

# Care pathway proposed for adolescent depression

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(HealthDay)—Researchers have gathered evidence, developed a care pathway, and identified quality indicators (QIs) for the management of adolescent depression, according to a special article published online Sept. 16 in *Pediatrics*.

R. Eric Lewandowski, Ph.D., of the New York University School of Medicine in New York City, and colleagues reviewed clinical practice guidelines and the research literature to develop a care pathway for management of adolescent depression and QIs for care.

The researchers found and synthesized evidence to identify recommended [clinical practices](#) for the management of adolescent

depression. QIs were developed for 11 measure concepts: screening; assessment to confirm diagnosis; assessment of [suicide risk](#); brief supportive counseling; initiation of treatment; communication and documentation; adequacy of treatment with antidepressant medication; adequacy of treatment with psychotherapy; symptom reassessment; remission; and treatment adjustment. The care pathway and QIs were reviewed by expert panels.

"This report presents evidence to support a care pathway and QIs for [adolescent depression](#), a research agenda to strengthen the evidence base, and provides direction for clinical practice based on current evidence," the authors write.

**More information:** [Abstract](#)  
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