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PHQ-9, but in Spanish

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Calderon, Jose, "PHQ-9, but in Spanish" (2020). *Family Medicine Clerkship Student Projects*. 587.
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The PHQ-9, but in Spanish

Newtown Primary Care Clinic

Jose Calderon

Family Medicine, November 2020





Problem Identification and Need

▶ **Newtown Primary Care Clinic:**

- ▶ My second week of the rotation I met a 56 y/o Spanish speaking patient who recently immigrated from Ecuador presenting to the clinic to review labs and discuss her newly diagnosis of pre-diabetes. She was accompanied by her son as a translator, but I quickly and respectfully intervened once translation was not accurate. At the end of the visit, she asked me if I had any suggestions for her lack of sleep. My preceptor was already seeing the next patient, so I sat down with her and did an HPI on her sleep. I quickly learned that she had recently lost her mom, was going through marital issues, and when probed for suicidal ideation she did admit to thoughts of not wanting to live anymore; at the end of my interview I realized she met the criteria for depression.
- ▶ I questioned the staff about availability of the Spanish version PHQ-9, a depression questionnaire. Many did not know where it was located. I also noticed that the one being used was an outdated and less user-friendly version of the form.

Public Health Cost

Table 3. Personal Health Care Spending in the United States by Condition for 2013

Rank ^a	Condition	Assigned Aggregated Condition Category	2013 Spending (Billions of Dollars), \$
	All conditions		2100.1
1	Diabetes mellitus	Diabetes, urogenital, blood, and endocrine diseases	101.4
2	Ischemic heart disease	Cardiovascular diseases	88.1
3	Low back and neck pain	Musculoskeletal disorders	87.6
4	Treatment of hypertension	Treatment of risk factors	83.9
5	Falls	Injuries	76.3
6	Depressive disorders	Mental and substance abuse disorders	71.1
7	Oral disorders ^b	Other noncommunicable diseases	66.4
8	Sense organ diseases ^c	Other noncommunicable diseases	59.0
9	Skin and subcutaneous diseases ^d	Other noncommunicable diseases	55.7
10	Pregnancy and postpartum care ^e	Well care	55.6

- A chart from 2013 showcasing personal health care spending ranked depression the 6th most expensive condition with roughly \$71 billion dollars spent [2]
- 18.3% of the U.S. Population is estimated to be Latino or Hispanic [3]. Of those, around 16% reported having a mental illness in the past year [4], totaling to over 10 million people.
- Mental health disparities include the low rate of depression treatment, as 36% percent of Latinos with depression receive treatment versus 60% of non-Latino whites [1]



Community Perspective and Support for Project

- ▶ ***When asked if language is a barrier when engaging with a Spanish speaking patient about mental health, clinical leaders said:***
 - ▶ “Absolutely. The fact that I cannot speak with them in their native language does impact what is conveyed in the visit; any misinterpretation of my questions/their answers. They need to feel comfortable about communicating their concerns and be confident I can understand these concerns and what they mean to the patient” –Dr. Chang, Physician at Newtown Primary Care Clinic
- ▶ ***When asked if they would consider an updated Spanish version of the PHQ-9 to be helpful in their practice, clinical leaders said:***
 - ▶ “Yes, there are certain English words or terms that are difficult to understand and vice versa. Proper translation would help the provider to understand how Spanish speaking patients are feeling” –Nya Rossi, PA-C at Newtown Primary Care clinic
 - ▶ “Yes, absolutely. Anything that may help accurate communication would be helpful. I do not feel that I've done a thorough or adequate job on many occasions and have to bring them back for additional visits” –Dr. Chang, Physician at Newtown Primary Care Clinic

Intervention and Methodology

1. Searched for updated and accurate version of Spanish PHQ-9
2. Discussed protocol of screening with staff.
3. Had an individual and group meeting with staff members, including MAs, Nurses, PAs, NPs, and Physicians about the importance of identifying Spanish speaking patients that may benefit from the form.
4. Printed many copies and made the form widely available to the entire clinic; an identified issue in the past.

