

The background features a dark blue gradient with faint, light blue circular patterns and a scale on the left side. The scale has markings from 140 to 260 in increments of 10. There are also several circular diagrams with arrows indicating clockwise or counter-clockwise directions.

# OUTPATIENT SERVICES GAD-7 & PHQ-9 2023

QAPI  
JUNE 2024

- Purpose: Reduce symptoms of anxiety and depression to improve overall well-being and functioning.
- Goals: Achieve lower scores at discharge compared to admission, indicating symptom improvement.
- Tools Used:
  - GAD-7 - stands for Generalized Anxiety Disorder 7-item scale. It is a self-reported questionnaire used as a screening tool and severity measure for generalized anxiety disorder (GAD).
  - PHQ-9 - stands for Patient Health Questionnaire-9. It is a widely used tool for screening, diagnosing, monitoring, and measuring the severity of depression.



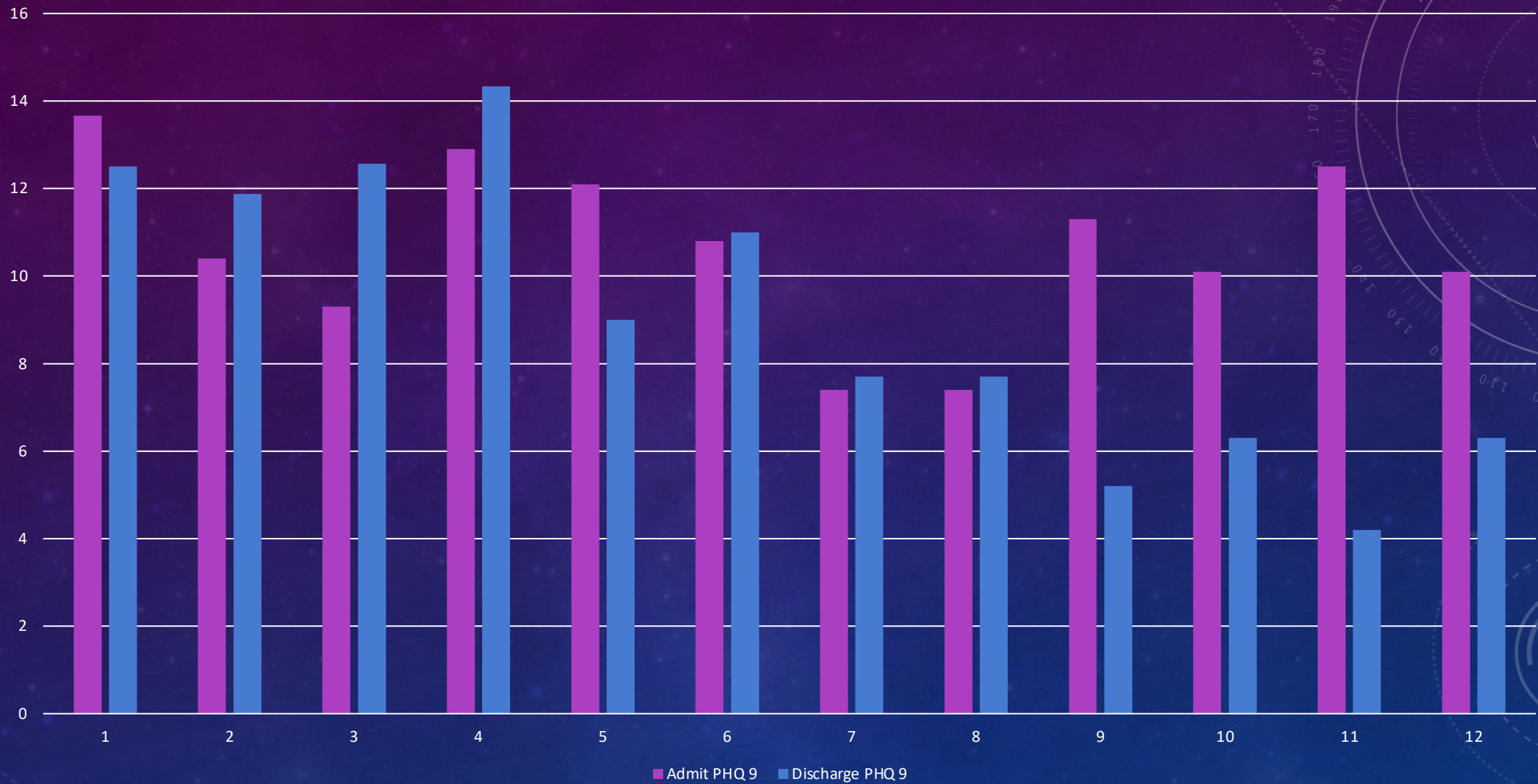
# Studying tools like GAD-7 and PHQ-9 during admission and discharge serves several purposes:

- 1. Screening and Diagnosis**
  - 2. Severity Assessment**
  - 3. Treatment Planning**
  - 4. Monitoring Progress**
  - 5. Research and Quality Improvement**
- Using GAD-7 and PHQ-9 during admission and discharge enables healthcare providers to effectively screen, diagnose, assess severity, plan treatment, monitor progress, and contribute to research related to anxiety and depression in clinical settings. These tools are valuable in providing comprehensive care and improving outcomes for patients experiencing these mental health challenges.

