

Clinical Pathways for Tx of Depression

Transforming Lives. Building Community Well-Being.

Patient presents with Depression Symptoms. Perform validated screening tools. (HEDIS)

If screen is (+), perform CCA, Does patient meet DSM5-TR criteria? Does the patient require IVC, Mobile Crisis or inpatient psych? Have organic sources of pathology been ruled out or considered? Suicide risk assessment.

Screen is (-), consider another pathology or MH Dx during the CCA. For example, pseudodementia. Continue to work up. And Tx for provisional alternative dx.

If patient meets criteria for a depressive disorder **but requires hospitalization**. Ensure safety and warm hand off to the receiving provider if transferring care.

Determine Severity of Depression, but does not require inpatient Services, is patient seen within 30 days (HEDIS).

Patient is transferred to ED and admitted to inpatient psych. And is stable for D/C.

Is member given a crisis plan prior to D/C? Does the patient have a F/U appt within 7 days after leaving ED or inpatient? (HEDIS)

Mild Depression



Mild Depression

Mild depression

- Minor Functional Impairment in at least one area or mildly distressing symptoms
- No Comorbid Psychiatric diagnoses
- No Suicidal ideation or behavior
- No Psychotic symptoms
- Or Criteria Met for Other Specified Depressive Disorder (Same treatment applies as with Mild Major Depression) F/U within 30 days (HEDIS)

Initial Treatment Considerations

- Active Monitoring with +/- Med Management
- Supportive Psychotherapy or
- Family Therapy or
- Evidenced-Based Psychotherapy
- Cognitive Behavioral Therapy
- Interpersonal Psychotherapy
- PHQ-9 Required (HEDIS)

Moderate Depression Tx Pathway

Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - o Cognitive Behavioral Therapy
 - o Interpersonal Psychotherapy
- Medication Management

Severe Depression

Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - o Cognitive Behavioral Therapy
 - o Interpersonal Therapy
- Medication Management
- Partial Hospitalization Program
- Somatic Therapies (ECT)
- If enhance services is utilized, refer to CCP.

Interventions Common to all Types of Major Depression

- Psychoeducation for members and family
- Alternative or Complementary Interventions
- Monitor Response (PHQ-9) HEDIS Requirement
- https://www.healthquality.va.gov/guidelines/MH/mdd/VADODMDDCPG_Provider
 Summary_Final_508_updated.pdf