

FOLLOW-UP AND MONITORING

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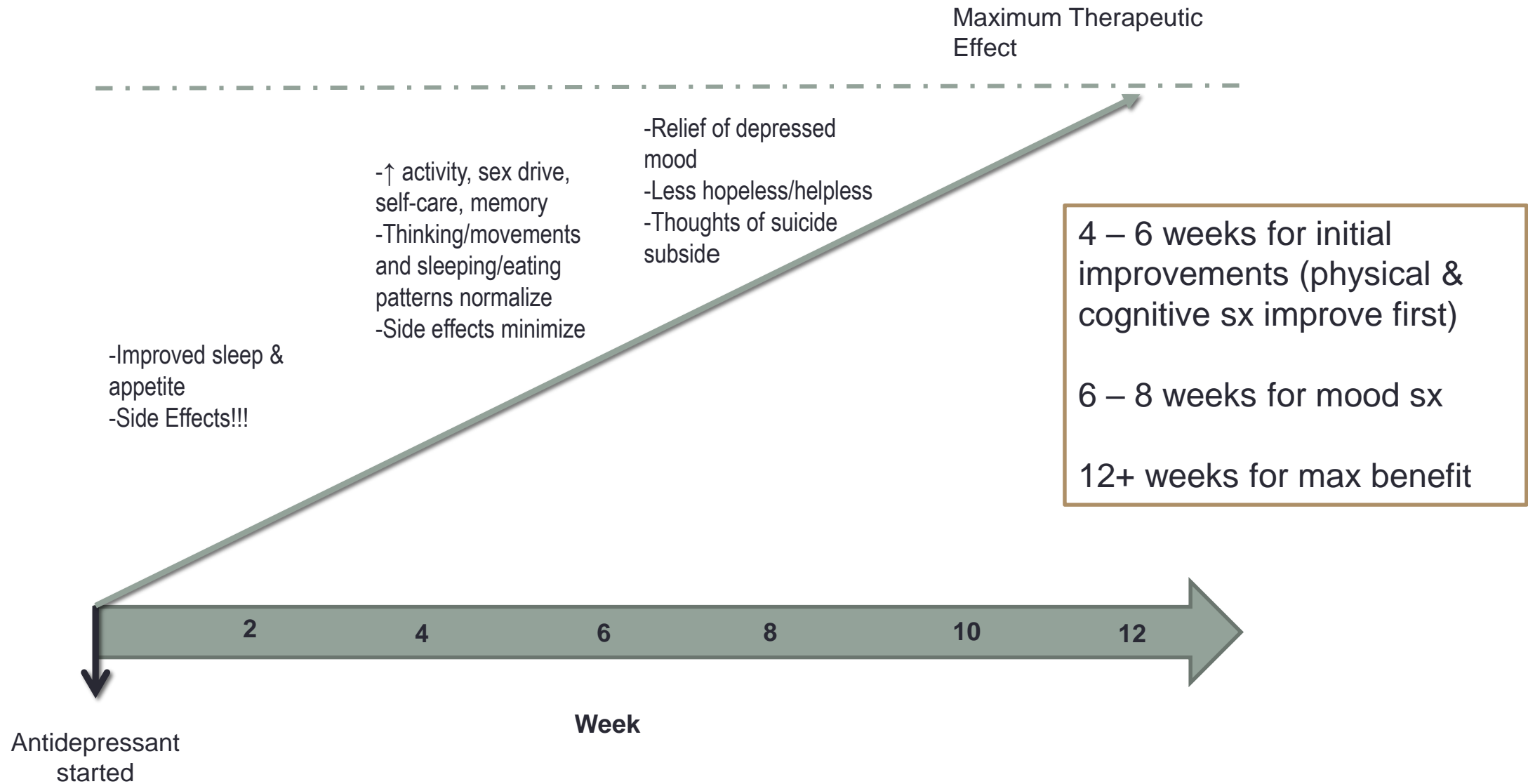
Learning Objectives

- Predict time to benefit and time to max benefit when an antidepressant is started to treat depression (i.e. when should a patient notice improvement in individual depression symptoms?)
- Develop a monitoring plan to evaluate efficacy, safety and adherence of antidepressant treatment (i.e. what should be monitored and when?)
- Provide recommendation for how an antidepressant should be optimally dosed when first started (i.e. titrated), and how an antidepressant should be appropriately discontinued (e.g. tapered)
- Formulate key educational points that should be communicated to a patient starting an antidepressant medication for depression.

