

## Clinical Practice Initiatives

# Depression

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health (Fallon), 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://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

### Preventive patient education

NaviCare may provide the following educational information to your patients and their

- 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
- When to 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
- NaviCare Primary Care Team member will perform an annual depression screening utilizing a standardized tool, with referral of positive screenings for further evaluation for depression.

### Clinical indicators

When evaluating your performance, Fallon will utilize the following indicators:

The percentage of your patients newly diagnosed with depression and treated with an anti-depressant medication who:

- Remained on the medication for at least 12 weeks
- Remained on the medication for at least 6 months

**1-866-275-3247**

Monday through Friday from 8:30 a.m. to 5:00 p.m.

**fallonhealth.org**

