

Depression Screening: Included in Catapult Checkups



Depression is a Growing Health Problem in America

Without proper screening, depression can go undiagnosed for years, which is a major reason why over 80% of those who have symptoms of clinical depression are not receiving treatment. Depression screening is recommended for all adults by the U.S. Preventive Services Taskforce.

Catapult Health includes depression screening as a standard element of our preventive checkups. Each patient answers questions that help assess their depression status. Nurse Practitioners are alerted to patients who indicate signs of depression. If severe depression or suicidal ideation is indicated, additional questions are asked. Patients indicating depression or suicide are referred to resources who are available to assist them.

The Need

- + Depression affects 19 million Americans or 9.5% of the population in any given one-year period.
- + At some point in their lives, 10%-25% of women and 5%-12% of men will become clinically depressed.
- + It is a common co-morbidity with physical disorders, including diabetes, heart disease, and cancer.
- + Suicide is the 2nd leading cause of death for people ages 15-44.

The good news is that clinical depression is treatable. The most common methods are antidepressant medication and psychological counseling. Most of the time, a combination of both is recommended.

The Catapult Process

- + All patients answer the first two questions of the PHQ-9 (Patient Health Questionnaire), a validated assessment for depression. Those with possible depression answer 7 additional questions.
- + All patients who indicate depression receive an additional page in their Personal Health Report and are also referred to their EAP, Psychologist, Therapist or PCP.
- + If a patient indicates suicidal ideation, an additional set of questions (Columbia-Suicide Severity Rating Scale) is asked. Patients are referred to their EAP, Psychologist, Therapist, Suicide Helpline or 911.
- + A Catapult Nurse Practitioner reaches out to all patients with suicidal ideation the same day of their checkup and those with severe depression the following day to encourage them to seek care.
- + Patients who do not have a PCP are given names of such who are local and in-network.
- + Employer and health plan resources, such as an EAP, are listed on page 1 of the Personal Health Report.

