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# Depression Management in Healthcare Systems: A Team Approach to Care

Webcast with Live Q&A Segment  
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**Premiering Monday, February 23, 2009, at 12:00 p.m.–1:00 p.m. ET**



## FACULTY INFORMATION

**Larry Culpepper, MD, MPH**  
 Professor and Chairman of Family Medicine  
 Boston University Medical Center  
 Boston, MA

## MODERATOR

**Rakesh Jain, MD, MPH**  
 Director, Adult and Child Psycho-Pharmacology  
 Research  
 R/D Clinical Research, Inc.  
 Lake Jackson, TX

## CREDIT INFORMATION

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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**CEP Credit (Psychologists):** CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

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Universal Program Number:  
 376-000-09-004-L01-P (live presentation)  
 376-000-09-004-H01-P (recorded programs)  
 Activity Type: knowledge-based

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**Premiere webcast offers a LIVE Q&A segment and qualifies for live CE credit.**

Submit your questions directly to the faculty via phone or web.

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This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

## STATEMENT OF NEED

The application of a chronic disease model to the management of depression is lagging behind other therapeutic areas owing to system-, provider-, and patient-related barriers. Yet the incorporation of this model can help to improve fragmented care, address gaps between best care and usual care, improve coordination of care, enhance outcomes, and reduce costs.<sup>1</sup> Critical to this model is the implementation of screening tools and a clear understanding of how to read and evaluate these tools in a primary care practice.<sup>2</sup> Communication between the primary care provider and the psychiatrist is vital in order to streamline care, optimize resources, incorporate the latest guidelines and evidence, and avoid overlap that can result in dangerous medical outcomes and increased costs. The involvement of a multidisciplinary treatment team can provide synchronized and coordinated care. A team of providers including the primary care physician, psychiatrist, pharmacist, psychologist, nurse, and case manager, all sharing a common goal for the patient, can ensure that care is optimized by selecting appropriate medication, supporting medication adherence, managing side effects and efficacy issues, and incorporating behavioral and/or psychotherapeutic interventions into the treatment plan when warranted. Research has shown that this team approach indeed improves treatment adherence and recovery.<sup>3</sup> In this neuroscienceCME webcast, faculty will discuss system-wide barriers to improved recognition and management of depression in primary care, and will review both guidelines and the evidence base for using a team-based approach to improve outcomes.

<sup>1</sup> Agency for Healthcare Research and Quality. Screening for depression: systematic evidence review number 6. Rockville, MD: Agency for Healthcare Research and Quality; 2002.

<sup>2</sup> Gilbody S, et al. Educational and organizational interventions to improve the management of depression. *JAMA* 2003;289:3145-3151.

<sup>3</sup> Katon W, et al. Rethinking practitioner roles in chronic illness: the specialist primary care physician and the practice nurse. *Gen Hosp Psychiatry* 2001;23:138-144.

## ACTIVITY GOAL

To identify system-, provider-, and patient-related barriers to coordinated care for patients with depression, and to provide mental healthcare practitioners with strategies drawn from the evidence base and guidelines for developing team-based care to improve outcomes for this patient population.

## LEARNING OBJECTIVES

At the end of this CE activity, participants should be able to:

- Improve awareness and response to healthcare systems related barriers to recognition, screening, and coordinated care for patients with depression.
- Integrate a team care approach into practice in order to facilitate involvement of and communication between clinical stakeholders, patients, and their families.
- Increase utilization of established clinical guidelines for primary care treatment of depression.

## TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, pharmacists, psychologists, social workers, certified case managers, and other healthcare professionals with an interest in mental health.

## COMMERCIAL SUPPORT

CME Outfitters, LLC, gratefully acknowledges an educational grant from Wyeth Pharmaceuticals in support of this CE activity.

————— FAX completed form to **240.243.1033** —————

**YES! Register me for this evidence-based neuroscienceCME Webcast activity on February 23, 2009.**

I will participate online.  I will participate by phone.

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Site Name: \_\_\_\_\_ # Participants: \_\_\_\_\_

Individual Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Practice Setting:  Community Mental Health  State Mental Health  Primary Care  
 Private Practice  Other: \_\_\_\_\_ Phone: \_\_\_\_\_

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