

Clinica Family Health Services

Depression, Parenting and Child Development



Amy Russell, M.D.

Clinica Patient Population



- **50% uninsured**
- **40% Medicaid**
- **5% CHP+**
- **56% < Poverty**
- **98% <200% of Poverty**
- **91% women and kids**



Key Initiatives

- Team Design
- Information systems support
- Group Care



Behavioral Health Integration

Who is on the Team?

- Nurse Team Manager
- Case Manager
- Behavioral Health Professional
- 0.1 FTE Psychiatrist
- 3 MAs
- 3 FTE of Clinician time
- 2 Front Desk people
- 1 Medical Records person



Depression Template

NextGen EMR: Azure Test - [09/15/2007 10:49 AM: "Depression IPN"]

File Edit Default View Tools Utilities Window Help

TR Clinica Campesina Thornton | Shepherd MD, Carolyn

Name: **Azure Test** Initial Visit: **09/15/2007** Date of Birth: **04/10/1950** Gender: **F** Age: **57**

Depression Diagnosis: **Depressive disorder, major, severe, single** 296.23

CC / Reason for visit: depression [List of HPI templates](#) [Framingham Risk Calculator](#) [UKPDS Risk Calculator](#)

depression

Onset: 2 Month(s) ago. Severity level is 9. The problem is worsening. Context/Risk factors: economic; job related; relationships; stress related. Symptom is aggravated by -current events -ETOH use -lack of sleep -profession -stress. Denies relieving factors. She is also experiencing -depressed mood -marked diminished interest or pleasure -significant weight loss or gain -insomnia or hypersomnia -psychomotor agitation or retardation -fatigue or loss of energy -feelings of worthlessness -diminished ability to concentrate -recurrent suicidal ideation. Additional information: Checked boxes are the symptoms which are considered essential for the diagnosis of Major Depressive Disorder.

Flowsheet PHQ-CAGE Self Management Symptoms of major depressive disorder

Encounter Date:Time	09/15/2007 10:49 AM
Visit Information	
Assessment Type	Office Visit
Visit Description	Ongoing F/U
Visit With	Provider
Initial Visit Date	09/15/2007
PHQ-Cage	
PHQ Score	24
Q10	2
Q09	2
Evaluation	
Treatment Stage	Acute
Suicide Risk	Yes
Bipolar Risk	No
Risk of Harm	High
Nature Of Plan	Has a small hand gun at home with bullets
Number MDD Symptoms	9
Signs of Mania ?	no
Overall Assessment	is worsening
Current/Recent Cycle	
Cycle #	1
Status	started
Date of Change	09/15/2007
Drug Therapy	Yes
Behavioral Health	
Drug Therapy	
Anti-depressant	
Status	prescribed today
Drug Name	ZOLOFT
Dose	100MG
Sig Code	TAB 1 BID
Anti-psychotics	
Anti-anxiety	
Status	prescribed today

Electronic PHQ

ch Community Health Centers

Patient Assessment

PHQ/CAGE

Name: Azure Test

Address: 123 Sesame Street

City/State/ZIP: Boulder CO 80303

Save and Close

Over the past two weeks, how often have you been bothered by any of the following problems?

Question	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2. Feeling down, sad or hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
3. Trouble falling or staying asleep, or sleeping too much?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
4. Feeling tired or having little energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5. Eating too much or too little?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6. Feeling bad about yourself - or that you are a failure or let yourself or your family down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
7. Trouble focusing on things, such as reading the newspaper or watching television?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so restless that you have been moving around a lot more than usual?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
9. Thoughts that you would be better off dead or of hurting yourself in some way?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Score: 24

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not at all difficult	Somewhat difficult	Very difficult	Extremely difficult
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>



Depression Measures

- Self management goal
- 2 week follow up after treatment initiation.
- Last PHQ score < 10
- % patients with 50% reduction in symptoms after treatment.

