

Depression and Older Adults

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Differential Diagnosis

Maj. Depression

Dysthymia

Minor Depression

Adj. Disorder w/ depressed mood

Mood Disorder due to Medical Condition

Depression of Alzheimer's Dementia

Bereavement

Consensus-Based Recommendations: Interventions

- Strongly Recommended:
 - Depression Care Management home and clinic
- Recommended:
 - Cognitive-Behavior Therapy, primary target = depression

Intervention Example: Depression Care Management (Clinic)

Identification of depressed persons with a screening instrument

Measurement-based care

- **Psychotherapy**
- **Antidepressants**

Depression care manager (DCM) (MSW,Ph D, RN)

- **Treatment monitoring**
- **Follow-up**
- **Coordinate care with PCP**

Goals

- **Improve low rates of engagement**
- **Enhanced adherence to depression treatment**

Intervention Example: Depression Care Management (Clinic)

Core Elements

- **Active identification of depression**
- **Evidence- and measurement-based treatment and outcomes**
- **A person trained to support and deliver the treatment (“depression care manager”, DCM)**
- **A consulting psychiatrist.**

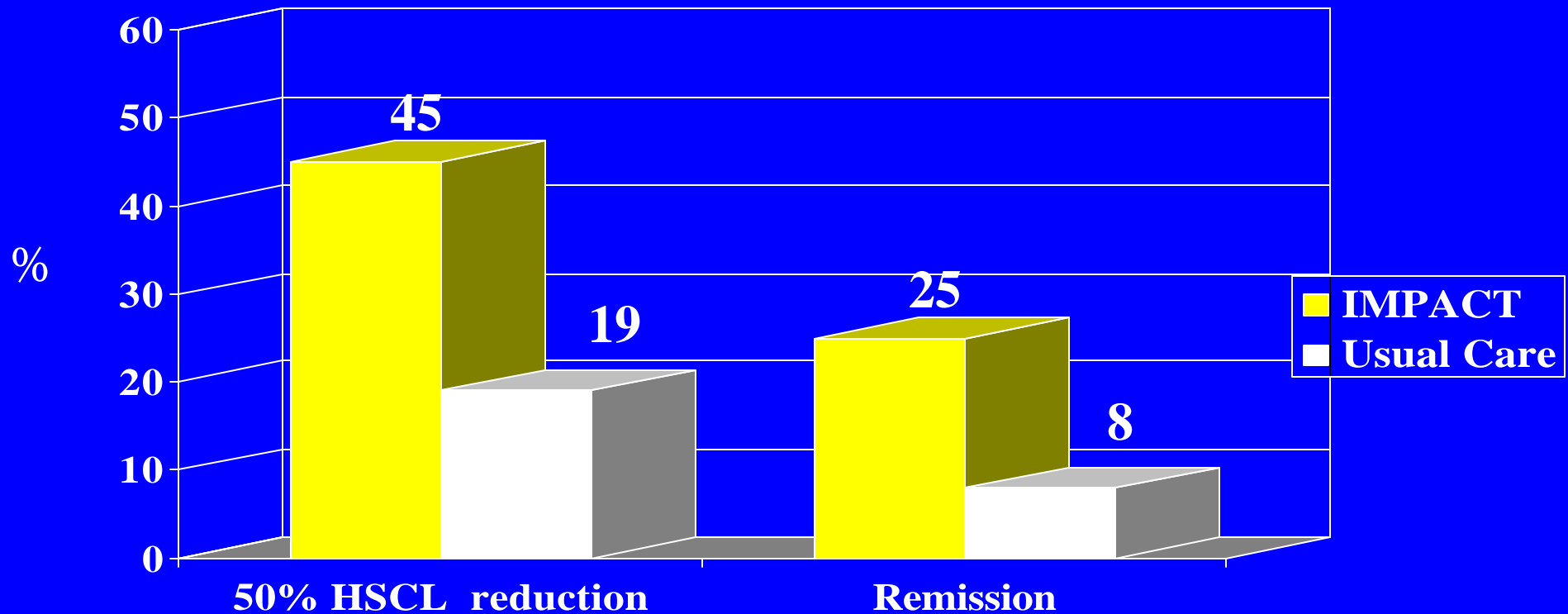
Improving Mood-Promoting Access to Collaborative Treatment (IMPACT)

Unutzer J et al. JAMA
2002;288:2836-2845

- RCT: N=1801, 60 yrs and older
- 18 primary care clinics/ 5 states
- Intervention: Depression Care Manager (RN or Ph.D) w/ supervising psychiatrist
 - Education
 - Care management
 - Support of antidepressants from PCP
 - Problem Solving Treatment
- Usual Care Control

