

DEPRESSION SCRIPT

Introduce yourself and other visitors. Explain that you have come to see how the elder is doing.

Ask:

How have you been feeling? Are you having any problems?

Does the VHW follow you for any medical problems?

Are you taking any medications?

Do you live with anyone? Who is your family and where do they live?

Do you have any problems taking care of yourself?

Are there things that you are worried about?

Give the PHQ-9 Questionnaire. Explain that you are interested in how often the elder has been having the problems in the past two weeks: not at all, several days during the past two weeks, more than half the days of the past two weeks, or nearly every day.

Total the PHQ-9 score.

If 0-4, no to minimal depression

If 5-9, mild depression

If 10-14, moderate depression

If 15-19, moderately severe depression

If over 20, severe depression

For severe depression, refer to mental health clinic or specialist for follow-up. If very severe or actively suicidal, send the elder to the hospital.

For other levels of depression, discuss with available mental health resources. Discuss how you can help the elder: encourage family engagement and social interaction, increase physical activity, mobilize family, friends, village to help. Refer to a support group if one is available and you think the person is a good candidate for a group. If pain is part of the problem, consider trial of Panadol(acetaminophen). If another medical problem seems likely, refer to hospital if acute and severe, or to a clinic if less severe.