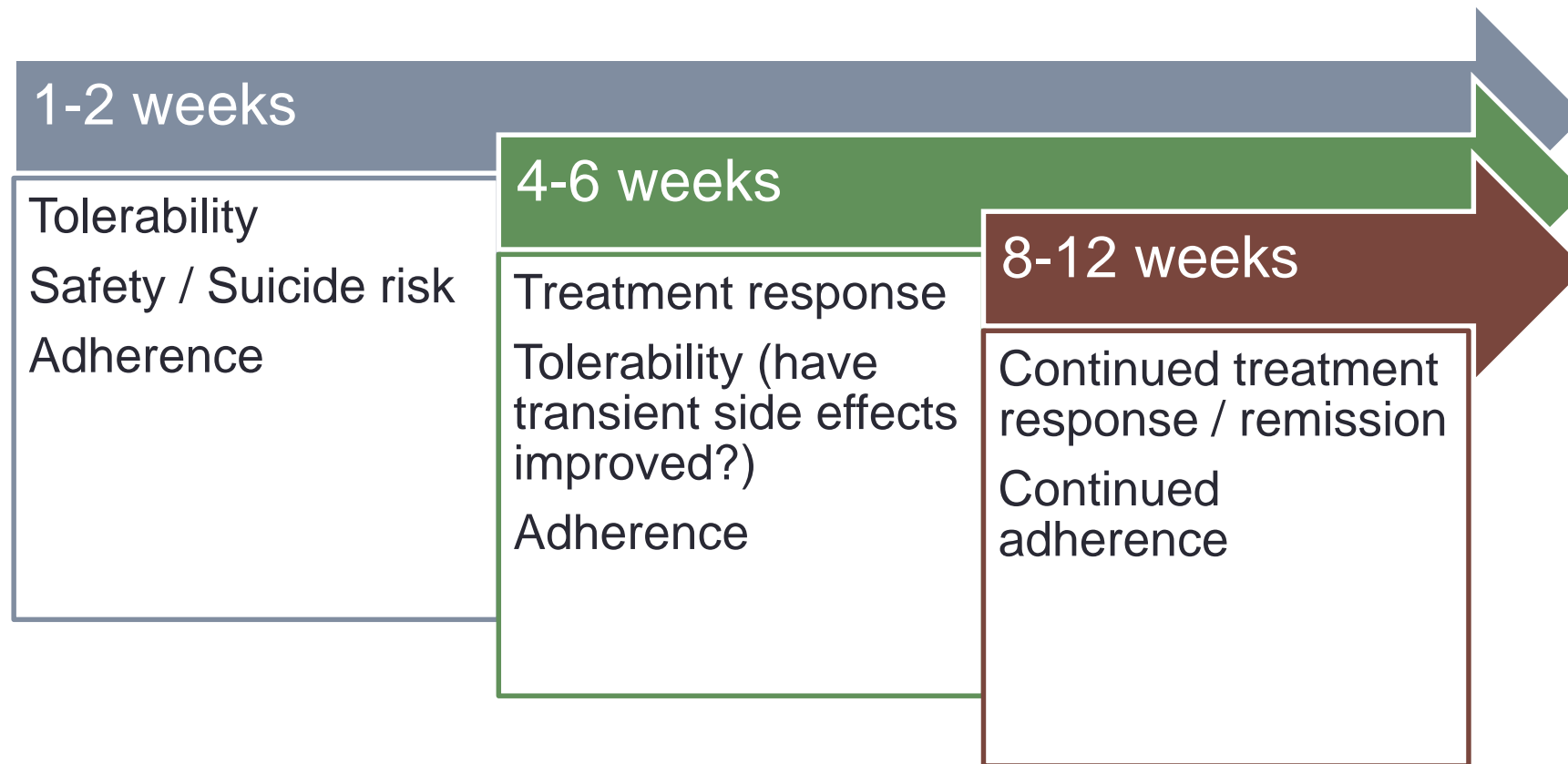
Phases of Treatment

Treatment Phase	Time Frame	Goal of Therapy	Monitoring Frequency
Acute	First 12 weeks following initial diagnosis or recurrence	Achieve remission: restore functioning & optimize quality of life Minimize adverse effects	First follow up at 1-2 weeks, then every 2-4 weeks. Goal of at least 3 follow-ups within first 12 weeks
Continuation	Next 4-9 months	Prevent relapse (stopping prior to 6mo increases risk)	Follow-up every 4-12 weeks
Maintenance**	1 year to lifetime	Prevent new episode (recurrence)	Follow-up every 3-12 months (if stable)

