

October is Depression Awareness Month

The month of October is designated National Depression Awareness Month. In primary care practices, 10-20% of patients are depressed. The cardinal symptoms of depression include low, sad, or depressed mood and/or loss of interest or pleasure in activities that were previously enjoyable. In addition, physical symptoms of depression include changes in appetite and weight, sleep disturbances, psychomotor activation or retardation, and fatigue. Patients may also have problems with concentration, memory, or decision-making; have thoughts of death or suicide; and have feelings of worthlessness, hopelessness, helplessness, and inappropriate guilt. As part of the depressive syndrome, functional impairment may present, particularly in work or school functioning, relationships with family or friends, or everyday social interactions. The World Health Organization (WHO), identifies depression as the fourth leading cause of disability worldwide, and is projected by the year 2020 to be the second most common cause of disability.

Where do these patients show up? Over 60% of patients with depression see a primary care physician in usual care. Risk factors of depression include personal and family history of depression, major life changes, trauma, or stress and physical illness and medications. Depression commonly occurs with chronic conditions such as heart disease, cancer, and diabetes, as well as before or after surgery. These conditions are often worse when depression is present. Depression that arises along with, or because of, medical conditions is called co-occurrence. When depression is recognized to co-occur with another condition, many of the steps an individual can take to address one of the two illnesses may actually help them manage both. Examples are:

- Getting regular exercise
- Getting enough sleep
- Following a proper nutrition plan
- Reducing or stopping the use of alcohol or drugs
- Building a social support network

Care Managers are in a unique position to collaborate with providers and team members to conduct depression screening and care for individuals who are diagnosed with depression. One of the ways depression can be uncovered is through routine screening. The U.S. Preventive Services Task Force recommends routine depression screening for all adults and adolescents, age 12-18. They further specify that screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. An evidence based tool for assessing depression is the PHQ – 9, <https://micmrc.org/system/files/11.7-PHQ9.pdf>. This instrument can be a powerful tool to assist clinicians with identifying individuals with depression and monitoring treatment response. It includes 9 questions, including a suicide risk question. For more information, please refer to <https://aims.uw.edu/resource-library/phq-9-depression-scale>.

As a first step, it is important to identify the current processes and work flows that your practice has in place to screen and treat depression.

Additional resources:

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/depression-in-children-and-adolescents-screening>

<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/depression-in-adults-screening>

Screening for Depression in Adults US Preventive Services Task Force Recommendation Statement, JAMA January 2016: <https://jamanetwork.com/journals/jama/fullarticle/2484345>

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

UPCOMING EVENTS



Click on the dates below to register for MiCMRC Complex Care Management Courses:

[November 12-15, 2018, Lansing](#)

[December 10-13, 2018, Lansing](#)

MiCMRC CARE MANAGEMENT EDUCATIONAL WEBINARS

Title: Conversations for Michigan Physician Orders for Scope of Treatment (MI-POST)

Date and Time: Wednesday, October 31st 2-3 pm

Presenter: Kate LeBeau, RN
Advance Care Planning Program Manager, Upper Peninsula Health Plan

Register [HERE](#)

Title: Depression and Primary Care

Date and Time: Wednesday, December 12th 2-3 pm

Presenter: Sarah Fraley, LMSW,
MiCMRC Project Manager

Register [HERE](#)

The Michigan Care Management Resource Center supports ambulatory practices statewide to implement and build upon Patient-Centered Medical Home (PCMH) and PCMH Neighborhood (PCMH-N) capabilities related to care management, population management, self-management support, and care coordination. MiCMRC provides foundational and longitudinal curriculum, tools and resources to assist practices with developing a sustainable, evidence-based clinical model for care management activities. Support for the Michigan Care Management Resource Center is provided by Blue Cross® Blue Shield® of Michigan as part of the BlueCross Value Partnerships program. Michigan Care Management Resource Center is not affiliated with or related to Blue Cross Blue Shield of Michigan nor Blue Cross Blue Shield Association .

In case you missed it

Nursing, Social Work, and CCMC continuing education opportunities. For more information visit www.micmrc.org/continuing-ed

MiCMRC Questions? For questions please [Contact Us](#)

Share Your Success Stories

Submitting your success story is as easy as clicking on the following link:

[Share Your Success Story](#)

For help submitting your success story contact us at <http://micmrc.org/contact-us>

MiCMRC – Looking for Your Feedback!

