

Patient Activation: Evidence-based Strategies for Depressive Symptoms

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AIMS Center Introductions



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Learning Objectives

By the end of this session, participants should be able to describe:

- The Patient Activation model of depressive symptoms
- How to develop a case formulation for a patient experiencing elevated depressive symptoms
- How to help patients select activities and make a specific weekly plan
- How to evaluate the outcome of patients' efforts and problem solve barriers to action planning

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Zoom Polls – Who's in the Room?

- Complete the questions that will come up on the screen

Polling 1: Polling Questions Edit

1.What is your favorite color?

Red

Green

Blue

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What is Patient Activation (PA)?

Evidence-based, best practice strategies for reducing depressive symptoms

Draws from formal Behavioral Activation (a type of psychotherapy)

An approach that all team members can use (not a psychotherapy)

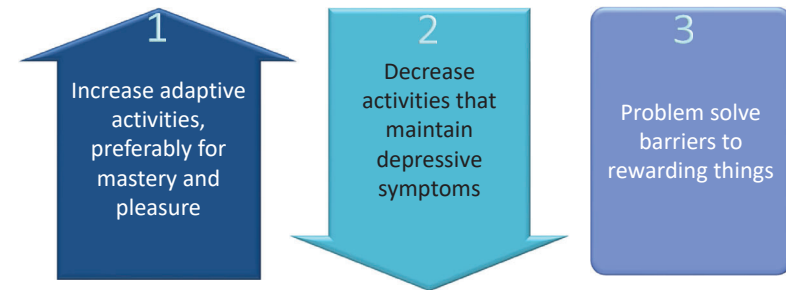
PA helps depressed people improve their mood by engaging in rewarding activities

PA is structured - a weekly plan is created

PA is brief and easy to use (4-8 sessions)

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Three Goals of Patient Activation



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Patient Activation: The Four Steps

1. Review symptoms and explain the model

2. Ask lots of questions to develop a list of rewarding activities

3. Schedule activities for the week

4. Follow-up meetings: review symptoms; review activity plans; overcome obstacles and schedule new activities

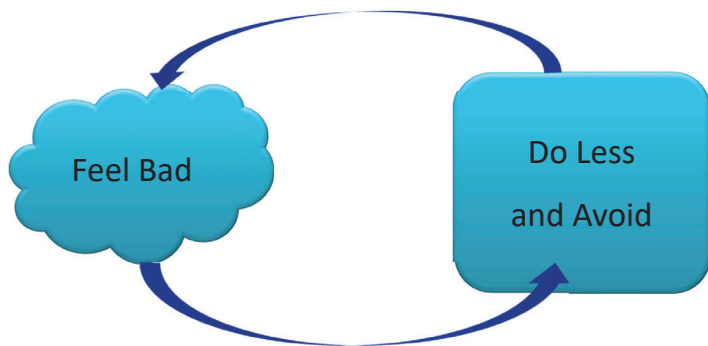
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Patient Activation: Demonstration

- Follow along, referring to Forms A, B, C, and D

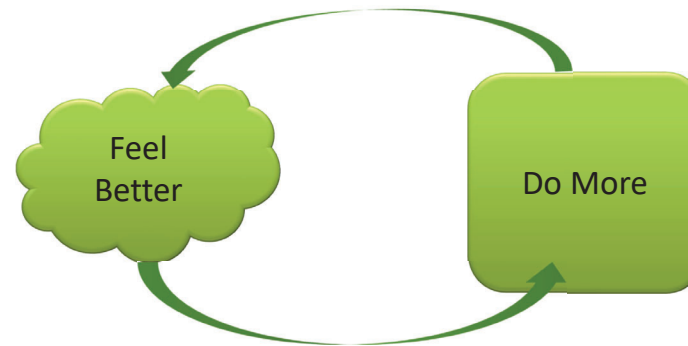
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Step 1. Review Symptoms and Explain the Model: How Depressive Symptoms Arise



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The Model: How Patient Activation Helps



