

MDS Tip Sheets: DEPRESSION

This tip sheet provides information about the Resident Assessment Instrument (RAI) Minimum Data Set (MDS) 2.0, Care Planning, and the WRHA computer system in use by Winnipeg's Long Term Care (LTC) facilities.

Identifying Depression

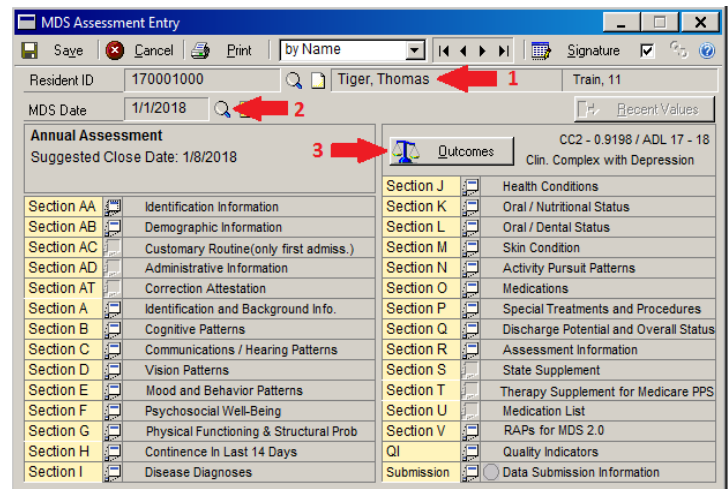
Depression exerts severe effects in elderly people, including physical and psychological symptoms, and social functioning disorders.¹ Identifying residents with depression is important as research indicates that residents with depression have a lower quality of life and suffer from adverse outcomes. Additionally, residents who have previously fallen are at increased risk of experiencing recurrent falls when symptoms of depression are present.² As such it is imperative that decisions regarding care and treatment include interventions intended to alleviate depression when symptoms of depression are identified.

Reviewing the DRS in Care Manager

The MDS computer system has the ability to identify residents who may be depressed. The DRS score of a resident is available for review after the RAI-MDS assessment has been entered into the computer system.

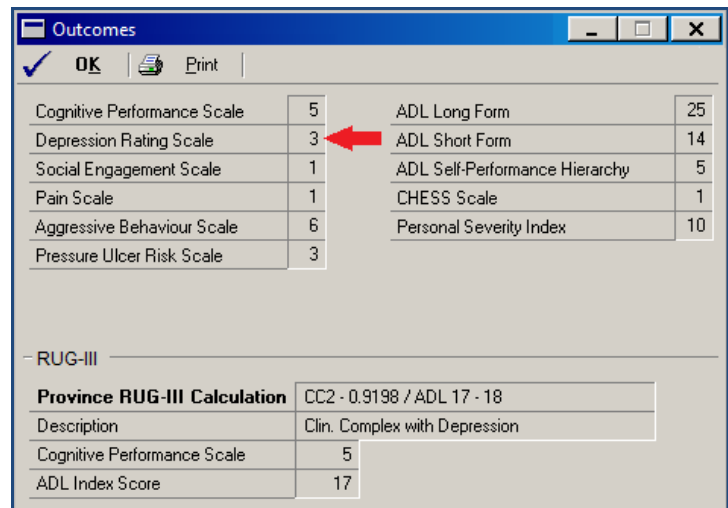
Steps to review:

1. Identify the resident of interest
2. Select a completed assessment
3. Click the 'Outcomes' button from within MDS.



Upon clicking on the 'Outcomes' button, the system will calculate each of the resident's RAI-MDS Outcome Scale scores from the previously identified MDS assessment. The DRS is one of nine (9) outcome scale scores available for review.

“Reviewing the results of a single MDS assessment is like looking at photograph. Reviewing the results of multiple MDS assessments is like watching a movie.”



