

# Jennifer Awieree

## 1. Jennifer Aweiree

### 1.1 Meet Jennifer Aweiree

SCFPC Learn

## Jennifer Awieree

Jennifer presented with fatigue last visit. Features suggested depression but she needed time to consider it. You had ordered some labs.

**PHQ-9 History** **PHQ-9 Additional**

**PHQ-9 Scores** **Continue**



### PHQ-9 (Slide Layer)

SCFPC Learn

## Jennifer Awieree

Name: Jennifer Awieree Date: \_\_\_\_\_

Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	X	3
2. Feeling down, depressed, or hopeless	0	1	X	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	X
4. Feeling tired or having little energy	0	1	2	X
5. Poor appetite or overeating	X	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	X	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	X	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	X	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	X	1	2	3

For office coding: Total Score = 1 + 8 + 6  
Total Score: 15

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all  Somewhat difficult  Very difficult  Extremely difficult



## PHQ-9 Additional (Slide Layer)

SCFPC Learn

### Jennifer Awierree

Score	Depression Severity	Action
0-4	None-minimal	Patient may not need depression treatment.
5-9	Mild	Use clinical judgment about treatment, based on patient's duration of symptoms and functional impairment.
10-14	Moderate	Use clinical judgment about treatment, based on patient's duration of symptoms and functional impairment.
15-19	Moderately severe	Treat using antidepressants, psychotherapy or a combination of treatment.
20-27	Severe	Treat using antidepressants with or without psychotherapy.

PHQ-9 History PHQ-9 Additional

PHQ-9 Scores

Continue



## PHQ-9 Scores (Slide Layer)

SCFPC Learn

### Jennifer Awierree

PHQ-9 score (0-27, higher worse):

- ≥10 Sensitivity = 88%
- ≥15 Specificity = 95%
- ≥15 Likelihood Ratio = 13.6

PHQ-9 History PHQ-9 Additional

PHQ-9 Scores

Continue



## 1.2 Jennifer Aweiree

SCFPC Learn

### Jennifer Aweiree

Click the buttons below to explore more conversation

You Jennifer You  
Jennifer

What do you think?

The screenshot shows a conversational interface. On the left is a vertical sidebar with icons for home, search, a list, and a profile. The main area has the name 'Jennifer Aweiree' at the top. Below it is a light blue box with the instruction 'Click the buttons below to explore more conversation'. Underneath are four buttons: 'You', 'Jennifer', 'You', and 'Jennifer'. At the bottom right is an orange button that says 'What do you think?'. On the right side of the interface is a vertical panel with a blue background, featuring a cartoon illustration of a woman in a blue suit with her arms crossed, and a speech bubble icon in the top right corner.

### You 1 (Slide Layer)

SCFPC Learn

### Jennifer Aweiree

You  
"I see you completed your Depression Questionnaire. Your score was 15, indicating you have depression."

You Jennifer You  
Jennifer

What do you think?

This screenshot shows the same interface as above, but with a slide layer active. The slide layer is a light orange speech bubble that contains the text: 'You' followed by the message: 'I see you completed your Depression Questionnaire. Your score was 15, indicating you have depression.' The slide layer has a small 'x' icon in its top right corner. The rest of the interface, including the sidebar, the name 'Jennifer Aweiree', the instruction box, the buttons, and the 'What do you think?' button, remains the same as in the previous screenshot.

## Jennifer (Slide Layer)

SCFPCLearn

### Jennifer Awierree

**Jennifer**  
*"I think you might be right. I chatted with my husband and my sister. They both said I seem like I've been down."*

You Jennifer You  
Jennifer

What do you think?

## You 2 (Slide Layer)

SCFPCLearn

### Jennifer Awierree

**You**  
*"Your Labs were all normal. This helps rule-out other causes for your symptoms"*

You Jennifer You  
Jennifer

What do you think?

## Jennifer 2 (Slide Layer)

**Jennifer Awierree**

*Jennifer*  
"I guess that's good news. I think I was hoping a bit that it was my thyroid. I bet you hate this question but is there anything natural for depression?"

You Jennifer You

Jennifer

What do you think?

### 1.3 Multiple choice question

(Multiple Response, 10 points, 1 attempt permitted)

**Which of the following can be used to treat depression?**

Select all that apply.

