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Title: *Education and Implementation of Depression Screenings in Guatemala*

Objective

To improve healthcare outcomes for patients in the Antigua, Guatemala region by providing appropriate tools and educational materials to local physicians and nurses for incorporation of standard depression assessments using the PHQ-9 (Patient Health Questionnaire 9) in their ambulatory care clinics.

Methods

Descriptive data analysis was conducted to analyze the intervention data that was collected over the course of the 2019 Guatemala Advanced Pharmacy Practice Experience.

Results

Over 905 patients were seen for point of care testing (blood pressure, blood glucose) and consultation over the 3-week period of the time spent in Antigua, Guatemala. Also during that time period, 59 PHQ-9s and 2 PHQ-2s were completed. The total PHQ score distributions were as follows, 0: 4.92%, 1-4: 21.31%, 5-9: 32.79%, 10-14: 22.95%, 15-19: 11.48%, 20-27: 6.56%, showing most screened patients had minimal to moderate depression.

Conclusion

There is apparent need for a greater emphasis on depression screenings for this patient population due to the results. The PHQ-9 was a more difficult tool than expected due to many patients being unable to read as well as understand what the questions were asking. Continued staff and physician education will be extremely important for improved patient outcomes when looking at depression and mental health in general.