

Clinical Screening for Depression



Although many patients may present to their provider's office with nonspecific physical symptoms consistent with depression – **such as pain, poor sleep, or poor appetite** – their comorbid diagnosis of depression may go unrecognized.

Providers may not have the tools or the time needed to screen or treat these patients. **'Ohana Health Plan understands these challenges and wants to help.**



Who should I screen?

- ✓ 'Ohana Health Plan members who are 12 years of age and older.
- ✓ 'Ohana Health Plan members without an active diagnosis of depression, bipolar disorder, or other mood symptoms.



How should I report?

- ✓ 'Ohana Health Plan reimburses providers who participate in administering an annual depression screening tool under procedure code 96127 (brief emotional / behavioral assessment).
- ✓ Results are reported simultaneously with either HCPCS G8431 (positive screen with plan) or G8510 (negative screen) result code.
- ✓ A follow-up plan related to a positive screen includes one or more of the following¹:
 - Additional evaluation for depression.
 - Suicide risk assessment.
 - Referral to a practitioner qualified to diagnose and treat depression.
 - Pharmacological interventions.
 - Other interventions or follow-up for the diagnosis or treatment of depression.
- ✓ Patients are excluded with HCPC G9717 with documentation that members have bipolar/depression and G8433 with documentation for patient who refuses to participate or has medical reasons for not screening for depression.

¹CMS Core Set of Adult Health Care Quality Measures for Medicaid (Adult Core Set)

(continued)



Patients who are not eligible or may not be clinically indicated for a depression screening measurement include:

- ✓ Patients who have had an annual depression screen or refuse to participate.
- ✓ Patients who are in an urgent or emergent situation where a delay in treatment may jeopardize the patient's health status.
- ✓ Patients whose functional capacity or motivation to improve may impact the accuracy of results (e.g., certain court-appointed cases or cases of delirium).
- ✓ Patients who already have an active diagnosis of depression or bipolar disorder.



Did you know?

- **Major Depressive Disorder (MDD)** remains a treatable cause of pain, suffering, disability, and death.
- Primary Care Providers detect MDD in **one-third to one-half of their patients**, and about half of these go untreated.
- Additionally, more than 80 percent of patients with depression have a **medical comorbidity**.

The Patient Health Questionnaire PHQ-9 is a nine-question screening tool completed by patients in your office and is easily accessible in multiple languages at phqscreeners.com.

Patient Health Questionnaire – 9 (PHQ-9)					
Over the last two weeks, how often have you been bothered by any of the following problems? (Circle the number to indicate your answer.)		Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things.	0	1	2	3
2	Feeling down, depressed, or hopeless.	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4	Feeling tired or having little energy.	0	1	2	3
5	Poor appetite or overeating.	0	1	2	3
6	Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9	Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3
For office coding:		0	+ _____	+ _____	+ _____
Total Score:					
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?		Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Williams Jr JW, Noel PH, Cordes JA, et al. Is this patient clinically depressed? JAMA 2002;287:1160-70.

Schonfeld WH, Verboncoeur CJ, Fifer SK, et al. The functioning and well-being of patients with unrecognized anxiety disorders and major depressive disorder. J Affect Disord 1997;43:105-19. Klinkman MS. The role of algorithms in the detection and treatment of depression in primary care. J Clin Psychiatry 2003;64[suppl 2]:19-23.

Practice guidelines are meant to serve as general guidelines and are not intended to substitute for clinical judgment in individual cases. The Patient Health Questionnaire (PHQ-9) is a publicly available screening tool available from Pfizer Inc. All providers referenced in this document are not employed by and are independent from 'Ohana Health Plan.