

Indian Health Diabetes Best Practices—



Depression Care



Indian Health Service Division of Diabetes Treatment and Prevention
5300 Homestead Road NE, Albuquerque, New Mexico 87110
(505) 248-4182 www.ihs.gov/medicalprograms/diabetes

Is a Best Practice Depression Care Program right for your diabetes program?

➔ Do you want your diabetes program to be better at:

1. Raising awareness about diabetes and depression?

Yes No

What you will be doing: Conducting clinic and community campaigns ♦ Distributing newsletters
♦ Making presentations about the importance of depression care and diabetes

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

2. Providing health care providers with education on depression?

Yes No

What you will be doing: Providing health care providers with education on: (1) depression screening, diagnosis, and therapies; (2) active listening; and (3) assessing suicidal ideation, plan, and intent

Who will be doing it: Community program staff ♦ Health care providers ♦ Organization leaders

3. Screening for depression?

Yes No

What you will be doing: Screening for depression verbally or with a pre-printed screening tool ♦ Sharing results immediately with patients and other health care providers

Who will be doing it: Community program staff ♦ Health care providers

4. Providing depression care and treatment?

Yes No

What you will be doing: Listening to patients and inquiring about their emotional health ♦ Prescribing different therapies, including antidepressant medications, physical activity, support groups, and group and individual therapy ♦ Linking patients to resources that can assist with socioeconomic life circumstances

Who will be doing it: Community program staff ♦ Health care providers

5. Recognizing when to refer patients for expert care?

Yes No

What you will be doing: Assessing patients for suicidal ideation, plan, and intent ♦ Referring patients immediately to appropriate health care providers and centers

Who will be doing it: Community program staff ♦ Health care providers

➔ If you answered "Yes" to many of these questions, go to page 2 to learn how a Best Practice Depression Care Program can benefit your diabetes program!

What is depression care?

Depression care involves providing effective interventions to improve a person's emotional well-being when they are experiencing or have experienced depression.

Why is depression care important to American Indian and Alaska Native communities?

- Depression is intertwined with diabetes. Studies have found that the prevalence of depression is higher in people with diabetes.
- As many as a third of patients with diabetes will develop depression.
- Individuals with depression are at increased risk of developing diabetes.
- Depression can negatively affect a patient's self-management efforts, such as medication adherence, physical activity, and A1c levels.
- One study showed that A1c levels were 1.2% higher in patients with diabetes who were depressed.

The good news about depression care...

Effective treatment of depression may improve diabetes outcomes, overall quality of life, and a person's ability to self-manage diabetes. Conversely, under-treatment of depression can contribute to diabetes complications and poorer diabetes control.



"I walked. I took my medication. I started beading, going to powwows, and taking part in ceremonies. My depression lifted."

—Barbara Mora, Paiute/Dine

A Best Practice Depression Care Program will require a coordinated approach. Here are some tips on how health care providers, community programs, health care administrators, and tribal leadership can work together.

➔ Working together to improve depression care:

1. Who can help?

Ask for and enlist support from: Your local health care team ♦ Psychiatrists ♦ Psychologists ♦ Behaviorists ♦ Counselors ♦ Physical activity coordinators ♦ Community health and wellness programs, such as support groups, senior centers, recreation centers, and local walking and running clubs ♦ Community and tribal leaders ♦ Local schools and businesses

2. Why is it important to work together?

Working with clinic, community, and leadership partners will help you: Leverage resources ♦ Avoid duplicating services ♦ Share staff, ideas, and resources ♦ Get support for your common goal of improving the health of your community ♦ Develop initiatives and proposals that will best serve your community ♦ Organize logistics ♦ Solve problems ♦ Conduct necessary evaluation and follow-up ♦ Ensure the sustainability of your program

3. How can you work together?

Work with your partners to: Share what you are doing ♦ Determine what each partner will do ♦ Assign tasks and timelines ♦ Develop and implement goals and objectives ♦ Design evaluation plans ♦ Plan to contact each other regularly

