Disclaimer

The Mental Health Metrics for GAD-7, PHQ-9, and lab values will require installation set-up prior to the form's use during a point-of-care patient visit.

This process could take anywhere from 45 to 60 minutes to complete, and support from one of the change management specialists at Amplify Care (formerly the eHealth Centre of Excellence) supporting the Evidence2Practice Ontario (E2P) program is advised.

Please email EMRtools@amplifycare.com to schedule a time – we look forward to assisting you!

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Introduction

EMR tools from the Evidence2Practice Ontario (E2P) program are comprised of condition-specific modules (scalable to multiple conditions) based on the core clinical functions of quality standards: Clinical Assessment, Medication, Management, and Patient Resources. The tools have been developed to support clinicians in the diagnosis, assessment, treatment, and/or management of patients.

The E2P anxiety disorders and depression EMR tool has been designed to support clinicians with early identification, comprehensive assessment, and timely diagnostic clarifications, using digitally embedded validated tools for anxiety disorders and depression in adults (age 18 years and older). This guide provides a walk-through of the tool and highlights key functionalities.

Background/Summary

The E2P anxiety disorders and depression EMR tool engages a modular approach format to assist primary care providers with capturing critical information during a mental health encounter. The tool helps to standardize documentation and supports clinical best practices by enabling clinicians to gather, document and reference mental health metrics more efficiently at the point of care.

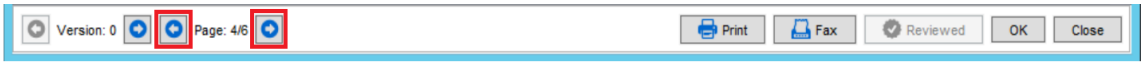
Anxiety disorders and depression diagnoses are based on a clinical assessment combined with appropriate testing that either supports or rules out its presence. There is no single test that confirms the presence of a mental health disorder. Formulating a diagnosis as soon as possible facilitates rapid symptom management and may help avoid hospitalization.

Purpose of the Tool

Our objective was to create an EMR-integrated tool that supports clinicians in the screening and management of mental health. The E2P anxiety disorders and depression tool for Accuro QHR EMR supports a more comprehensive picture of the patient's mental health condition, treatment goals, and potential risk for suicide – thereby ensuring that a safety plan for the patient is created where appropriate.

Using the Anxiety Disorders and Depression in Accuro QHR

Navigating to the modules within the tool:



To go to the different modules, use the left and right page arrows.

Page 1 – Assessment Module

Page 2 – PHQ-9

Page 3 – GAD-7

Page 4 – Management Plan Module

Page 5 – Medication Module

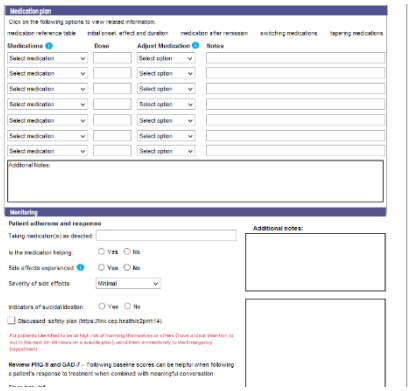
Page 6 – Patient Resources Module

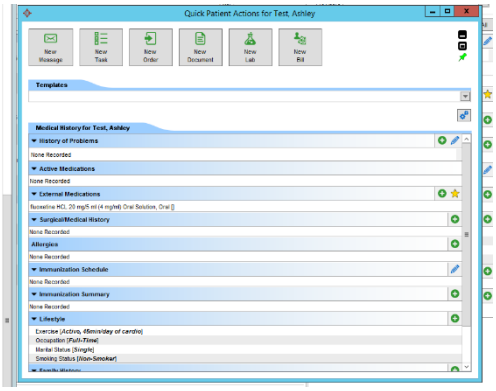
Pull from previous:

After the tool has been completed in a prior visit, clicking this button will pull all data for each section in the form. Currently, it doesn't support a "reset" or clear function so users will have to manually clear each section they wish to update/edit.

