

Abstract

Adolescents' depression is a serious disabling condition that can negatively affect both social and academic function. If not distinguished and treated early, it can lead to recurrent depressive episodes with poor treatment outcomes and increased risk of suicide. Primary care providers are positioned at the forefront of healthcare, perfect positioning to detect at-risk adolescents for depression. The national guidelines recommend using the PHQ-2 questionnaire as a primary tool to screen depression. In this quality improvement project, implementation of the PHQ-2 questionnaire as a protocol was enacted to screen depression in all adolescents aged 12 to 18 during their wellness exams. The protocol was supported by current peer reviewed literature and the national guidelines. The host site is a primary care pediatric clinic located in the Rio Grande Valley of south Texas. Before implementing the project, an educational seminar was conducted for the medical staff and providers about the step-by-step process of the protocol. The project was evaluated by the audit of fifty patients' charts. According to the data analysis, the project showed 64% medical staff adherence to the new PHQ-2 protocol. Data analysis using the Chi Square test compared to the notational standard of medical staff compliance to a change process was found insignificant. Overall, the project did find an improvement in medical staff performance with an increase in the number of adolescents screened for depression during the wellness exam.

Keywords: Example 1 Adolescent, Example 2 PHQ-2, Example 3 Protocol, Example 4 Data analysis, Example 5 Chi Square, Example 6 CPT code, Example 7 preventive exams.