

Alaska Native People Shaping Health Care



**Stakeholders Perspectives on Depression Management and Decision-Making in an Alaska Native/American Indian Primary Care Setting**

Renee Robinson (PI)  
Jennifer Shaw  
Vanessa Hiratsuka  
Sara Norman  
Julia Smith  
Denise Dillard  
**Southcentral Foundation**  
Helene Starks  
**University of Washington**



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**Objectives / Talking Points**



- Setting
- Stakeholder Engagement
  - Who needs to be involved?
  - Approval vs. Engagement
  - Impact of Stakeholder Engagement
    - Product
    - Process



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**Setting**

- Southcentral Foundation provides services to...
  - 231 Federally-recognized tribes
  - 107,413 square miles
  - 60 communities
  - 60,000 people



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### Conception: Story Behind the PCORI Pilot



- People don't pursue treatment
  - Untreated illness (e.g., absenteeism, suicide)
- People prematurely discontinue treatment
  - Misappropriated resources (e.g., unused Rx)
- People prefer many types of treatment
  - Underutilized services (e.g., CAM, Traditional Healing)

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### Decision-Support

- Aid clinical decision-making by:
  - Describing treatment options, risks, benefits, and efficacy
  - Clarifying preferences and values for treatment
  - Facilitating communication
- Facilitate improved depression management with:
  - Information
  - Interaction
  - Improved choice



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### Specific Aims



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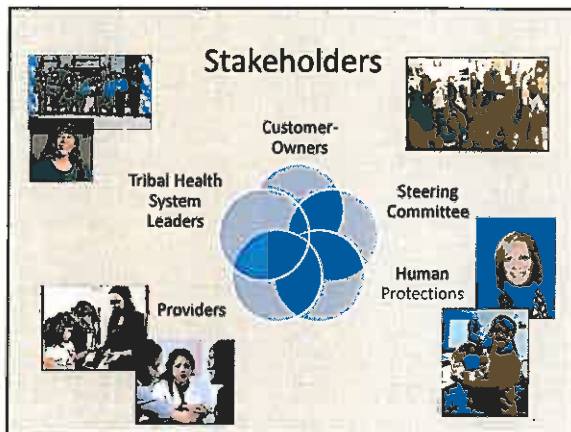
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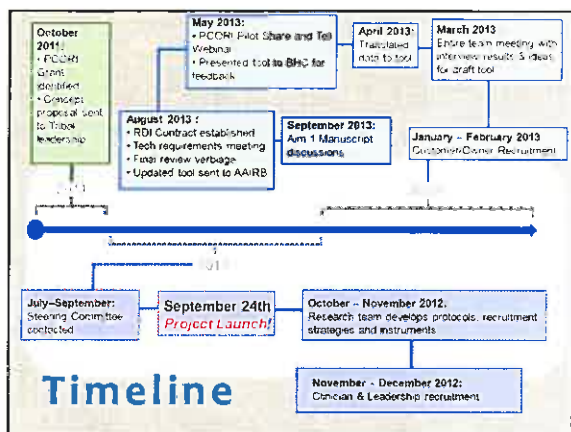
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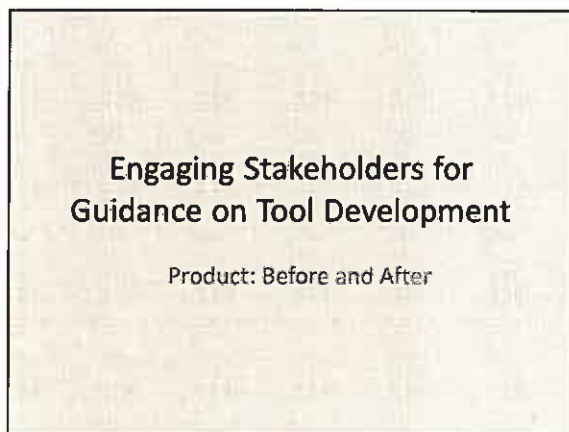
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**Stakeholder Recommendations:  
Decision Tool Content**



