Updated: June 2024*

This guide is the most recent version of the tool: **Version 1.1**.

As part of the Evidence2Practice Ontario (E2P) program, the eHealth Centre of Excellence is providing change management at no cost to support clinicians with the implementation and optimal use of E2P tools.

If you have any questions, please reach out to EMRtools@ehealthce.ca and we will be happy to help!

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Anxiety Disorders & Depression Tool v. 1.1 - User Guide

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 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 their 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 OSCAR Pro 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.

Release Notes

This is version 1.1 of the tool. Find the summary of the release notes here.

Using the Anxiety Disorders and Depression Tool in OSCAR Pro

Navigation Menu:

These modules are based on the core clinical functions of quality standards: Clinical Assessment, Medication, Management, and Patient Resources. Using this tool users can access up-to-date best evidence or access virtual and local supports for patient care. The components related to the provision of care for anxiety disorders and major depression have been broken into 4 modules, allowing for flexibility.

Features:

- Standardize data inputs captured to improve decision support within the tool as well as provide a means for evaluation
- 11 of 12 quality statements for people with an anxiety disorder embedded within the tool
- 11 of 12 quality statements for people with depression embedded within the tool

Summary Tabs:

From the Summary, the user can simultaneously:

- Update the suspected mental health condition
- Enables the flexibility to support patient encounter needs while also keeping the visit portion of the tool open
- View/update metrics for PHQ-9 and GAD-7
- Filter graphing results for the previous assessments
- Review lab tests and values and launch the lab requisition form
- Complete the patient's full history of stress or trauma

Updating the Diagnosis

The tool documents 5 Mental Health conditions that may affect the patient, any one or more can be selected. The following are the conditions that can also include easy-to-use shortened questionnaires for patients suspected of having anxiety.

- Depression
- Anxiety
- Social Anxiety Disorder
- Panic Disorder
- Specific phobia or agoraphobia

Getting Started with the Anxiety Disorders and Depression Tool

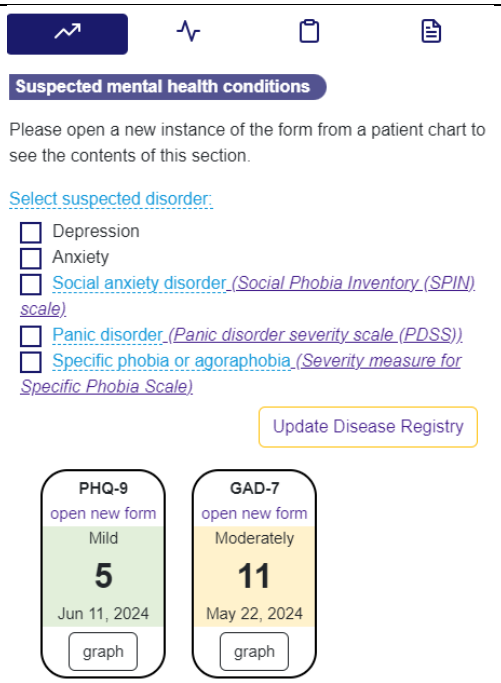
The tool was designed to include decision-support throughout the tool and has implemented tooltips, hover-overs, and pop-up windows to also help inform quality standard information.

Blue text with a dotted underline – indicates hover over text.	Panic disorder
Blue "i" icons – indicate hover over text.	
Blue text with a solid underline – indicates a hyperlink that will open in a new window.	safety plan
Bolded Purple text w/a solid underline – indicates an expand/ collapsible section. **Clicking this will open the section and clicking it while the section is opened will close it.**	(show details)
White buttons with a Yellow Outline – indicate a pop-up window. **Clicking this will open the pop-up window which will have a close button.**	Tapering medications
White buttons with a Blue Outline – indicate a separate window for an Oscar built-in service.	Open consultations

