



(PoseMuse, 2016)

**Introduction**

- ❖ Major Depressive Disorder (MDD) is a mood disorder <sup>9</sup>.
- ❖ MDD is treated with antidepressant medication and/or psychotherapy <sup>2</sup>.
- ❖ The project investigates interventions to improve treatment of MDD, from the healthcare provider's perspective.

**Background**

- ❖ **Globally:** Depression is the leading global cause of disability <sup>12</sup>.
- ❖ In 2018, 264 million+ have been diagnosed with depression <sup>12</sup>.
- ❖ ~ 800,000 die from depression yearly <sup>12</sup>.



(GDJ, 2016a)

**Nationally:**

- ❖ 17.3 million+ have had at least one major depressive episode in the past year <sup>9</sup>.
- ❖ Depression is considered the leading cause of disability <sup>9</sup>.



(GDJ, 2016b)

**Background Cont'd**

**Risk Population:**

- ❖ People who have experienced trauma <sup>9</sup>.



(Paul Cross, 2016)

**Current Practice:**

- ❖ To start patients on antidepressants with/without psychotherapy <sup>1</sup>.

**Significance**

**Mood tracking** can enhance patient-provider relationships, communication, and treatment adjustment <sup>7</sup>.

**Antidepressants** can have many side effects, including adverse ones <sup>3</sup>.

Providers must consider the risk factors and closely monitor patients to prevent adverse events <sup>4</sup>.

**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



(Madartzgraphics, n.d.)

**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)

**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.

**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

**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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