Clinical assessment flowchart.

Preparation for Managing Depression in PC
Preparation through increased training, establishing mental health liaisons, and increasing the capacity of practices to monitor and follow-up with patients with depression.

All youth 12 years and older presenting at annual visit

Low risk

Negative screen result

Perform regular history and physical

Universal screen with depression-specific tool

Positive screen result

If yes

Targeted screening with tool

High risk

Negative screen result

If no

Systematically identify youth with depression risk factors, including chronic somatic complaints

Positive screen result

Do you clinically suspect depression?

Yes

Youth or family presents with emotional issues as chief complaint

Assessment

(1) Assess with systematic depression assessment tool (if not used as screen)
(2) Interview patient and parent(s) to assess for depression and other psychiatric disorders with DSM-5 or ICD-10 criteria
(3) Interview patient alone
(4) Assess for safety and/or suicide risk

Evaluation negative for major depressive disorder (MDD) but high depression symptoms

Evaluation negative for depression but positive for other MHD conditions

Clinical Decision

May follow depression treatment guidelines if appropriate or return for regular follow-up as high-risk with more frequent targeted screening

If psychotic or suicidal

Refer to crisis or emergency services (may include subsequent referral to inpatient treatment)

Evaluation positive for MDD but not psychotic or suicidal

Refer to crisis or emergency services (may include subsequent referral to inpatient treatment)

Evaluation Positive for Depression: Mild, Moderate, Severe, or Depression with Comorbidities

(1) Evaluate safety and establish safety plan
(2) Evaluate severity of depression symptoms (See*)
(3) Patient and/or family education (See*)
(4) Develop treatment plan based on severity review diagnosis and treatment options with patient and/or family

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