

Antidepressant Medication Management

We appreciate your taking an active role in screening your patients for depression.

The American Psychiatric Association and The Substance Abuse and Mental Health Services Administration recommend patients complete the Patient Health Questionnaire (PHQ)-9 screening tool annually.



How You Can Help

Please screen your patients and follow the instructions for diagnosis and treatment for depression, especially before prescribing medication.

The PHQ-9 instruction manual only includes medication as a proposed treatment for scores in the moderate to severe range (scores above 10).

The PHQ-9 screening tool and instruction manual are available through providerexpress.com > Clinical Resources > Major Depression.

Refer to a Mental Health Professional

You can request coordination of care and referrals for members by calling the number on the back of the member's health plan ID card or searching liveandworkwell.com.

After screening your patient, if a patient is diagnosed and prescribed medication, as appropriate:

- Encourage them to attend psychotherapy so they can better understand depression is a serious medical concern
- Make sure they know it can take several months for antidepressant medication to be effective.
- Remind them to continue their medication for at least six months – even after they feel better
- For patients with complex conditions, consider referring them to a psychiatrist

Resources

- More tools and information about behavioral health issues are available on providerexpress.com > Clinical Resources > Behavioral Health Toolkit for Medical Providers.
- Patient education information is available on liveandworkwell.com using access code “clinician”. See “Mind & Body” at the top, scroll down to find the links to topics.