



Improving the Mental Health of Depression Diagnosed Clients



Care Coordination Program

Apicha Community Health Center

Introduction

Improving Mental Health for clients diagnosed with HIV/AIDS is critical to allow them to focus on their HIV treatment and adherence to ART. Those who are diagnosed with depression tend to regard their overall health less, and as a result, they are more likely to be non-adherent to HIV care and ART. Based on the data collected from Apicha Community Health Center's electronic medical record, among 164 active Care Coordination clients (as of 09/14/18), of 32 clients, who have been diagnosed with depression, and have been in the program for six (6) months or longer, the number who scored 6 or higher on their PHQ-4, was 29, 91% (29/32), of care coordination clients diagnosed with depression

The team members decided to target improving these clients' mental health (based on PHQ-4 score results) to 5 or lower, by using Patient Navigators (PN) to conduct Health Promotion education with the 29 clients. The team measured the improvement by comparing clients' PHQ-4 scores pre- and post intervention.

AIM

The QI project team members will share clients' PHQ-4 scores with program staff, and will conduct root cause analysis and brainstorm strategies to improve mental health status results on the PHQ-4 surveys.

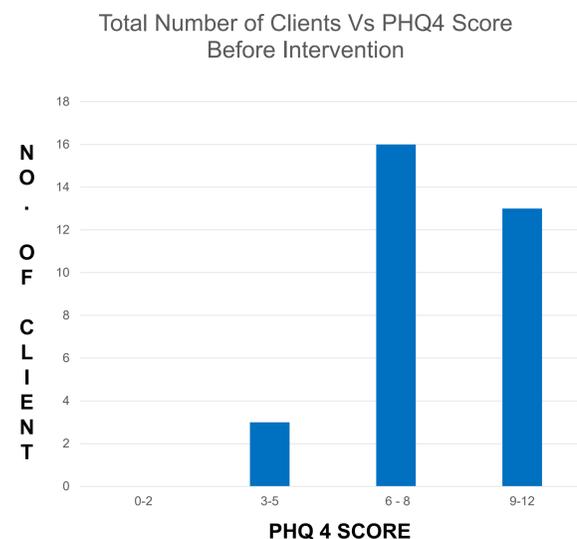
The QI Project team members anticipate that 90% of clients with a PHQ-4 score of 6 or higher will be able to reduce to a score of 5 or below through the intervention.

Methods

The QI project team members shared the baseline data with program staff, conducted a root cause analysis, and brainstormed strategies to improve clients' mental health status using PHQ-4 survey results. The following steps were taken to monitor the PHQ-4:

1. The first intervention period was set for 10/01/18 – 10/12/18) and PNs conducted RW Health Promotion Education Topic 2: *Me & HIV*, with the targeted clients. PNs also reviewed the client's last reported PHQ-4 with them during health promotion.
2. The second intervention period was set for 10/15/18 – 10/26/18 and PNs conducted RW Health Promotion Education Topic 8: *Identifying and Building Social Support Networks*, with the targeted clients. PNs also discussed the previously mentioned PHQ-4 results.

Figure #1



Results

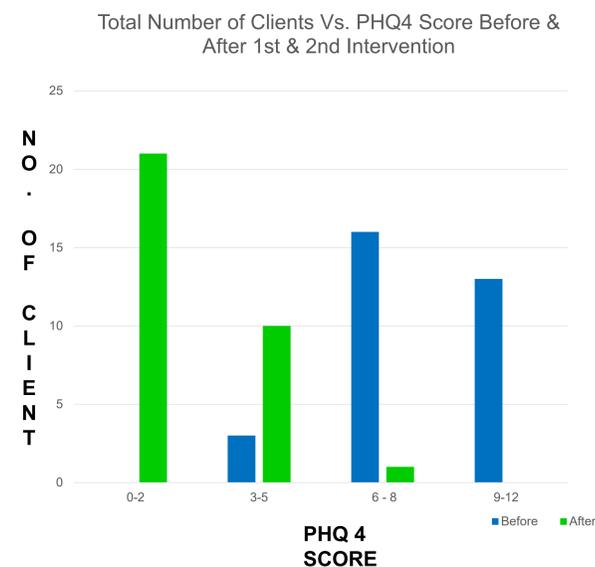
The QI project team members expected that 90% of clients with PHQ-4 score of 6 or higher would be able to reduce to a score of 5 or below.

After 4 weeks of interventions, Patient Navigators contacted clients to re-assess the client's PHQ-4 assessment and the scores were collected.

Figure #1 shows the baseline of client's original PHQ-4 scores, which indicates that client's were moderately to severely depressed (PHQ-4 score of 5 or higher.)

Figure #2 compares the original PHQ-4 score to the newly obtained PHQ-4 score (green bars) after the interventions were completed.

Figure #2



Conclusions

As the QI team has aimed to improve the targeted clients mental health through Health Promotion in the period of one month, results showed that 96% of the original 29 clients have significantly improved their mental health through the PN's health promotion efforts. A total of 28 of 29 clients (97%) had a PHQ-4 score of 5 or lower.

1. The QI team has learned the effectiveness of Patient Navigators conducting Health Promotion with the clients who are moderately to severely depressed. Through the PN's contact, clients became more aware of the effects of their mental health status. They were able to open up their concerns with their PNs during the Health Promotion discussions.
2. The clients came to realize the importance of personal support systems in their lives and community, which they were not aware of previously. It was effective when the PNs provided the clients with consistent discussions of their support system.
3. The QI project team members also learned the effectiveness of the continual reviewing of the client's PHQ-4 score by PNs. As a result, clients became aware of their own improvements in their mental status through the discussions with their PNs.
4. Care Coordination program staff will continue to use this strategy to work with enrolled clients who are moderately to severely depressed.