- **Provide context**
  - Who gets the information and how it is used
- **Give information**
  - Destigmatize/normalize depression
  - Prevalence of depression
  - Causes and contributors to depression
- **Assess preferred resources**
  - Formal and non-formal, including non-medical resources (e.g., exercise, Traditional Healing)
  - Benefits and burdens (e.g., wait times)
  - Follow-up / multiple contacts
- **Use culturally-consonant communication**
  - Alaska Native people and stories
  - Testimonies of successful experiences

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**To make a good healthcare decision,  
you need to....**

- **Clarify the decision...**
  - What is the decision you need to make?
  - What is your reason for making this decision?
  - Look at timeline for decision
- **Explore the decision...**
  - What healthcare options are available to you?
  - What are positive and negative effects of options?
  - What is the value of the positive and negative effects to you? (Explore your decision)

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**What healthcare options are available  
to you to manage your depression...**

- **Lifestyle changes** ([Link to page expanding each](#))
  - Healthy Eating
  - Exercise
  - Relationship building
  - Stress management
- **Behavioral Health Services - Therapy**
  - Screening
  - Psychotherapy
- **Medications**
- **Traditional Healing**
- **Other**

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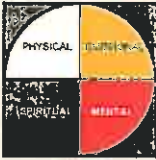
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## Get the facts

- **What is depression?**
  - A very common, highly treatable, medical illness that involves the body, mood and thoughts. Physical, mental, emotional and spiritual well-being.
  - It affects how people think about things, feel about themselves, the way a person functions socially, at work, and in relationships as well as everyday activities like eating and sleeping.
  - It is more than feeling blue, down in the dumps or sad about a particular issue or situation. (Link to Table with Symptoms of Depression, See next slide)



<http://www.nlm.nih.gov/medlineplus/depression/>  
<http://www.medicines.com/medlineplus/depression/>

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## What causes depression?

### World around us

  
Hurricane

  
Gun

  
War

  
Neurotransmitters  
(Brain chemicals)

  
Trauma

  
Drugs/Alcohol Abuse

  
Hormones

  
Other Illnesses

### World within us

Exit

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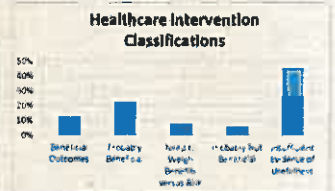
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## Every day people face complex health decisions...

However, most healthcare decisions have no clear best choice.



### Healthcare Intervention Classifications



Classification	Percentage
Beneficial Outcomes	10%
Probably Beneficial	25%
Mixed/Weigh Benefits Versus Risk	10%
Probably Not Beneficial	5%
Insufficient Evidence of Usefulness	50%

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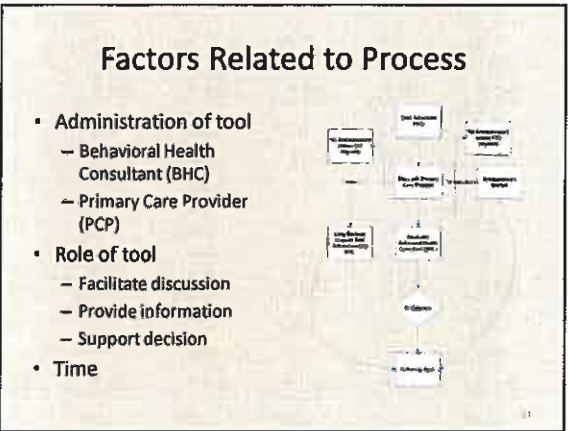
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**Thank You!**

<b>Qaġaasakung</b> <small>Aleut</small>	<b>Quyanaq</b> <small>Inupiaq</small>	<b>'Awa'ahdah</b> <small>Eyak</small>
<b>Mahsi'</b> <small>Gwich'in Athabaskan</small>	<b>Igamsiqanaghalek</b> <small>Siberian Yupik</small>	<b>Háw'aa</b> <small>Haida</small>
<b>Quyana</b> <small>Yup'ik</small>	<b>Way Dankoo</b> <small>Tsimshian</small>	<b>Gunalchéesh</b> <small>Tlingit</small>
<b>Tsin'aen</b> <small>Ahtna Athabaskan</small>	<b>Quyanaa</b> <small>Alutiiq</small>	<b>Chin'an</b> <small>Dena'ina Athabaskan</small>

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