Patient Summary Dashboard

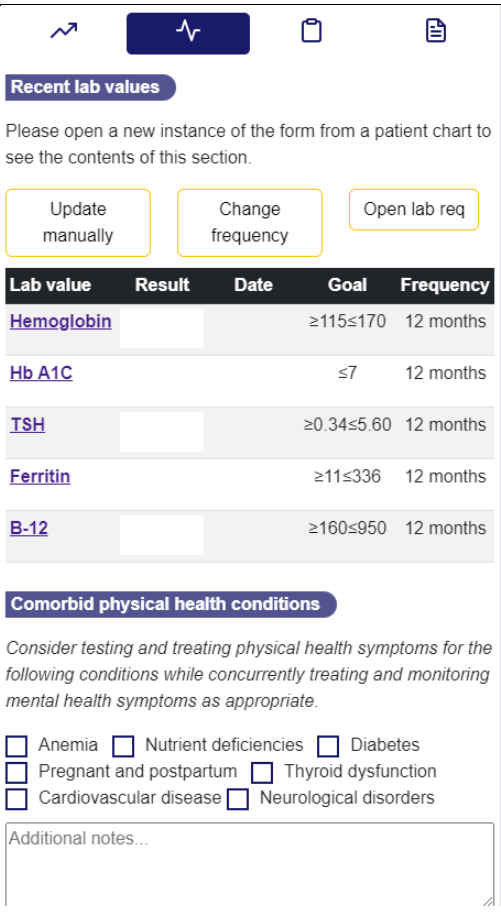
There are two distinct areas of the anxiety disorders & depression tool at the left we have our patient summary dashboard that includes metrics, lab results, history, and patient resources.

The patient summary dashboard can be referenced at any point during the visit to help inform clinical decision-making or support diagnosis. The main portion of the tool consists of the visit form.



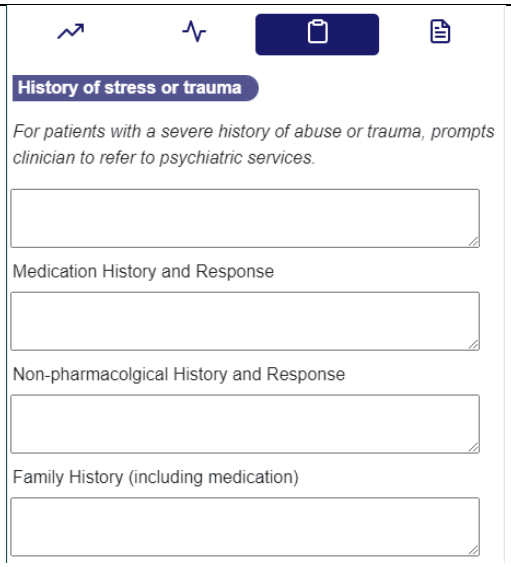
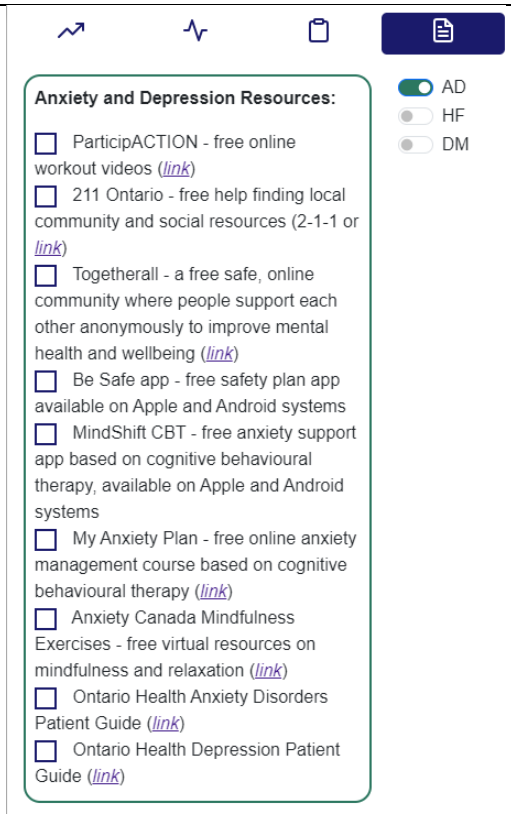
Metrics Tab:

- Screening questions related to the associated anxiety disorders appear when the mouse hovers over
- The PHQ-9 and GAD-7 forms can be launched from the metrics section.
- The score, severity level, date, as well as graph will be updated once the forms have been completed.
- Ability to update the disease registry directly within the tool



