

August 2011

Memorandum

To: Family Physicians, General Internists, Internal Medicine Pediatric Physicians, Primary Care Obstetricians / Gynecologists, Geriatricians, Psychiatrists, Psychologists, and Social Workers

From: GUIDES (Guideline Utilization Implementation Development and Evaluation Studies)  
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Subject: **UMHS Clinical Care Guideline Update: Depression**

The updated UMHS clinical care guideline "Depression" has been sent electronically to health care clinicians.

#### What's New!



- Expanded list of common diagnoses associated with depression.
- Latest treatment recommendations based on STAR\*D data.
- Updated information on pharmacologic therapy, side effects, and drug availability and costs.
- Expanded description of psychotherapeutic approaches.
- Expanded table of guidelines, clinical cues and critical points for the use of all antidepressants, including augmentation therapies.
- New Web-based educational resources

#### Key aspects.



Depression is common, under diagnosed and under treated. Its presentation, functional impact and responsiveness to treatment can be quite different in primary care than psychiatric practice. New therapeutic agents have substantially increased the likelihood of treating depression successfully while minimizing side effects, and the role of psychotherapy has been reinforced.

- **Recognize depression.** Depressed patients often present in general medical settings with somatic complaints and in association with other chronic medical illnesses.
- **Treat aggressively to remission if at all possible.** Moderate to severe depression requires medication, which should often be combined with psychotherapy. Dosage adjustment, a switch to a different medication and augmentation strategies are possible ways to treat to full remission.
- **Prescribe cost-effectively.** After selecting the most effective drug class, consider the cost-effectiveness of a specific drug and dose. Several antidepressants are now available generically.

#### Internet Links.

- Patient Education:  
["Beyond Sadness" \[UMHS-developed\]](#)  
[Patient Health Questionnaire \[PHQ-9\]](#)  
["Depression" \[NIHM\]](#)  
[Mood Disorders & Different Kinds of Depression \[DBSA\]](#)  
[Depression - Its Many Forms \[MD Consult\]](#)  
[Depression: Its Symptoms and Treatment \[MD Consult\]](#)
- UMHS Clinical Care Guidelines: <http://www.med.umich.edu/i/oca/practiceguides/>