Integrating Depression Services into Type 2 Diabetes Mellitus Management
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The prevalence and severity of depression in the context of Type 2 DM is a major public health problem. The primary aims of this proposal to be carried out in the primary care setting are: (1) Test the feasibility and assess in a preliminary fashion the effectiveness of an integrated intervention strategy carried out by Licensed Practical Nurses (LPNs) who are already working in the practices to improve adherence to oral hypoglycemic agents in the context of improving adherence to antidepressants for older primary care patients; and (2) Use data from this developmental study to develop an R01 for a full-scale randomized controlled trial of the intervention carried out by LPNs that integrates depression and Type 2 DM management. We will recruit 100 adults with clinically significant depression and with Type 2 DM and a hemoglobin A1c (HbA1c) ≥ 8%. The primary outcome will be adherence to adequate oral hypoglycemic treatment. Exploratory outcomes that will be the primary outcomes of the future R01 will be improved blood glucose control, adherence to adequate antidepressant treatment, and depression response and remission. This research study will provide important pilot data to assess an intervention that includes a focus on adherence because poor adherence to Type 2 diabetes mellitus (DM) treatment remains a significant impediment to improving care, in particular in the context of comorbid depression. Training (LPNs) who are already working in the practices to carry out the intervention will facilitate its deployment in real world practices with limited resources and competing demands.