Considering treatment options

Behavioral activation for all patients
Feeling down leads to less activity and less activity leads to feeling more down
Acknowledge that this may be hard to do at first because lack of interest is a real symptom of depression
Motivation follows action
Develop simple plans that are achievable

Medications
Restore a chemical balance
Can help with many of the symptoms you are experiencing- look at PHQ9 and tell patient how these may improve with meds
Can be a “kick start” to get activity going
MD will order them and psychiatrist will consult
May take a while to work- will start at a low dose and go up until you see results
Could have side effects first two weeks and good effects later
Not addicting
What concerns or questions does patient have regarding meds?

Problem solving treatment
Addresses real life problems- like… mention problems patient has told you
Uses a structured approach to look at these problems
I will help you learn and apply the structure
Each session we will work on one problem and patient will come up with practical plans for making changes/ solving those problems
Teaches a skill that pt can apply the rest of their life to problems
This involves appointments for 4-8 sessions
What questions do you have about this?