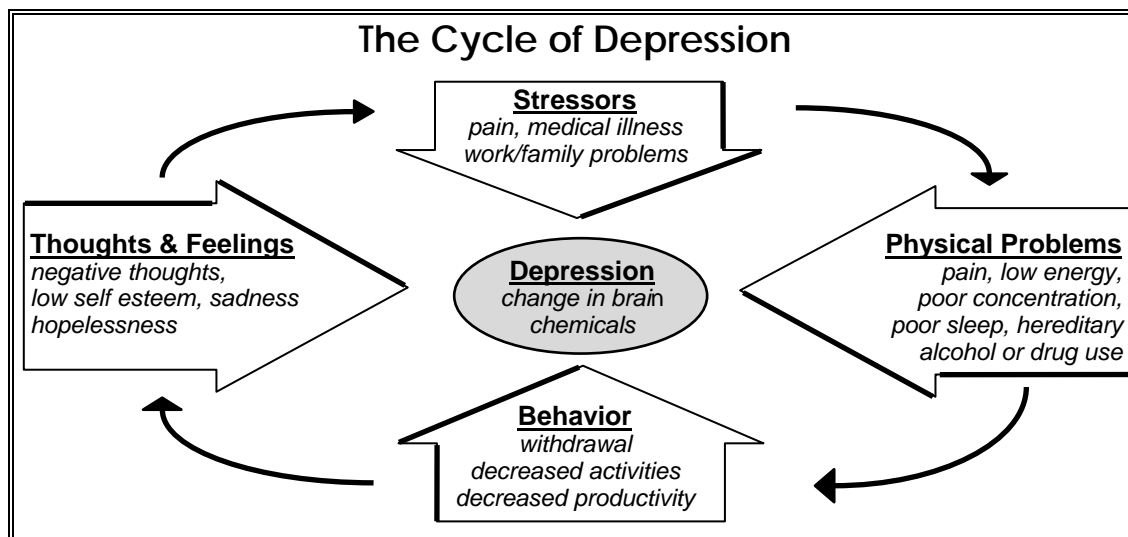


Community Partners in Care

QUICK REFERENCE CARDS



Seven Key Challenges in Managing Depression

	Reference in Manual
1. Make a diagnosis.	Chapter 1, Step 5
2. Educate and recruit the patient as a partner.	Chapter 2, Step 2
3. Start with the best possible treatment. Avoid minor tranquilizers. Use antidepressants or psychotherapy.	Chapter 2, Step 1
4. Use an adequate dose.	Chapter 2, Step 1
5. Treat long enough. (Patients often take 4 to 8 weeks to respond.)	Chapter 2, Step 4
6. Follow outcomes and adjust treatment as needed. Consider consultation if patient is not improving.	Chapter 2, Step 4
7. Prevent relapse. (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)[<]

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.**

- | | |
|---|---|
| 1. Depressed mood

OR

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

[<] **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

