



Clinical Practice Guideline for the Treatment of Patients with Major Depressive Disorder

Delaware Physicians Care has adopted the **American Psychiatric Association's (APA) Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition**. You can find the text of this guideline online at:

http://www.psychiatryonline.com/pracGuide/PracticePDFs/PG_Depression3rdEd.pdf

As an addendum to the American Psychiatric Association's *Practice Guideline for the Treatment of Patients With Major Depressive Disorder, Second Edition*, the following guidelines for effective antidepressant management have been adopted based on the Healthcare Effectiveness Data and Information Set, (HEDIS).

- **Optimal Practitioner Contacts for Medication Management.**
Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication will have at least 3 follow-up contacts with a non-mental-health practitioner or a mental health practitioner (coded with a mental health diagnosis) during the 84-day (12 week) Acute Treatment Phase. At least one of the visits must be with the prescribing practitioner.
- **Effective Acute Phase Treatment**
Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug during the entire 84-day (12 week) Acute Treatment Phase.
- **Effective Continuation Phase Treatment**
Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug for 180 days (6 months).

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