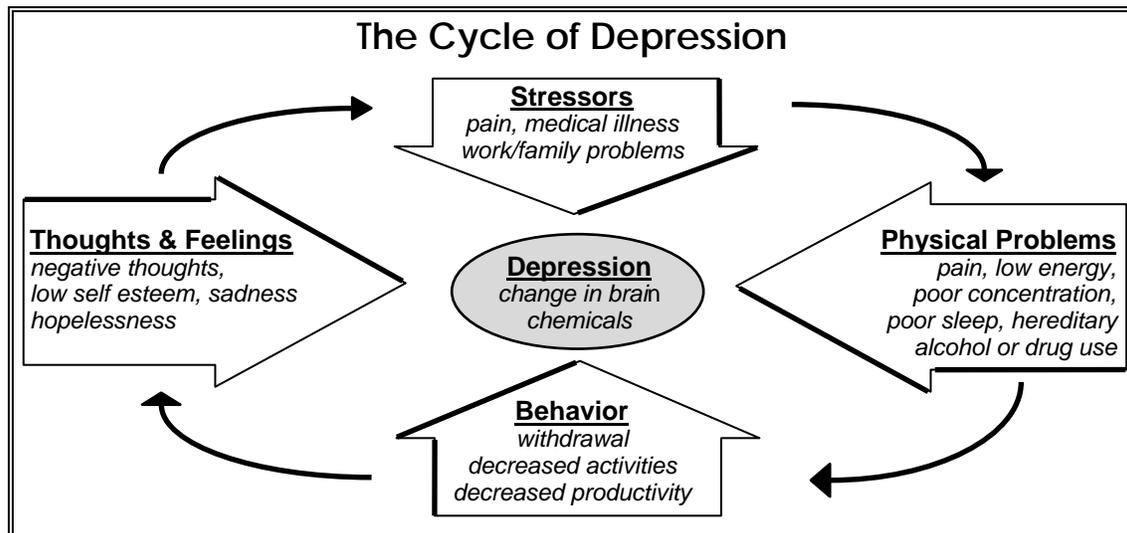


## Community Partners in Care QUICK REFERENCE CARDS



## Seven Key Challenges in Managing Depression

	Reference in Manual
<b>1. Make a diagnosis.</b>	Chapter 1, Step 5
<b>2. Educate and recruit</b> the patient as a partner.	Chapter 2, Step 2
<b>3. Start with the best possible treatment.</b> Avoid minor tranquilizers. Use antidepressants or psychotherapy.	Chapter 2, Step 1
<b>4. Use an adequate dose.</b>	Chapter 2, Step 1
<b>5. Treat long enough.</b> (Patients often take 4 to 8 weeks to respond.)	Chapter 2, Step 4
<b>6. Follow outcomes and adjust treatment</b> as needed. Consider consultation if patient is not improving.	Chapter 2, Step 4
<b>7. Prevent relapse.</b> (50% risk after one episode, 70% after two episodes and 90% after three episodes.)	Chapter 2, Steps 5 & 7

## SIGNS AND SYMPTOMS OF DEPRESSION

- **Depressed mood and/or loss of interest or pleasure**

*Sadness, tearfulness, guilt, pessimism, sense of failure, self-dislike, dissatisfaction, irritability, social withdrawal, self-harm, apathy, lack of pleasurable activities.*

- **Physical/vegetative symptoms**

*Trouble sleeping or sleeping too much (includes early morning awakening), trouble concentrating, decreased energy, decreased sexual interest, loss of appetite, overeating, digestive problems, constipation, bowel irregularities, aches and pains*

- **Physical/vegetative signs**

*Disheveled appearance, difficulty sitting still, restlessness, slowed speech, movements and reactions.*

## CONDITIONS CHARACTERIZED BY DEPRESSIVE SYMPTOMS

**Diagnostic Criteria for Major Depression (DSM-IV)<sup><</sup>**

Major depression is present when the patient has had **5 of the 9** symptoms listed below for at least two weeks. **One of the symptoms must be either item 1 or 2.**

- |  |   |
|--|---|
| <b>1. Depressed mood</b>               | <b>3. Significant change in weight or appetite</b>            |
| <b>OR</b>                              | <b>4. Insomnia or hypersomnia</b>                             |
| <b>2. Loss of interest or pleasure</b> | <b>5. Psychomotor agitation or retardation</b>                |
|  | <b>6. Fatigue or loss of energy</b>                           |
|  | <b>7. Feelings of worthlessness or guilt</b>                  |
|  | <b>8. Impaired concentration or ability to make decisions</b> |
|  | <b>9. Thoughts of suicide or self-harm</b>                    |

<sup><</sup> **Minor depression** is present when the patient has had **2 to 4** of the 9 symptoms listed above for at least two weeks (*with one of the symptoms being either item 1 or 2*). Minor depressives are educated and counseled about depression, then re-evaluated in 1 to 3 months, but do not require medication or full-course psychotherapy unless complicating features are present.

**CONDITIONS CHARACTERIZED BY DEPRESSIVE SYMPTOMS** *(continued)***Diagnostic Criteria for *Dysthymia/Chronic Depression* (DSM-IV)**

1. Patients with Dysthymia/Chronic Depression are in a depressed mood:
  - *for most of the day*
  - *for more days than not*
  - *for at least 2 years*
  - *with lapses lasting not more than 2 months*
  
2. During periods of depression\*, the patient has had two or more of these symptoms:
  - *loss of self-esteem*
  - *insomnia or hypersomnia*
  - *feelings of hopelessness*
  - *poor concentration or difficulty making decisions*
  - *low energy or fatigue*
  - *poor appetite or overeating*

**TREATMENT:** Dysthymia/Chronic depression can be treated the same as major depression, except that the patient may require a full dose of medication for at least 2 years (*maintenance therapy*).

\* Not including episodes of mania or depression relating to substance abuse. Can coexist with episodes of *major depression*.

CONDITIONS CHARACTERIZED BY DEPRESSIVE SYMPTOMS *(continued)*

**Diagnostic Criteria for *Adjustment Disorders* (DSM-IV)**

- *Patients with Adjustment Disorders do not meet criteria for major depression, dysthymia, bereavement or other major affective mental disorders.*
- *The patient has developed emotional symptoms out of proportion to what might be expected, or is experiencing worsened social or occupational functioning in response to (an) identifiable stressor(s).*
- *The symptoms must arise within 3 months of the onset of the stressor(s).*

**TREATMENT:** Patients can be treated with supportive counseling and stress reduction. Re-evaluate in 1 and 3 months.

**CONDITIONS CHARACTERIZED BY DEPRESSIVE SYMPTOMS** *(continued)***Diagnostic Criteria for *Bereavement* (DSM-IV)**

- *The patient's symptoms are associated with the loss of a loved one that has occurred during the past two months.*
- *The patient may or may not meet the symptom criteria for Major Depression.*

**TREATMENT:** Patients usually should not be treated with medications or full-course psychotherapy unless they are severely vegetative, suicidal or psychotic. Patients *should* be treated with supportive counseling and close medical follow-up. Re-evaluate for treatment in 1-3 months.

**Diagnostic Criteria for *Minor Depression* (DSM-IV)**

- *The patient has had 2 to 4 of the 9 symptoms listed for major depression for at least two weeks (with one of the symptoms being either item 1 or 2).*

**TREATMENT:** Patients are educated and counseled about depression, then re-evaluated in 1 to 3 months, but do not require medication or full-course psychotherapy unless complicating features are present.

## MAKING A DIAGNOSIS AMONG PEOPLE WITH DEPRESSIVE SYMPTOMS

