

Altru FMR Chart Review  
Quality Assurance Study  
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June 26, 2007  
Revisited November 13, 2008

# Depression

- Ranked 4th in disability- adjusted life years - Global Burden of Disease Study by WHO (Projected #2 by 2020)
- Lost productivity in US \$83 billion annually
- 6%- 8% of all outpatients in primary care setting
- 15% of population experience MDD at some point in their life

## InfoPOEM ~ Basis for Study

Study: University of Texas study of exercise treatment for depression, Am. J. Prev. Med. 2005;28:18

Synopsis: aerobic exercise is an effective monotherapy for adults with mild to moderate MDD

Design/quality: Randomized controlled trial (single blinded), LOE = 1b (narrow confidence interval)

## Summary

- Males and females
- 20- 45 years old
- Mild to Moderate depression
  - Hamilton Rating Scale for Depression (HRSD )
- PHD aerobic exercise 3 5 days/week equally effective at 12 weeks as SSRI

# Altru FMR Chart Review 2007

Research Question: Is aerobic exercise being recommended as a treatment option for mild moderate depression in middle age patients?

## 100 charts reviewed

- Age 20- 45 years old
- Males and females
- Diagnosis of depression
- Evaluated at FMR
  - #1 4/2005 - 5/2007
  - #2 May 1 Sept. 30, 2008

## Conclusions - June, 2007

- Female:male ratio = 3:1
- Treatments Offered:
  - SSRI 93%
  - Other med. 2%
  - SSRI + exercise 1%
  - SSRI + counseling 1%
  - Counseling + exercise 1%

Is aerobic exercise being recommended as a treatment option for mild- moderate depression in middle age patients?

**Answer: No**

## \*New Study:

### **Exercise is Effective Therapy for Depression**

- ✦Thirty minutes of aerobic (moderate intensity) exercise
- ✦Three-five days each week
- ✦Depression improved to the same extent as medication therapy at 12 weeks



**Talk to your family physician for more information.**

*\* Study published in American Journal of Preventive Medicine, 2005.*

*\*Cited in U.S. News & World Report, August 6, 2007.*

2005 - 2008

**PubMed citation search** University of Texas study of exercise treatment for depression, Am. J. Prev. Med. 2005;28:1 8

### **Altru FMR Chart Review - 2008**

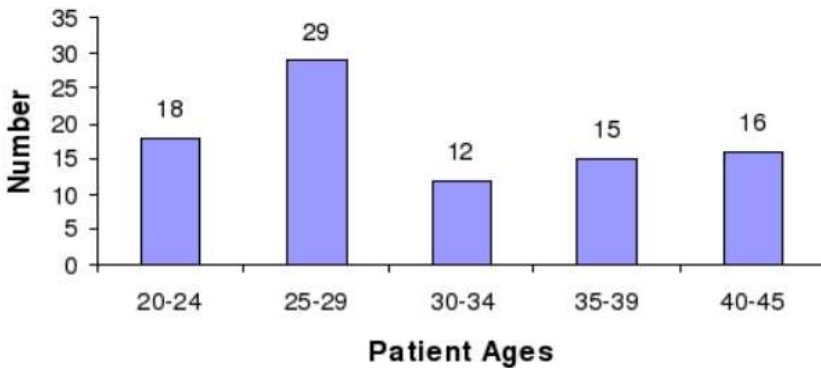
100 charts reviewed

90 included (10 excluded)

- Bipolar disorder - 2
- Previous psychiatric hospitalization - 1
- OCD, Eating disorder, mood disorder - 1
- Alcohol abuse - 1
- Severe depression/suicidal ideation/ Hx attempt - 3
- Fibromyalgia - 1

## **Altru FMR Chart Review - 2008**

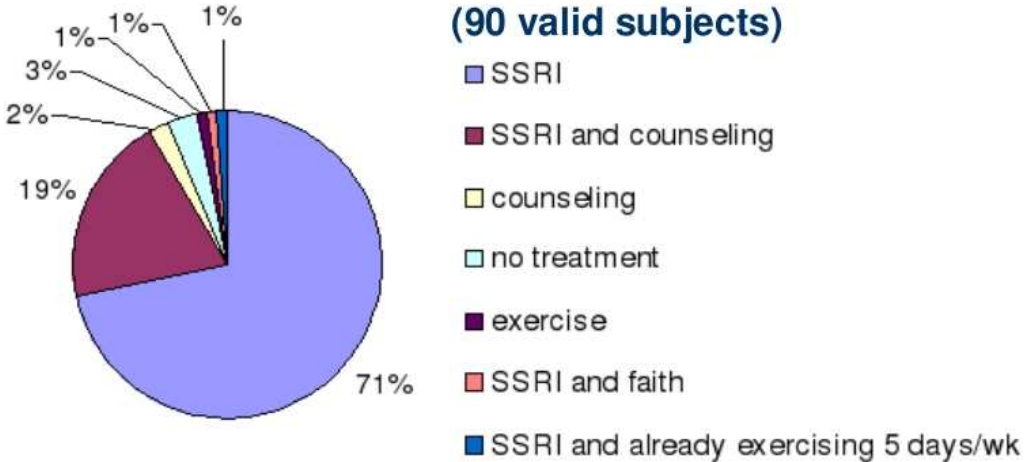
**Patients with Mild to Moderate MDD  
(90 valid subjects)**



Female:male ratio = 2:1

# Altru FMR Chart Review - 2008

## Treatments for Mild to Moderate MDD (90 valid subjects)



Is aerobic exercise being recommended as a treatment option for mild moderate depression in middle age patients?

**Answer: No**

### **WHY NOT?**

What are some of the barriers to aerobic exercise as treatment for mild- moderate depression?

**Reference:**

Blumenthal, JA, et al. Effects of Exercise Training on Older Patients With Major Depression. *Archives of Internal Medicine*, 1999;(159):2349 2356.

Dunn, AL, Trivedi, MH, Kampert, JB, Clark, CG, Chambliss, HO. Exercise Treatment for Depression: Efficacy and Dose Response. *American Journal of Preventive Medicine*, 2005;(28):1 8.

Kasper, DL, et al. *Harrison's Principles of Internal Medicine*, 16th ed., New York: McGraw Hill, 2005: 2552 2553.

Lyness, JM, Depression: Epidemiology and pathogenesis, <http://www.utdol.com/utd/content/topic.do?topicKey=psychiat/14> [1806&type=A&selectedTitle=9~195