Managing Depression Optimally in Primary Care (....Trying To)

Dr David Smart
Clinical Director GPA Federation Northampton
Disclosures

- I have received honoraria from the following organisations:
  - 4 Mental Health for Suicide Mitigation Training
  - Lundbeck for conference presentation
  - Jansen for education video
Why was depression chosen as a priority focus area in Northampton?

• Depression has high prevalence and is increasingly costly to Northamptonshire Health Care Partnership
  • Estimated total cost of £38.6m in 2016/17, a 28% rise from 2014/15¹

• Acute trust activity (admission to district general hospitals) was the main cost driver
  • 61% of total costs for Northampton in 2016/17¹

• Treating depression has been shown to reduce healthcare resource utilisation for people with long-term conditions (LTC); possible reduction by 28%²

• Treatment resistant depression (TRD) costs around £7,000 - £8,000 per patient per year, often for many years³

• There is no clearly defined pathway from public health through to TRD, and prescribing is not optimised according to NICE guidelines⁴

---

1. Impact of Depression Resource. Provided by Wilmington Healthcare with data provided under licence from NHS Digital. (Accessed April 2019)
4. Depression: the treatment and management of depression in adults. NICE Depression Update; Full Guideline (October 2009)
Primary Care Suicide Mitigation

A strategic approach to self-harm & suicide

Connecting with People training programmes are developed by 4 Mental Health
Connecting with People SAFETool™

- Continuum
- Evidence-based risk factors & red flags

Classification

Safe Triage
Response
+/- Referral
Safety Planning

CONNECTING WITH PEOPLE
SAFTool Triage & Assessment Application

This is a triage tool helping people accurately record and develop a safety plan. This tool can only be used as a guide and does not replace clinical judgement. This should only be used following training.

1. Click the button below to begin.
   - Launch SafeTool Application

2. Click the button below to Print (or Reprint) the latest Immediate Safety Plan.
   - Launch PRINT: SafeTool Immediate Safety Plan

Wellbeing Plan

This document contains information / contacts and can be printed anytime.

1. Click the button below to print a Wellbeing Plan.
   - Launch PRINT: Wellbeing Plan
Getting through right now

Making your situation safer

Things to lift or calm your mood

Things to distract you

People to support you

List who you can talk to if you are distressed or thinking about self-harm or suicide

Emergency professional support
www.stayingsafe.net

1st February 2019

UNIQUE VISITS: 19298
Need help now: 2502
Jonny Benjamin video played > 2000 times
1271 unique visitors
Safety plan PDF: 2495
Safety plan online: 2229
Total = 4724

15th April 2019

UNIQUE VISITS: 28340
Need help now: 3405
Jonny Benjamin video played > 2600 times
Safety plan PDF: 4362
Safety plan online: 3582
Total = 7944!

Christmas day: 509 unique visits
Place Based Approach with 2 Primary Care Networks

### Depression Pathway

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Self Care and Prevention</th>
<th>Primary Care</th>
<th>Enhanced Primary Care</th>
<th>Urgent and Crisis Response</th>
<th>Emergency/ Acute</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td></td>
<td>Depression</td>
<td>Depression with LTC/ Other</td>
<td>Needs help now</td>
<td>Needs more help/ specialist care</td>
</tr>
<tr>
<td></td>
<td>Social Prescribing</td>
<td>Prescribing/ Formulary</td>
<td>GPEA - MDT review</td>
<td>Crisis Café (Increased access)</td>
<td>Admission to Berrywood</td>
</tr>
<tr>
<td>Future Vision</td>
<td>GREAT DREAM</td>
<td>IAPT - GP / Self-referral/ Care Navigator/ Triage Control</td>
<td>• Group Therapy</td>
<td>Crisis Resolution Home Team</td>
<td>NHFT Specialist Options</td>
</tr>
<tr>
<td>(in no specific order)</td>
<td>Happy Café</td>
<td>My Wellbeing Plan</td>
<td>• Change to Care Plan</td>
<td>Triage Car (CPN/ Police)</td>
<td>Treatment Resistant Depression (TRD)</td>
</tr>
<tr>
<td></td>
<td>NHS Health Checks</td>
<td>GREAT DREAM</td>
<td>• Social Prescribing</td>
<td>Acute Hospital Liaison UCAT</td>
<td>Depression (TRD)</td>
</tr>
<tr>
<td></td>
<td>Trilogy</td>
<td>Social Prescribing</td>
<td>• Electronic Option</td>
<td>Front Line Staff Training GREAT DREAM PCART (PCLV)</td>
<td>Front Line Staff Training</td>
</tr>
<tr>
<td></td>
<td>Public Health Promotion</td>
<td>Breathing Space</td>
<td>Collaborative Care Approach (Community Navigator)</td>
<td>GREAT DREAM</td>
<td>GREAT DREAM</td>
</tr>
<tr>
<td></td>
<td>Materials</td>
<td>PIVOTAL</td>
<td></td>
<td>Hospital at Home</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Action for Happiness Hub</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Suicide Mitigation</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recovery College</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Total Patient Population 64015 (Sept. '18)

