

PHS

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Pima Health System - Office of Medical Management

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**Pima Health System
Clinical Practice Guideline for the
Treatment of Patients with
Major Depressive Disorder**

June 2009

Pima Health System, Clinical Practice Guideline/Medical Management Committee Membership

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Purpose of this Document

Pima Health System has adopted *The MacArthur Initiative on Depression and Primary Care, Depression Management Tool Kit*, to serve as an evidence-based framework for practitioners' clinical decision making with patients who have a major depressive disorder. Extensive literature review on Depression and Practice Guidelines developed for depression, suggests that *The MacArthur Initiative on Depression and Primary Care, Depression Management Tool Kit* is among the most comprehensive, evidence-based clinical practice guideline for this condition. This document includes sections that are of particular relevance to primary care physicians. The toolkit includes easy to use tools to assist with recognizing and diagnosing depression; educating patients about depression, assessing treatment preferences, engaging their participation, and explaining the process of care; using evidence based guidelines and management tools for treating depression; and monitoring patient response to treatment.

As with all guidelines, this adopted clinical practice guideline is designed to assist practitioners by providing an analytical framework for the evaluation and management of members with a specific condition/disease and is not intended to either replace the practitioners' judgment or to establish a protocol for all members with a particular condition/disease. Clinical practice guidelines need to be revised periodically based upon changes identified in both local and national practice patterns and standards. This allows deviation from the guideline in unique clinical situations as long as the reason for variation is clearly documented in the medical record.

Obtaining Copies of the MacArthur Initiative on Depression and Primary Care, Depression Management Tool Kit.

Copies of the MacArthur Initiative on Depression and Primary Care, Depression Management Tool Kit may be obtained online at:

www.depression-primarycare.org

Provider Feedback

Pima Health System welcomes feedback on all of our practice guidelines. All suggestions and recommendations are taken into consideration by the health plan's Clinical Practice Guideline/Medical Management Committee in our ongoing review and revision of the guidelines. Comments may be submitted to:

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Guideline Approval

Guideline: Treatment of Patients with Major Depressive Disorder	PHS CLINICAL PRACTICE GUIDELINES
Applicable To: Ambulatory, Long Term Care	
Effective Date: 6/2009 Approved By: <i>Fred Miller, MD, PhD by signature</i>	
Supersedes: 7/97, 7/98, 5/01, 4/02, 4/04, 9/07	