CUESTIONARIO SOBRE LA SALUD DEL PACIENTE-9 (PHQ-9)

Durante las <u>últimas 2 semanas</u> , ¿qué tan seguido ha tenido molestias debido a los siguientes problemas? (Marque con un " " para indicar su respuesta)	Ningún día	Varios días	Más de la mitad de los días	Casi todos los días
1. Poco interés o placer en hacer cosas	0	1	2	3
2. Se ha sentido decaído(a), deprimido(a) o sin esperanzas	0	1	2	3
3. Ha tenido dificultad para quedarse o permanecer dormido(a), o ha dormido demasiado	0	1	2	3
4. Se ha sentido cansado(a) o con poca energía	0	1	2	3
5. Sin apetito o ha comido en exceso	0	1	2	3
6. Se ha sentido mal con usted mismo(a) – o que es un fracaso o que ha quedado mal con usted mismo(a) o con su familia	0	1	2	3
7. Ha tenido dificultad para concentrarse en ciertas actividades, tales como leer el periódico o ver la televisión	0	1	2	3
8. ¿Se ha movido o hablado tan lento que otras personas podrían haberlo notado? o lo contrario – muy inquieto(a) o agitado(a) que ha estado moviéndose mucho más de lo normal	0	1	2	3
9. Pensamientos de que estaría mejor muerto(a) o de lastimarse de alguna manera	0	1	2	3

FOR OFFICE CODING 0 + _____ + _____ + _____
 =Total Score: _____

Si marcó cualquiera de los problemas, ¿qué tanta dificultad le han dado estos problemas para hacer su trabajo, encargarse de las tareas del hogar, o llevarse bien con otras personas?

No ha sido difícil	Un poco difícil	Muy difícil	Extremadamente difícil
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Elaborado por los doctores Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke y colegas, mediante una subvención educativa otorgada por Pfizer Inc. No se requiere permiso para reproducir, traducir, presentar o distribuir.



Results/Response data

- ▶ Qualitative:

- ▶ From limited observation, staff was responsive to the updated form. The entire staff knew where the form was located and accessed it when necessary.
- ▶ When I was present in the clinic, staff was comfortable enough to ask me questions about the form itself and would introduce me to the patient if the screening was flagged and scored for depression.
- ▶ Increased implementation of the form made the therapist on site (who also speaks Spanish) make necessary adjustments to the possible increase in Spanish speaking patients seeking treatment.



Evaluation of Effectiveness and Limitations

- ▶ Effectiveness

- ▶ Quantify the amount of Spanish speaking patients that have filled out form, regardless of score.
- ▶ Of those that did meet depression criteria, were they properly treated or referred to the on-site therapist.

- ▶ Limitations

- ▶ Demographically speaking, the Spanish speaking population in Newtown, CT is limited.
- ▶ Due to Covid-19, many visits were via telehealth thus limiting distribution of the PHQ-9 form.
- ▶ Family Medicine rotation was compressed due to Covid-19 and thanksgiving break.



Recommendations for future intervention/projects

- ▶ The focus of this project was on depression. Perhaps the inclusion and implementation of a Spanish GAD screening form may be beneficial.
- ▶ Would be good to track the amount of patients who filled out the form, flagged for depression, and eventually received the necessary treatment. This way we know the awareness of the form by staff was beneficial to the clinic.



References



1. Alegría, Margarita, Pinka Chatterji, Kenneth Wells, Zhun Cao, Chih-Nan Chen, David Takeuchi, James Jackson, and Xiao-Li Meng. "Disparity in Depression Treatment among Racial and Ethnic Minority Populations in the United States." *Psychiatric Services (Washington, D.C.)* 59.11 (2008): 1264-1272. Web.
2. Dieleman JL, Baral R, Birger M, et al. US Spending on Personal Health Care and Public Health, 1996-2013. *JAMA*. 2016;316(24):2627–2646. doi:10.1001/jama.2016.16885
3. US Census Bureau. (2015). Projections of the Size and Composition of the U.S. Population: 2014-2060
4. SAMHSA. 2018 National Survey on Drug Use and Health (NSDUH): Hispanics, Latino, or Spanish Origin or Descent.

Interview Consent

Thank you for agreeing to be interviewed. This project is a requirement for the Family Medicine clerkship. It will be stored on the Dana Library ScholarWorks website. Your name will be attached to your interview and you may be cited directly or indirectly in subsequent unpublished or published work. The interviewer affirms that he/she has explained the nature and purpose of this project. The interviewee affirms that he/she has consented to this interview.

Consented _____
Name: Eurica Chang, MD
Name: Nya Rossi, PA-C