

## **Treatment Recommendations**

### **Overview of Treatment for Depression**

Query patient about preferred treatment (antidepressant medication or behavioral counseling).

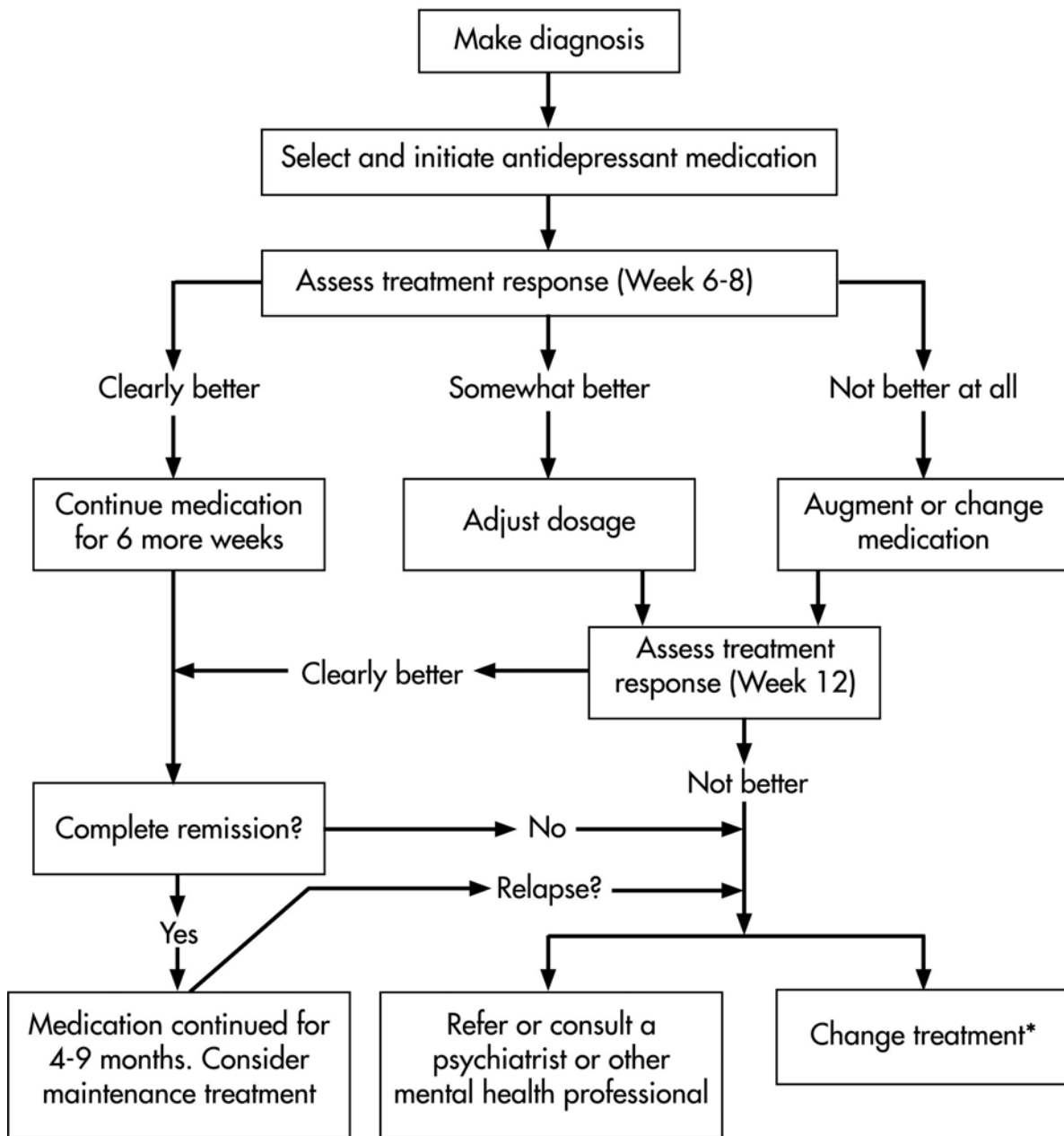
#### **If patient prefers antidepressant medication:**

- Select and initiate antidepressant medication
- Educate patients on the rules of antidepressants (distribute attached handout)

#### **Rules of Antidepressants**

- Antidepressants don't work suddenly. Benefit comes on slowly, may take a few weeks.
- Antidepressants only work if you take them everyday.
- Antidepressants are not addictive.
- Side effects are usually mild and get better with time.
- After you feel better, you must continue to take them for at least four months to reduce the risk of depression returning.
- Call your healthcare professional before discontinuing use.

## Overview of Treatment for Depression



\*Short-term behavior counseling has been shown to be just as effective as anti-depression medication

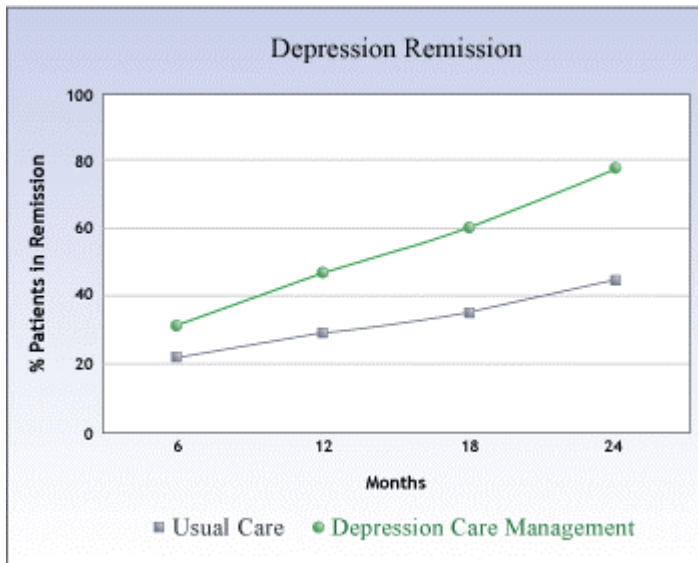
### If patient prefers behavioral counseling\*

- Office nurse and patient identify behavioral counseling providers covered under patient's health insurance who are accepting new patients
- Office nurse calls patient in two weeks to assure patient has completed referral
- PCP assesses patient response to behavioral counseling in 12 weeks
- PCP suggests adding antidepressant medication to patients who do not report a full response to behavioral counseling

\*Short-term behavioral counseling has been shown to be just as effective as antidepressant medication in treating mild to moderate cases of depression.

### How Depression Care Management Reduces Employee Suffering

The following graphs show how Depression Care Management increases remission and reduces emotional impairment over a two-year period compared to the care patients generally receive.



## Emotional Impairment Days

Emotional impairment days are days when an individual's emotional problems are so severe that s/he has to cut back on normal activities by at least a half day or stay in bed. Depression Care Management reduces the emotional impairment days each individual suffers by an average of 31.0 days each year over usual care.

