

















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
-  Decrease in interest for food
-  Sleep disturbance
-  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 frequently.
- ✓ 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
-  Stopped eating
-  Unable to 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.