Psychosocial Health Screen of Residents

If there is concern about psychosocial health of resident, screen using PHQ-2:

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure in doing things</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
<tr>
<td>Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
</tbody>
</table>

Over the last two weeks, how often have you been bothered by the following problems:

- Little interest or pleasure in doing things
  - Not at all
  - Several days
  - More than half the days
  - Nearly every day

- Feeling down, depressed, or hopeless
  - Not at all
  - Several days
  - More than half the days
  - Nearly every day

If resident scores 3 or greater on PHQ-2, continue with PHQ-9 screening:

If resident scores 0-4 on PHQ-9, No provider intervention warranted.

If resident scores 5+, notify provider. Pharmacological treatment may be needed.

Ensure resident has individualized activities that are enjoyable to them

Ensure resident stays in contact with loved ones by phone calls, facetime, or social media if able

Maintain a regular routine for resident, such as eating and sleeping

Provide clear communication about situation to resident using writing or pictures if needed

Stay positive and avoid rumors when interacting with resident

Well-being Model for Dementia Care in the Long-term Care Setting
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