Labs Tab:

- The Lab results can now be updated manually, they also feature a graphing functionality for each Lab Test, as well as the relevant target ranges/frequencies
- Provides the ability to open the lab requisition form directly from the tool.
- Monitoring for comorbid physical health conditions can be found in this tab

	History Tab: • This section allows the user to document the patient's history of stress or trauma, medication, non-pharmacological treatment, and family history. • The text areas that are embedded with form-memory will populate the next time the form is opened.
	Patient Resources Tab: • Pulls in the patient resources that were given and/or recommended for anxiety and depression • Users also have the option to review the patient resources for heart failure and diabetes

Launching Clinical Modules

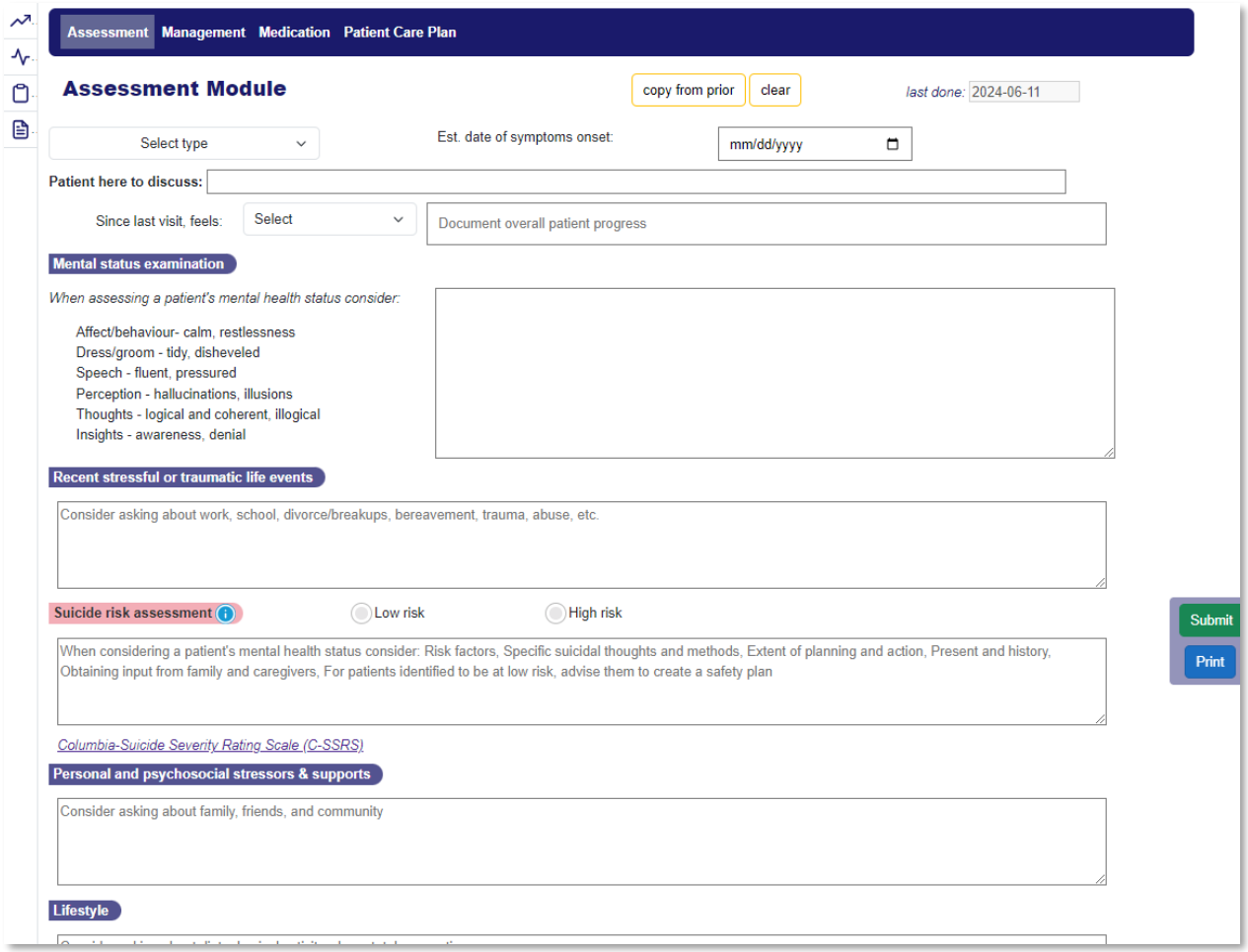
The components related to the provision of care for anxiety disorders and depression have been broken into 4 modules, allowing for flexibility. By no means does this require all 4 modules to be completed during a visit but rather allows you to navigate to a module of your choosing that you would like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