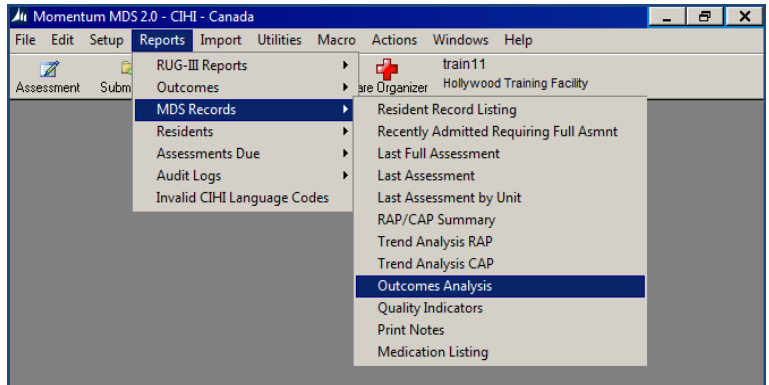
References:

1. Ya Lie Ku, Li-Yu Chung (2017) *Integrated Literature Review of Depression in Elderly People. J Gerontol Geriatr Res* 2017, 6:4
2. Launay C, De DeCker L, Annweiler L, Kabeshova A, Fantino B, et al. (2013) *Association of depressive symptoms with recurrent falls: A cross-section elderly population based study and a systematic review. J Nutr Health Aging* 17: 152-157.

Identifying Depression Continued....

When caring for residents with depression, it is important to periodically assess the effectiveness of interventions and treatments to determine if the desired outcome is being achieved. The Care Manager MDS system provides a report that enables staff to review how the condition of a resident changes over time.

The 'Outcome Analysis Report' provides the ability to see if a resident's depression is improving, worsening, or remaining the same. To view the report, log into the Care Manager MDS system and select the report from the drop down menu. When prompted choose to display the report 'to your screen' or 'send to a printer'.



Date/Time: 3/13/2018 / 3:31:17 PM Outcome Scales Analysis Report Page: 1
 User: train11

Resident ID: 170001000
 Resident Name: 170001000-Tiger,Thomas
 Health Card No.: 170001000

Report identifies how the Depression Rating Scale (DRS) has changed over time (eg. Change in score from 0 to 3 indicates resident's depression has worsened)

Assessment Reference Date	Assess Type	CPS	DRS	ISE	ADL Long Form	ADL Short Form	ADL Self Perf.	Pain Scale	CHESS Scale	ABS	PSI	PURS
3/7/2017	Full	4	0	0	25	13	5	0	1	0	9	3
6/19/2017	Full	4	0	1	25	13	5	1	1	0	9	3
7/1/2017	Full	4	0	1	20	11	3	1	1	0	9	2
10/1/2017	Full	5	3	1	25	14	5	1	1	6	10	3
1/1/2018	Full	5	3	1	25	14	5	1	1	6	10	3
4/3/2018	Full	5	3	1	25	14	5	1	1	6	10	3

This Sample of the 'Outcome Analysis Report' demonstrates how a resident's DRS score has changed over time.. In this example, the resident has displayed depressive symptoms for the last 9 months (Oct 1, 2017 thru Apr 3, 2018).

In consideration, nursing and clinical staff should follow-up to determine if something can be done to reduce or resolve the depression.

RAI MDS and Depression

The Resident Assessment Instrument (RAI) Depression Rating Scale (DRS) is used as a clinical screen for depression. The scale is derived from the answers to questions on the Minimum Data Set (MDS) resident assessment. The validity of the DRS has been verified though comparison with the Hamilton Depression Rating Scale and the Cornell Scale for Depression.

The DRS results in a numerical score ranging from 0 to 14. A higher score indicates a resident is displaying a greater number of mood related symptoms.

A resident with a DRS score of 3 or greater is indicative of a major or minor depressive disorder and should be investigated further.

Questions, Comments, Topic ideas?

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