***Keyboard - Tip to support efficient workflow ***

Accuro has shortcut keys ("ctrl + F10") for "quick patient actions " that can help clinicians access their EMR bands that they would be normally using for prescribing meds, documenting problems, booking appts. etc.) while also keeping the E2P Anxiety Disorders & Depression tool open.





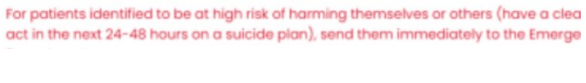
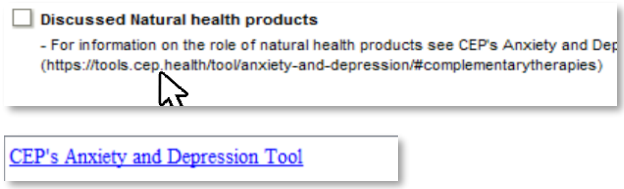
*Not all users prefer having two views like this but it's an option to leverage if desired.

Features:

- 12 of 12 quality statements for people with an anxiety disorder embedded within the tool
- 12 of 12 quality statements for people with major depression embedded within the tool
- Update the suspected mental health condition(s)
- View Metrics for PHQ-9 and GAD-7
- Review lab tests and values

Getting Started with the Anxiety Disorders and Depression Tool

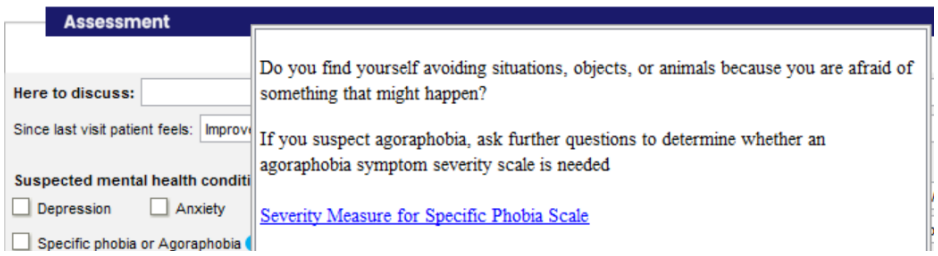
The tool was designed to include decision-support throughout the tool and has implemented tooltips to also help inform quality standard information.

Blue "i" icons – indicate tool-tip text.	
Red text – indicates warning/high-priority information pertaining to patients at high risk of harming themselves or others.	
Checkboxes with website links or (links within brackets) – Clicking on the link will open a tooltip with the hyperlink that will open in a new window.	

Updating the Diagnosis

The tool features 5 Mental Health Conditions that may affect the patient, any one or more can be selected. As well as one checkbox for special populations is available as an additional consideration for clinicians when completing the tool if applicable. The following are the conditions that can also include easy-to-use shortened questionnaires and links to their respective scales (e.g., Severity Measure for Specific Phobia Scale, etc.) for patients suspected of having anxiety.

- Depression
- Anxiety
- Social Anxiety Disorder
- Panic Disorder
- Specific phobia or agoraphobia
- Special Populations (e.g., older adults, pregnant)



Launching Clinical Modules

The components related to the provision of care for anxiety disorders and depression have been broken into 4 modules, allowing for flexibility. By no means does this require all 4 modules to be completed during a visit but allows you to navigate to a module of your choosing that you would like to focus on for the encounter.