- St John's Wort
- Exercise
- Vitamin D
- Psilocybin ("magic mushrooms")
- Cannabinoid

Submit

## 1.4 Answer Slide 5 buttons

**Review**

Review the answers:

- St. John's Wort
- Exercise
- Cannabinoids
- Vitamin D
- Psilocybin ("Magic Mushrooms")

Click on the answers to the left to see more information

Moving forward

## St. John's Wort (Slide Layer)

**Review**

Review the answers:

- St. John's Wort
- Exercise
- Cannabinoids
- Vitamin D
- Psilocybin ("Magic Mushrooms")

**St. John's Wort**  
St John's Wort improves depression response (56% respond versus 35% on placebo) but studies are of poor quality and funded by St. John's Wort manufacturers. It may be an option for patients who want "natural" products.

Moving forward

## Exercise (Slide Layer)

**Review**

Review the answers:

- St. John's Wort
- Exercise**
- Cannabinoids
- Vitamin D
- Psilocybin ("Magic Mushrooms")

**Exercise**

Exercise improves response (depression scores improve  $\geq 30\%$ ) in mild to moderate depression, example 55% respond versus 33% (for health education talks). It is unknown if one type of exercise is better. There is a dose-response relationship between exercise and quality of life in non-depressed patients.

Moving forward

## Cannabinoids (Slide Layer)

**Review**

Review the answers:

- St. John's Wort
- Exercise
- Cannabinoids**
- Vitamin D
- Psilocybin ("Magic Mushrooms")

**Cannabinoids**

There are no RCTs looking at cannabis for the treatment of depression. Cannabis use has been associated with depression and anxiety.

Moving forward

## Vitamin D (Slide Layer)

The screenshot shows a 'Review' slide layer with a blue header. On the left, there is a vertical sidebar with the 'SCFPCLearn' logo and several icons. The main content area has a blue header with the word 'Review' and a circular profile picture of a woman. Below the header, there is a section titled 'Review the answers:' with five buttons: 'St. John's Wort', 'Exercise', 'Cannabinoids', 'Vitamin D', and 'Psilocybin ("Magic Mushrooms")'. The 'Vitamin D' button is highlighted in red. To the right of the buttons is a text box with the following text: 'Vitamin D Low Vitamin D levels are correlated with numerous diseases including depression. However, correlation is not causation and RCTs at lower risk of bias show no benefits of Vitamin D for treatment or prevention of depression.' At the bottom right of the text box is a 'Moving forward' button.

**Review**

SCFPCLearn

Review the answers:

- St. John's Wort
- Exercise
- Cannabinoids
- Vitamin D**
- Psilocybin ("Magic Mushrooms")

**Vitamin D**

Low Vitamin D levels are correlated with numerous diseases including depression. However, correlation is not causation and RCTs at lower risk of bias show no benefits of Vitamin D for treatment or prevention of depression.

Moving forward

## Magic Mushrooms (Slide Layer)

The screenshot shows a 'Review' slide layer with a blue header. On the left, there is a vertical sidebar with the 'SCFPCLearn' logo and several icons. The main content area has a blue header with the word 'Review' and a circular profile picture of a woman. Below the header, there is a section titled 'Review the answers:' with five buttons: 'St. John's Wort', 'Exercise', 'Cannabinoids', 'Vitamin D', and 'Psilocybin ("Magic Mushrooms")'. The 'Psilocybin ("Magic Mushrooms")' button is highlighted in red. To the right of the buttons is a text box with the following text: 'Psilocybin ("Magic Mushrooms") Psilocybin RCT (59 patients), depression scores did not differ statistically but remission was statistically different at 57% on psilocybin versus 28% on citalopram. Further research is required. Psilocybin is accessible by special authorization only in Canada, requires referral and is resource intense in the RCTs (requires counselors present).' At the bottom right of the text box is a 'Moving forward' button.

**Review**

SCFPCLearn

Review the answers:

- St. John's Wort
- Exercise
- Cannabinoids
- Vitamin D
- Psilocybin ("Magic Mushrooms")**

**Psilocybin ("Magic Mushrooms")**

Psilocybin RCT (59 patients), depression scores did not differ statistically but remission was statistically different at 57% on psilocybin versus 28% on citalopram. Further research is required. Psilocybin is accessible by special authorization only in Canada, requires referral and is resource intense in the RCTs (requires counselors present).

Moving forward

## 1.5 Jennifer Aweiree

SCFPC Learn

### Jennifer Aweiree

Click the buttons below to explore more conversation

You Jennifer You  
Jennifer

What do you think?



### You 1 (Slide Layer)

SCFPC Learn

### Jennifer Aweiree

You  
*"You mentioned last visit that you had cut back your exercise because of sore knees?"*

You Jennifer You  
Jennifer

What do you think?



## Jennifer (Slide Layer)

SCFPCLearn

### Jennifer Awierree

**Jennifer**  
*"My knees do hurt sometimes but to be honest, I was just feeling too busy. I need to make time for this."*

You Jennifer You  
Jennifer

What do you think?

