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

- Renee Robinson (FB)
- Jennifer Shaw
- Valerie Hynattula
- Jane Novak
- Juli Smith
- Dennis Holland

Southcentral Foundation

University of Washington

Objectives / Talking Points

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

Setting

Southcentral Foundation provides services to...
- 23 Federally recognized tribes
- 175,419 square miles
- 60 communities
- 65,000 people
**Vision**
A Native community that enjoys physical, mental, emotional, and spiritual wellness.

**Mission**
With the Native Community to enhance well-being through health and related services.

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**Depression Management at SCF**
- SCF started annual depression screening in all primary care clinics in 2001 due to:
  - High prevalence of symptoms
  - Low utilization of behavioral health services

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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)

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

Specific Aims

- Aim 1
  - Identify stakeholder priorities, preferences & needs for depression management
    - Key informant interviews
- Aim 2
  - Develop & evaluate decision-support tool
    - Steering Committee feedback
    - Pilot test tool
- Aim 3
  - Evaluate health & economic outcomes
    - Test tool
    - Evaluate outcomes
Shared Responsibility: Engagement Vs Approval

Stakeholder Engagement

- 38 semi-structured interviews with stakeholders
  - 19 Customer-Owners, 9 Leaders, 10 Providers
- Thematic analysis
  - Data coded to determine:
    - decision-support tool content, design and deployment
    - depression screening and treatment resources
  - Summary findings presented to Steering Committee for feedback to guide development of decision-support tool

Depression Treatment Decisions

I didn't even realize that I was depressed... I thought everyone felt this way... I probably would have just gone on like that if my doctor hadn't asked one day if that ever thought about taking an antidepressant... It might take a while to find the right one, but I'm in no hurry... I've spent my whole life feeling sad...

I feel like I ought to be able to manage this on my own without needing medicine. It seems too much like taking the easy way... Maybe I just don't feel bad enough yet...
Stakeholder Recommendations:
Decision Tool Content

- **Provide context**
  - What gets the information and how is it used
- **Give Information**
  - Description/hardened depression
  - Prevalence of depression
  - Causes and contributors to depression
- **Assess preferred resources**
  - Formal and non-formal training; non medical resources (e.g., exercise, traditional healing)
  - Benefits and barriers (e.g., visit time)
  - Follow-up / multiple contacts
- **Use culturally consonant communication**
  - Alaska Native people and stories
  - Testimonies of successful experiences

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)

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

- **Lifestyle changes** (link to pages regarding such)
  - Healthy Eating
  - Exercise
  - Relationship building
  - Stress management
- **Behavioral Health Services - Therapy**
  - Screening
  - Psychotherapy
- **Medications**
- **Traditional Healing**
- **Other**
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. (See the table with Symptoms of Depression, see next slide.)

What causes depression?

World around us
- Stressful environment
- Grief
- Trauma
- Injuries

World within us
- Depression due to hormone changes
- Drug/Alcohol Abuse
- Hormones
- Events

Every day people face complex health decisions...

However, most healthcare decisions have no clear best choice.

Healthcare Intervention Classifications
What can I do about my depression?

Engagement on Decision-Support Tool Deployment

Impact of Engagement on Process

Factors Related to Process

- Administration of tool
  - Behavioral Health Consultant (BHC)
  - Primary Care Provider (PCP)
- Role of tool
  - Facilitate discussion
  - Provide information
  - Support decision
- Time
Stakeholder Recommendations: Decision Tool Deployment

- Adapt for multiple audiences
  - Platform should consider the desired and current...information, especially with respect to the plan.
  - Electronic and printed materials may prefer personal or written systems.
- Strategy: location and timing
  - Could deploy screening mechanisms to work stations and provide general awareness with the exception of the waiting area and at the time of care administration.
- Maximise customer choice
  - Use care plan to their current state.
  - Provide staff awareness of all possibilities.
- Align with other initiatives
  - Minimize misinformation and multiple entry points for information.

The Signs and Symptoms that Bother Me Most Are...

- Loss of appetite
- Daily activities
- Weight gain
- Appetite changes
- Fatigue
- Appetite changes
- Inability to think
- Difficulty concentrating
- Insomnia
- Pain

Engagement Barriers and Proposed Solutions

- Barriers
  - Cultural understandings of terms and diagnoses
  - Time
  - Communication
  - Information
- Solution
  - Cultural adaptation
  - Technology / Resources
  - Decision Support Tool
  - Decision Support Tool and extended tool
Thank You!

Qagaasakung
Quyanaq
Ts'inaen

Anot
Wauqloq
Ahtai

'Awa'ahdah
Igamsiqanaghialek
Quyana

Lyuk
Sibert'n Yajik
Way Danka
Chin'aa

Mehsl'i
'Tansh'it
Quyana

Chin'aa

Gunalcheesh
Haw'sa
Nl'ing

Kva'ak'she

Ahkaq Ahtahk'oo'n