El Paso Health
HEALTH PLANS FOR EL PASOANS. BY EL PASOANS.

STAR+PLUS

# ANTIDEPRESSANT MEDICATION MANAGEMENT

| The following guideline recommends general principles on Antidepressant Medication Management (AMM) | |
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| **Eligible Population** | STAR Plus recipients |
| **Key Components** | **Recommendations** |
| **Assessment and evaluation** | Complete history, gathering information from all possible sources<br>Physical examination<br>Severity of illness<br>Risk of harm to self and others<br>Comorbid substance use/dependence<br>Personality factors<br>Mental Status Examination<br>Level of functioning-work dysfunction<br>Treatment history, response to previous medication trials, compliance, side effects, etc. |
| **Treatment Setting** | Consider inpatient care in case of suicidality, malnutrition, catatonia, comorbid general medical conditions making management difficult at the outpatient setting<br>Outpatient and Inpatient Non-Pharmacological Management<br>-Psychoeducation<br>-Psychotherapeutic intervention |
| **Factors that determine the selection of Antidepressant Drug** | Patient Specific<br>-Other medications being taken/drug interactions<br>-Previous history of response/tolerability to medication<br>-Comorbid psychiatric disorders/symptoms<br>-Gender issues-sexual dysfunction<br>-Past side effects with medication<br>-Patient preference<br>Drug specific<br>-Side effects |

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| | -Safety in medication overdose (relative toxicity), fatal overdose is significantly lower with SSRIs than with tricyclic antidepressants.<br>-Cost<br>-Dosing strategy<br>-Type of formulation-tablet, cap, syrup |
| **Measure which can improve medication compliance** | When and how often to take medicines<br>Preferably give once-a-day dosing<br>Always ask the patient about kind of formulation which they would prefer to take<br>Prescribe minimum number of medications<br>Explain that the beneficial effect will be seen only after 2-4 weeks of intake of medications<br>Explain the need to take medication even after feeling better<br>Explain side effects<br>Encourage to report side effects |
| **Social Determinants of Health (SDOH)** | Assess patient's and caregiver's beliefs about cause of illness and treatment<br>Assessment for social support, stigma, and coping skills<br>Assessment for caregiver burden, coping and distress |
| The guideline is based on the National Library of Medicine, National Center for Biotechnology information. Clinical Practice Guidelines for the Management of Depression (https://pmc.ncbi.nlm.nih.gov/articles/PMC5310101/). Individual patient considerations and advances in medical science may supersede or modify these recommendations. | |