

## Depression Screening Quality Improvement- polish adolescents.

Adolescent depression is a disorder that affects teenagers. It leads to sadness, discouragement, and a loss of self-worth and interest in their usual activities. Depression can change the way teenagers see themselves, their lives, and the people around them. Teenagers who are depressed usually see everything more negatively. They can't imagine that any problem or situation can be solved in a positive way. All our adolescent patients are routinely screened for depression on every well visit. If test is positive, the adolescent is immediately sent for evaluation and treatment to Psychology or Psychiatry, depending on severity of depression.

We believe the polish adolescents have a bigger chance of being depressed due to:

- A language barrier,
- A lot of patients are immigrants, who recently came from Poland,
- A lot of adolescents are from low income families,

### **We tested our performance for the period of 01/01/2015-07/23/2015.**

We had 196 polish adolescent patients in our pediatric practice. Our EMR report shows that 72 patients were not tested for depression during this period which gives us 36.7% of the adolescent group.

We set our goal to decrease this number and have a maximum of 25 % of patients not screened for depression in this age group.

To improve our performance, we created a template for adolescent visit (action) including information about depression screening for the office staff to be more focus on the test.

Office staff was additionally trained on importance of adolescent depression screenings.

**Our re-measurement in the period of 07/24/2015-12/31/2015** shows that we had 218 polish adolescent patients.

Our follow up report showed that 49 polish adolescents were not tested for depression during second period which gives us 22.4% of the polish adolescent group (re-measurement).

We saw 14.3% improvement in our performance (improvement).