



## Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Primary Care Diagnosis and Management of Adults with Depression](#)

Released: May 2018 (version 2)

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.

### **Updated recommendations include:**

#### **Individuals diagnosed with a depressive disorder**

Treatment and follow-up:

- Monitor response to treatment using standardized scale (e.g., PHQ-9) at least every 4 months until remission is obtained. On PHQ-9, adequate response is 50% reduction in score, remission=total score <5.
- If initiating antidepressant medication, follow manufacturer's recommended doses. If no response after 2-4 weeks, increase dosage as tolerated not to exceed the highest recommended dose unless directed by a psychiatrist. If discontinuing antidepressant, be aware of need to taper some medications.