



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	
Communication Prescription (video)	Renal Support Network http://www.rsnhope.info/resources/comm_prescrip.php
Living Longer, Living Better: A Heart-Healthy Wellness Program for Patients on Dialysis. \$60.00 non-member, member \$45.00.	National Kidney Foundation http://www.kidney.org/members/source/catalog/search.cfm?section=unknown&ETask=1&Task=1&SEARCH_TYPE=FIN&FindIn=T&FindSpec=Living+Longer
Learn about Depression (video)	Healthination http://www.healthination.com/affiliate/clickable/depression-videos.html?ctt_id=44300998&ctt_adnw=Yahoo&ctt_ch=ps&ctt_entity=kw&ctt_cli=8x15113x236777x1676056&ctt_kw=depression%20coping&ctt_adid=57226382512&ctt_nwtype=standard
People Like Us: Stepping Back Into Life —A social worker-facilitated program that addresses trauma and depression.	National Kidney Foundation http://www.kidney.org/patients/pfc/step_form.cfm 800-622-9010
The National Kidney Foundation on Facebook	National Kidney Foundation http://www.facebook.com/pages/National-Kidney-Foundation-Inc/35677414105
The National Kidney Foundation on Twitter	National Kidney Foundation http://twitter.com/nkf
Shedding a Light on Depression (Podcast) — 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 Play Now
Printed Tools and Resources	
Be Your Own Best Advocate: A Fact Sheet for People with CKD	National Kidney Foundation http://www.kidney.org/patients/plu/pdf/CKD_DialysisAdvocateFactsheet.pdf
Chronically Happy: Joyful Living Author - Lori Hartwell, founder of RSN	Renal Support Network http://www.chronicallyhappy.com/ Call to order 800-579-1970

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

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