

LET'S MOVE: PROMOTION OF PHYSICAL ACTIVITY IN THE TREATMENT OF DEPRESSION

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INTRODUCTION

- Depression is a leading cause of disability. It negatively impacts the outcomes of other diseases (CDC, 2012).
- The treatment of depression is highly focused on medications, even though response to antidepressants is poor. Over 50% of patients are resistant to multiple antidepressants (Gaynes, Lux, & Gartlehner, 2012), such that the standard of treatment is usually response to treatment and not remission of symptoms. Residual symptoms increase relapse and suicide rates

SIGNIFICANCE

- Physical activity (PA) is one of the most modifiable risk factors against depression and other diseases. Yet, more than 95% of U.S. adults do not meet the recommended guidelines for PA. And only 30-50% of PCPs offer PA counseling to patients (McPhail & Schippers, 2012).
- Patients with depression have even greater risk of limited PA (Rogerson, Murphy, Bird, & Morris, 2012; Song et al., 2012). Yet, PA counseling is focused on patients with other medical disorders.

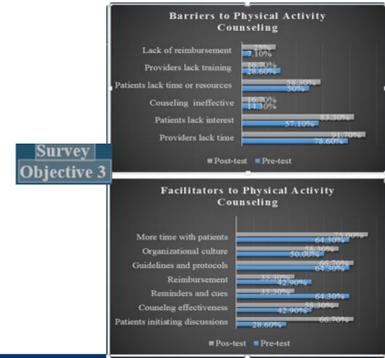
METHOD

Setting/Participants: JCCHC Convenience sample, multidisciplinary
Design: Descriptive pretest posttest
Ethics: IRB approval, informed consents
Data Collection /Analysis: Retrospective review of EHR from 09/2014-02/2015 for integration of PA in treatment plans (N=152, N= 17; pre-post respectively)
 Questionnaire assessing providers' practices and perceptions of PA in treating depression (N=15, N=13, pre-post respectively)
Interventions: staff education, brochures, PA pyramid. **Analysis:** Excel, SPSS 22

RESULTS

Demographic factors were similar in both groups. Overall, providers perceived PA as important in the treatment of depression. Majority reported they frequently assess PA habits and provide specific recommendations, but fewer integrated PA in treatment plans or followed-up with patients. The chart review showed otherwise.

Categories	Pretest (N=15) Count (%)	Posttest (N=13) Count (%)	2-tailed P-value
Age: mean(range)	44.57 (18-73)	48.47(21-77)	
Gender			
Female	3(20.0)	7(53.8)	
Male	6(40.0)	4(30.8)	
Race			
White	13(86.7)	10(76.9)	
African American	1(6.7)	1(7.7)	
Multi-racial	2(13.3)	2(15.4)	
Not Specified	0(0.0)	0(0.0)	
Diagnosis			
Depressive Disorders	5(33.3)	3(23.1)	
Other mental health disorders	2(13.3)	1(7.7)	
Cardiometabolic Disorders	3(20.0)	2(15.4)	
Other medical disorders	3(20.0)	3(23.1)	
Physical Activity Assessment:			
YES	5(33.3)	8(61.5)	0.179 (χ² = 1.810, α = 0.05)
NO	10(66.7)	5(38.5)	
Physical Activity Integration:			
YES	5(33.3)	6(46.2)	0.041 (χ² = 4.165, α = 0.05)
NO	10(66.7)	7(53.8)	



DISCUSSION

- Perceived barriers such as the lack of time and lack of interest by patients, or the perceived inefficacy in changing patients' behaviors, is a likely explanation for the inconsistency between providers' perceptions in the survey and their actual practices per the chart review.
- Antidepressants are not just a "happy pill." Providers should strive to shift patient's attitudes towards medication as the only way to manage their symptoms. The bidirectional relationship between depression and other diseases, as well as the metabolic side effects from psychotropics should reinforce the need for PA counseling in treating depression.
- To improve the effectiveness of PA counseling, targeted advice using MI, as opposed to generic advice, should be encouraged. Support, reinforcement, incorporation into treatment plans, follow-up and a multidisciplinary team approach with everyone reinforcing the message is necessary for successful behavior change
- Patient education and point of care prompts without taking valuable time away providers and patients, e.g. videos, brochures and posters in waiting room and common areas should be encouraged.

REFERENCES

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 Song, M. R., Lee, Y., Baek, J., Miller, M., Gallegos-Carrillo, K., Flores, Y. N., ... Salmeron, J. (2012). Physical activity status in adults with depression in the national health and nutrition examination survey, 2005-2006. doi:10.1111/j.1525-1446.2011.02996.x

OBJECTIVES

- To encourage PA counseling and incorporation in treatment plans as adjunct to antidepressants
- To encourage routine assessments of patients' exercise habits
- To determine providers' perceptions, barriers and facilitators to the promotion of PA in the treatment of depression

THE ACTIVITY PYRAMID

