Depression: Incorporation Into Your Practice

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Speaker:

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Disclosures

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

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

- Time
- Parental Resistance
- COVID
- Knowledge
- Confidence
The Time Challenge

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

• Take advantage of telemedicine

• Use EMR to send rating scales

• Remember depression is depression
The Resistance Challenge

- Know Your Facts
- Ask about Family History
- Try Different Language
The Knowledge Challenge

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

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