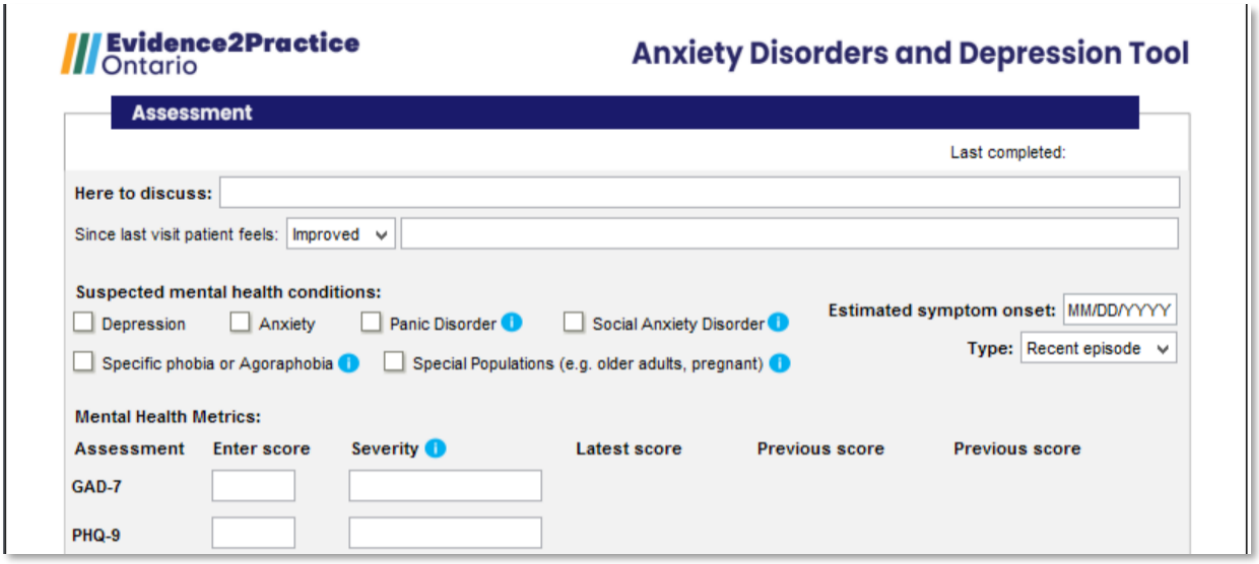
Assessment Module

This tool provides multiple ways to enter the GAD-7 and PHQ-9 Metrics:

- Users have the ability to **enter the score in the textboxes** shown above: this would be in the case that the patients are emailed/given an assessment to do on their own and clinicians could enter the scores directly in this area.
- Users also have the ability to **complete the assessment(s)** during the visit by visiting **pg. 2 and/or pg. 3** within the tool and after it is submitted, the score would get pulled into this module (pg.1) under the **"Latest score"** area.

