EVALUATION & TREATMENT OF DEPRESSION & ANXIETY IN PRIMARY CARE

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PEDIATRIC SCREENING: DEPRESSION
- Pediatric – Mood and Feelings Questionnaire (MFQ)
- Teen (11 and over) – Columbia DISC Depression Scale
- Children – Center for Epidemiological Studies Depression Scale for Children (CES-DC)
- Perinatal – Perinatal Anxiety Screening Scale (PASS)

ADULT/GERIATRIC SCREENING: DEPRESSION
- Montgomery-Asberg Depression Scale (MADRS)
- Hamilton Depression Rating Scale (HAM-D)
- Beck Depression Inventory (BDI)
- Patient Health Questionnaire (PHQ-9)

SCREENING: ANXIETY
- Pedi – Screen for Child Anxiety Related Disorders (SCARED)
- Pedi & Adult – Hamilton Anxiety Rating Scale (HAM-A)
- Adult – State-Trait Anxiety Inventory (STAI)
- 17 and older – Beck Anxiety Inventory
- Hospital Anxiety and Depression Scale (HADS)

SCREENING: BASIC LABORATORY
- UA
- UDS
- hCG
- CMP
- CBC
- TSH
- Vitamin D

DSM-5 CRITERIA FOR DEPRESSION (P. 160-168)
- 5 or more causing social, occupational, educational problems – not drug/medical related
  - Depressed mood most of every day
  - Markedly diminished interest in once pleasurable activities
  - Significant weight gain or loss
  - Insomnia or hypersomnia nearly every day
  - Psychomotor agitation or retardation
  - Feeling worthless, excessive guilt
  - Poor concentration
  - Recurrent thoughts of death or suicidal ideation
PHARMACOLOGICAL TREATMENTS: DEPRESSION

- Selective Serotonin Reuptake Inhibitors (SSRIs)
  - fluoxetine Prozac max 80mg – 6 years old
  - sertraline Zoloft max 200mg – 6 years old
  - citalopram Celexa max 40mg – 7 years old
  - escitalopram Lexapro max 20mg – 7 years old
  - paroxetine Paxil max 50mg – adults

- Selective Norepinephrine Reuptake Inhibitors (SNRIs)
  - desvenlafaxin Pristiq max 100mg – adults
  - duloxetine Cymbalta max 120mg – 7 years old
  - levomilnacipran Fetzima max 120mg – adults
  - venlafaxine Effexor XR max 225mg – 7 years old

Novel Antidepressants

- vilazodone Viibryd max 40mg – adults
- vortioxetine Trintellix max 20mg – adults
- buproprion Wellbutrin XL max 300mg – 12 years old
- mirtazapine Remeron max 45mg – 7 years old
- trazodone Desyrel, Oleptro ER max 400-600mg – adults

BLACK BOX WARNING

- Suicidality and SSRIs
  - risk in children/adolescents with major depressive or other psychiatric disorders
  - weigh risk vs. benefits
  - observe all patients for clinical worsening, suicidality, or unusual behavior changes
  - advise families and caregivers of need for close observation and communication w/ prescriber

DSM-5 CRITERIA FOR ANXIETY (PAGES 189-264)

- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Unspecified Anxiety Disorder
- Separation Anxiety Disorder
- Selective Mutism
- Specific Phobia
- Body Dysmorphic Disorder
- Hearing Disorder
- Trichotillomania
- Excoriation Disorder
- Substance/Medication-Induced Anxiety Disorder
- Anxiety Disorder due to Another Medical Condition
- Other Specified Anxiety Disorder
- Unspecified Anxiety Disorder

COMMONLY TREATED

- Social Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Unspecified Anxiety Disorder
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PHARMACOLOGICAL TREATMENTS: ANXIETY

- Benzodiazepines
  - alprazolam Xanax, Xanax XR – short & long acting max 9mg – 7 years old
  - chlordiazepoxide Librium – longer acting max 100mg – adults
  - clonazepam Klonopin – longer acting max 1.5mg – adults
  - diazepam Valium – medium acting max 40mg – 6 months
  - lorazepam Ativan – short acting max 10mg – children

BLACK BOX WARNING

- Risks from Concomitant Opioid Use
  - concomitant benzodiazepine use with opioids may result in profound sedation, respiratory depression, coma, and death
  - reserve concomitant use for patients with no other treatment alternatives
  - limit to minimum required dosage and duration
  - monitor for signs and symptoms of respiratory depression and sedation

PHARMACOLOGICAL TREATMENTS: ANXIETY

- Non-benzodiazepines
  - buspirone BuSpar max 60mg – 6 years old
  - hydroxyzine HCl, Atarax 100mg – 6 years old
  - hydroxyzine pamoate Vistaril 80mg – 6 years old

PHARMACOLOGICAL TREATMENTS: COMMON ADVERSE EFFECTS

- Diarrhea or constipation
- Sedation or agitation
- Hyperacusis or tinnitus
- Excessive yawning
- Excessive Sweating
- Nausea, headache, dry mouth

PRESCRIPTION MONITORING PROGRAM

- September 1, 2019
- H.B. 2561
- NPs – monitor controlled substances prescribing patterns

PHARMACOLOGICAL TREATMENTS: ANXIETY

- SSRIs/SNRIs
  - Prozac – OCD ≥ 7, PD, PTSD ≥ 7, SAD ≥ 5
  - Zoloft – OCD ≥ 6, PD, PTSD SAD
  - Citalopram – OCD ≥ 7, GAD ≥ 7
  - Lexapro – SAD ≥ 15, GAD
  - Effexor – OCD ≥ 7, PD, PTSD, SAD ≥ 8, GAD
  - Cymbalta – GAD ≥ 7
  - Effexor XR – GAD ≥ 7
PHARMACOLOGICAL TREATMENTS: CONTRAINDICATIONS

- Wellbutrin and seizure disorders
- Cymbalta without monitoring liver enzymes
- SSRIs/SNRIs to treat mania or bipolar disorder
- Lithium and poor kidney function
- Alcohol or other CNS depressants mixed with benzodiazepines

PSYCHIATRIC REFERRALS

WHEN TO REFER
- Suicidal or homicidal patient with plan, intent, and/or access
- Anxiety or mania
- Spectrum of schizophrenia symptoms
- Personality disorder

WHERE TO REFER
- Start with office manager or collaborating physician – you are not alone
- Local Mental Health Authority
- Local PMHNP or Psychiatrist
- Local law enforcement agency

INTERACTIVE PARTICIPATION

SCENARIO 1
- What screen do you use?
- Is she suffering from MDD?
- What treatments might you consider?

SCENARIO 2
- What is his most likely diagnosis?
- What short-acting benzodiazepine do you prescribe?
- What SSRI do you prescribe?

REFERENCES
