

DEPRESSION: ZONES FOR MANAGEMENT

GREEN ZONES: ALL CLEAR

- ❑ Neutral Mood
- ❑ No sleep disturbance
- ❑ No appetite disturbance
- ❑ Feeling hopeful
- ❑ Able to concentrate
- ❑ Having some fun/pleasure
- ❑ Compliant with medication regimen and doctors' appointments

YELLOW ZONES: CAUTION

- ❑ Sad mood most of the time
- ❑ Appetite changes
- ❑ Sleep changes
- ❑ Decrease in ability to experience pleasure/have fun
- ❑ Increase in feelings of irritability/anger
- ❑ Decrease in interest in doing daily "chores"/ activities
- ❑ Decrease in compliance with medications and MD appointments
- ❑ Increase in anxiety
- ❑ Decrease in ability to concentrate

ACTION/INTERVENTION:

- ✓ Establish time line as to when client began feeling sad and explore possible stressors.
- ✓ Encourage the verbalization of feelings.
- ✓ Explore use of prescribed medications and instruction regarding importance of compliance.
- ✓ Alert MD/Psychiatrist to current situation and suggest earlier appointment.
- ✓ Explore possibilities for mobilizing support system; increase visit frequency.
- ✓ Suggest activities that might broaden client's experience and provide some relief from their suffering, e.g. getting outside and going for a walk, participation in a senior center, manicure, involvement in hobby, knitting, sewing, crocheting.

RED ZONES: MEDICAL ALERT

- ❑ Overwhelmed by feelings of sadness and/or despair
- ❑ Feeling hopeless
- ❑ Feeling helpless
- ❑ Unable to leave the bed
- ❑ Reporting of suicidal ideation/thoughts/behavior
- ❑ Significant appetite changes (stopped eating or excessive eating)
- ❑ Unable to sleep or excessive sleep
- ❑ Unwilling to take medications or keep MD appointments

ACTION/INTERVENTION:

- ✓ Notify MD/ Psychiatrist.
- ✓ Send to ER if MD/psychiatrist not available.
- ✓ Communicate with family the severity of client's condition.
- ✓ Make a plan for someone to stay with client at all times until crisis is over or client is hospitalized.