The Michigan Care Management Resource Center team is seeking your feedback regarding the MiCMRC website www.micmrc.org!

A new user friendly feature of the website makes it quick to share feedback. Please let us know about your experience using the website, including enhancement ideas. To provide feedback simply log into your Dashboard and look for the “Website Feedback” link located on the left hand side of every webpage.

For general feedback or questions please send to the MiCMRC Team mailbox: micmrc-requests@med.umich.edu



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Presenter: Kate LeBeau, RN

Advance Care Planning Program Manager, Upper Peninsula Health Plan

"This continuing nursing education activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)"

"Michigan Care Management Resource Center is an approved provider with the Michigan Social Work Continuing Education Collaborative". Approved Provider Number: MICEC 110216

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 1 CE contact hour(s).

Activity code: I00032995 Approval Number: 180002679

To claim these CEs, log into your CCMC Dashboard at www.ccmcertification.org

Register [HERE](#)

Title: Depression and Primary Care

Date and Time: Wednesday, December 12th 2-3 pm

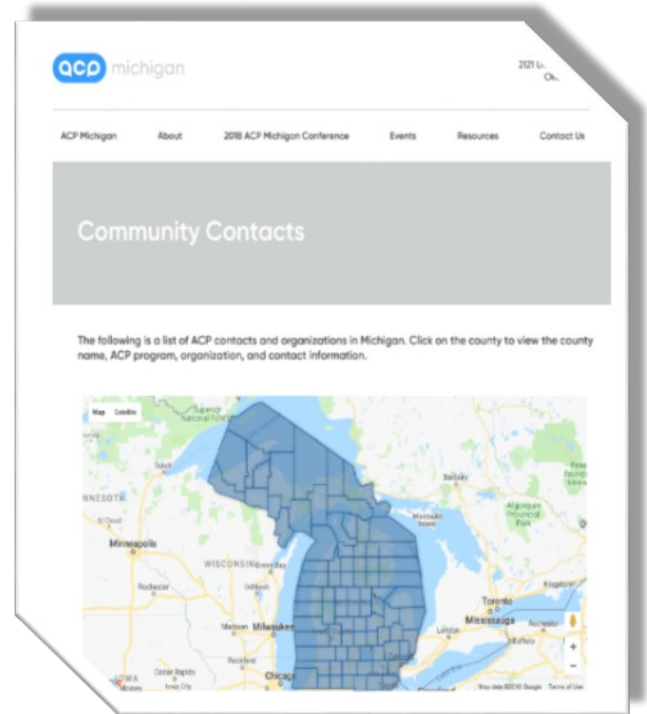
Presenter: Sarah Fraley, LMSW, MiCMRC Project Manager

Register [HERE](#)

For questions, please submit to micmrc-requests@med.umich.edu

ACP Michigan

A network of individuals and organizations working to provide and grow advance care planning services in their communities. ACP Michigan provides education and resources to support those working on ACP in their organizations and communities, including a listing of community and state-wide events and the ACP Michigan annual conference. In addition, ACP Michigan provides a list of ACP contacts and organizations in Michigan. Click on the county to reveal the county name, ACP program, organization, and contact information. For more information, [Click Here](#)



MiCMRC Approved Self-Management Support Courses and Resources Update

To access the list of the MiCMRC approved Self-Management Support courses, [click here](#). The list of MiCMRC approved Self-Management Support Courses provides a detailed summary of each course, with associated objectives, location, cost and more.

Additionally, MiCMRC has collected resources for Self-Management Support including: websites of interest, publications, tools, videos, and even patient materials. MiCMRC's "Self-Management Support Tools and Resources" document offers an at a glance list and summary of these resources, along with descriptions and website links for quick access. For "Self-Management Support Tools and Resources" [click here](#).