The screenshot shows a slide titled "Jennifer Awierree" from a course named "SCFPCLearn". On the right side, there is a full-body illustration of a woman with dark curly hair, wearing a blue blazer and a matching skirt, standing with her arms crossed. A speech bubble icon is positioned near her head. On the left side, there is a text box with a close button (X) in the top right corner. The text box contains the name "Jennifer" in bold and a quote: "My knees do hurt sometimes but to be honest, I was just feeling too busy. I need to make time for this." Below the text box are four buttons: "You", "Jennifer", "You", and "Jennifer". At the bottom of the slide, there is an orange button that says "What do you think?". On the far left, there is a vertical sidebar with several icons: a home icon, a flag icon, a list icon, and a user profile icon.

## You 2 (Slide Layer)

SCFPCLearn

### Jennifer Awierree

**You**  
*"That's a good idea! Would you be interested in trying a medicine too?"*

You Jennifer You  
Jennifer

What do you think?

The screenshot shows a slide titled "Jennifer Awierree" from a course named "SCFPCLearn". On the right side, there is a full-body illustration of the same woman as in the previous slide, wearing a blue blazer and a matching skirt, standing with her arms crossed. A speech bubble icon is positioned near her head. On the left side, there is a text box with a close button (X) in the top right corner. The text box contains the name "You" in bold and a quote: "That's a good idea! Would you be interested in trying a medicine too?". Below the text box are four buttons: "You", "Jennifer", "You", and "Jennifer". At the bottom of the slide, there is an orange button that says "What do you think?". On the far left, there is a vertical sidebar with several icons: a home icon, a flag icon, a list icon, and a user profile icon.

## Jennifer 2 (Slide Layer)

The slide features a vertical sidebar on the left with icons for home, search, list, and user profile. The main content area is titled "Jennifer Awieree" and contains a speech bubble with the text: "Jennifer: 'I guess St John's Wort is probably not that different from anti-depressants? What are my options? How about talk therapy?'". Below the speech bubble are three buttons labeled "You", "Jennifer", and "You", with a fourth button labeled "Jennifer" below the first. An orange button at the bottom right says "What do you think?". On the right side, there is a full-body illustration of Jennifer Awieree, a woman with curly hair wearing a blue suit, with a speech bubble icon above her head.

### 1.6 Select the one false answer

(Multiple Choice, 10 points, 1 attempt permitted)

The slide has a blue header with the text "Select the one false answer" and a circular profile picture of Jennifer Awieree. The question text is: "Some of the second generation anti-depressants (SSRI or SNRI) are more effective than others." Below this are four radio button options: "Cognitive Behavioral Therapy (CBT) is an appropriate initial treatment", "Combining CBT and anti-depressants is not better than either one alone", and "Second generation anti-depressants have different side effects". A "Submit" button is located at the bottom right. The left sidebar contains the same navigation icons as the previous slide.

## 1.7 Question Review

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### Review



**False Answer:** Some of the second generation anti-depressants (SSRI or SNRI) are more effective than others.

**Review**

Recent systematic reviews show that benefits of second generation anti-depressants are similar. Small statistical differences are not consistent across studies and not likely to be clinically significant. When studies rank drugs by effectiveness, the differences are tiny, likely not perceivable and rankings shift frequently.

[Additional](#) [Learn More](#) [Continued](#) [Let's learn more](#)

## Additional (Slide Layer)

CFPC Learn

### Review



**False Answer:** Some of the second generation anti-depressants (SSRI or SNRI) are more effective than others.

**Additional**

Conclusions are limited by biases like many studies being poor quality and positive studies being more likely to be published than negative studies. Selection can be driven by comfort with the agent, side-effect profile, and costs.

[Additional](#) [Learn More](#) [Continued](#) [Let's learn more](#)

## Learn More 1 (Slide Layer)

SCFPCLearn

### Review



**False Answer:** Some of the second generation anti-depressants (SSRI or SNRI) are more effective than others.

**Learn More**

Frequencies of adverse events are similar among SSRIs and SNRIs although the types differ. **Bupropion:** less sexual dysfunction vs other SSRIs/SNRIs (6% vs 16%), **Mirtazapine:** more weight gain (0.8-3kg at 6-8 weeks), **Sertraline:** more diarrhea (16% vs 8%), **Venlafaxine:** more nausea and vomiting (42% vs 22%)

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## Learn More 2 (Slide Layer)

SCFPCLearn

### Review



**False Answer:** Some of the second generation anti-depressants (SSRI or SNRI) are more effective than others.

**Learn More Continued**

A meta-analysis showed no difference in effectiveness between second generation anti-depressants and CBT for response (RR 0.91, 0.77-1.07) or remission (RR 0.98, 0.73-1.32) rates. No difference was found in discontinuation rates. There is no additive value in combining CBT and anti-depressants over individual treatments as initial therapy. Evidence is limited by publication bias.