IMPACT OUTCOMES

12 Months



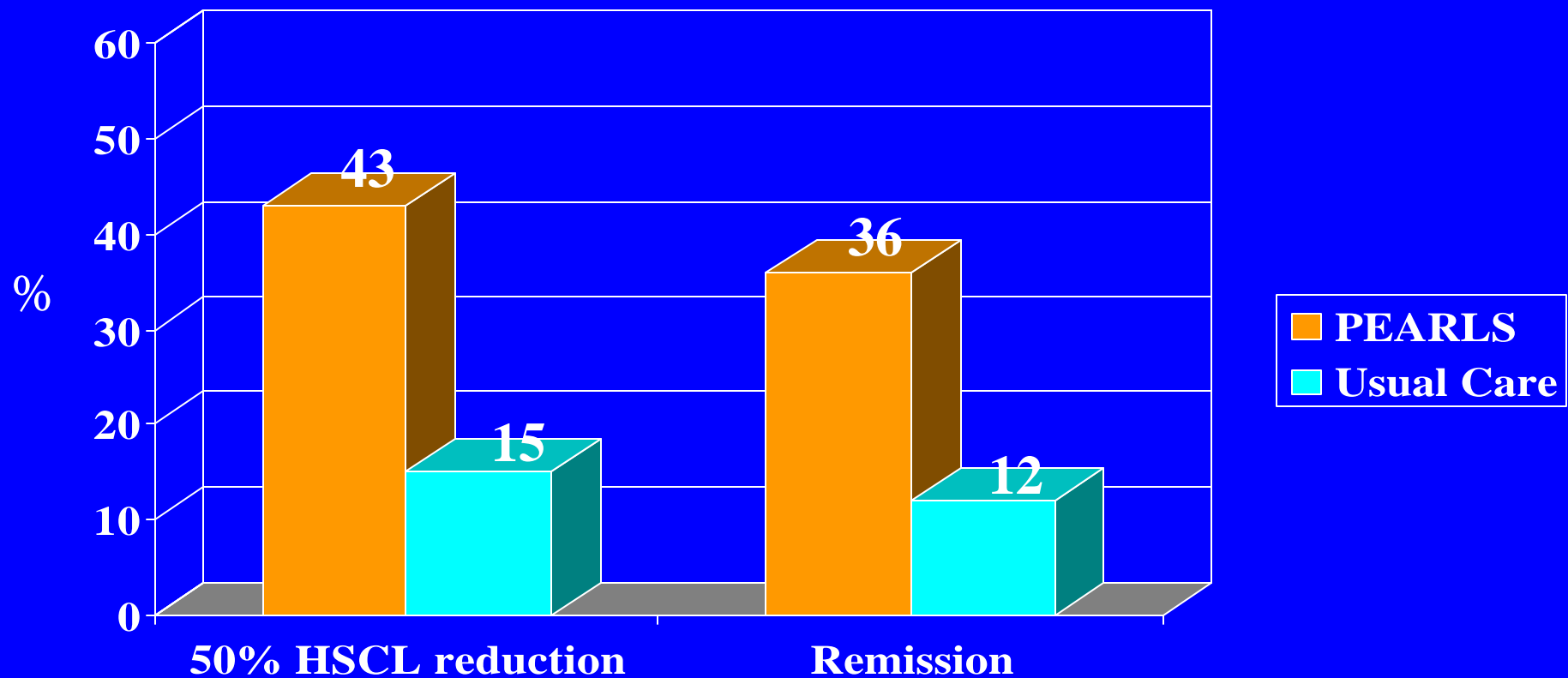
PEARLS

Program to Encourage Active and Rewarding Lives for Seniors

- RCT N=138 pts, > 59 yrs old
- Minor Depression (51%), Dysthymia (49%)
- PEARLS
 - Problem Solving Treatment
 - Physical and Social Activation
 - Pleasant Events Planning
 - Antidepressant Consultation
- Versus: Usual Care

