

# **Depression Screening and Management A Chronic Kidney Disease Clinic Experience Vancouver Island Health Authority**

**Nephrology Days 2007**

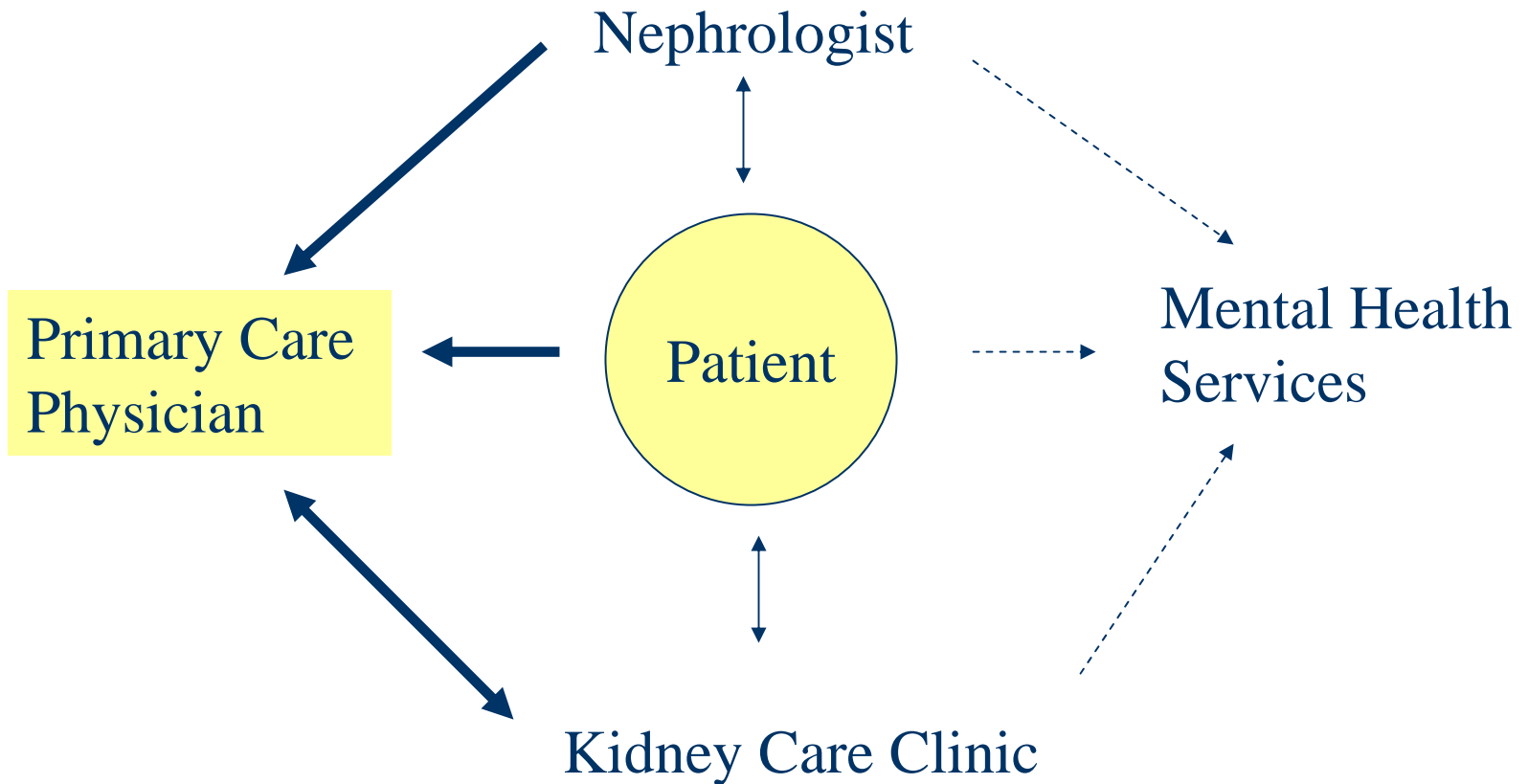
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Kidney Care Clinic**



# Distribution of CKD Patients by Age

Age Range	Numbers
19-49	65
50-64	220
65 +	946
Total = 1231	

# Depression Management



# Embedding Depression Screening and Management in Clinic Practices

## Initial Learning Session: Living Well with Kidney Disease (eGFR < 40)

- Normalize
- Self-management

## First Clinic Visit

- Symptoms checklist
- Depression screening tool administered

# Symptoms Checklist



Kidney Care Clinic

## HOW ARE YOU FEELING ?

Your name: \_\_\_\_\_

Date: \_\_\_\_\_

Please take a minute and complete this. The information will assist us to make the best use of your appointment today.

## HOW ARE YOU FEELING?

If you have experienced any of the following symptoms, please check them off:

Puffiness	Loss of appetite	Sleep problems
Cramps	Weight loss	Difficulty concentrating
Restless legs	Nausea	Forgetfulness
Chest pain	Diarrhea	Feeling "blue"
Shortness of breath	Constipation	Itchy skin
Fatigue	Metallic taste	Frequent urination
Weakness	Other	Other

Other questions or concerns to mention to the team.