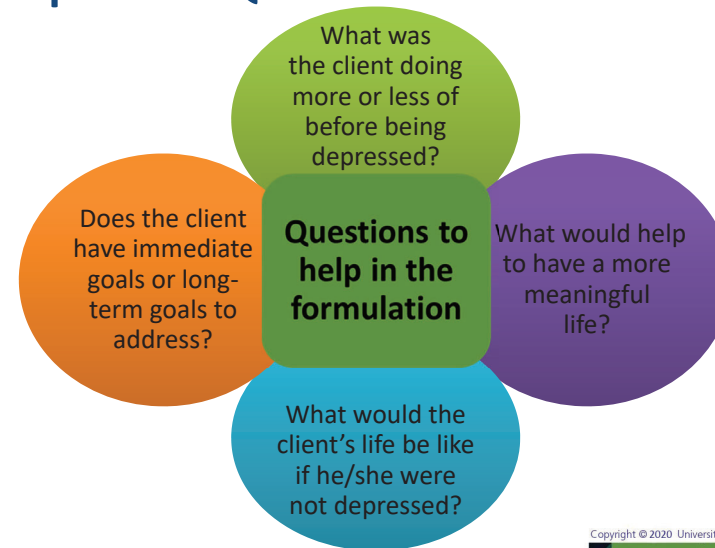
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Helpful Patient Psychoeducation Forms

<p>Form A</p> <p>Facts About Depression</p> <p>What is Depression? Depression is a medical illness. When low mood or sadness persists or interferes with everyday life, it may be depression. Depression can last months or even years if not treated.</p> <p>What Are the Symptoms of Depression?</p> <table border="1"> <tr> <td> <p>Key Symptoms</p> <ul style="list-style-type: none"> Depressed or sad mood Decreased interest or pleasure in activities </td> <td> <p>Other Symptoms:</p> <ul style="list-style-type: none"> Significant changes in appetite or weight Sleep disturbances Restlessness or sluggishness Fatigue or loss of energy Lack of concentration or indecision Feelings of worthlessness or inappropriate guilt Thoughts of death or suicide </td> </tr> </table> <p>What Causes Depression? Depression is a medical illness with multiple causes including biological, psychological, social and medical factors. The symptoms of depression may reflect an imbalance in brain chemistry and may be brought about by genetics, stress or loss, or other physical changes co-occurring with medical illnesses. Sometimes depression can develop without any obvious cause.</p> <p>How is Depression Treated? Depression is treatable. Appropriate treatment, such as medication or psychotherapy, relieves symptoms for most individuals. Engaging in pleasurable and rewarding activities has also been shown to improve depression.</p>	<p>Key Symptoms</p> <ul style="list-style-type: none"> Depressed or sad mood Decreased interest or pleasure in activities 	<p>Other Symptoms:</p> <ul style="list-style-type: none"> Significant changes in appetite or weight Sleep disturbances Restlessness or sluggishness Fatigue or loss of energy Lack of concentration or indecision Feelings of worthlessness or inappropriate guilt Thoughts of death or suicide 	<p>Form B</p> <p>A Vicious Cycle</p> <p>Why is it Important to Do More Pleasurable and Rewarding Activities? When people get depressed they don't feel up to doing the kinds of things they typically enjoy. By doing fewer enjoyable and rewarding things, they begin to feel worse. As they feel worse, they do even less and get caught up in a vicious cycle.</p> <p>As part of our meetings, we will help you set a goal of doing at least one pleasurable or rewarding activity each day. These goals can include physical activity, socialization, or other recreational activities or hobbies that have value and meaning to you. Engaging in pleasurable activities like these will help break the vicious cycle of depression and improve your mood, interest level, and energy.</p>
<p>Key Symptoms</p> <ul style="list-style-type: none"> Depressed or sad mood Decreased interest or pleasure in activities 	<p>Other Symptoms:</p> <ul style="list-style-type: none"> Significant changes in appetite or weight Sleep disturbances Restlessness or sluggishness Fatigue or loss of energy Lack of concentration or indecision Feelings of worthlessness or inappropriate guilt Thoughts of death or suicide 		

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Step 2. Ask Questions



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The Role of Avoidance

What is it?

Discomfort experienced in a particular situation is followed by behavior to feel better

Why do it?

Short term gain, but long term loss

What to do about it?

Identify the avoidance behaviors and help choose alternative coping behaviors

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Form C

List of Pleasant and Rewarding Activities

Instructions: List desired activities and rate the difficulty of each

	ACTIVITY	DIFFICULTY: E = Easy M = Medium H = Hard
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

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Step 3. Schedule Activities for the Week

- The more detailed the plan, the more likely it will be followed
- In the plan, consider:
 - Date or days of the week
 - What time of day
 - How long
 - With whom
 - What obstacles could come up? What is a Plan B?
- Ask patient:
 - How likely are you to do this? What will you do if you don't feel like doing it?



