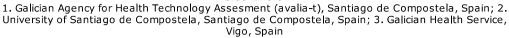
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How to improve the management of depression?: contributions of qualitative research with patients, caregivers and professionals

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Background and aims

There is growing consensus on the importance of taking into account the **needs**, **preferences and experiences of patients** in Clinical Practice Guidelines (CPG). On the other hand, the **view of the professionals** involved can provide information that is complementary to that which is obtained by patients about illnesses and the health care experience. Although there are different ways to incorporate this information, one of them is through **evidence obtained from qualitative research**.

As part of the CPG on the Management of Depression in Adults, a systematic review of qualitative studies and an empirical study based on focus groups with patients, families and professionals was conducted.

Our **aim** is to provide a summary of the main contributions of this qualitative approach to the health care process.

Methodology

<u>Systematic review</u>: we included studies whose main purpose was to analyse experiences and attitudes toward depression and/or its clinical management.

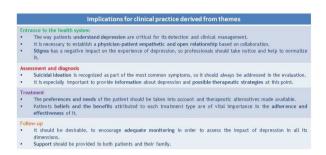
- Methodological quality: CASP checklist (Critical Appraisal Skills Programme), and following the proposal of Goldsmith et al. (0++:0+,0-).
- Thematic synthesis of the data: analyses the recurring themes or issues in the primary literature and draws conclusions. The purpose of this method is to develop analytical themes through a descriptive synthesis and find relevant explanations to a particular review question.

Qualitative study: 4 focus groups were conducted (2 with patients, 1 with caregivers, and 1 with health care professionals). Each group consisted of 8 participants and the duration of each session was approximately 2 hours.

- Recruitment: cooperation of the working group who developed the CPG on the Management
 of Depression in Adults and the main patient association of Spain (Federation of the Families
 and People with Mental Illness, FEAFES).
- Data generation technique: to allow the transcription and analysis of information, the
 sessions were tape recorded, with the approval of the participants who signed a consent
 form, guaranteeing the confidentiality of the information. To try to provide the objectivity to
 the results achieved, a double triangulation strategy was used: both for data and
 researchers.
- Ethical considerations: the study was approved by the Galician Ethics Committee for Clinical Research (CEIC).



This findings were discussed by de CPG working group and the main implications in each point of the healthcare process were defined by consensus.



Conclusions

- The management of depression requires for the implementation of additional measures to enable the improvement and optimization of clinical practice.
- It is necessary to develop an approach to the clinical management of depression that allows both detection and subsequent treatment and monitoring from a perspective that integrates the patient's needs and demands.
- The incorporation of qualitative research to the CPG is crucial to improve the management of depression health care process.

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