



Depression: Incorporation Into Your Practice

Jessica Grant, MD





Speaker:

Jessica Grant, MD

Manhattan Valley Pediatrics
2637 Broadway, NY, NY 10025
917-921-6219
Contact:
drjessica@manhattanvalleypediatrics.com



Disclosures

Neither I nor my spouse has a relevant financial relationship with a commercial interest to disclose.





My Approach

- Utilize Standardized Screening Tool at All Well Visits
- Think of Depression with Somatic Complaints
- Discuss with Patient and Family
- Suggest Therapy
- Safety Plan
- Introduce Idea of Medication
- Schedule Second Appointment
- Follow Frequently Initially
- Space Out Appointments vs. Change Medications
- Refer to Psychiatry if Needed





Impact on Practice

- Improvement in Screening
- Effective Bridge Between Patient + Therapy
- Better Relationship with Patients
- Network of Healthcare Providers
- Reach Larger Patient Population





Barriers to Success

- Time
- Parental Resistance
- COVID
- Knowledge
- Confidence





The Time Challenge

- Standardized Screening Tools
- Schedule Appropriately
- Use EMR and Templates
- Pre-Established Referral List
- Talk with Therapist





The COVID Challenge

- Take advantage of telemedicine
- Use EMR to send rating scales
- Remember depression is depression





The Resistance Challenge

- Know Your Facts
- Ask about Family History
- Try Different Language





The Knowledge Challenge

- You Have the Knowledge. Really!
- Start Slow and “Easy”
- Help Each Other
- Refer to Psychiatry if Needed





The Confidence Challenge

- Pick a Few Medications
- Use **ProjectTeach**
- Set Expectations with Family
- Document Well
- Be in Touch with Families Often





The Payoff

- The Ripple Effect
- Jane Doe
 - Better Decision-Making
 - Safety
 - Back to her “old self”
- Jane Doe #2
 - Safety
 - Long-term Success

“We Are So Grateful For You”

