



Clinical Practice Guideline for Treating Patients with Major Depressive Disorder in Primary Care

Delaware Physicians Care has adopted the **MacArthur Initiative on Depression & Primary Care *Depression Management Tool Kit***. You can find the text of this guideline, as well as other useful tools, online under “Resources for Clinicians” at:

<http://www.depression-primarycare.org/>

As an addendum to the MacArthur Initiative’s *Depression Management Tool Kit*, the following guidelines for effective antidepressant management have been adopted based on the Healthcare Effectiveness Data and Information Set, (HEDIS).

- **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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