

Depression Screening and Management: Quality Improvement Project

The Partners For Kids Quality Improvement (QI) Coaching Program offers a QI project to assist community primary care providers in fulfilling the American Academy of Pediatrics' (AAP) recommendation of universal screening for depression for children 12 and over.

In 2018, the AAP published “Guidelines for Adolescent Depression in Primary Care,”^{1,2} targeted for youth ages 10 to 21, and distinguish the differences between mild, moderate and severe forms of Major Depressive Disorder.

This project focuses on education and training for community providers and healthcare staff on the recommendations, including:

- Providing a treatment team that includes the patient, family and access to mental health expertise
- Offering education and screening tools to identify, assess and diagnose patients
- Counseling on depression and options for management of the disorder
- Developing a treatment plan with specific goals in functioning in the home, peer and school settings
- Developing a safety plan, as needed, which includes restricting lethal means, such as firearms in the home, and providing emergency communication methods

Resources available to support the QI project:

- Support from PFK QI staff to develop operational processes for universal depression screening in the clinic
- Training from NCH-affiliated pediatric specialists for healthcare providers on depression management resources
- Consultation from a PFK pharmacist, including education on the Behavioral Health Prescribing Guidelines (which can be found at: <https://PartnersForKids.org/resources>)

For more information about PFK QI projects, please contact PFK QI Coaching at PFKQICoaching@NationwideChildrens.org

¹ [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\): Part I. Practice Preparation, Identification, Assessment, and Initial Management](#)

² [Guidelines for Adolescent Depression in Primary Care \(GLAD-PC\): Part II. Treatment and Ongoing Management](#)