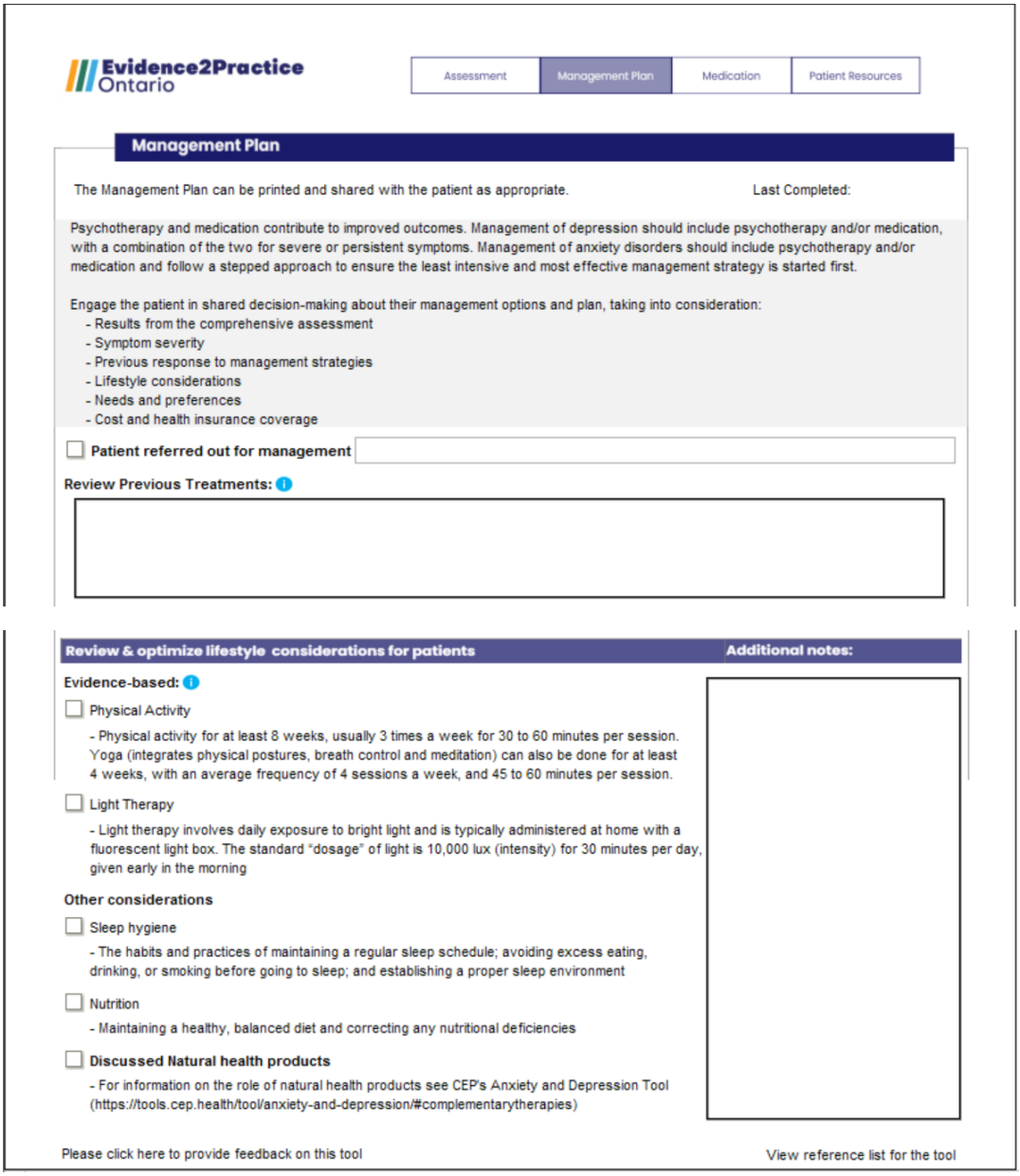
The Mental Health Metrics for GAD-7 and PHQ-9 do require installation set-up prior to the form's use in a live patient visit. This process could take anywhere from 45 to 60 minutes to complete.

The Lab Results requires installation set-up prior to the form's use in a live patient visit. This process could take anywhere from 45 to 60 minutes to complete, and we are here to support you: please email EMRtools@amplifycare.com.



Management Module

The management section offers the opportunity for clinicians to document that information has been provided to the patient pertaining to psychotherapy, lifestyle considerations, natural health products and management of anxiety disorders and/or depression with the overall goal of improving patient engagement and enhancing their ability to make decisions about their care.