Assessment Module

In the assessment module, users can document what the patient is here to discuss, whether the visit with the patient is due to a chronic or recent episodic event, as well as the estimated symptom onset date.

The main elements of this module are the mental status examination, recent stressful or traumatic life events, suicide risk assessment, personal and psychosocial stressors & supports, lifestyle, social determinants of health, comorbid mental health conditions, and physical examination.

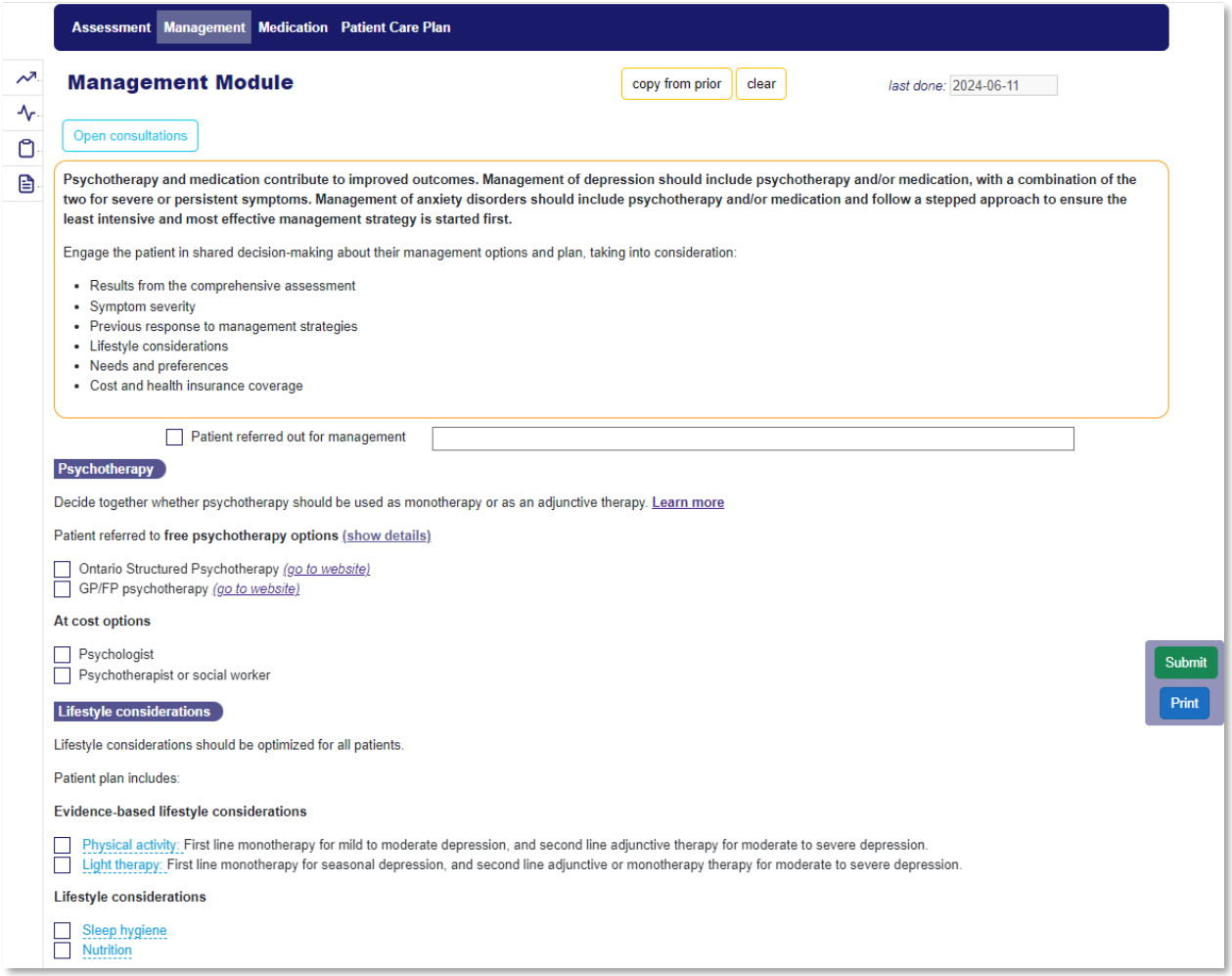
This module has form memory, which enables any text entered within the textboxes or checkboxes, and options selected from a previous visit will populate upon selecting the pull from the previous button. This allows users to add to existing notes or update the notes with any changes that occurred, therefore supporting a more comprehensive picture of the patient to be captured.