We offer two Learning Sessions: #1 Living Well with Chronic Kidney Disease"

#2 "Introduction to Treatment Options"

Please let us know if you would like to be booked into these sessions, either because you have not yet attended or you would like a refresher.

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“Some days I feel fine. Other days I feel dandy. I never feel fine and dandy.”

# Depression Screening Tool



How have you been feeling  
over the past month?

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I have had little interest or pleasure in  
doing things I normally enjoy.

Yes \_\_\_

No \_\_\_

I have been feeling down, depressed,  
or hopeless.

Yes \_\_\_

No \_\_\_

# Depression Screening Tool Results

Positive response  
to either question



Further Assessment

Action Plan:

Coping Strategies  
Contract for plan of care  
Follow-up  
Review

\* Fatigue, anxiety

# Depression Screening Tool - continued

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- Vested with Social Workers
- Guidelines for intervention
- Clinic visits

# Linkage with Primary Care Physician

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- Self-management strategy
- Clinic summary sheet
- Nephrologist consult
- Resource information





# Timing of Subsequent Screenings

- Annual
- History of recent depression
- Professional judgment based on patient appearance – depressed/stressed.
- Not coping with self management goals
- Six months after the start of dialysis
- Other risk factors identified in Seniors Mental Health Guidelines May 2006

# The Transitioning Patient

- Status at the time of transfer / treatment plans
- Multiple transitions

# Psychosocial Profile

DRAFT



<b>Date:</b>		
<b>Name:</b>	<b>DOB:</b>	
<b>Address:</b>		
<b>E-mail:</b>		
<b>Phone:(h)</b>	<b>(w)</b>	<b>(cell)</b>
<b>Email address:</b>		
<b>PHN:</b>	<b>MRN:</b>	<b>DVA:</b>
<b>Next of kin:</b>	<b>Phone numbers: (h)</b>	
	<b>(w)</b>	<b>(cell)</b>
<b>Medical History:</b>		
<b>Barriers to communication: none</b>		
<b>Referred KCC:</b>	<b>Attended LS#1</b>	<b>Attended LS#2...</b>
<b>Started dialysis:.....</b>		
<b>Transplantation status:</b>		
<b>GP:</b>	<b>Tel:</b>	
<b>Neph:</b>	<b>Tel:</b>	
<b>COMMUNITY SUPPORTS</b>		
<b>LTC: case mgr:.....</b>	<b>Tel:</b>	
<b>MHR:</b>	<b>Tel:</b>	
<b>Other:</b>	<b>Tel:</b>	
<b>Other:</b>	<b>Tel:</b>	
<b>TRANSPORTATION: Self Spouse HandyDart bus other:</b>		
<b>Finances:</b>	<b>Tel:</b>	
<b>POA:</b>	<b>Tel:</b>	
<b>Advanced Directives: Discussed:..... In place: Needs follow-up:</b>		
<b>Health Care Representative:.....</b>	<b>Name + Tel:</b>	
<b>Other finances: CPP OAS MHR DVA Other</b>		
<b>Extended health benefits:..... With:</b>		

DRAFT

PSYCHOSOCIAL PROFILE - PAGE 2

<b>HOME/FAMILY SITUATION:</b>	
<b>DEPRESSION SCREENING</b>	<b>Needs follow-up:</b>
<b>Last date screened:</b>	
<b>Result:</b>	
<b>SMOKING STATUS:</b>	<b>Needs follow-up:</b>
<b>SELF-MANAGEMENT SKILLS:</b>	
<b>Excellent</b>	<b>good fair poor Needs support:</b>
<b>QUALITY OF LIFE:</b>	
<b>PSYCHOSOCIAL CONCERNS/PLANS:</b>	
<b>Transferred from: (SW)</b>	<b>To:</b>
<b>On: (date)</b>	

**Signature:** \_\_\_\_\_

DAVE  
HASN'T  
BEEN  
HIMSELF  
LATELY.

REALLY?  
HE SEEMS  
FINE  
TO ME.



*Adrian S. 2004*

# Difficulties in Identifying Depression in Renal Patients

- Differential use of the word
- Screening versus diagnostic tool
- Symptoms similar to renal disease
- Death wishes can be expressed in the absence of depression
- Undiagnosed cognitive impairment
- Patient reporting bias

# Difficulties in Identifying Depression in Renal Patients - continued

- Literacy level
- Cultural variations
- Provincial database
- Normal or healthy sadness
- Co-morbidities

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"Snap out of it."

# Expressions of Sadness = A Survival Mechanism

## Genes and evolution

- Attracting social support
- Offering protection
- Teaching avoidance of unacceptable behaviour

# Treatment of Depression

- Supportive psychosocial interventions
- Psychotherapy
- Pharmacological treatment
- Acute psychiatric care (ECT)



**Thank you for your time**  
**Questions ?**