

## **Course Overview/Description**

As a health care worker, you play an important role in the health and well-being of your clients. This course will enhance your care of clients who are battling depression by helping you recognize and respond to the signs of depression and then provide depression-specific comfort and care measures.

This course consists of four modules, which when completed, provides eight hours of continuing education. In the first module, you will gain a general understanding of depression, the risk factors and warning signs, causes, and signs of suicide in a depressed client. In the next module, you will learn about types of depression, how depression affects different populations, and how depression is diagnosed. The third module covers how depression is treated through medications, medical treatments, and alternative therapies. In the last module, you will learn how to offer effective comfort and care measures for the depressed client and how to recognize warning signs of depression.

To add realism to the course, as you move through it, you will “meet” and interact with five different virtual clients, learning how to identify if they have depression and what you can do to provide comfort and care measures for their individual situations. The course also includes periodic “Knowledge Checks” that will help ensure you understand the content you are learning. Each of the four modules ends with an exam that you must successfully pass in order to move forward with the rest of the course.

You will learn new things and expand your frame of reference by successfully completing the course for Care of the Client with Depression. It is designed to help you learn how to give your clients a higher level of service than you might be used to providing. The goal of this course is to help you become an even more valuable member of the team that serves your clients.

## Course Outline

### Welcome & Orientation

### Course Introduction

### Module 1 – General Overview of Depression

**Goal:** In order to provide better care for clients, you will learn what depression is, the risk factors and warning signs, depression comorbidities, and signs of suicide in a depressed client.

**Objectives:**

- Define depression.
- Identify the risk factors and warning signs of depression.
- Recognize depression comorbidities and signs of suicide in a depressed client.

#### Module 1 Lessons

- Lesson 1.1: What is Depression?
- Lesson 1.2: Causes of Depression
- Lesson 1.3: Red Flags for Depression

### Module 2 – Diagnosing Depression

**Goal:** Based on your basic knowledge of depression, you will gain insight into the types of depression, how depression affects different populations, and how depression is diagnosed.

**Objectives:**

- Understand basic information regarding types of depression.
- Recognize the depression population variances.
- Identify the tools, exams, and evaluations used to diagnosis depression.

#### Module 2 Lessons:

- Lesson 2.1: Types of Depression
- Lesson 2.2: Population Variances for Depression
- Lesson 2.3: How to Diagnose Depression



## Module 3 – Treatment for Depression

**Goal:** Based on your basic knowledge of depression, you will be able to assist your clients with understanding various ways that depression is treated, including medications, medical treatments, and alternative therapies that are available.

**Objectives:**

- Understand basic information regarding medications used in treating depression.
- Be able to assist clients in understanding the types of medical options available to treat depression.
- Be able to discuss with clients the alternative therapies and supplements sometimes used to treat depression.

**Module 3 Lessons:**

- Lesson 3.1: Medications Used in Treating Depression
- Lesson 3.2: Other Medical Treatments for Depression
- Lesson 3.3: Alternative Treatments

## Module 4 – Comfort and Care Measures for the Depressed Client

**Goal:** Based on your basic knowledge of depression, you will be able to determine effective comfort and care measures for clients who are depressed.

**Objectives:**

- Assist the client with self-monitoring for worsening symptoms or changes in condition and episode triggers.
- Understand and be able to offer support as a health care provider.
- Recognize the warning signs of suicide.

**Module 4 Lessons:**

- Lesson 4.1: Managing Depression
- Lesson 4.2: Lifestyle Changes for the Depressed Client
- Lesson 4.3: Prevention of Complications