Treating Patients with Major Depressive Disorder in Primary Care

Aetna Better Health has adopted the MacArthur Foundation’s Depression Management Tool Kit. You can find the text of this guideline, as well as other useful tools, on line under “Resources For Clinicians” at:
http://www.depression-primarycare.org/

As an addendum to the MacArthur Foundation’s Depression Management Tool Kit, the following guidelines for effective antidepressant management have been adopted based on the Healthcare Effectiveness Data and Information Set (HEDIS).

- **Effective Acute Phase Treatment**
  Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug during the entire 84-day (12 week) Acute Treatment Phase.

- **Effective Continuation Phase Treatment**
  Patients 18 years of age and older diagnosed with a new episode of depression and treated with antidepressant medication should remain on an antidepressant drug for 180 days (6 months).

More information and resources for your patient are available on line at:
http://familydoctor.org/online/famdocen/home/common/mentalhealth/depression/046.html