



Resources for when your patient has screened positive for Depression

Midwest Kidney Network gathered the following strategies from dialysis providers, coalition members, and other stakeholders to provide resources to social workers with their patients who have screened positive for Depression.

Knowledge is Power so utilizing some or all of these resources can provide the extra support your patients may need.

Tools for the Dialysis Social Worker:

- Suggestions on what to say and what not to say when working with a patient who has screened positive for depression <https://www.helpguide.org/articles/depression/helping-someone-with-depression.htm>
- Signs and symptoms of depression and ways to provide encouragement and support <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20045943>
- NKF's Council of Nephrology Social Workers: Care Planning Resource Toolkit to help develop goals, this gives a dialysis MSW a start (Pages 14-15) <https://www.kidney.org/sites/default/files/docs/cnswcareplanningresourcetoolkit.pdf>

Counseling Techniques

- Motivational Interviewing <https://positivepsychology.com/motivational-interviewing/>
- Symptom Targeted Intervention (STI) https://en.wikipedia.org/wiki/Symptom_targeted_intervention
<https://stiinnovations.com/>

Things you can do now to help your patients

- Discuss mental health resources in your community.
- Ask the patient if they would like follow-up from their primary care doctor and/or their nephrologist about the results from the depression screening.
- Ask the patient if they would be willing to discuss antidepressant medication as an option to help them cope with their depressive symptoms. Consider frequent visits to check in, assess needs and offer counseling or support.
- Giving the patient your time and the opportunity to talk to you about their concerns can be the gateway to having a meaningful discussion, simply stating "Help me understand" can be a good beginning.



*If you are feeling anxious, sad, hopeless, or helpless
here are some resources that may help.*

Midwest Kidney Network has gathered the following resources just for patients who have kidney failure and may be having some emotional struggles. Knowledge is *Power* so using some or all of these resources may give you extra helpful support.

Books

- Treatments that work: Mastery of your anxiety and panic by David Barlow, Ph.D.
- Mind and Emotions: A Universal Treatment for Emotional Disorders (Self-Help Workbook) by Matthew McKay Ph.D.
- No More Sleepless Nights by Dr. Peter Hauri
- Overcoming Insomnia: A Cognitive-Behavioral Therapy Approach by Jack Edinger, Ph.D.

Therapy Options

- Mayo Clinic has developed an interactive module focusing on five strategies that has shown to improve sleep. Access the module: [Cognitive Behavior Therapy-Insomnia](#)
- Cognitive Behavioral Therapy (CBT) online services. You can search for a therapist by insurance, location, issues to be addressed www.findcbt.org or <https://www.psychologytoday.com/us>
- Two apps for your phone: “BetterHelp” and “Talkspace” where you can choose a type of therapist, the day, time, and type of communication you prefer. A good option if you are tired of so many clinic appointments.

Self-Help Techniques

- Brief Mindfulness Meditation for Depression and Anxiety Symptoms <https://cjasn.asnjournals.org/content/clinjasn/12/12/2008.full.pdf>
- Dr. Sood's TEDx talk on the neuroscience of stress www.stressfree.org
- Online Resilient Living Program: <https://www.resilientoption.com>
- Morning Gratitude: https://www.youtube.com/results?search_query=morning+gratitude+sood
- Meditation tool by Dr. Sood, allows you to re-energize when feeling fatigued during the day. <https://www.youtube.com/watch?v=IGDJjO6WEb8I>
- Kidney School has modules to provide more education about kidney failure, treatment options and coping. <https://kidneyschool.org/mods/>

Additional Resources

- National Alliance of Mental Illness <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Depression>
- Depression Toolkit- Forum of ESRD Networks (in both English and Spanish) <https://esrdnetworks.org/search/?query=grievance+toolkit>