Depression

Clinical Practice Initiatives

Fallon Health Weinberg-HMO SNP, a Medicare Advantage Special Needs Plan and Fallon Health Weinberg-MLTC, a Managed Long-Term Care plan, both from Fallon Health Weinberg, have endorsed the American Psychiatric Association's practice guideline for the treatment of patients with major depressive disorder. This guideline can be found at http://www.fallonweinberg.org/Providers/medical-management/clinical-guidelines.aspx.

Preventive Patient Education

Fallon Health Weinberg may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, avoidance of secondhand smoke and alcohol consumption

- Importance of appropriate behavioral and pharmacotherapy management for depression, along with regular follow-up visits, to support disease self-management

- Signs and symptoms of depression

- Importance of receiving outpatient care for medication management and psychotherapy, as appropriate, after hospitalization for mental illness

- Seek advice from PCP and/or additional providers for appropriate screenings for behavioral health referrals

- Encourage discussion regarding treatment options and communication with PCP and/or behavioral health specialist

- Psychosocial adjustment in living with a chronic illness

Clinical Indicators

Fallon Health Weinberg may utilize the following indicators to determine the percentage of your patients who:

- Are newly diagnosed with depression **and** treated with antidepressant medication and who:
  - Remained on the medication for at least 12 weeks
  - Remained on the medication for at least six months

- Have had an annual depression screening done using a standardized tool with positive screen referrals made as necessary

1-855-665-1112

Monday–Friday, 8:30 a.m.–5:00 p.m.

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