



Measurement-based care

Spring helps you stick to tried-and-tested approaches for medication dosing, tailored to your patient's progress

What is Measurement-based Care?

Measurement-based care is a system for evaluating symptom progress in depression. Just like we monitor hypertension by measuring blood pressure, or monitor diabetes with serum glucose or HbA1c, we can monitor depression using standard behavioral health questionnaires.

Why is it useful?

When treating patients for depression, typically we assess patient progress through unstructured interactions, asking things like "How have you been feeling?". Many patients reply with vague, or short answers like "Fine", "Okay", or "Not great". Not only are these answers difficult to interpret, because they may not accurately reflect their clinical status, but they also depend on the patient's own insight into their illness and their ability to recall how they felt since the last clinic visit.

By using measurement-based care, and having patients regularly complete brief assessments, clinicians and patients get a clearer picture of the patient's symptoms and how they are changing over time. This process can help understand the natural variability in a patient's mood, and help patients recognize their own progress even though they are experiencing a tough time. For clinicians, it can help identify treatment non-responders (and thus prompt medication or dose changes), help detect residual symptoms (i.e. partial response), and reduce dropout from treatment by encouraging a more active participation in treatment. Meta-analyses and prospective studies have shown that treatment that included feedback using standardized assessments is more effective than treatment without such feedback [1,2].

How can Spring help?

We know that a lot happens in a primary care appointment, and time is precious. Spring helps PCPs provide better care and still maximize their time by administering measurement scales in the waiting room or before the visit. Using our medical iPads in the waiting room, patients will automatically be shown the right scales at the right time, and their data will be analyzed in real time to provide PCPs with the most important information to allow them to care for their patients.

If you have any questions about Spring, please reach out to us at hello@spring.care or **(800) 314-7430**

1- Knaup C, Koesters M, Schoefer D, et al. Effect of feedback of treatment outcome in specialist mental healthcare: meta-analysis. *Br J Psychiatry* 2009; 195:15.

2- Yeung AS, Jing Y, Brennenman SK, et al. Clinical Outcomes in Measurement-based Treatment (Comet): a trial of depression monitoring and feedback to primary care physicians. *Depress Anxiety* 2012; 29:865.

