

Your Care Team

at XYZ Medical Clinic



What is the patient's role?

You are the most important person on the team! You will get the best care if you participate actively with your primary care physician (PCP) and your care manager (CM). Tell them what is working well for you and what is not working for you. Work with your team to track your progress using a simple checklist. Let them know if you have questions or concerns about your care. If you take medicine, know what it is and take it as prescribed.



PCP Name
Telephone (xxx) xxx-xxxx
Email janed@email.org

What is the primary care physician's role?

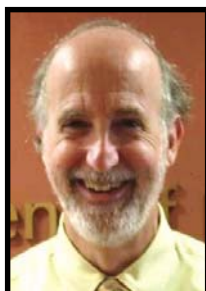
The PCP oversees all aspects of your care at the clinic. He or she will work closely with the other members of the care team to make sure you get the best care possible. The PCP will rely on your care manager to keep informed about your treatment progress. The team psychiatrist and the PCP may work together if there are questions about the best available treatments for you. He or she will write and refill prescriptions for your medications.



CM Name
Telephone (xxx) xxx-xxxx
Email janed@email.org

What is the care manager's role?

The CM will meet with you regularly, in person and sometimes by telephone. The CM will work closely with you and the PCP to make sure you understand your treatment. The CM will answer any questions you have. He or she will be **responsible for keeping track of your treatment progress**. The CM will also help identify any treatment side effects. The PCP and the CM will also work together with you when a change in your treatment is needed. The CM may also provide counseling to you.



Team Psychiatrist Name

What is the team psychiatrist's role?

The team psychiatrist is a physician trained in mental health care. He or she is an expert consultant to the PCP and the CM. The team psychiatrist is available to advise your care team about treatment options, especially if you don't improve with your treatment. The CM meets regularly with the team psychiatrist to talk about your progress and to think about options. With your permission, the PCP may ask the team psychiatrist to meet with you in person.

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: + +

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card.) **TOTAL:**

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____
Somewhat difficult _____
Very difficult _____
Extremely difficult _____

PHQ-9 is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues, with an educational grant from Pfizer Inc. For research information, contact Dr Spitzer at ris9@columbia.edu. Use of the PHQ-9 may only be made in accordance with the Terms of Use available at <http://www.pfizer.com>. Copyright ©1999 Pfizer Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer Inc.