Management Module

The management section offers the opportunity for clinicians to document that information has been provided to the patient about 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.

All checkboxes and text areas that are embedded with form-memory that will populate the next time the form is opened by clicking Copy from prior as well as populate the patient care plan with the management options that were selected.

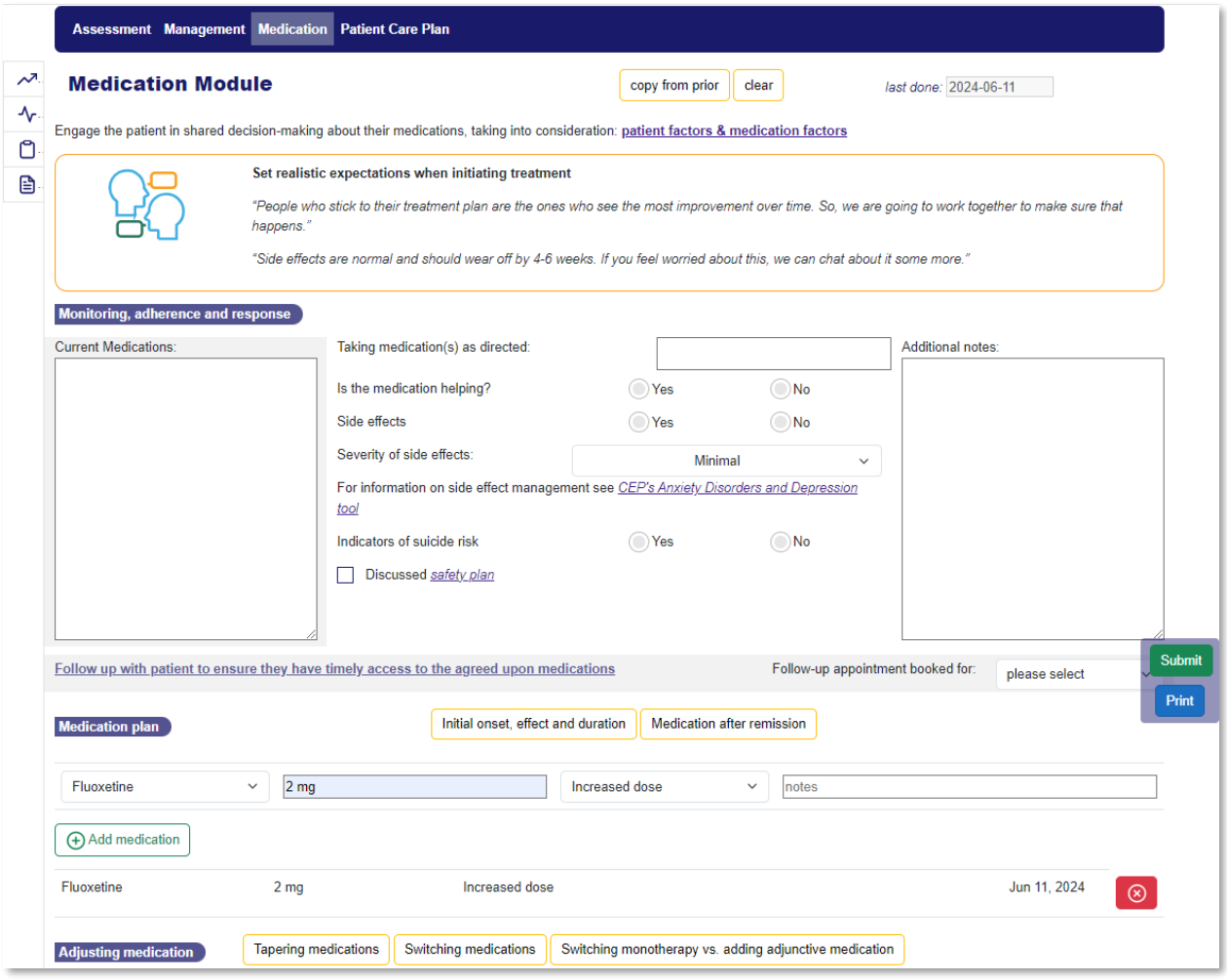


Medication Module