Care Delivery Model for Parents



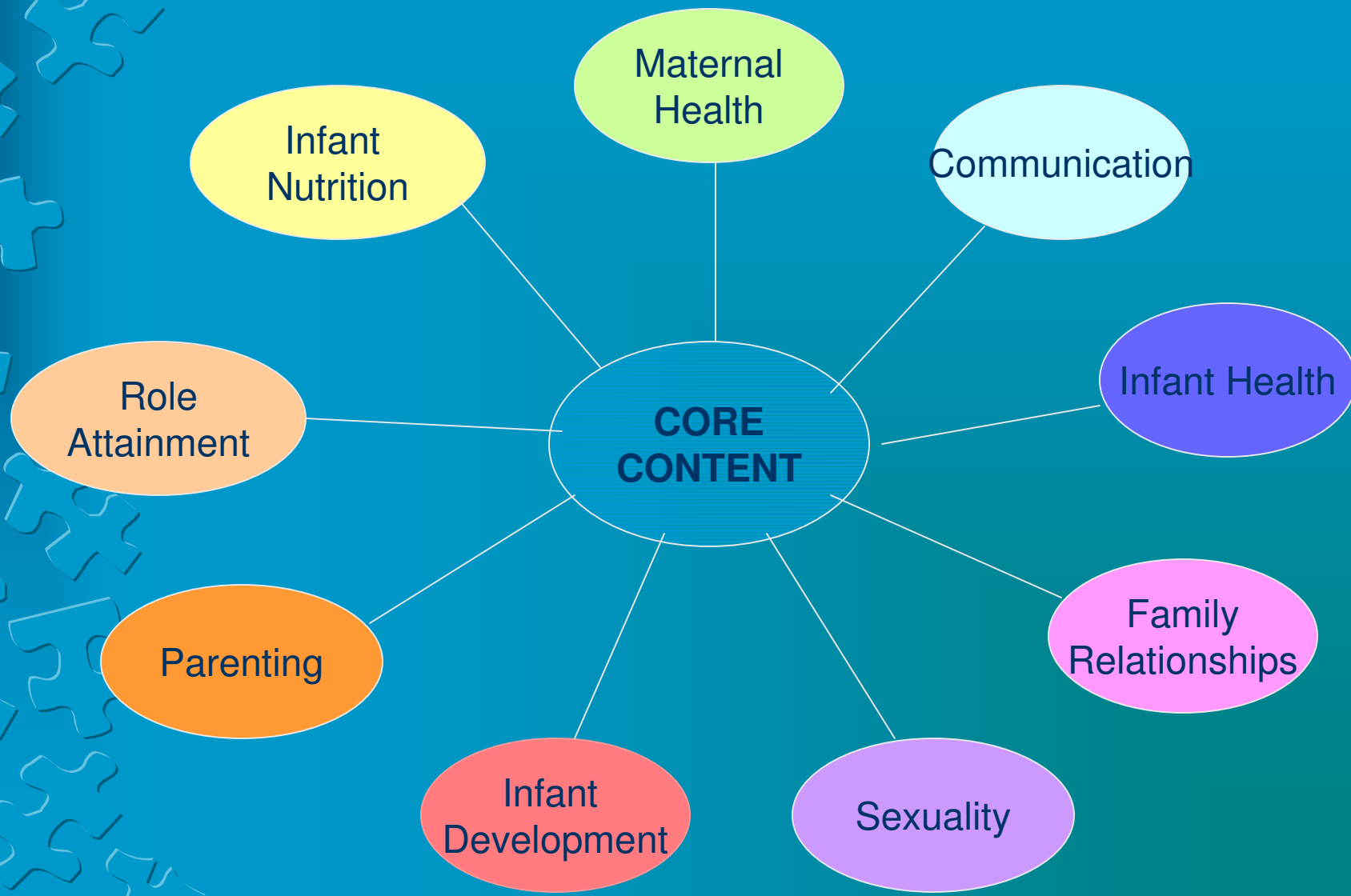
Choice of Group Care or One-on-One Visits



Patient Education Vs. Group Visit Facilitation

- Leader is teacher
 - Provider directed
 - Educational topics
 - Provider offers answers and support
 - Expert opinion
 - Educated advice
 - Care based on provider assessment
- Leader is conductor
 - Patient directed
 - Use content threads
 - Patients offer answers and support
 - Peer opinion
 - Personal experience
 - Care based on patient self assessment

Centering Parenting™ Content Threads



Measures

- Patient and staff satisfaction
- CenteringPregnancy™
 - Preterm labor, Birth weight, Breastfeeding, Post partum Depression,
- CenteringParenting™
 - Breastfeeding, Post partum Depression, Dental Health, Obesity prevention, Literacy, Developmental screening and early intervention
- Parenting Girls groups
 - Cervical cancer prevention, Teen pregnancy, Risk assessment and intervention



Opportunities for System Improvement

- Address EHR limitations
 - Reporting
 - Template design
- Workforce Development
 - Group care
 - Behavioral health treatment in Primary Care
 - Cultural and communication competence
- Primary care reimbursement for MH care

