

Dr. Gaynes' and Dr. Treisman's Approach to Measurement-Based Care for the Treatment of Depression

- Measurement-based care is the evidence-based practice of using a routine and systematic approach to assessing the patient's experience with depression treatment and making treatment plan modifications as necessary.
- Measurement-based care provides a framework for use by healthcare professionals to screen for, diagnose, and treat depression in people with HIV. This framework can be adjusted based on the needs of your patient population and your clinic resources.

Screen all people with HIV as routine practice

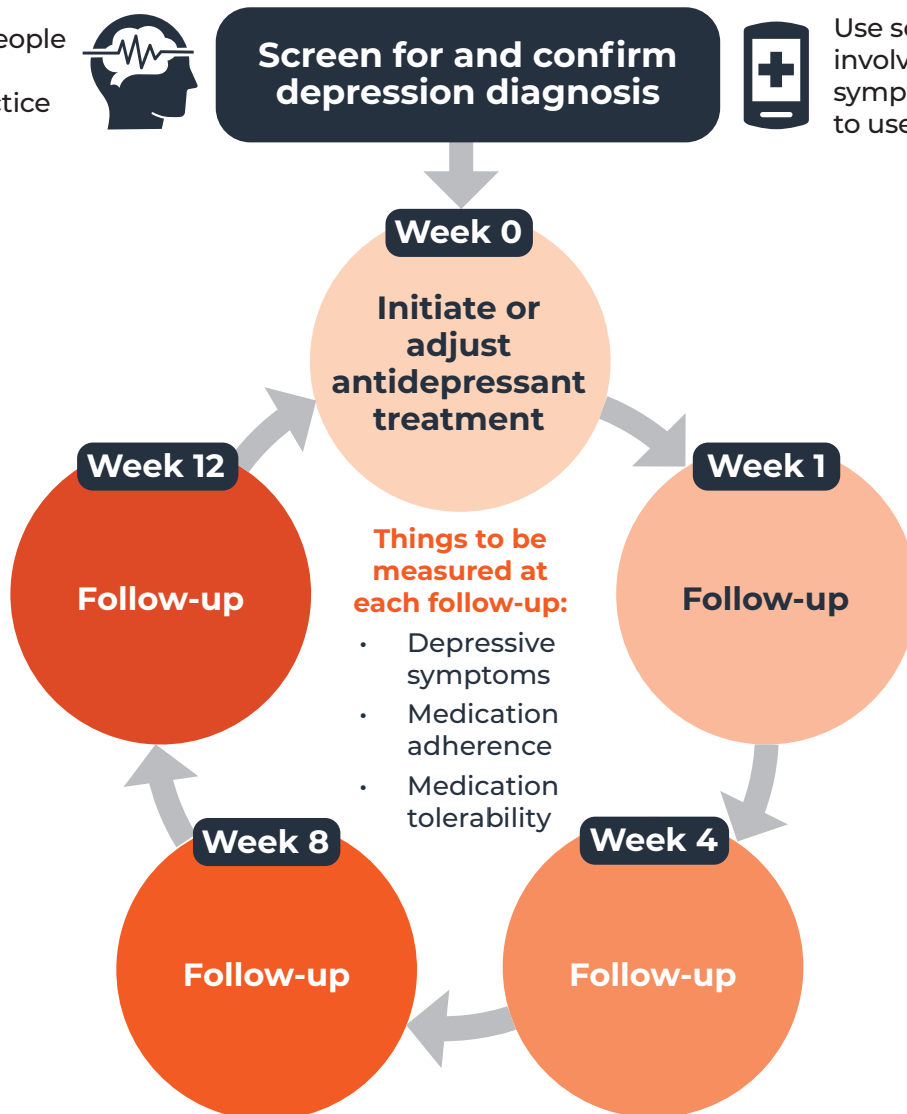


Screen for and confirm depression diagnosis



Use screening tools that involve self-reported symptoms and are free to use (eg, PHQ-9, CES-D)

 After a full 3-month antidepressant trial, it is time to decide what to do next (eg, continue current medication, increase medication dose, augment with second medication, augment with cognitive-behavioral therapy)



Initiate a follow-up soon after medication initiation or adjustment to assess for serious medication adverse effects, adherence, emerging symptoms, and suicidality



After the initial follow-up, healthcare professionals should check in monthly with patients



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References:

Approach provided by Bradley N. Gaynes and Glenn J. Treisman
<https://www.apaservices.org/practice/measurement-based-care>
<https://link.springer.com/article/10.1007/s11606-008-0522-3>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910387/>

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