



**Home Health Aide On-the-Go In-Service Lessons:
Vol. 2, Issue 10: Patients with Depression (Home
Health Aide on-the-Go in-Service Lessons, Volume
2)**

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This lesson on Patients with Depression includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - thereu2019s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: • List three symptoms of depressive illness • Name four risk factors for depression in adults • List three measures home health aides should undertake in caring for patients with depression OVERVIEW Clinical depression is commonly found in homecare patients. Statistics from the National Institute of Mental Health (NIMH) indicate that almost 20 million American adults suffer from clinical depression. That number is about 9.5% of the adult population. Elderly patients with chronic disease, especially those who lack social support, are particularly at high risk of developing clinical depression. It is more common in females, and in those of a lower socioeconomic status who have recently had stressful life experiences. Given that this profile is common among homecare patients receiving home health aide services, it is not surprising that the incidence of depression among these patients is very high. It is important for the aide to know how to recognize the behavior of depressed patients as well as some measures to take in caring for them. The purpose of this in-service is to provide information and guidance to home health aides who care for patients with clinical depression.

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