy
- If only receiving psychotherapy consider adding medication

Discontinue Medication if 1st Episode after 1 Year

Consider Maintenance Treatment If:

- Family history of bipolar disorder
- History of recurrence within 1 year
- Family history of recurrent major depression
- Early onset of the first episode
- 2 episodes that were severe, sudden, or life-threatening in the past 3 years

MCHP reviews the Major Depression Guidelines at least every two years. If new scientific, or national standards are published prior to the two-year review date, the information is reviewed by MCHP's Behavioral Health Medical Director and disseminated to providers.

*HEDIS (Healthcare Effectiveness Data and Information Set) is a set of national measures used to compare health plans against each other.