Patient journey

Wellbeing

Stress
Distress
Dist-Ease
Primary Care
Disease

Psychosocial Interventions

Collaborative stepped Care Models

Social Prescribing + Recovery College
IAPT + Workplace programmes

Recovery – (Personalised Care)

Personal Development

Wellbeing
Ten keys to happier living

**GIVING**
- Do things for others

**RELATING**
- Connect with people

**EXERCISING**
- Take care of your body

**AWARENESS**
- Live life mindfully

**TRYING OUT**
- Keep learning new things

**DIRECTION**
- Have goals to look forward to

**RESILIENCE**
- Find ways to bounce back

**EMOTIONS**
- Look for what's good

**ACCEPTANCE**
- Be comfortable with who you are

**MEANING**
- Be part of something bigger

**ACTION FOR HAPPINESS**
My wellbeing Action Plan
Based on GREAT DREAM

Supports personal action plan
• 3 sheets printable resources
  • 2 sheets of hyperlinked resources based around menu ten Keys to Happier Living
  • 1 sheet of useful other telephone numbers
  • Also includes examples of simple techniques eg 7/11 breathing

• Details for all to develop personal safety plan
  • Details www.stayingsafe.net
  • Details of local crisis café

Opportunity to use as:
• Website / waiting room resource

• Consultation aid for GP
  • Structure to shared management plan

• Written information for patient and carer
NICE guidelines: Primary care pharmacological pathway

- Broadly, for individuals with less severe depression (mild and lower half of moderate depression), NICE recommends psychological interventions such as those provided by IAPT.

- For more severe depression (upper half of moderate and severe depression) NICE recommends the combination of psychological interventions with antidepressant medication.

Based on:

Depression: the treatment and management of depression in adults. NICE Depression Update; Full Guideline (October 2009)

NICE Technology Appraisal 367: Vortioxetine for treating major depressive episodes (November 2015)
% Change Antidepressants
Sep, Oct, Nov 2018 vs Dec, Jan, Feb 2019

Vortioxetine
Venlafaxine
Sertraline Hydrochloride
Paroxetine Hydrochloride
Mirtazapine
Lofepramine Hydrochloride
Fluoxetine Hydrochloride
Escitalopram
Duloxetine Hydrochloride
Dosulepin Hydrochloride
Citalopram Hydrobromide
Agomelatine

Northamptonshire CCGs
Trinity

-100.00% -80.00% -60.00% -40.00% -20.00% 0.00% 20.00% 40.00% 60.00% 80.00% 100.00%
Treatment Resistant Depression

• Treatment resistant depression - failure to respond to at least 2 antidepressants and psychological therapy

• Little incentive to diagnose TRD

• New neuromodulation mechanisms are relatively cheap and non invasive
  • Repetitive Transcranial Magnetic Stimulation (rTMS), Theta Burst Stimulation (TBS) and Direct Current Stimulation (tDCS)
  • Ketamine infusion*
  • Vagus Nerve stimulation

• Northamptonshire Healthcare Foundation Trust commissioned Prof Sir Muir Grey to provide a healthcare cost evaluation of Treatment Resistant Depression (TRD) - Completed in 2019

*Not licensed for depression in the UK
TRD in Northampton

• One rTMS machine could treat 100 patients

• Remission/response rates 30-45%¹

• A healthcare cost evaluation of TRD by Prof Sir Muir Gray, commissioned by Northamptonshire Healthcare Trust showed that:

  – Cost of rTMS for 100 patients @ £5,000 (average) per treatment = £500,000
  – 45 of 100 patients respond generating yearly savings of £11,181 each over 12m = £503,145
  – Reduction of:
    • 74 acute trust inpatient admissions.
    • 158 acute trust outpatient attendances.
    • 162 A&E attendances per year

MDT Approach to frequent attenders

Towards Collaborative Care

• Identify top 0.2% of frequent attenders

• Identify usual Dr and encourage continuity of care

• Offer Multidisciplinary Team (MDT) review, consent for record sharing

• Attend MDT (GP, Mental Health Nurse, Care Navigator and Social Worker). Develop personalised management plan

• Access community resources (including IAPT) with follow up facilitation by Care Navigator

• Continuation of personalised plan by GP

• Hypothesis is a substantive number of people will have Treatment Resistant Depression / Health Anxiety
Questions?

Ten keys to happier living

GREAT DREAM

GIVING
Do things for others

RELATING
Connect with people

EXERCISING
Take care of your body

AWARENESS
Live life mindfully

TRYING OUT
Keep learning new things

DIRECTION
Have goals to look forward to

RESILIENCE
Find ways to bounce back

EMOTIONS
Look for what's good

ACCEPTANCE
Be comfortable with who you are

MEANING
Be part of something bigger

ACTION FOR HAPPINESS