Assessing the Incidence of Depression among Patients Attending the Chronic Disease Clinic at the Campbellville Health Centre

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Authors’ contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

Objective: To determine the incidence of depression among the chronic disease patients attending the Campbellville chronic disease clinic.

Methods: Data were collected at the Campbellville Health Centre, during the chronic disease clinic hours from the 8th–18th April, 2019. Information was collected using PHQ9 questionnaires and a demographic data collection sheet.

Results: Of the 98 patients analyzed, nine (9) patients scored 10 or more points on the PHQ9 questionnaire which translated to an incidence of depression of 9.1%. Of the patients with a positive screen for depression; 6 (66.7%) were females and 3 (33.3%) males, 5 (55.5%) Afro Guyanese, 4 (44.4%) were East Indians, 5 (55.5%) patients were between 50-69yrs and 4 (44.4%) were more than 70 years old. Of these patients, there were 8 (88.8%) Christians and 1 (11.1%) Hindu, 5 (55.5%) were married, 2 (22.2%) single and 2 (22.2%) were widowed, while 7 (77.7%) were unemployed, 2 (22.2%) were employed and 6 (66.6%) patients were diagnosed with at least 2 chronic diseases.

Conclusion: Depression is a mental health disorder that affects persons with chronic disease. The incidence of depression at Campbellville Health Centre was found to be 9.1%. The PHQ9 is a validated, free and easy to use tool for screening and follow up of these patients.

Recommendations: A national screening guideline along with adequate materials to diagnose and manage depression should be made available, including access to counselors and medications within the primary care setting.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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