



# Quick Start Guide to Using the Depression Change Package

**Introduction:** The End Stage Renal Disease National Coordinating Center (ESRD NCC) develops and updates a series of [change packages](#).

- Change packages contain practical strategies and tactics for quality improvement (QI) at dialysis facilities across a range of topics.
- If you are unsure where to begin with change packages or are new to your role, this quick-start guide may help you focus on appropriate drivers and sub-drivers once you have identified your problem statement(s).
- Remember, your local [ESRD Network](#) is a valuable resource as you work through quality improvement activities.

## How Will Your Facility Benefit?

- ✓ Building a cohesive team by working on a common goal.
- ✓ Improving relationships with physicians, staff, patients, families, and caregivers.
- ✓ Empowering and appreciating the whole staff through inclusion in QI activities to drive change.

Problem Statement	Where to Start	Where to Learn More
I am new to my role at the dialysis facility and not sure how to use the change package.	3d: Track data and incorporate into QAPI process.	<a href="#">ESRD Network</a>
<b>Focus on Screening Patients for Depression and Refer for Treatment</b>		
The team could be more involved in communicating for depression.	2a: Engage the whole team.	<a href="#">ESRD NCC Learning and Action Network Call</a> <a href="#">Expert Team Call</a>
We could do better in supporting patients with depression seeking mental health treatment.	2b: Maintain communication among team members.	<a href="#">Dialysis Patient Depression Toolkit</a> <a href="#">Reducing Depression Stigma in the Dialysis Facility</a>
<b>Implement Processes to Ensure Depression Is Recognized and Treated</b>		
We could use ideas to break down barriers related to depression.	3a: Navigate conversations about depression.	<a href="#">Understanding Mental Health Myths and Facts</a>
We need creative ideas to assist with depression screening.	3c: Screen patients for depression.	<a href="#">GAD-7 Anxiety Test</a>
<b>Focus on Engaging Patients so They Will Be Receptive to Treatment</b>		
We could use new ideas to engage and educate patients.	4a: Provide patient education, so patients will be receptive to treatment.	<a href="#">Caring for Your Mind and Body</a>

Visit the ESRD NCC at [www.esrdncc.org](http://www.esrdncc.org) for more patient and professional resources.