

SIGN Guideline for Non-Pharmacological Management of Depression in Primary Care

initial thoughts
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purpose

- to provide an up to date evidence-based guideline on non-pharmacological management of mild to moderate depression in primary care
- how concerned are we whether the guideline is applied or not - evidence suggests simple publication is ineffective (e.g. Gilbody et al, 2003)

patient groups

- how define mild to moderate depression?
 - how defined in other guidelines?
 - see too under 'assessment'
- adults, age 18 to 65?
 - more helpful if extended to teenagers & the aged
- seems sensible to include sad
- non-pharmacological management for teenagers & pregnant women are potentially areas of great interest

interventions

- forms of psychotherapy
 - relevant NICE guidelines already available
 - therapist training - various 'grades' of training are appropriate
- the three (non-systematic) review articles I published in '05 & '06 highlight areas of interest (Hawkins, 2005a & b, 2006)
- in primary care, should we pushing for a collaborative care model (e.g. Gilbody et al, 2006; Richards et al, 2006; Simon 2006)?
- advice on bibliotherapy, exercise, stepped care interventions, and internet screening & treatment delivery might turn out to be the guideline's most important message

other points

- shared management
- what is the timescale for the guideline and what are the stages involved?

members

- patients
- carers
- clinical specialities
 - general practitioners
 - cpn's & practice nurses
 - clinical psychologists
 - ... and numerous others
- sources of clinical nominations
- organizations to be represented
- is there - in SIGN's experience - an optimal size range for guideline groups?
- how much of the work should be done in the full group & how much in special interest subgroups?

assessment

- screening methods
- assessment & monitoring
 - NICE suggestions may be useful
 - STAR*D used QIDS-SR16, freely available at www.ids-qids.org
- other options
 - consider collaborative options e.g. practice nurse telephone monitoring