

WHAT'S THE DIFFERENCE?

IMPACT Trial Results

USUAL CARE

50% of all patients enrolled in the IMPACT study were on an antidepressant at the time of enrollment but were still significantly depressed.

Patients and PCPs were notified of major depression and encouraged to use any and all usual treatments.

70% of usual care patients received medication therapy from their PCP and/or referral to specialty behavioral health care.

Patients at organization #7 were offered co-located psychotherapy from Master's level clinicians within the primary care clinic.

On average only 20% of patients showed significant improvement after one year, which matches national data for depression treatment in primary care.

IMPACT CARE

On average, TWICE as many patients significantly improved. The difference was statistically significant in all eight healthcare settings.

WHY?

- Team collaboration with a shared care plan is a patient-centered approach.
- Population-based care management for all patients regardless of treatment modality (medication, psychotherapy, or both)
- Evidence-based treatments appropriate for primary care and access to expert consultation when treatment needs to be changed
- Treat-to-target approach with proactive treatment adjustment based on clinical outcomes
- Shared accountability for patient outcomes and processes of care amongst all providers and stakeholders

