

CARE RESOURCE PHQ-9 CORRELATION STUDY

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BACKGROUND

- Care Resource wanted to see if there was a correlation between improved viral load suppression and CD4 count based on the utilization of Behavioral Health Services
- Historical data retrieval and analysis methods were used to see if a correlation was present
- Data retrieval demographics:
 - HIV+ MSM of Color with a PHQ-9 score greater than or equal to 8 who have been seen in both Medical and Behavioral Health departments between 2/1/2019-2/28/2020

CASE STUDY I

- Medical visit was conducted on 4/4/19
 - PHQ-9 Score: 18-Moderately Severe Depression
 - Observed Viral Load: 141
 - Observed CD4 Count: 693
- Behavioral Health Visits were conducted on 4/23/19 & 4/26/19
 - PHQ-9 Score: 0
- Follow up Medical visit conducted on 5/10/19
 - PHQ-9 Score: 0
 - Observed Viral Load: <20 Not Detected
 - Observed CD4 Count: 858

CASE STUDY 2

- Medical visit was conducted on 6/11/19
 - PHQ-9 Score: 8-Mild Depression
 - Observed Viral Load: 19000
 - Observed CD4 Count: 208
- Behavioral Health Visits were conducted on 6/19/19 & 7/3/19
 - PHQ-9 Score: 0
- Follow up Medical visit conducted on 7/8/19
 - PHQ-9 Score: 0
 - Observed Viral Load: 100
 - Observed CD4 Count: 241
- Follow up Medical visit conducted on 12/2/19
 - PHQ-9 Score: 0
 - Observed Viral Load: 23
 - Observed CD4 Count: 426

CASE STUDY 3

- Medical visit was conducted on 6/14/19
 - PHQ-9 Score: 8-Mild Depression
 - Observed Viral Load: 77
 - Observed CD4 Count: 809
- Behavioral Health Visit Conducted 8/30/19 before medical visit:
- PHQ-9 Score: 0
- Follow up Medical visit conducted after Behavioral Health visit on 8/30/19
 - PHQ-9 Score: 8-Mild Depression
 - Observed Viral Load: <20 Detected
 - Observed CD4 Count: 859
- Behavioral Health Visit Conducted 9/25/19
- PHQ-9 Score: 0

CASE MANAGEMENT ROLE

- Based on the study data it was imperative to make Case Management aware of the importance of checking in with patients who have high PHQ-9 scores
- Of those patients/clients with high PHQ-9 scores, it is key for Case Management to emphasize the importance of utilizing Behavioral Health services, and make the link
 - Making BH appointment with appointment center while with patient
 - Completing a PHQ-9 assessment if depression indicators are presented during the session
 - If patient scores high, then start process to schedule intake appointment for Behavioral Health

TAKEAWAYS & NEXT STEPS

- Correlation does not indicate causation, however behavioral health is still an integral part of whole person care.
- The ability for Case Managers to be able to connect clients to Behavioral Health Services while the patient is currently in their presence may lead to being able to see a Behavioral Health provider same day
- Trend noticed related to PHQ-9 spike at Medical visit, but then reduction after Behavioral Health appointment. Spike may be due to emotional aspect of completing lab work.
- Care Resource will continue to strengthen the link between Case Management and Behavioral Health services.

THANK YOU!