



Introduction

- ❖ Major Depressive Disorder (MDD) is a mood disorder⁹.
- ❖ MDD is treated with antidepressant medication and/or psychotherapy².
- ❖ The project investigates interventions to improve treatment of MDD, from the healthcare provider's perspective.

Background

- ❖ Globally: Depression is the leading global cause of disability¹².
- ❖ In 2018, 264 million+ have been diagnosed with depression¹².
- ❖ ~ 800,000 die from depression yearly¹².



Nationally:

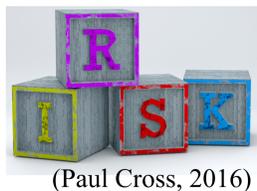
- ❖ 17.3 million+ have had at least one major depressive episode in the past year⁹.
- ❖ Depression is considered the leading cause of disability⁹.



Background Cont'd

Risk Population:

- ❖ People who have experienced trauma⁹.



Current Practice:

- ❖ To start patients on antidepressants with/without psychotherapy¹.

Significance

Mood tracking can enhance patient-provider relationships, communication, and treatment adjustment⁷.

Antidepressants can have many side effects, including adverse ones³.

Providers must consider the risk factors and closely monitor patients to prevent adverse events⁴.

Aim

- ❖ Investigate how daily log impacts:



- ❖ providers' treatment modality
- ❖ provider-patient relationship
- ❖ perceived patient activeness

when compared to not logging during first 2 months of antidepressant medication

Daily Logging Template

Patient #: _____

Day #: _____ Today I feel:

Date: _____

Time: _____

Joyful, Happy, relaxed, great, content

Productive active

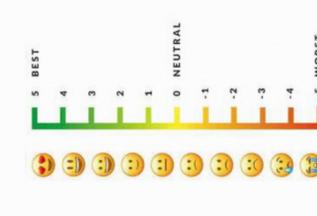
Average, good, uneventful, normal

Sick, lazy, tired, bored, unmotivated

Sad, depressed, lonely, insecure numb

Grumpy, frustrated, angry, anxious

Please rate how you feel on the scale below



Conclusions

- ❖ Post daily logs, providers rated more positively:
 - ❖ pt remembrance of mood & side effect
 - ❖ confidence in incorporating pt input
 - ❖ visit efficiency
 - ❖ impact on future treatment modality
- ❖ However, no statistical significance noted. Potentially due to **small sample size** (3 NPs).
- ❖ 75% pt compliance was doable (93.8% completed 21 days of logging)

Results

Pts who completed 21 days: 15/16 = 93.8%

#	Statement	Mean Rank		Z-value	P-value
		+	-		
1	"Currently, I believe that my patients are able to accurately recall moods and side effects of medications"	1.5	0	-1.414	0.157
2	"Currently, I am able to confidently incorporate patients' input into making treatment plan adjustments"	1.0	0	-1.000	0.317
3	"I believe patient daily logging will make a positive difference in treatment modality"	1.5	1.5	0.000	1.00
4	"I believe patient daily logging will make a positive effect on visit efficiency"	1.5	0	-1.414	0.157
5	"I believe patient daily logging will make a positive impact on patient-provider relationship"	1.0	0	-1.000	0.317
6	"I believe patient daily logging will increase patient activeness in care"	1.5	1.5	0.000	1.00
7	"I believe daily loggings of side effects and mood will positively impact my treatment modality plan in the future"	1.0	0	-1.000	0.317

Implications

Economic:

This practice change has the potential to help mitigate economic and social losses caused by MDD.

Healthcare Quality and Safety:

Daily logging is geared towards improving treatment modalities and indirectly affects treatment outcomes. NPs rated a more positive impact on treatment modality.

Policy:

Results from this study may provide information for further research that will eventually provide generalizable data to influence current policies.

Methodology

Design:

Pre/Post Intervention-Design Quality Improvement Project

Setting:

An urban mental health outpatient clinic

Sample:

3 Psychiatric Mental Health Nurse Practitioners (PMHNPs)

Limits: Smaller Sample Size & Scheduling Difficulties

- ❖ Pre- & post-intervention surveys are in Likert Scale of 1 to 5.

Intervention:

- ❖ Recruited NPs were given a template for patient daily logs to give participating pts.
- ❖ The NPs completed three surveys: initial, pre-intervention, and post-intervention
- ❖ **Initial survey:** during the start of the first month
- ❖ **Second survey (pre-intervention):** occurred at the end of the first month
- ❖ For month two, patients completed daily logs for four weeks
- ❖ **Third survey (post-intervention):** final survey for NPs regarding month 2's practice change

Outcome Measures

- ❖ Data was analyzed using the Wilcoxon Signed-Ranks test.

- ❖ Using IBM's SPSS, $p < 0.05$ was considered statistically significant.

References

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