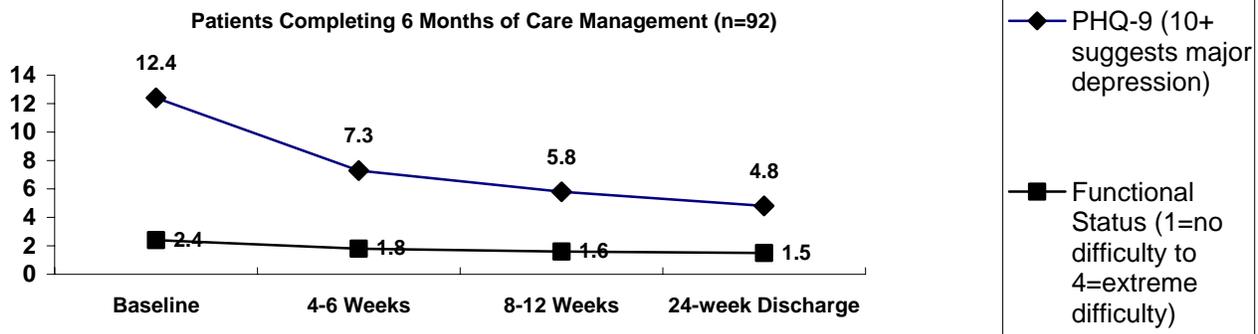




QUARTERLY QUALITY IMPROVEMENT REPORT: 1ST QUARTER, FY '04

The TIDES depression in primary care program has now been active for five quarters in VISN 10 (two clinics) and VISN 23 (3 clinics). The two intervention clinics in VISN 16 began four quarters ago. Through December 2003, 288 patients have now been referred by 41 primary care providers. 251 veterans (87.2%) were assessed by a depression care manager, and 237 of those (82.3%) were enrolled in depression care management. Reflecting the stepped care approach to managing depression, 82% are followed in primary care; 18% in mental health. (28.5% of all patients initially assessed were given a mental health consult). Baseline PHQ-9 scores were 10.4 for those remaining in primary care and 12.5 for patients referred to mental health for follow-up.

Of the patients who began care management, five have died (from pre-existing medical conditions), and 25 (11%) have dropped out (11 opted out and 14 could not be reached for further follow-up). The 207 patients who have stayed active in depression care management have kept 90% of their follow-up primary care or mental health appointments. 74% of the enrolled patients treated with antidepressants in primary care have been compliant with their medications (115 of 156).



80 of 94 primary care patients and 12 of 17 mental health patients who entered depression care management in the spring of 2003 or earlier have now completed the full six-month program of telephone follow-up and monitoring (83% completion rate). As shown above, their depression and functional status scores dramatically improved. 90% of patients followed in primary care (72 of 80) and 50% of patients followed in mental health (6 of 12) achieved resolution of their depressive symptoms (PHQ-9 ≤ 9). Of the 19 patients who did not complete the program (14 in primary care, 5 in mental health), nine chose to quit, and ten could not be reached again. Thus, 70% of the first cohort of depression care management patients (78 of 111) achieved resolution of their depressive symptoms, at least a 20% improvement over results seen in usual care and comparable with other state-of-the-art collaborative chronic illness management programs.

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