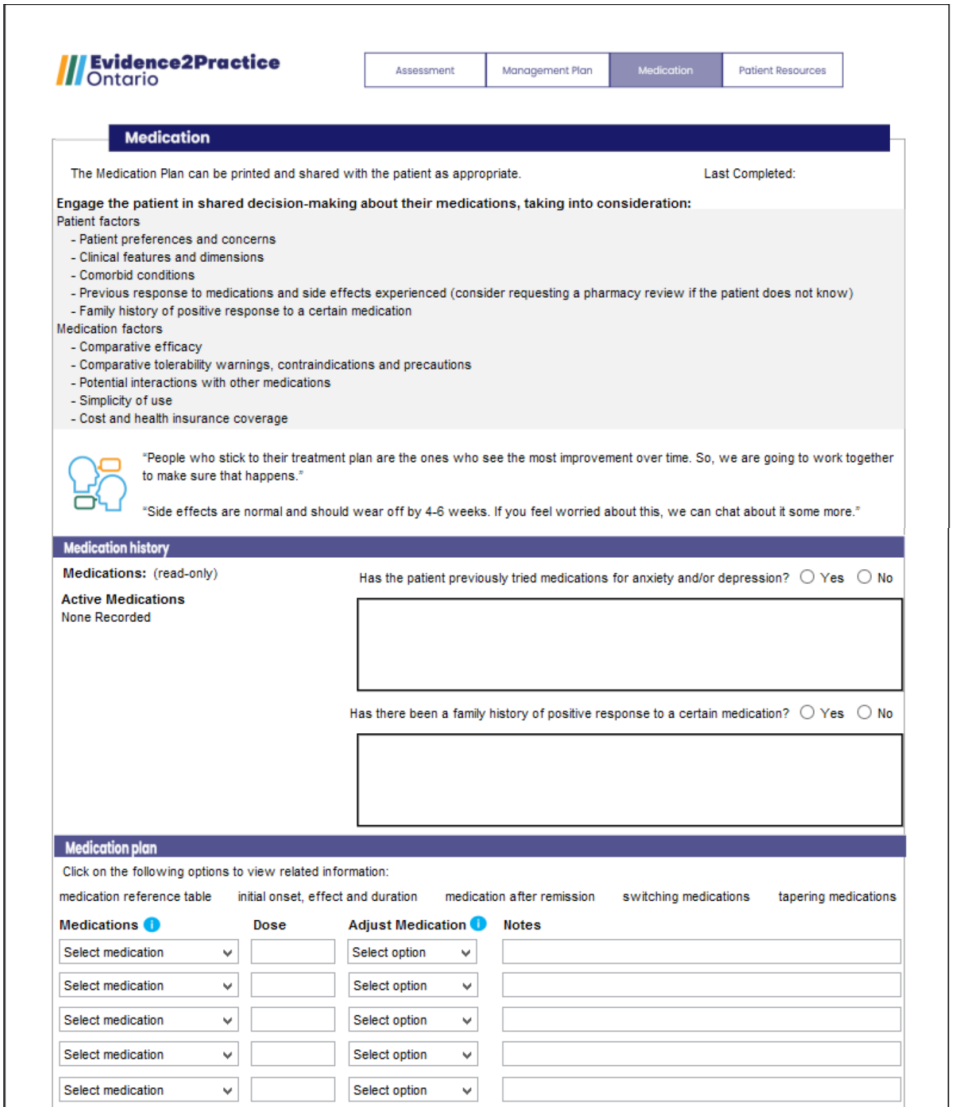


Medication Module

The purpose of the medication module is to create and document medication management plans based on the latest best practice guidelines for anxiety disorders and major depression. The intended use enables the ability to have this module shared with the patient.

The 3 main elements of this plan are medication history, plan, as well as monitoring all while emphasising the focus on considering patient and medication factors when initiating treatment throughout the tool. We've included Dropdown medication lists that can be used to select the name-specific medication you wish to prescribe. Additionally, dropdowns and text boxes for the quantity and direction make it easy for documentation purposes.

*This module is strictly for planning and documentation purposes and prescribing medications will still need to follow the usual workflow in Accuro by opening the built-in medications window.

