El Paso Health Medicare Advantage

ANTIDEPRESSANT MEDICATION MANAGEMENT

The following guideline recommends general principles on Antidepressant Medication Management (AMM)	
Eligible Population	Medicare Advantage recipients
Key Components	**Recommendations**
Assessment and evaluation	Complete history, gathering information from all possible sources Physical examination Severity of illness Risk of harm to self and others Comorbid substance use/dependence Personality factors Mental Status Examination Level of functioning-work dysfunction Treatment history, response to previous medication trials, compliance, side effects, etc.
Treatment Setting	Consider inpatient care in case of suicidality, malnutrition, catatonia, comorbid general medical conditions making management difficult at the outpatient setting Outpatient and Inpatient Non-Pharmacological Management -Psychoeducation -Psychotherapeutic intervention
Factors that determine the selection of Antidepressant Drug	Patient Specific -Other medications being taken/drug interactions -Previous history of response/tolerability to medication -Comorbid psychiatric disorders/symptoms -Gender issues-sexual dysfunction -Past side effects with medication -Patient preference Drug specific -Side effects

The following guideline recommends general principles on Antidepressant Medication Management (AMM)	
	-Safety in medication overdose (relative toxicity), fatal overdose is significantly lower with SSRIs than with tricyclic antidepressants. -Cost -Dosing strategy -Type of formulation-tablet, cap, syrup
Measure which can improve medication compliance	When and how often to take medicines Preferably give once-a-day dosing Always ask the patient about kind of formulation which they would prefer to take Prescribe minimum number of medications Explain that the beneficial effect will be seen only after 2-4 weeks of intake of medications Explain the need to take medication even after feeling better Explain side effects Encourage to report side effects
Social Determinants of Health (SDOH	Assess patient's and caregiver's beliefs about cause of illness and treatment Assessment for social support, stigma, and coping skills Assessment for caregiver burden, coping and distress
The guideline is based on the National Library of Medicine, National Center for Biotechnology information. Clinical Practice Guidelines for the Management of Depression (https://pmc.ncbi.nlm.nih.gov/articles/PMC5310101/). Individual patient considerations and advances in medical science may supersede or modify these recommendations.	