Depression: Incorporation Into Your Practice

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Disclosures

Neither I nor my spouse has a relevant financial relationship with a commercial interest to disclose.

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My Approach

- Utilize Standardized Screening Tool at All Well Visits
- Think of Depression with Somatic Complaints
- Discuss with Patient and Family
- Suggest Therapy
- Safety Plan
- Introduce Idea of Medication
- Schedule Second Appointment
- Follow Frequently Initially
- Space Out Appointments vs. Change Medications
- Refer to Psychiatry if Needed

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Impact on Practice

- Improvement in Screening
- Effective Bridge Between Patient + Therapy
- Better Relationship with Patients
- Network of Healthcare Providers
- Reach Larger Patient Population

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Barriers to Success

- Time
- Parental Resistance
- COVID
- Knowledge
- Confidence

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The Time Challenge

- Standardized Screening Tools
- Schedule Appropriately
- Use EMR and Templates
- Pre-Established Referral List
- Talk with Therapist

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The Parental Resistance Challenge

- Know Your Facts
- Ask about Family History
- Try Different Language

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The COVID Challenge

- Depression is depression
- Take advantage of telemedicine
- Use EMR to send rating scales
- Pediatricians are more essential than ever

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The Knowledge Challenge

- You Have the Knowledge. Really!
- Start Slow and “Easy”
- Help Each Other
- Refer to Psychiatry if Needed

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The Confidence Challenge

- Pick a Few Medications
- Use **ProjectTeach**
- Set Expectations with Family
- Document Well
- Be in Touch with Families Often

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The Payoff

- The Ripple Effect

- Jane Doe
  - Better Decision-Making
  - Safety
  - Back to her “old self”

- Jane Doe #2
  - Safety
  - Long-term Success

“We Are So Grateful For You”

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