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# Increasing Efficiency in the Treatment of Depression and Anxiety

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## Background

- Pharmacological interventions for depression and anxiety have increased
- Maintenance doses of these drugs are required for adequate treatment
- Alterations in cognitive functioning have been researched, specifically in the geriatirc population, who have been prescribed SSRIs
- SSRIs can potentially have detrimental effects on cognition, even to patients who are nonresponders

## Research Question

What are the impacts on memory loss in elderly populations with a history of anxiety/depression medication use?

## EBP Intervention

Our EBP intervention is an electronic application to determine responder status in a more timely and efficient manner. This application would effectively monitor the treatment of depression and anxiety and mitigate the chance of patient's being exposed to unknown drug side effects. Details include:

- Allows patients to track side effects on a day to day basis
- Allows providers to see trends in side effects, making it easier to deem if the medication is effective or not
- Enhances communication to prevent abrupt discontinuation
- Provides a space for people struggling with mental health to express their emotions
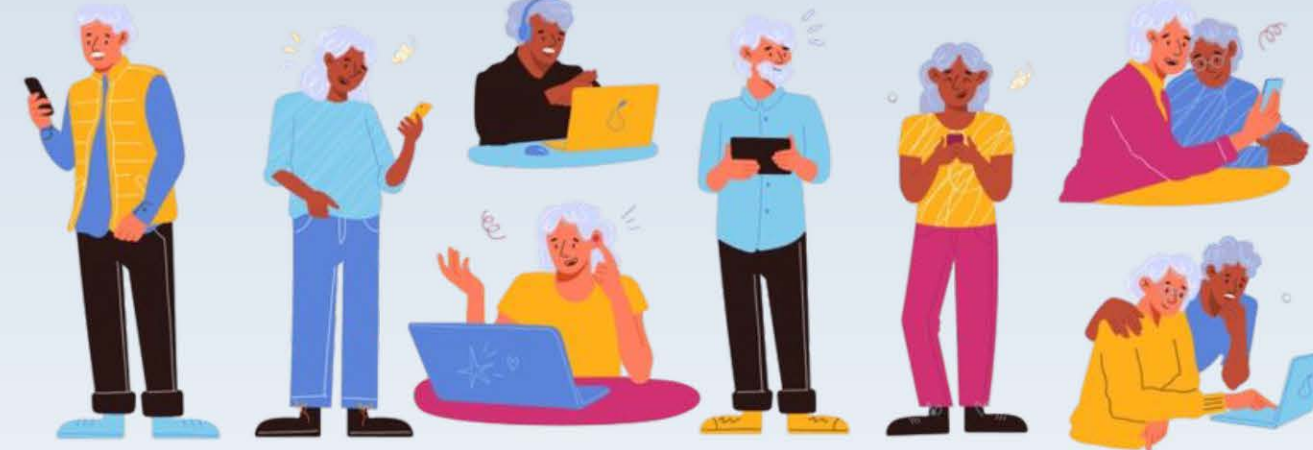
## EBP Implementation

- Set up patient app with provider portal at initial visit for prescription
- Work with the provider/nurse to input proper medication, dosage, route, and time into application.
- Determine a frequency with provider to enter info such as signs, symptoms, and overall mood.
- Provider can monitor trends via app and communicate with patient without the need for frequent in person visits.
- Dosages can be adjusted and medications can be changed or stopped
- Application will be simplistic in nature to promote usage by all age groups including geriatirc populations.

## Expected Outcomes

- An improvement in cognitive function could arise in geriatric populations if their long-term depression/anxiety treatment is more effectively managed
- Adverse effects from these medications could be discovered and relieved earlier
- Enhanced patient-provider communication could lead to increased patient satisfaction

## Reference Page QR Code



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