

Major Depressive Disorder (MDD) Care Pathway – Adults

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Brief Screen

In the past month:

1. Have you lost interest or pleasure in things you usually like to do?
2. Have you felt sad, low, down, depressed, or hopeless?

Review & Consider

- Try the BATHE technique ([read more](#))
- Review [symptoms](#) or [PHQ-9](#)
- Consider labs (TSH,B12,iron)
- Consider [Meds that Mimic Depression](#)
- Anxiety ([GAD7](#)), Bipolar ([MDQ](#)), Adjustment
- Alcohol or Substance Misuse ([CAGE](#))
- Rule out other medical conditions such as sleep apnea ([Epworth](#))

[Suicidal Ideation?](#)

YES

Low Risk

Medium Risk

High Risk

NO

Complex
Presentation?

YES

ER



Listen & talk first. Prescribe later. Label rarely. ([ref](#))

How important is the diagnosis vs. feeling heard & understood?

Mild
Depression
PHQ-9 = 5-9

Moderate
Depression
PHQ-9 = 10-19

Severe
Depression
PHQ-9 = 20-27

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Additional Treatment Options

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Refractory?

YES

Looking for Diagnostic Clarification? Or Medication Advice?

Consider referral to:

Or:

 [Community Psychiatry](#)

 [Mental Health Team](#)

Looking for Support for Specific Populations?

 [Older Adult](#)

 [Indigenous](#)

 [LGBTQ](#)

 [Perinatal](#)

Legend:  Link will take you to a Pathways page
↓ Link will jump you down the algorithm

Psychotherapeutic Approach – Try the **BATHE** Technique ([read more](#))

Background: "What is going on in your life?"

Affect: "How do you feel about it?"

Trouble: "What troubles you most about the situation?"

Handle: "What helps you handle the situation?"

Empathy: "This is a tough situation to be in"
 "Anybody would feel as you do"
 "Your reaction makes sense to me"



<i>i</i> Patient Information Click HERE for MORE Pathways Depression Patient Info			
Initial Diagnosis Info	Email	Additional Patient Info	Email
Depression - Could I Have It?		Depression - Behavioural Activation - Getting Active Toolkit	
Depression - Basic Overview		Depression - Practical Tips for Men	
-> BUNDLE - Email both items above		Depression Symptoms - CBIS	
Treatment	Patient Info Items		
Exercise	Mike Evans Exercise Video Exercise - Benefits to Mental Health PaRX Nature walks for mood		
Sleep Hygiene	Sleep Tips Handout (Anxiety Canada)		
Medication	Medication - Antidepressant Patient Info (helpguide.org)		

i Supported Self-Management

Self- Guided Online	Email	
Depression - Self Help Online CBT (Kelty's Key VCH)	✉	
CBT Self-Guided Therapy - MindShift App (Anxiety Canada)	✉	
Depression - Supported Self Management (Antidepressant Skills Workbook SFU)	✉	
Mental Health - Self-guided CBT - Modules and Workbooks (CCI)	✉	
Live / Interactive Online, Phone or Text Support Programs	Email	Referral Forms
Bounce Back 1:1 Telephone peer coaching	✉	pdf Oscar Profile
CBT Group Skills Online Live online group CBT, 8wks, (\$65 no-show deposit, refunded if attend sessions.)	✉	pdf Oscar
Mood Gym Online interactive self-guided modules (\$39)	✉	
24/7 Crisis Line	Email	
Distress Phone Services - 24/7 emotional support [Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre)]	✉	

Psychotherapy Options

Free and Low Cost 1:1 CBT Counselling	Email	Referral Forms
View 1:1 Free & Low Cost 1:1 CBT Counselling Options in Your Area Note that you can email individual counselling programs or a bundle of several options from the link above.		
Postpartum patients		
Postpartum Anxiety and Depression Support [Pacific Postpartum Support Society]		
Indigenous patients		
List of Emailable Aboriginal Wellness Programs List of Emailable First Nation Support Helplines Note that you can email individual counselling programs or a bundle of several options from the links above.		
PCN Mental Health Support & Counselling Options (where available)		
View PCN Mental Health Counselling Options in Your Area Note: only a few divisions have this service available		PCN referral forms Where available

