INTRODUCTION

Major Depressive Disorder affects approximately 17.3 million American adults, or about 7.1% of the U.S. population age 18 and older.

An estimated 3.2 million (13.3%) adolescents aged 12 to 17 in the US had at least one major depressive episode.

Depression can lead to significant impact on functioning and many times, can go undiagnosed and untreated.

OBJECTIVES

- Identify adolescents and adults, with symptoms of depression
- Implement and document treatment plan
- AIM statement: "By May 2021 90% of all Adult and Pediatric Health Care (APHC) patients 12 years and older will have Patient Health Questionnaire (PHQ-2) Depression Screen completed, with positive screens completing a Patient Health Questionnaire (PHQ-9) with documented action taken

MATERIALS & METHODS

- Plan, Do, Study Act Model
- Qualifying patients age 12 and older were screened during triage by utilizing PHQ-2
- Patients with current diagnoses of Depression, Bipolar Disorders or expressive disabilities who can’t complete the questionnaire were excluded
- If positive screen, providers gave PHQ9
- Results were documented in the EHR
- Treatment plan was decided and documented
- Reports were run each month to check progression

RESULTS

In September 2020, a report was run to determine patients age 12 and older who had not received depression screening or who didn’t have a documented exclusion or treatment plan. 54% of all patients 12 and older, but 78% of our Accountable Care Organization (ACO) patients had been screened for depression in the past year.

In January of 2021, 57% of all patients age 12 and older, but 86% of our ACO patients have been screened.

In April 2021, 59% of all patients age 12 and older, but 84.3% of our ACO patients have been screened.

DISCUSSION

- It is apparent that depression is a problem in the United States and it affects millions of people.
- At the Adult and Pediatric Clinic (APHC), it was identified that patients weren't getting the appropriate screening and that it was not getting properly documented in the HER.
- Though the original goal as determined by the AIM statement was not achieved, there was improvement in screening for depression at the ECU Physicians Adult & Pediatric Health care clinic. Narrowing our focus to ACO patients and decreasing our percentage goal.
- Although we utilized the SMART model, we were reminded of the importance of having a more realistic goal.
- In the future, the plan is to continue education of providers and clinic staff how to properly document depression screening and treatment in the EHR.
- Overall, by increasing the screening of depression and documenting a plan for treatment, it will help to decrease depression at APHC.

REFERENCES


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