



## **PATIENT “TOOLS OF ENGAGEMENT” BEST PRACTICE 4**

### **BEST PRACTICE 4**

***Provide depression screening, education, and treatment to patients, as well as education to professionals regarding the impact of depression on health outcomes and the importance of identification and treatment.***

### **HOW DO YOU ACHIEVE THIS BEST PRACTICE?**

1. Educate interdisciplinary care teams (including physicians) on symptoms of depression and their impact on health outcomes. (Note: Depression may have no outward symptoms. It is vital to be aware of changes in affect, but screening is essential.)
2. Provide tools, resources, and educational materials to interdisciplinary team members to easily identify and address symptoms of depression in patients.
3. Help patients understand that depression can be treated, and educate them to recognize and report symptoms.
4. Provide patients with treatment options for addressing depression, including: individual or group therapy, support groups, peer support, community resources, and other available programs and services, including complementary therapies. Ensure that patients are aware of ESRD treatment options (i.e., home dialysis) that may better fit their preferred lifestyles and thus reduce depression.

## PATIENT ENGAGEMENT BEST PRACTICE 4: TOOLS AND RESOURCES

Web-Based Tools and Resources	
<b>Communication Prescription (video)</b>	Renal Support Network <a href="http://www.rsnhope.info/resources/comm_prescrip.php">http://www.rsnhope.info/resources/comm_prescrip.php</a>
<b>Living Longer, Living Better: A Heart-Healthy Wellness Program for Patients on Dialysis.</b> \$60.00 non-member, member \$45.00.	National Kidney Foundation <a href="http://www.kidney.org/members/source/catalog/search.cfm?section=unknown&amp;ETask=1&amp;Task=1&amp;SEARCH_TYPE=FIN&amp;FindIn=T&amp;FindSpec=Living+Longer">http://www.kidney.org/members/source/catalog/search.cfm?section=unknown&amp;ETask=1&amp;Task=1&amp;SEARCH_TYPE=FIN&amp;FindIn=T&amp;FindSpec=Living+Longer</a>
<b>Learn about Depression (video)</b>	Healthination <a href="http://www.healthination.com/affiliate/clickable/depression-videos.html?ctt_id=44300998&amp;ctt_adnw=Yahoo&amp;ctt_ch=ps&amp;ctt_entity=kw&amp;ctt_cli=8x15113x236777x1676056&amp;ctt_kw=depression%20coping&amp;ctt_adid=57226382512&amp;ctt_nwtype=standard">http://www.healthination.com/affiliate/clickable/depression-videos.html?ctt_id=44300998&amp;ctt_adnw=Yahoo&amp;ctt_ch=ps&amp;ctt_entity=kw&amp;ctt_cli=8x15113x236777x1676056&amp;ctt_kw=depression%20coping&amp;ctt_adid=57226382512&amp;ctt_nwtype=standard</a>
<b>People Like Us: Stepping Back Into Life</b> —A social worker-facilitated program that addresses trauma and depression.	National Kidney Foundation <a href="http://www.kidney.org/patients/pfc/step_form.cfm">http://www.kidney.org/patients/pfc/step_form.cfm</a> 800-622-9010
<b>The National Kidney Foundation on Facebook</b>	National Kidney Foundation <a href="http://www.facebook.com/pages/National-Kidney-Foundation-Inc/35677414105">http://www.facebook.com/pages/National-Kidney-Foundation-Inc/35677414105</a>
<b>The National Kidney Foundation on Twitter</b>	National Kidney Foundation <a href="http://twitter.com/nkf">http://twitter.com/nkf</a>
<b>Shedding a Light on Depression (Podcast)</b> — Drawing on 11 years as a licensed clinical social worker and administrator of a dialysis facility, plus 5 years working for the renal network, Mark Meier dismantles the stigma of depression to discuss a treatable illness with symptoms that most people have experienced at some point. Learn about what causes depression, why diabetes and CKD patients may be more susceptible to it, and how to find a way out.	Renal Support Network <a href="#">Play Now</a>
Printed Tools and Resources	
<b>Be Your Own Best Advocate: A Fact Sheet for People with CKD</b>	National Kidney Foundation <a href="http://www.kidney.org/patients/plu/pdf/CKD_DialysisAdvocateFactsheet.pdf">http://www.kidney.org/patients/plu/pdf/CKD_DialysisAdvocateFactsheet.pdf</a>
<b>Chronically Happy: Joyful Living</b> Author - Lori Hartwell, founder of RSN	Renal Support Network <a href="http://www.chronicallyhappy.com/">http://www.chronicallyhappy.com/</a> Call to order 800-579-1970