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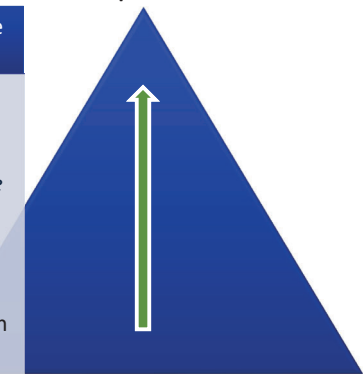


Avoiding Mount Everest

Start simple and move to harder tasks over time
→ ensures success

- Help break tasks down
 - Mastery and success of one small task will increase likelihood of completing other tasks
- Have them tell you what and how they'll do the task (*Details! Details! Details! Have them walk you through it*)
 - Help problem solve and ask how likely it is they will do it.
 - If it seems too challenging, it is! Break it down further.

Complex tasks



Simple tasks

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Scaling Back to Ensure Success

Acknowledge “difficult” enjoyable or rewarding activities (e.g., running for 2 hours), but...

Help patient scale back and set a *feasible* short term plan (e.g., walk around the neighborhood for 15 minutes, walk around the house for 5 minutes).

Success at small goals builds confidence and sense of mastery and control.

Exceeding a goal is great! Encourage patients to note any accomplishments and discuss at next meeting.

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Form D

Scheduling Activities

Pleasant – Social – Physical

Plan at least one activity each day. It is an important way to deal with stress and depression. Schedule out a week's worth of daily activities.

Each day should contain at least one activity. These can be pleasant, social, or physical activities. For example, a pleasant activity might be reading a book or doing a hobby; a social activity might be calling or video-chatting with a friend; and a physical activity might be going for a walk.

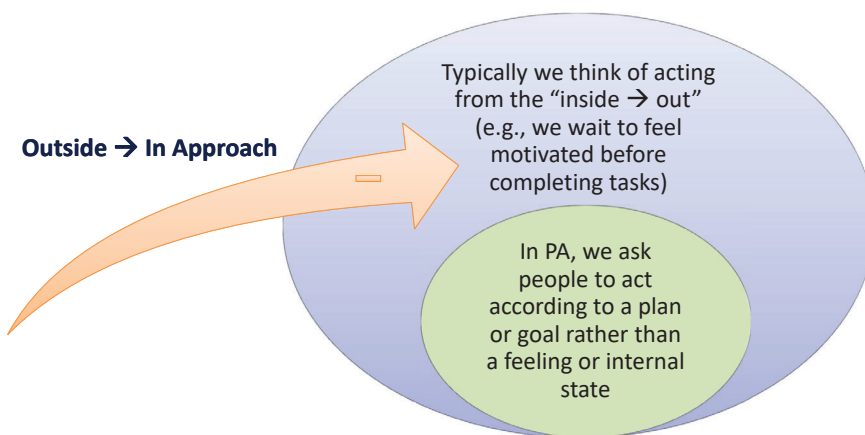
Rate how satisfied you felt after doing the activity.

Daily Activities			How satisfied did you feel? Rate from 0 to 10: 0 = Not Satisfied at All 10 = Extremely Satisfied	Completed ✓
Day	Date	Activity (What? Where? With Whom?)		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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But I Don't Feel Like It...




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Step 4. Follow-up Meetings

- Review symptoms
- Review activity plans
- Overcome obstacles
- Schedule new activities

If goal not accomplished, ask 3 questions:

 Do they have buy-in to the treatment?

 Did they simply forget?

 Was it a Mt Everest? (too hard)

ALWAYS ask about target behaviors at follow up meetings.

Expect that patients might not do the activities. Do not judge.

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Reframing “Failure” is Essential

- Wrong plan, pick another...learning what worked and what didn't work
- “Mistakes are portals of discovery.”
– James Joyce



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Building Success



It's an experiment, a trial, it's not forever

Suggest patients act first and see what happens

Praise any success they make, even a small success

Go slow and start small

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Next Steps

- Practice and incorporate the 4 steps of Patient Activation with depressed patients
- Use the handouts A-D as your guide

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Discussion and Questions



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How Are We Doing?

- Complete brief poll questions
- We rely on **you** to let us know how we can best support your work!

1. The information shared during the session is relevant to my work and practice.

Strongly Agree

Agree

Neutral

Disagree

Strongly Disagree

2. The trainer effectively delivered information during the session.

Strongly Agree

Agree

Neutral

Disagree

Strongly Disagree

3. The trainer effectively facilitated discussion during the session.

Strongly Agree

Agree

Neutral

Disagree

Strongly Disagree

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Thank You!

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