

Assess, Educate and Treat Patients with Depression

**MANAGE DEPRESSION IN YOUR PATIENTS WITH A SYSTEMATIC APPROACH
FOR ACCURATE ASSESSMENT AND DIAGNOSIS.**



Begin with a nationally-recognized tool such as the Patient Health Questionnaire (PHQ-9).
PHQ-9 Score and Interpretation (Billing Code-CPT 96127)

PHQ-9 Score	Provisional Diagnosis – Depression Severity	Treatment Recommendations
5-9	<p>Mild Symptoms Few, if any, symptoms (minimal) in excess of those required for the diagnosis with only minor impairment in occupational functioning or social/relationship functioning.</p>	<ul style="list-style-type: none"> • Support and educate your patient. • Watch for change in symptoms.
10-14	<p>Moderate Symptoms Symptoms in excess of the minimal number required for the diagnosis that often keep the person from doing things they need to do.</p>	<ul style="list-style-type: none"> • Support and educate your patient. • Consider antidepressant and/or cognitive behavioral therapy. • Watch for change in symptoms. • Follow-up visit within 4 weeks. • Keep the patient on medication for 6 months to a year.
15-19	<p>Moderately Severe Depression Displays most symptoms for Major Depressive Disorder (MDD) impacting several areas of functioning. Further clinical assessment needed for bipolar disorder and to rule out other causes/conditions.</p> <p>*ICD-10 Major Depression and Dysthymia Diagnosis Codes: F32.0–F32.5; F32.9; F33.0–F33.3; F33.40–F33.42; F33.9; F34.1</p> <p>**BH Outpatient CPT® Codes: 99078, 99201–99205, 99211–99215, 99241–99245, 99341–99345, 99347–99350, 99381–99387, 99391–99397, 99401–99404, 99411–99412, 99510</p> <p>HCPCS Codes: G0155, G0176–G0177, G0409, G0463, H0002, H0004, H0031, H0034–H0037, H0039–H0040, H2000, H2001, H2010–H2011, M0064, T1015</p>	<ul style="list-style-type: none"> • Perform a safety risk assessment and triage appropriately. • Support and educate your patient. • Prescribe antidepressant and refer to psychotherapy. • Requires care coordination and monitoring for medication adherence. • Follow-up visit within 4 weeks of initial prescription with continued follow-up thereafter. • Keep the patient on medication for at least one year.

(continued)

PHQ-9 Score	Provisional Diagnosis – Depression Severity	Treatment Recommendations
>20	<p>Severe Depression Nearly all symptoms present for Major Depressive Disorder (MDD), which markedly interfere with daily functioning. Further clinical assessment needed for bipolar disorder and to rule out other causes/conditions.</p> <p>*ICD-10 Major Depression and Dysthymia Diagnosis Codes: F32.0–F32.5; F32.9; F33.0–F33.3; F33.40–F33.42; F33.9; F34.1</p> <p>**BH Outpatient CPT® Codes: 99078, 99201–99205, 99211–99215, 99241–99245, 99341–99345, 99347–99350, 99381–99387, 99391–99397, 99401–99404, 99411–99412, 99510</p> <p>HCPCS Codes: G0155, G0176–G0177, G0409, G0463, H0002, H0004, H0031, H0034–H0037, H0039–H0040, H2000, H2001, H2010–H2011, MO064, T1015</p>	<ul style="list-style-type: none"> • Perform safety risk assessment and triage appropriately. • Support and educate patient. • Prescribe antidepressant and refer to psychotherapy. • Consider potential need for psychiatric referral. • Requires care coordination and close monitoring for medication adherence. • Follow-up visit within 4 weeks of initial prescription with continued follow-up thereafter. • Keep the patient on medication indefinitely



Remember BEFORE Diagnosing:

- ✓ Rule out medical or mental disorders that can produce symptoms similar to depression:
 - Substance abuse or dependency
 - Mood disorders due to medical conditions
 - Anxiety disorders
 - Adjustment disorders
 - Seasonal affective disorder (SAD)
 - PTSD
 - Eating disorders
 - Hypothyroidism
 - Diabetes
 - Chronic fatigue syndrome
- ✓ Complete a comprehensive medical exam, including lab testing, which may identify metabolic causes of depression.
- ✓ Accurate diagnosis drives appropriate treatment and interventions.



Promote Antidepressant Medication Adherence:

Educating your patients is the key to medication adherence.

- ✓ Discuss how to take antidepressants, how they work, the benefits, cautions, and how long to take them.
- ✓ Tell your patients how long they can expect to be on the antidepressant before they start to feel better.
- ✓ Let patients know it may take time to find the right dosage or medication to meet their needs.
- ✓ Stress the importance of taking the medication even if they begin feeling better.
- ✓ Talk about common side effects, how long they may last and how to manage them.
- ✓ Let your patient know what to do if they have questions or concerns.
- ✓ Monitor with scheduled follow-up appointments.



Thank you for your partnership.

Please contact your Provider Relations Representative if you have questions or need assistance.