Both of these documents can also be accessed on the MiCMRC website home page <http://micmrc.org/>

MiCMRC Complex Care Management Course Registration

The MiCMRC Complex Care Management (CCM) course is designed to prepare the healthcare professional for the role of Complex Care Manager. Course content is applicable to all Care Managers in the ambulatory care setting, working with complex patients. For CCM Course details [click here](#)

Upcoming CCM course dates and course registration:

November 12-15 | Lansing | [REGISTER HERE](#) | Registration deadline: November 8, 2018

December 10-13 | Lansing | [REGISTER HERE](#) | Registration deadline: December 6, 2018

NOTES: If you have 15 or more Care Managers in your area and would like the MiCMRC team to provide a regional training at your location please submit your request to: micmrc-ccm-course@med.umich.edu

For questions please contact : micmrc-ccm-course@med.umich.edu

Michigan Physician Orders for Scope of Treatment (MI-POST) - Educational Opportunities

According to www.acpmich.org website, “Public Act 154 was signed by Michigan’s Governor in November 2017. This law establishes the use of Physician Orders for Scope of Treatment in Michigan.”

MI-POST

A medical order designed to improve end-of-life care by converting patients’ treatment decisions into medical orders that are transferable throughout the healthcare system.

- Is a standard of care for communicating the scope of treatment decisions
- For frail elders or others whose death in the next 12 months would not be surprising.
- Is always voluntary
- Form follows the patient

MI-POST Goals:

- To create a specific written plan to document medical treatment decisions and ensure they are honored by healthcare providers throughout the continuum of care.
- Discussions are focused on assisting the individual, or the designated Patient Representative, in making the following healthcare decisions:
 - CPR
 - goals of care for cardiopulmonary failure, including hospitalization
 - artificial nutrition and hydration
 - comfort care options
 - other types of treatment desired

MI-POST and Advance Directives:

MI-POST and Advance Directives serve different purposes. According to the newly established law, an appropriately executed MI-POST form, as a medical order, stands over the hypothetical advance directive document when it comes to medical treatment decisions. The purpose of an advance directive is to:

- Name a Patient Advocate, to communicate the individual’s treatment decisions in the event he/she cannot. This is the legal portion of the document, called the Designation of Patient Advocate form.
- Communicate to the Patient Advocate wishes for future healthcare and other related wishes, in a non-legally binding portion referred to as a living will portion.
- An activated Patient Advocate, as a legal decision-maker, can communicate medical decisions that result in the completion of a MI-POST or changes to an existing MI-POST.

The Michigan Department of Health and Human Services is currently working with an advisory committee to finalize the MI-POST form and recommended rules to its use. The form is not yet readily available across the state.

Resources to learn about MI-POST:

The Michigan Care Management Resource Center (MiCMRC) hosted an educational webinar on June 13, 2018 titled “Michigan Physicians for Order Scope of Treatment (MI-POST) 101”. To view the recorded webinar, click here: <http://micmrc.org/webinars>

Upcoming Webinar: “Conversations for MI-POST”, October 31, 2018 2pm-3pm

Presenter: Kate LeBeau, RN, Advance Care Planning Program Manager, Upper Peninsula Health Plan

Registration: <http://micmrc.org/webinars>

For further information on MI-POST refer to www.acpmich.org

Provider Delivered Care Management (PDCM)
Blue Distinction Total Care (BDTC)
High Intensity Care Model (HICM)

Monthly Billing Q & A Sessions

On a monthly basis, Blue Cross Blue Shield of Michigan will conduct a question and answer session via WebEx relating to questions you may have after you've completed the online Billing/Coding course regarding these programs. They are scheduled for the first Thursday of each month from 12:00 – 1:00 for 2018. Below is the 2018 scheduled question and answer sessions.

Please do not ask specific questions about claims. If you have an issue, you should contact your provider consultant for assistance or you can submit an inquiry to valuepartnerships@bcbsm.com. For additional billing resources visit <http://micmrc.org/training/care-management-billing-resources>

Below are the dates and WebEx information to join the conference call.

Barbara Brady invites you to an online meeting using WebEx.

To join this meeting (Now from mobile devices!)

1. Go to <https://bcbsm.webex.com/bcbsm/j.php?MTID=m4b96f6a21bf31261e0162488e206e731>
2. If requested, enter your name and email address.
3. If a password is required, enter the meeting password: pgip
4. Click "Join".
5. Follow the instructions that appear on your screen.

Teleconference information

1. Please call one of the following numbers:
Toll-Free: 1-800-4625837
Local: 1-313-2254000
2. Follow the instructions that you hear on the phone.
Your Cisco Unified MeetingPlace meeting ID: 735 921 157

To join this meeting from bcbsm.webex.com

Meeting Number: 735 921 157
Meeting Password: pgip
<https://www.webex.com>

October 4th
November 1st
December 6th