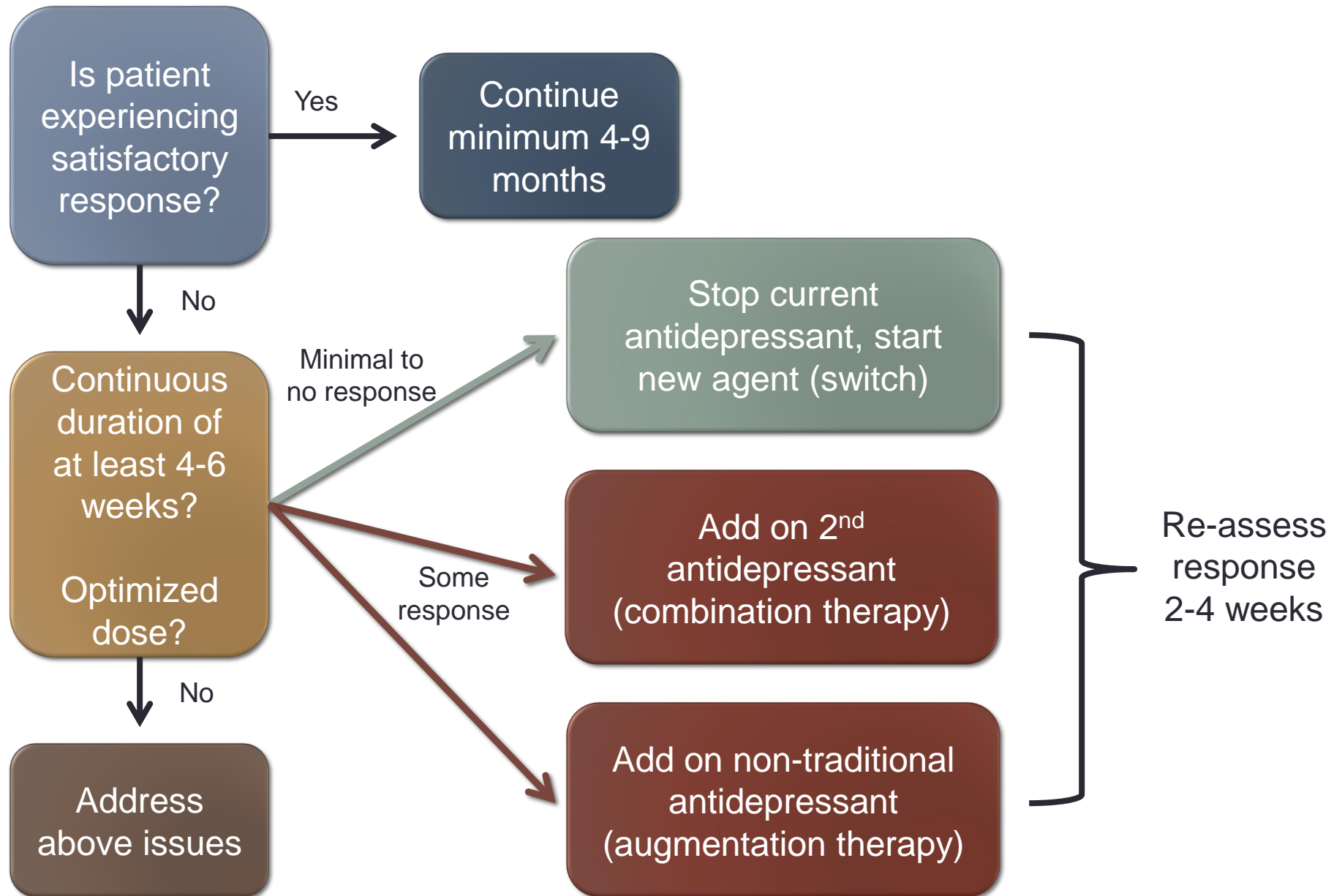
** Recommended for patients with ≥ 3 major depressive episodes, chronic major depressive disorder, or additional risk factors for recurrence



Acute Treatment Monitoring



4 – 6 week f/u: next steps in depression medication management



Identify Key Educational Points

Scenario: You are the pharmacist working in a community pharmacy. A patient is at the pharmacy picking up a new prescription for citalopram. Using the 3 prime questions you verify that the medication has been prescribed for treating depression, and although the patient's prescriber provided education, the patient cannot recall exactly how they are supposed to take it or what to expect.

What educational points should be discussed with the patient today to allow him or her to use the medication in a safe and effective way?

Identify Key Education Points

Category	Educational points
Administration	(i.e. when during the day should the antidepressant be taken?)
Time to Benefit	(i.e. when should the patient expect to first notice improvement in depression symptoms and when is max benefit expected? At what time points are specific symptoms expected to improve?)
Adverse Effects	(i.e. what effects should a patient monitor for, when are they expected to occur, and how long will they last? what should the patient do if they occur?)
Duration of Treatment	(i.e. if the antidepressant is safe and well tolerated, how long should the patient expect to continue it? what is the risk if the patient stops the antidepressant early?)
Safety	(i.e. what should a patient do to avoid/minimize problematic interactions? what should a patient do if they wish to discontinue an antidepressant?)
Follow-up	(i.e. when should a patient expect to f/u with a health care provider and what will be monitored at f/u?)

Questions??

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