

### Depression Monitoring Chart

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Date of Diagnosis:** \_\_\_\_\_

**Referral to Mental Health Specialist: Date** \_\_\_\_\_

**Mental Health Specialist Name:** \_\_\_\_\_

<b>Visit Date</b>	<b>Symptoms (Circle all that apply)</b>	<b>Medication (Drug and dose)</b>	<b>Side Effects/Notes</b>	<b>Recommendations</b>
Initial visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Refer to "Antidepressant therapy messages for your patients"</li> <li>• Assess for: Suicidality, possible bipolar illness, psychosis, substance abuse</li> <li>• Consider medical work-up</li> <li>• Consider referral for psychotherapy</li> <li>• Discuss side effects with patient</li> <li>• Use low-doses in elderly and patients with panic disorder</li> <li>• <b>Schedule first follow-up visit in one to two weeks.</b></li> <li>• Give patient "Educational Messages to Enhance Patient Adherence to Antidepressant Therapy."</li> </ul>
1 <sup>st</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Assess suicidality</li> <li>• Assess side effects and response of medication</li> <li>• Increase dose if patient tolerates medication</li> <li>• Remind patient of treatment lag time and importance of continuing medication</li> <li>• Schedule additional follow-up visit in one to two weeks</li> </ul>
2 <sup>nd</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Assess suicidality</li> <li>• Assess side effects and response of medication</li> <li>• Increase dose if patient tolerates medication</li> <li>• Remind patient of treatment lag time and importance of continuing medication</li> <li>• Schedule 3rd follow-up visit in one to four weeks</li> </ul>

<b>Visit Date</b>	<b>Symptoms (Circle all that apply)</b>	<b>Medication (Drug and dose)</b>	<b>Side Effects/Notes</b>	<b>Recommendations</b>
3 <sup>rd</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Assess suicidality</li> <li>• Assess side effects and response</li> <li>• If patient has been on target dose four weeks and partial response, increase dose</li> <li>• If patient has been on target dose for four weeks and NO response consider changing medication or referring patient to a psychiatrist</li> <li>• If symptoms have resolved (goal is full remission of symptoms) maintain patient on full dose for six to 12 months</li> <li>• Schedule fourth follow-up visit as clinically indicated (four to eight weeks if symptoms resolved, sooner if not) depending on patient's response</li> </ul>
4 <sup>th</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Assess suicidality</li> <li>• Assess side effects and response</li> <li>• If no response to two different antidepressants, strongly encourage referral to psychiatrist</li> <li>• If patient remains well, schedule additional follow-up visit in four to six months</li> </ul>
5 <sup>th</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			<ul style="list-style-type: none"> <li>• Assess suicidality</li> <li>• Assess side effects and response</li> <li>• If no response to two different antidepressants, strongly encourage referral to psychiatrist</li> <li>• If patient remains well, schedule additional follow-up visit in four to six months</li> </ul>
6 <sup>th</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			
7 <sup>th</sup> follow-up visit _____	<ul style="list-style-type: none"> <li>• Sleep problems</li> <li>• Anxiety</li> <li>• Changes in energy level</li> <li>• Changes in appetite</li> <li>• Trouble concentrating</li> <li>• Anhedonia</li> </ul>			