<b>Coping Effectively: A Guide for Patients and their Families</b>	National Kidney Foundation <a href="http://www.kidney.org/atoz/atozcopy.cfm?pdflink=coping.pdf">http://www.kidney.org/atoz/atozcopy.cfm?pdflink=coping.pdf</a> To order call 800-622-9010
<b>Coping with Kidney Disease</b>	The Kidney School <a href="http://www.kidneyschool.org/m05/">http://www.kidneyschool.org/m05/</a>
<b>Just the Facts: Dealing with Depression</b>	LifeOptions <a href="http://www.lifeoptions.org/catalog/pdfs/teaching/Depression.pdf">www.lifeoptions.org/catalog/pdfs/teaching/Depression.pdf</a> 608-833-8033
<b>Understanding Depression in Kidney Disease</b>	American Association of Kidney Patients <a href="http://www.AAKP.org/brochures/Understanding-Depression">www.AAKP.org/brochures/Understanding-Depression</a> 800-749-2257
<b>Telephonic Resources</b>	
<b>Renal Support Network: Hopeline</b>	<a href="http://www.rsnHOPE.org">www.rsnHOPE.org</a> Call 800-579-1970 (10:00 am-8:00 pm Pacific)
<b>Supporting Literature on Depression</b>	
<b>Dialysis Outcomes and Practice Patterns Study (DOPPS) – Research Publications</b> <a href="http://www.dopps.org/dopps_pubs.aspx?term=Depression&amp;t=both/">http://www.dopps.org/dopps_pubs.aspx?term=Depression&amp;t=both/</a>	
Drayer RA, et al. <b>Characteristics of depression in hemodialysis patients: symptoms, quality of life and mortality risk.</b> <i>Gen Hos Psychiatry.</i> 2006 28:306-12. <a href="http://www.ncbi.nlm.nih.gov/pubmed/16814629">http://www.ncbi.nlm.nih.gov/pubmed/16814629</a>	
Duarte PS, et al. <b>Cognitive-behavioral group therapy is an effective treatment for major depression in hemodialysis patients.</b> <i>Kidney Int.</i> 2009 76:414-21. <a href="http://www.ncbi.nlm.nih.gov/pubmed/19455196">http://www.ncbi.nlm.nih.gov/pubmed/19455196</a>	
Finklestein F, Finklestein S. <b>Depression in chronic dialysis patients: assessment and treatment.</b> <i>Nephrol Dial Transplant.</i> 2000 15:1911-1915. <a href="http://ndt.oxfordjournals.org/cgi/content/full/15/12/1911">http://ndt.oxfordjournals.org/cgi/content/full/15/12/1911</a>	
Hedayati S, et al. <b>Death or hospitalization of patients on chronic hemodialysis is associated with a physician-based diagnosis of depression.</b> <i>Kidney Int.</i> 2008 74:930-936. <a href="http://www.ncbi.nlm.nih.gov/pubmed/18580856?dopt=Abstract">http://www.ncbi.nlm.nih.gov/pubmed/18580856?dopt=Abstract</a>	
Kimmel P, et al. <b>Depression in end-stage renal disease patients: a critical review.</b> <i>Advances in Chronic Kid Disease.</i> 2007 14:328-334. <a href="http://www.ackdjournal.org/article/S1548-5595(07)00094-8/abstract">http://www.ackdjournal.org/article/S1548-5595(07)00094-8/abstract</a>	
Lopes A, et al. <b>Depression as a predictor of mortality and hospitalization among hemodialysis patients in the United States and Europe.</b> <i>Kidney Int.</i> 2002 62: 199-207. <a href="http://www.nature.com/ki/journal/v62/n1/full/4493090a.html">http://www.nature.com/ki/journal/v62/n1/full/4493090a.html</a>	
Wilson B, et al. <b>Screening for depression in chronic hemodialysis patients: comparison of the Beck Depression Inventory, primary nurse, and nephrology team.</b> <i>Hemodialysis Int.</i> 2006 20, 35-41 (7). <a href="http://www.ingentaconnect.com/content/bsc/hdi/2006/00000010/00000001/art00005">http://www.ingentaconnect.com/content/bsc/hdi/2006/00000010/00000001/art00005</a>	

All links last accessed on June 8, 2010