



## **Depression: Improve Behavioral Health Outcomes**

Through strategic collaboration with CMS and other stakeholders, we aim to increase depression screening and ensure appropriate follow up for those patients diagnosed with depression. Patients on hemodialysis with Major Depressive Disorder (MDD) are twice as likely to die or require hospitalization within a year as those without depression. The suicide rate in ESRD (End Stage Renal Disease) patients is higher than that of the general population. The importance of improving behavioral health outcomes is also underscored by measures in the ESRD Quality Incentive Program.

We will focus on a variety of issues including but not limited to:

- Increasing depression screening and ensuring appropriate follow up for those patients diagnosed with depression
- Connecting patients in need to the appropriate treatment
- Identifying strategic actions needed to decrease undiagnosed and untreated depression
- Identifying and implementing strategies to decrease instances where people on dialysis did not have a documented screening
- Targeting specific strategies to address the barriers identified by the root cause analyses.
- Implementing educational strategies for both dialysis staff and patients to increase awareness about the variety of depression screening tools, risks of depression related to quality of life, and various treatment options available.
- Assisting dialysis providers in improving documentation in ESRD Quality Reporting System (EQRS) if a discrepancy is noted between actual and documented depression screening and follow up.

### **May 2022 – April 2023 Goals**

Goals for patients with end stage renal disease:

- **30% increase in patients accurately screened with depression**
- **20% increase, within the subset of patients identified as having depression who have received treatment**
- **Identify issues with low incidences of reporting depression (Plan, Do, Study, Act PDSA)**



Barriers	Interventions	Tools & Resources
Newly diagnosed kidney patients who are adjusting to life on dialysis	American Psychological Association "Living Well on Dialysis"	<a href="https://www.apa.org/topics/chronic-illness/dialysis">https://www.apa.org/topics/chronic-illness/dialysis</a>
Lack of Mental Health Intervention Resources	American Kidney Fund article on Mental Health and Kidney Disease	<a href="https://www.kidneyfund.org/kidney-disease/mental-health/">https://www.kidneyfund.org/kidney-disease/mental-health/</a>
Dialysis patients not screened for depression	Best Practices for Depression Screening and Follow Up	<b>MKN Resource</b>
Transportation	Tip Sheet for Transportation	<b>MKN Resource</b>
Patient Interest	Tip Sheet for Depression Resources	<b>MKN resource</b>
Submitting depression data into EQRS	Tip Sheet for entering depression data	<b>MKN resource</b>
Health Equity	Health Equity Course	<a href="https://www.cms.gov/Outreach-and-Education/MLN/WBT/MLN1857916-OMH-AHE/OMHAHE/ahe/index.html">https://www.cms.gov/Outreach-and-Education/MLN/WBT/MLN1857916-OMH-AHE/OMHAHE/ahe/index.html</a>
Communication	ESRD Forum Depression Toolkit	<a href="https://esrdnetworks.org/toolkits/patient-toolkits/dialysis-patient-depression-toolkit/">https://esrdnetworks.org/toolkits/patient-toolkits/dialysis-patient-depression-toolkit/</a>