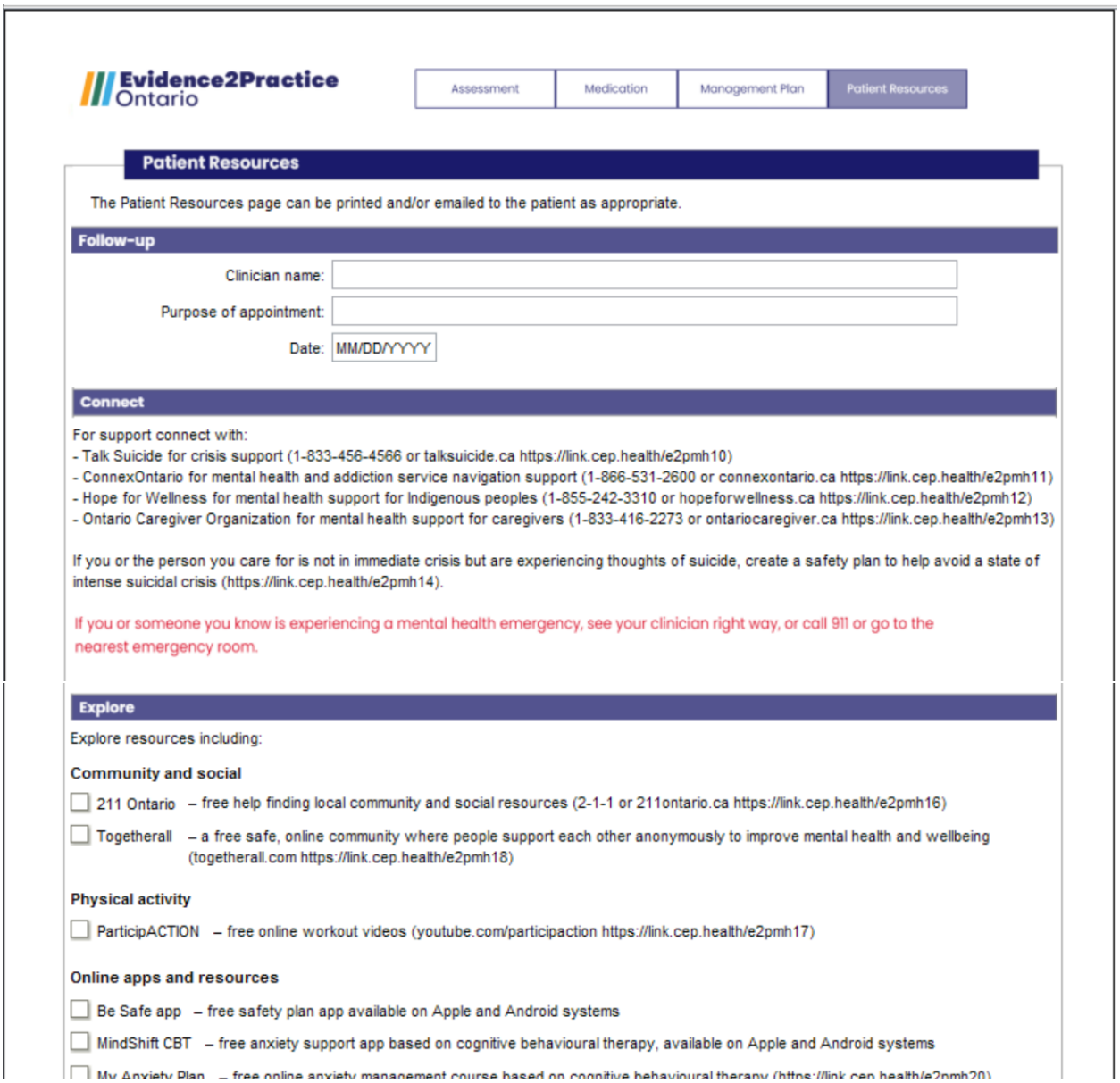


Patient Resources Module

The purpose of the first section is meant to be used to assist in planning the next or follow-up visit with the patient, giving you the option to set the next appointment date as well as plan the purpose of the appointment.

The patient resources section contains a collection of curated resources for your patient to connect with, explore, and learn.

Clicking on the link will open the resource's hyperlink. Selecting the checkbox document which resources were given to the patient during this visit.