 Medication View Full Table of Antidepressant Medications and Side Effects (Adults)	
Choosing an Antidepressant - Questions <i>Source: Ottawa Depression Algorithm</i>	Consider...
Has the patient responded to a particular antidepressant in the past?	using that antidepressant
Has there been a family history of response to a certain antidepressant?	using that antidepressant
Is the patient on multiple medications?	Citalopram (Celexa) Escitalopram (Ciprallex) Venlafaxine (Effexor) Desvenlafaxine (Pristiq) Mirtazapine (Remeron)
Is there chronic pain?	Duloxetine (Cymbalta) Venlafaxine (Effexor)
Is there cardiovascular illness?	Sertraline (Zoloft)
Is there poor sleep, poor appetite, weight loss?	Mirtazapine (Remeron)
Does the patient want to minimize the risk of sexual side effects?	Bupropion (Wellbutrin) Vilazadone (Viibryd) Vortioxetine (Trintellix) - at doses of 10 mg and below
Is the patient a child/youth (age < 18)?	Fluoxetine (Prozac)
Is the patient in the perinatal period?	Sertraline (Zoloft) For more information, visit MotherToBaby
Is cost an issue?	Citalopram (Celexa) Escitalopram (Ciprallex) Sertraline (Zoloft) Mirtazapine (Remeron) Bupropion (Wellbutrin) Venlafaxine (Effexor)
Patient preference	
Otherwise, choose...	Any SSRI or SNRI
Link to Table of Antidepressant Medications (Adults) <i>Source: Ottawa Depression Algorithm</i>	

Medications That Mimic Mood Disorders		
Source: GPAC Major Depressive Disorder in Adults Guidelines, page 7		
Class	Selected Agents	* Controversy in Care: a connection between the use of beta-blockers and depression has long been hypothesized, especially propranolol and metoprolol. This association is supported by many case reports and small reviews. However, a meta-analysis and more recent reviews failed to demonstrate this association.
Central nervous system (CNS) meds	• Anticonvulsants (e.g., barbiturates, vigabatrin, topiramate) • Antiparkinsonian drugs (e.g., levodopa, amantadine) • Anti-migraine agents (e.g., flunarizine)	
Cardiovascular system (CVS) meds	• Beta-blockers* (especially propranolol, metoprolol) • Centrally-acting antihypertensives (e.g., clonidine, methyl dopa) • Vasodilators (e.g., hydralazine) • Antiarrhythmics (e.g., amiodarone, digoxin)	
Hormonal agents	• Corticosteroids • Gonadotropic-releasing hormone	
Anti-infectives	• Antiretrovirals (efavirenz) • Interferon-α • Antimalarial (mefloquine)	
Miscellaneous	• Isotretinoin (Accutane) • Clomiphene citrate	

SIGECAPS is a mnemonic for DSM-5 symptoms of major depressive disorder.

- S** – Sadness (depressed mood)
- S** – Sleep disturbance (insomnia, hypersomnia)
- I** – Interest reduced (anhedonia)
- G** – Guilt and self-blame
- E** – Energy loss and fatigue
- C** – Concentration problems
- A** – Appetite changes (-/+ appetite or weight -/+)
- P** – Psychomotor changes (slow or agitated)
- S** – Suicidal thoughts

[CAMH Depression Screening & Assessment](#)

\$ Billing for Prolonged Counselling Visits

KEY POINT

Ensure you have read all the fee details of any fee before billing it.

Click on the [blue links](#) below to read the full fee descriptions on the [BC Family Doctors website](#). (Membership required for log in)

See an overview of all Mental Health fees [here](#) and then click for the details of each.

14043 Mental Health Planning

- Can be done at any time that the effect of the patient's mental health condition is significant enough to warrant the development of a care plan
- Once per year max.
- Payable upon the completion and documentation of a care plan (as defined in the [GPSC Preamble](#)) in the patient's chart for patients with a confirmed eligible mental health diagnosis.
- 14043 is no longer a pre-requisite for being able to bill the 1404 series of MH Counselling/Management visits below.

\$100

Age	00120 Counselling (in office) 13*38 Telehealth Counselling <i>Max 4x/yr/patient any combo of above</i>	1404* MH Management <i>Use once 4 x00120 series and/or telehealth counselling is used up</i>	Value
2-49	00120 or for telehealth T13438	14044	\$56.41
50-59	15320 or for telehealth T13538	14045	\$62.05
60-69	16120 or for telehealth T13638	14046	\$64.86
70-79	17120 or for telehealth T13738	14047	\$73.32
80+	18120 or for telehealth T13838	14048	\$84.60
Encounter Codes for Use When Paid by Contract			
Encounter codes for counselling		97504 (in person) 97518 (telehealth)	

Sources For This Care Pathway

[Ottawa Depression Algorithm](#)

[Guidelines and Protocols Committee – Major Depressive Disorder in Adults - Diagnosis and Management](#)

[An evidence-based first consultation for depression: nine key messages](#)

DRAFT 2 of this care pathway created by UBC Continuing Professional Development and Fraser Northwest Division Shared Care