

# Treating Depression in the Primary Care Setting

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## Key Points:

Screening Tools: PHQ-9, BDI-2, GDS

History: Rule out medical causes and be sure to screen for bipolar disorder.

Additional considerations: Cost and other side effects the patient may want to avoid.

Treatment monitoring:

- Have the patient return in 4-6 weeks.
- Use both subjective and objective measures to assess how well it is working.
- If there is a partial response, can increase the current medication or add therapy.

Referring to a specialist for: Acute suicidality, treatment resistant depression, multiple psychiatric comorbidities, or for psychotherapy.