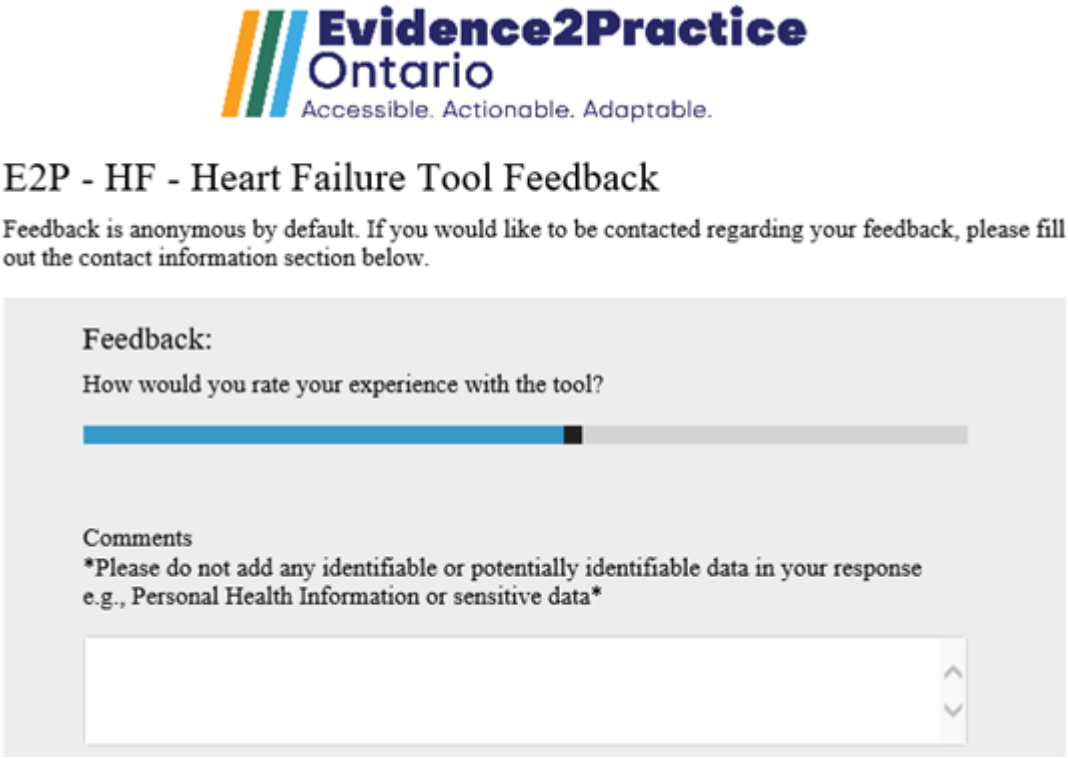


Feedback

Included in the tool is a link to provide feedback which allows users to submit their thoughts and communicate any issues they've encountered or any areas they wish to see added to the tool. This section allows you to submit feedback anonymously or allows you to add your email address and name if you wish to be contacted.

The links can be found at the bottom of pages: 1, 4, and 5. It will look like this:

Please click here to provide feedback on this tool



Overview of Usage Analytics

Please visit our website to review our overview of usage analytics.

E2P brings together multi-disciplinary, cross-sector expertise under the joint leadership of the Centre for Effective Practice, Amplify Care, and North York General Hospital. Funding and strategic guidance for E2P is provided by Ontario Health in support of Ontario's Digital First for Health Strategy.

Appendix

Quality Standards for Anxiety Disorders

Quality standards address care for adults who have anxiety disorders or major depression, including the assessment and diagnosis of people who are suspected of having a mental health disorder. It applies to community settings, including primary care, specialist care, home care, hospital outpatient clinics, and long-term care:

1. Identification (Clinical Assessment Module)
2. Comprehensive Assessment
3. Support for Family (Management Plan Module)
4. Stepped-Care Approach (Medication Plan Module)
5. Self-Help (Management Module)
6. Cognitive Behavioural Therapy
7. Pharmacological Treatment (Medication Module)
8. Monitoring
9. Support During Initial Treatment Response
10. Specialized Expertise in Anxiety Disorders (Care Plan Module)
11. Relapse Prevention (Management Module)
12. Transitions in Care

Quality Standards for Major Depression

1. Comprehensive Assessment (Clinical Assessment Module)
2. Suicide Risk Assessment and Intervention
3. Shared Decision-Making
4. Treatment After Initial Diagnosis (Medication Plan Module)
5. Adjunct Therapies and Self-Management
6. Monitoring for Treatment Adherence and Response
7. Optimizing, Switching, or Adding Therapies
8. Continuation of Antidepressant Medication
9. Electroconvulsive Therapy (Management Plan Module)
10. Assessment and Treatment for Recurrent Episodes
11. Education and Support (Care Plan Module)
12. Transitions in Care