

HORIZON

Health Care, Inc.

Depression Care Plan

Name: «PatientFullName»
DOB: «PatientDateOfBirth»

Clinic Name: «OfficeLocationName»
Clinic Phone #: «OfficeLocationPhone»
Date: «CurrentDate»

Provider: «EncounterProviderName»

Depression is Treatable!

Simple goals and small steps. It is easy to feel overwhelmed when you are depressed. Some problems and decisions can be delayed, but others cannot. It can be hard to deal with them when you're feeling sad, have little energy, and not thinking clearly. Try breaking things down in to small steps. Give yourself credit for each step you accomplish.

Things you should know about your antidepressant medication
NOT ADDICTIVE OR HABIT FORMING

They are NOT uppers, they are NOT downers. It is safe for you to take according to your provider's orders. If you are using alcohol or other drugs, please discuss with your provider. Did you know? Antidepressants only work if taken every day!

Target symptoms for antidepressant medications are

- Sleep
- Appetite
- Concentration
- Mood
- Energy

The first week is the hardest. Some people have mild side effects, but they don't feel the medicine working yet.

Try to stick it out

The side effects usually go away in a few days, and the medicine will start to work. It takes time for your medication to work. Most people begin to feel better in **2-4 weeks**. **Don't give up** if you don't feel better right away.

Side Effects: Always ask your pharmacist for a printout of side effects for your medications. Report any side affects you are having.

Your PHQ-9 score:

Total Score	Depression Severity
0-4	None
5-9	Mild depression
10-14	Moderate depression
15-19	Moderate severe depression
20-27	Severe depression

«MedsCurrentWithSig»

«MedsNew»

My Self-Management Plan

Answer the questions and circle your likelihood for change.

1. Take Medication as directed. This is absolutely necessary to ensure improvement in your condition. This is where COMMUNICATION comes in. If you have problems such as side effects, difficulties obtaining your medication or you have questions about what you have read or heard, talk with your doctor or nurse before stopping or changing the medication.

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

2. Take the time to schedule your day. This can be very helpful in time management (planning and organizing). Your schedule should be written out. This can also help you prioritize your day and schedule difficult task early in the day when your energy is maximum for the task and you can get it completed so you don't worry about it all day.

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

3. Plan at least one pleasant activity daily. We often schedule our day full of activities which are "work" and then do something pleasurable or relaxing if we have time leftover. Make time for pleasure- read a book, watch a ball game, see a movie, visit a friend, or go for a walk.

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

4. Exercise at least 5 days per week. Preferably every day (30 to 45 minutes each time). This is another thing we often do only if there is extra time. If you make it part of your written schedule, it will become easier to do, and you will feel better, physically and mentally.

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

5. Be assertive. Being assertive (not angry), can help you to begin to feel better about yourself and gain self-confidence. This is not something that we all naturally possess the ability to do, but requires practice. It also requires one to control emotions and not to be over-reactive, but simply stand one's ground.

How likely are you to follow through with these activities prior to your next visit?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

6. Stay informed. Your healthcare team will provide you with information about your medication and your condition. A good understanding of depression and its treatment are very important to help you become a key part of the treatment plan. How likely are you to follow through with these activities prior to your next visit?

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Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

Important things for you to do:

- Keep all appointments
- Take all medications exactly as your provider prescribes – EVEN IF YOU FEEL BETTER
- Talk to your provider – ask questions; tell how you feel.
- If you forget a dose DO NOT DOUBLE DOSE – take your next dose at the regular time.

When to call the healthcare provider:

- You are thinking about stopping your medication
- Rash
- Severe side effects

Next Appointment: _____