# PHQ-9





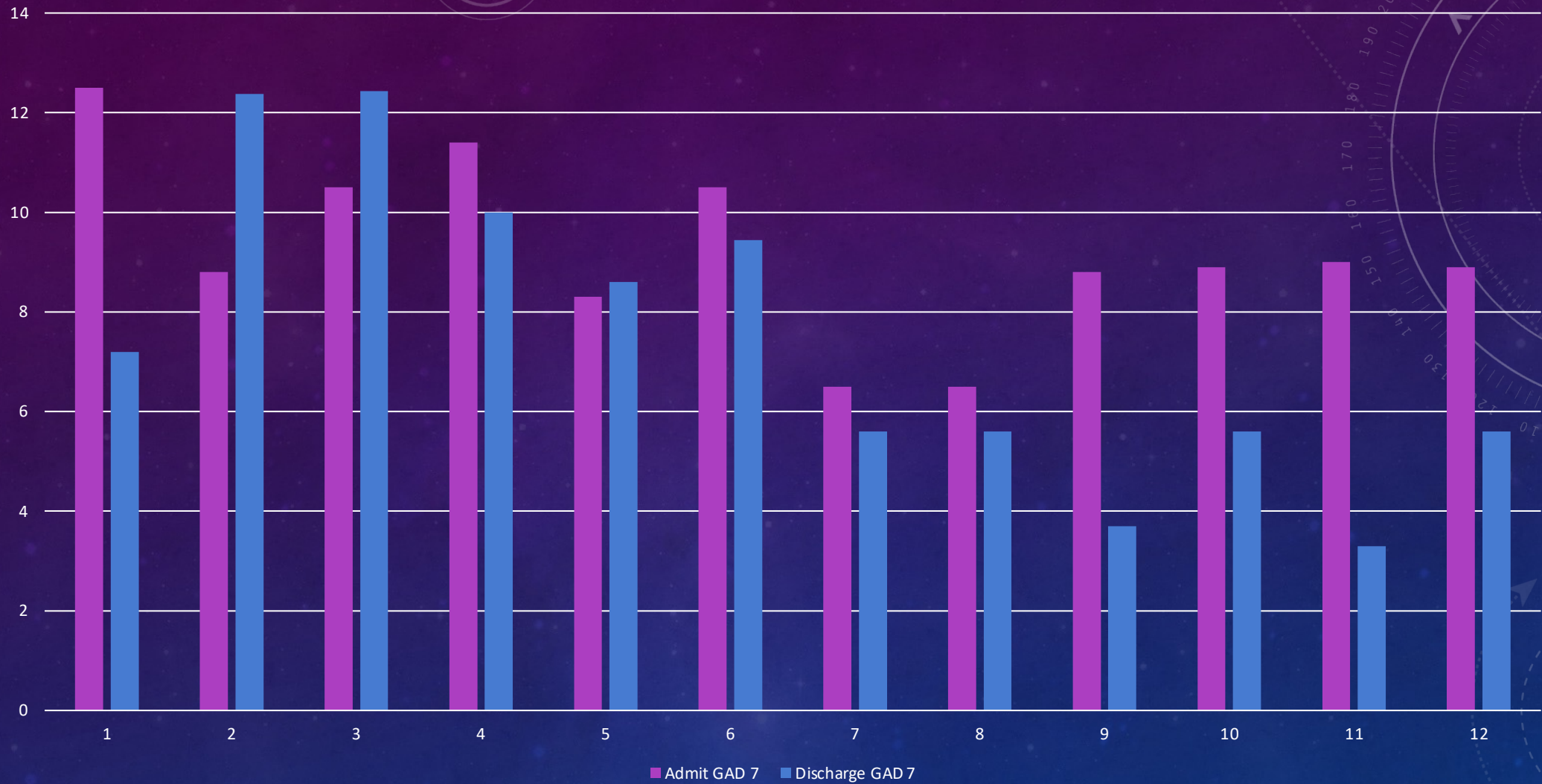


# ADMIT VS DISCHARGE SCORE FOR PHQ-9

GAD-7







# ADMIT VS DISCHARGE SCORE FOR GAD-7

# SUMMARY / PLAN OF ACTION:

- 1. Initial Assessment and Goal Setting**
- 2. Individualized Treatment Plans**
- 3. Regular Monitoring and Feedback**
- 4. Multi-disciplinary Collaboration**
- 5. Patient and Family Education**
- 6. Transition and Follow-Up Care**
- 7. Quality Improvement Initiatives**



# SUMMARY / PLAN OF ACTION:

## **Conclusion:**

- Implementing this plan of action aims to reduce GAD-7 and PHQ-9 scores by discharge, indicating improved anxiety and depression symptoms. Regular assessment, individualized treatment, collaboration among healthcare providers, patient education, and continuity of care are key components to achieving these goals and promoting overall mental health and well-being.



