

Continuing Professional Development Program

Patient record audit tool: Mood Disorders- Clinical management of a patient in maintenance phase of a major depressive disorder (MDD)



The Royal Australian & New Zealand College of Psychiatrists



The RANZCP clinical practice guidelines for the treatment of mood disorders are available at www.ranzcp.org/guidelines

Audit Number (e.g. 1 of 5)	/	Date		
Clinical management of a patient in maintenance phase of MDD				
Did you provide education to this patient and/or their family regarding the identification of symptoms of relapse?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
Did you conduct a biopsychosocial and lifestyle assessment?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
Did you offer mindfulness-based cognitive based therapy (MCBT) or CBT approaches to this patient as a relapse prevention strategy?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
Did you offer combined psychological and pharmacological treatments as a method of decreasing relapse and recurrence rates?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
If using antidepressant treatment was this at the same dosage that achieved a satisfactory therapeutic response in more acute stages of a MDD?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
Was antidepressant use for maintenance treatment continued for at least 6 months and up to one year (or longer if clinically indicated)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
Did you consider the need for culturally specific strategies with this patient?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	N/A <input type="checkbox"/>	
If your management deviated from current guideline recommendations:				
<ul style="list-style-type: none"> - Why? (E.g. access to services, patient treatment preference, variation in individual response etc.) - Were these reasons clearly documented in the clinical notes? 				
<i>Please continue overleaf if required.</i>				
Areas for improvement				
Plan for implementation of improvement areas				
Comments / Recommendations				

Additional notes if required

The development of this audit tool is an iterative process and the RANZCP Committee for Evidence-Based Practice welcomes feedback on any aspect of this tool via policy@ranzcp.org

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