

Implementing CCM Depression at East Health Trust PHO

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Immediate Uptake by Practices

- Readiness for a Mental Health option for patients
- Introduced new practices to Chronic Care
- Increased knowledge base for Practice staff
- Clinical Need

Positive Aspects from Practices:

- We like being able to “follow up closely” especially now that the 2 week rule has been disabled.
- “Enjoying seeing the PHQ9 scores reducing and seeing people happier.”
- “Something constructive to offer people.”

Challenges in establishing a new module

Time involved in training all GPs who wanted to offer CCM Dep, however the practice based training received excellent feedback.

Frustration when people don't meet the threshold for the Depression module however clinically they still require support

Ongoing data management for CBT services

Overall

- CCM depression has very positive feedback from clinicians.
- The CBT providers are finding clients motivated and are making significant improvements in outcomes (they are monitoring with their own BDI)
- The level of uptake was unexpected and the level need underestimated.