**Ciechanowski P et al, JAMA
2004; 291:1569-1577**

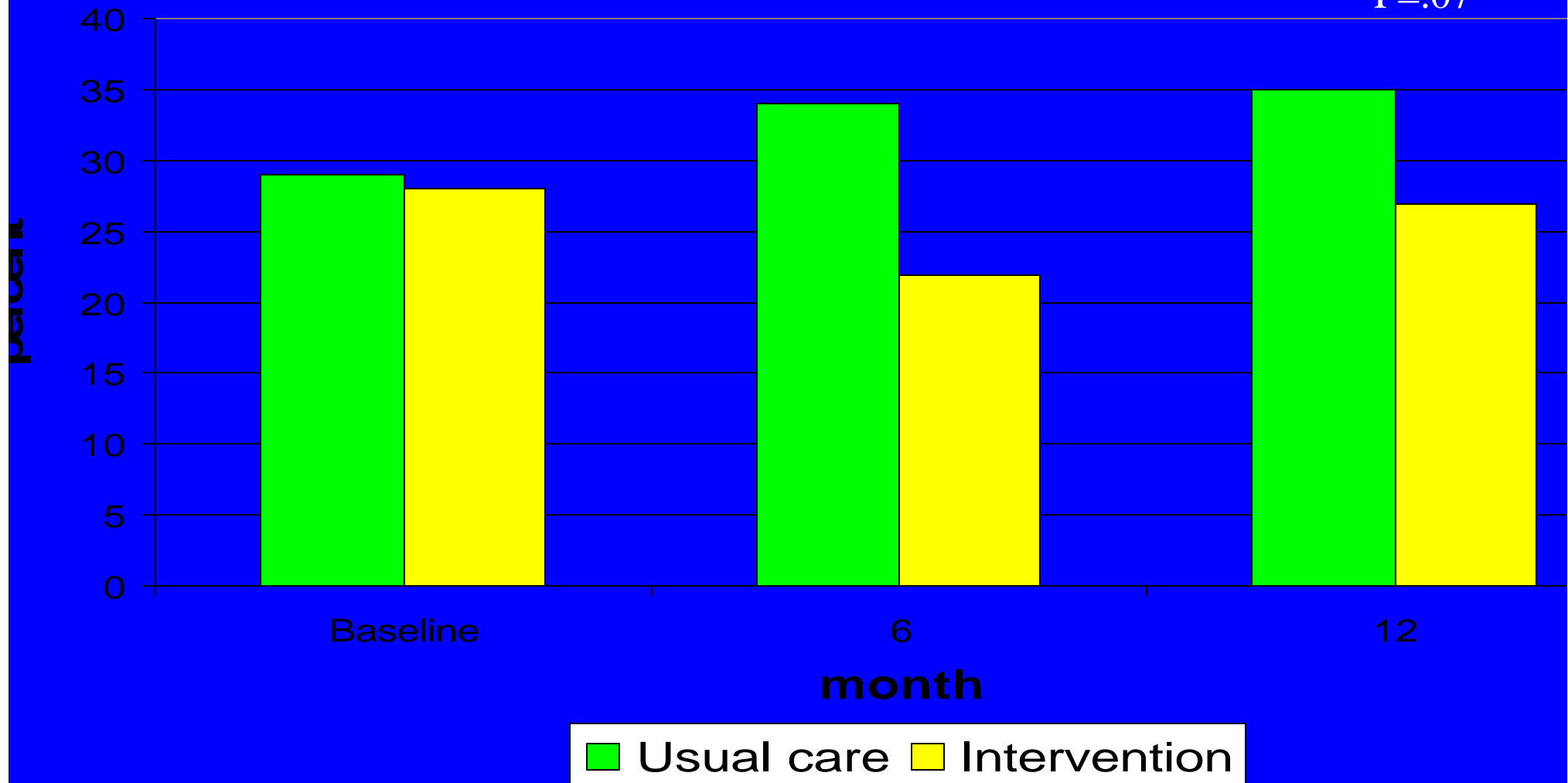
PEARLS RESULTS



Health Care Utilization: Any Hospitalizations in Prior 6 mos.

JAMA 2004; 291:1569-1577

P=.07



Problem Solving Treatment

- **7 Steps**
 - **Clarify and define the problem**
 - **Set realistic goals**
 - **Generate multiple solutions**
 - **Evaluate and compare solutions**
 - **Select a feasible solution**
 - **Implement the solution**
 - **Evaluate the outcome**

Explanations/Strategies

- Placebo Response?
 - 40-50% in most, 12-15% in PEARLS
 - Watchful waiting, less specific support
 - If persistent, then specialty care
- Setting?
 - In home vs primary care/NH
 - May not need to wait in home-bound elderly

Research and Policy

- Research
 - Prevention
 - Improved clinical significance/cost effectiveness
 - Dissemination/Diffusion
- Policy
 - More flexible reimbursement
 - Incorporation of EBP into service delivery
 - Measurement based care Outcomes