



Depression in Primary Care

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Primary Health Care

Primary care - the provision of integrated, accessible, health **care** services by clinicians that address a large majority of personal health **care** needs, develop partnerships with patients and practice within the context of family and community

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Principles of Family Medicine

Patient - doctor relationship
Community Based
Resource to the community
Clinical Excellence

Care for the whole person as situated in their family and community, over time.

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Primary Care.

Prevention of disease
Early Identification of disease or risk factors
Treatment of acute disease
Support over a life time in a personal relationship
Door opening to secondary and tertiary care
Rehabilitation

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Prevalence of Depression in primary care

Over 10%
Most is Major Depressive Disease, recurrent
Strong overlap with Anxiety Disorder
Strong overlap with co-morbid physical disorders
Association with somatization
Over 50% of mental health care occurs in the primary care sector

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Nature of Disease

Primary care depression not differentiated from psychiatric care depression
In hospital care has more severe suicidal and psychotic presentations
Majority in primary care suffer from recurrent **Major Depressive Disease**
Not short lived, mild or uncomplicated

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Barriers to Identifying and Treating Depression in the Office Setting

Systemic,

shortage of qualified, publicly-funded counselors,
lack of locally available counseling,
cost of medication

Physician-related

lack of time and expertise
inadequacies of the reimbursement system.

Patient-related.

stigma attached to depression
failure to comply with treatment.

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Issues with Primary Care

Under diagnosis, Over diagnosis

Inappropriate diagnosis

Underutilization of Psychotherapy

Under treatment of depression with medication, over treatment
of depression with medication

Filtering the physical, mental and overlapping presentations

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Primary Care Reform

Canada wide – different models

Responsibility for a population

Multidisciplinary Teams

IM/IT

Choice

Improving Access

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Models of Collaborative Mental Health Care

Shared Mental Health Care
Mental health professional partnered with a primary care physician
Mental Health Counsellors (behavioural therapists)
Co-location
Psychiatric Consultation
Telephone consultation

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Role of Primary Care in the diagnosis and treatment of depression

Prevention – Anticipatory counseling, early identification
Treatment
Support
Maintaining integration in the community
Long term monitoring
Identification and treatment or support for conflicting factors

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Thank you

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