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, which in turn also populate the patient care plan with the most recent updates to their medication plan using the dynamic table available in this module.

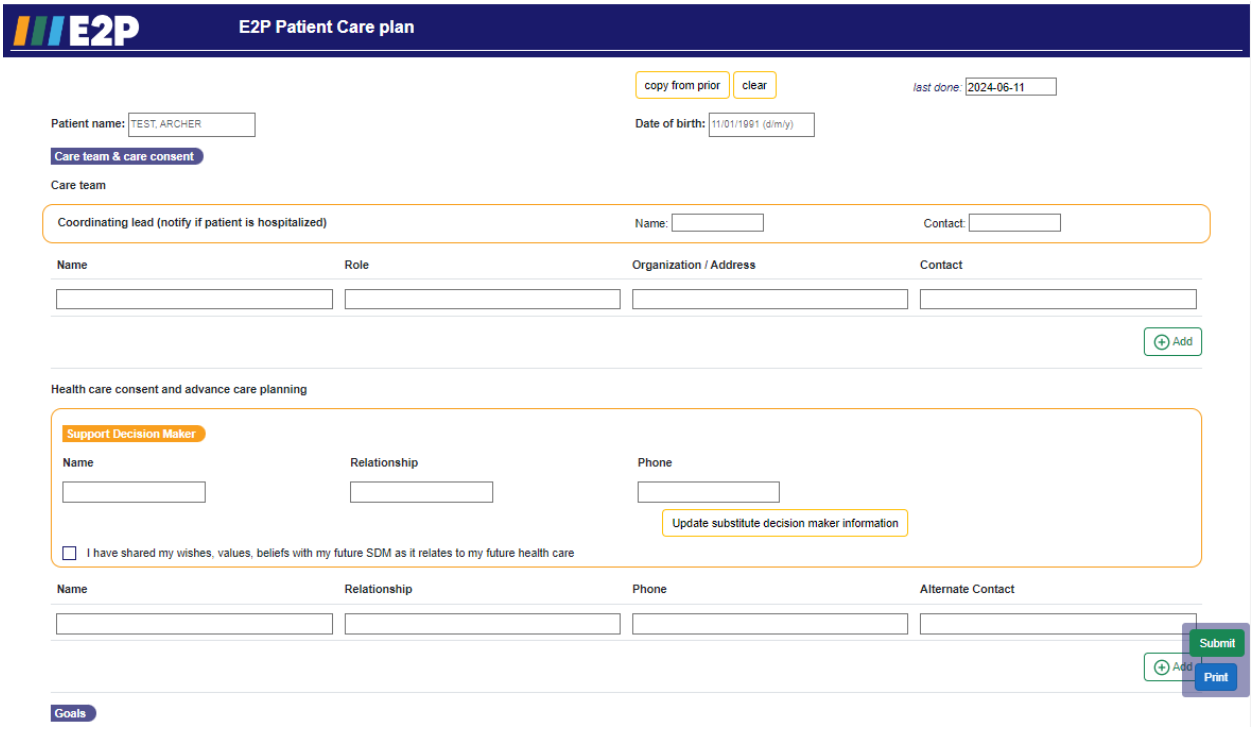
The four elements of this plan are monitoring adherence, and response, as well as adjusting medications, all while emphasizing the focus on considering patient and medication factors when initiating treatment throughout the tool. We've included Dropdown medication lists that can be used to select the 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 Oscar by opening the built-in medications window.



