Introduction and Background

- Patients with type 2 diabetes are three times more likely to be diagnosed with depression.
- Many barriers exist in accessing mental health care such as:
  - Increased costs
  - Limited access
  - Lack of education
  - Long wait times to see a provider

In Baltimore, MD, type 2 diabetes is the leading cause of mortality and illness.

Purpose and Aims

To increase provider awareness of the impact of type 2 diabetes and depression to increase depression screening and providing subsequent mental health resources.

Aim 1: Develop education for providers on the PHQ-9 screening to increase use of the tool as measured by the frequency of screening use and provider belief surveys pre and post intervention.

Aim 2: Utilize a mental health resources smartphrase for patients who screen positive for depression.

Methods

- Pre-post intervention
- All patients with type 2 diabetes seen between August 2021-February 2022
- Johns Hopkins Outpatient Diabetes Center
- Convenience sampling

Intervention

- Provider education on how to utilize the PHQ-2 and PHQ-9 in Epic
- Resources and meetings to educate providers
- Smartphrase developed to provide mental health resources to patients

Conclusion

- Consistent screening using the validated PHQ-2/PHQ-9 helps to identify those with depression.
- Providing mental health resources to healthcare providers helps to increase screening for depression.
- It is important to address depression in patients with type 2 diabetes

Results

- The same six providers were utilized
- Data analyzed between August 2021 and January 2022
- A Wilcoxon Signed Rank test was utilized as this data does not have a normal distribution
- P=0.028
- Survey data indicated providers were less likely to screen for depression if they did not have adequate resources to give their patients
- Smartphrase data unable to be collected

Dissemination

- Sharing of smartphrase between physician groups
- Presentation of the project to other physician groups
- Manuscript submission to the Diabetes Educator journal