



**Magellan's Introduction to Its
Adopted Clinical Practice Guideline
for the
Treatment of Patients
with
Major Depressive Disorder**

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Purpose of This Document

This document is an introduction to the Magellan Health Services (Magellan) adopted clinical practice guideline (CPG) for the treatment of patients with major depressive disorder. As with all CPGs, this adopted guideline and this introduction are intended to augment, not replace, sound clinical judgment. As a matter of good practice, clinically sound exceptions to this practice guideline should be noted in the member’s treatment record, documenting the clinical reasoning used in making the exception. Magellan periodically requests clinical files from providers to monitor compliance with adopted guidelines. Clear documentation of the rationale for exceptions to the guideline’s recommendations should be present in the member’s treatment record whenever there is evidence of deviation from the guideline.

Additionally, this guideline does not supersede Food and Drug Administration (FDA) determinations or other actions regarding withdrawal or approval of specific medications or devices, and their uses. It is the responsibility of the treating clinician to remain current on medication/device alerts and warnings that are issued by the FDA and other regulatory and professional bodies, and to incorporate such information in his or her treatment decisions.

Introduction

Magellan has adopted the following guideline to augment providers’ clinical decision-making with members who have unipolar depression:

- The American Psychiatric Association *Practice Guideline for the Treatment of Patients with Major Depressive Disorder, Third Edition* (2010).

This guideline incorporates the rapidly evolving developments in pharmacotherapy and somatic treatments, as well as developments in other areas of clinical management for patients with major depressive disorder. The APA guideline is an evidence-based document that covers all areas of management of patients with this disorder, from understanding the clinical features and screening/surveillance to medical/psychiatric treatment approaches, psychosocial/behavioral interventions, planning and family support.

Obtaining Copies of the Guideline:

Copies of the *Practice Guideline for the Treatment of Patients with Major Depressive Disorder* are available at http://www.psychiatryonline.com/pracGuide/pracGuideTopic_7.aspx.

Provider Feedback

Magellan welcomes feedback on our clinical practice guidelines. We take all suggestions and recommendations into consideration in our ongoing review of guidelines. Comments may be submitted to:

Clinical Operations Coordinator
Re: CPG
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