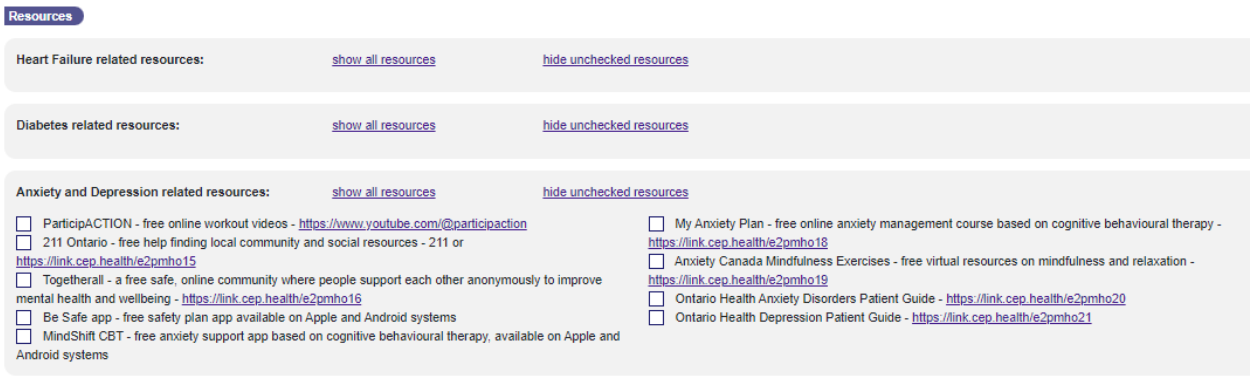
Patient Resources Module

The Patient Care plan module tab will launch consolidated care plan for all E2P tools. The purpose of the top section is intended to document the patient's care team, gather consent, determine patient goals, plan the purpose of the appointment, and review lifestyle changes & therapies, treatments and allergies, medications, and plan follow-up and next steps.



The patient resources section contains a collection of curated resources related to heart failure, diabetes, and anxiety and depression for the patient and their caregivers. Clicking on the purple link will open the resource. Selecting the checkbox will document which resources were given to the patient during this visit.

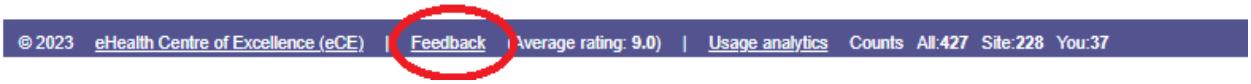
At the bottom of this page, features the option to complete the palliative approach to care plan.



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 every module. It will look like this:



Overview of Usage Analytics

The eHealth Centre of Excellence tracks usage to understand the extent to which our tools are being used. We are committed to protecting the data we are collecting and sharing. With our EMR usage analytics program, we collect general information about your usage (e.g., clinic name, name of tool used, date of usage, clinician type, anonymized clinician ID, and anonymized patient ID). **There is no Personal Health Information (PHI) collected by usage analytics**, and no assessment of clinical knowledge or expertise is made. Information collected by usage analytics may be shared with external organizations, such as funding bodies and evaluators, to support program evaluation, sustainability, and future funding opportunities.

Participation in usage analytics is optional and you may withdraw your participation at any time.

Your participation ensures that E2P tools are meeting the needs of frontline clinicians. You would be supporting the meaningful adoption of clinical guidelines, as well as the development of future tools and updates. It's an easy method of supporting quality improvement - you don't have to do anything!

For more information, please contact privacy@ehealthce.ca or see our privacy statement. If you would like to learn more about our EMR usage analytics program and the benefits of participating, please visit our website.

E2P brings together multi-disciplinary, cross-sector expertise under the joint leadership of the Centre for Effective Practice, eHealth Centre of Excellence, 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.