

2014 Virginia Council of Nurse Practitioners Annual Conference

Abstract Submission

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Presentation Type: Poster

Presentation Category: Clinical Practice

Abstract Title: Enhancing primary care assessment and diagnosis of indistinct depressive symptoms

Purpose/Goal Statement: The purpose of this poster review the similarity and differences in the clinical manifestations of depressive symptoms in thyroid disorders, vitamin deficiencies and major depressive disorders and make clinical recommendations for assessment

Upon Completion of this session, the participant will be able to:

Objective 1: Identify depressive symptoms in clients

Content in Abstract Related to Objective 1: Depression, Thyroid Disorders and Vitamin Deficiencies share similar presentations such as depressed mood changes in appetite and weight, sleep disturbances, psychomotor activation or retardation, fatigue, difficulty with concentration or memory, and thoughts of death or suicide..

Objective 2: Highlight similarities and differences in presentation of depression in three etiologies of depression.

Content in Abstract Related to Objective 2: Basic laboratory screenings for depression should include CBC, renal, liver, and thyroid function test, B12, Vitamin A and D, electrolyte and glucose testing.

Objective 3: Make clinical recommendations to assist clinician with assessment and diagnosis.

Content in Abstract Related to Objective 3: The purpose of this poster review the similarity and differences in the clinical manifestations of depressive symptoms in thyroid disorders, vitamin deficiencies and major depressive disorders and make clinical recommendations for assessment.

Abstract:

Primary care providers are on the front lines of mental health care, yet only one-third to one-half of patients with major depressive disorder are detected in this setting (Institute for Clinical Systems Improvement, 2013). Following detection in primary care, only half of depressed patients actually receive treatment. Multiple potential medical etiologies such as thyroid disorders and vitamin deficiencies, assessment and treatment of depressive symptoms present a clinical challenge to primary care providers as these disorders share similar presentations such as somatic complaints, depressed mood, changes in appetite and weight, sleep disturbances, psychomotor activation or retardation, fatigue, and difficulty with concentration or memory. In addition, the description of depressive symptoms by patients is usually vague. Studies have shown that time constraints, lack of access to mental health specialists, provider discomfort with symptom management, and insufficient training can all interfere with primary care providers' ability to accurately and quickly assess patients' needs Bower & Rowland, 2006; Dobscha, Leibowitz, Flores, Doak, & Gerity, 2007; Hull, Jones, Tissier, Eldridge, & Maclaren, 2002; Meredith et al., 1999; Nutting et al., 2002; Onate, 2006; Sigel & Leiper, 2004; Starfield, Forest, Nutting, & von Schrader, 2002; Telford, Hutchinson, Rix, & Howe, 2002. The purpose of this poster is to enhance primary care providers' ability to identify the similarities and differences in the presentation of depressive symptoms amongst thyroid disorders, vitamin deficiencies and depressive disorders and offer clinical recommendations for evaluation.

1. Identification of symptoms with appropriate workup
2. Increase comfort with initiation of treatment
3. Clinical recommendations for workup and initiation of treatment.

Institute for Clinical Systems Improvement. (2013, September). *Depression, adult in primary care*. Retrieved from https://www.icsi.org/guidelines__more/catalog_guidelines_and_more/catalog_guidelines/catalog_behavioral_health_guidelines/depression/

Basic laboratory screenings for depression should include CBC, renal, liver, and thyroid function test, B₁₂, Vitamin A and D, electrolyte and glucose testing.

References: Include all references in 6th Ed APA format.