

# **Primary Care Depression Advice Clinic**

***“Bringing secondary care knowledge into primary care”***

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# Recurrent & Chronic Depression

- **Recurrence**

- 9 in 10 in Secondary care (Mueller 1996)
- 6 in 10 in Primary care (Steinert et al. 2014)

- **Persistence of Depression**

- 1 in 3 persist beyond 1 year, even with intensive treatment (STAR-D 2006)
- 1 in 8 episodes persist beyond 2 years (Judd 1997, Solomon et al., 2000)
- 1 in 14 episodes persist beyond 10 years (Muller 1996; Keller 1998)
  - Suffering
  - Very expensive
  - Suicide

## **Depression Advice Clinic - Scope**

- For people with recurring or chronic depression
- 3 sessions per week from January 2017
- Referrals from GPs by email
- One off 90 min assessment by clinical fellow
- Written advice on next step treatments/ interventions



# What GPs Think

- 15% dissatisfied with current services offered for management of depression through their GP surgery
- 23% satisfied with current links between specialist psych services and GP surgery
- 39% satisfied with the way information is shared between GPs, psychiatry and patients
- 100% think a depression advice clinic is a good idea

# What patients and carers think about having a Depression Advice Clinic

## Advantages

- Support and education for GPs, carers and patients
- Quicker appointments
- Joined up working
- Less stigma than attending psychiatry outpatients
- Decrease time pressure on GP
- Access to specialist advice

## Disadvantages

- Worried about stigma of seeing a psychiatrist
- Lack of resources to continue to help a patient following assessment
- Psychiatrist not as helpful as a psychologist

## **What patients and carers think is required to achieve remission and stay well**

- Course for carers
- Time to talk to someone
- More holistic approach including lifestyle, diet, exercise advice
- Long-term support and proactive monitoring
- Better links between GP and psych
- Peer support
- Group support

# Progress to date

- 16 referrals
- 14 appointments offered
- 9 patients seen (5 pending)
- 100% completed attendance rate
- Most cases the formulation and diagnosis have been amended following consultation
- 8 patients discharged back to GP and one brought into secondary services with a request for onward referral to tertiary services



# Future Directions

- Extended fellowship for another 12 months
- Gather feedback from patients already seen and their GPs
- Deliver education for GPs and other practice staff
- Work with community providers and voluntary services to develop more community based support for individuals and their loved ones