[Additional](#) [Learn More](#) [Continued](#) [Let's learn more](#)

## 1.8 Jennifer Aweiree

SCFPC Learn

### Jennifer Aweiree

Click the buttons below to explore more conversation

Jennifer You Jennifer

You

What do you think?



### Jennifer (Slide Layer)

SCFPC Learn

### Jennifer Aweiree

**Jennifer**  
*"OK, so it sounds like St John's Wort, anti-depressants and talk therapy are all reasonable options. What am I supposed to do?"*

Jennifer You Jennifer

You

What do you think?



## You 1 (Slide Layer)

The screenshot shows a slide titled "Jennifer Awierree" with the SCFPCLearn logo in the top left. On the right is a character illustration of a woman in a blue suit. On the left, a text box contains the following text:

**You**  
*"That's right. It's important to pick the option that you feel the most comfortable with so that you stick with it."*

Below the text box are three buttons: "Jennifer", "You", and "Jennifer". Below these are two more buttons: "You" and "What do you think?". A vertical toolbar on the left side of the slide contains icons for help, navigation, and user selection.

## Jennifer 2 (Slide Layer)

The screenshot shows a slide titled "Jennifer Awierree" with the SCFPCLearn logo in the top left. On the right is a character illustration of a woman in a blue suit. On the left, a text box contains the following text:

**Jennifer**  
*"Let's imagine that I go ahead and take one of those anti-depressants. How long will it take for me to feel better? I heard that magic mushrooms are instantaneous."*

Below the text box are three buttons: "Jennifer", "You", and "Jennifer". Below these are two more buttons: "You" and "What do you think?". A vertical toolbar on the left side of the slide contains icons for help, navigation, and user selection.

## You 2 (Slide Layer)

SCFPCLearn

### Jennifer Awierree

You  
"I'm not sure that anything is instantaneous unfortunately..."

Jennifer You Jennifer  
You

What do you think?

## 1.9 How quickly can antidepressants begin to work?

(Multiple Choice, 10 points, 1 attempt permitted)

SCFPCLearn

### How quickly can antidepressants begin to work?

4-8 weeks  
 >8 weeks  
 <4 weeks

Submit

## 1.10 Question Review



### Review



**Answer:** <4 weeks

**Review**

A large meta-analysis (28 RCTs of SSRIs) showed that by week 1, patients get ~30% of the benefit they will have at week 6. After week 1, the magnitude of the additional benefits declines week by week.

Overall, for a 50% decrease in depression symptoms, the NNT is 25 at week 1 and 9 at week 6.

**Additional** **Let's learn more**

## Additional (Slide Layer)



### Review



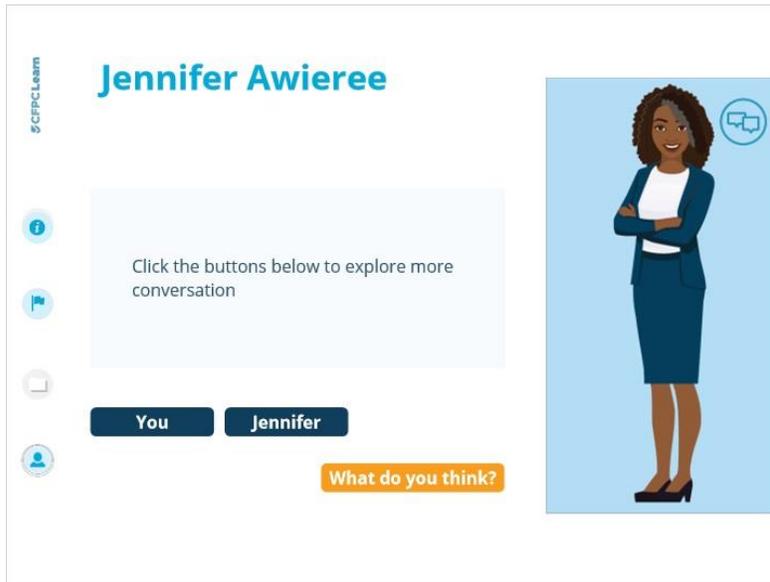
**Answer:** <4 weeks

**Additional**

Previous studies showing that it takes 6 weeks for anti-depressants to work were underpowered but this misconception has spread widely.

**Additional** **Let's learn more**

## 1.11 Meet Jennifer Aweiree



SCFPC Learn

### Jennifer Aweiree

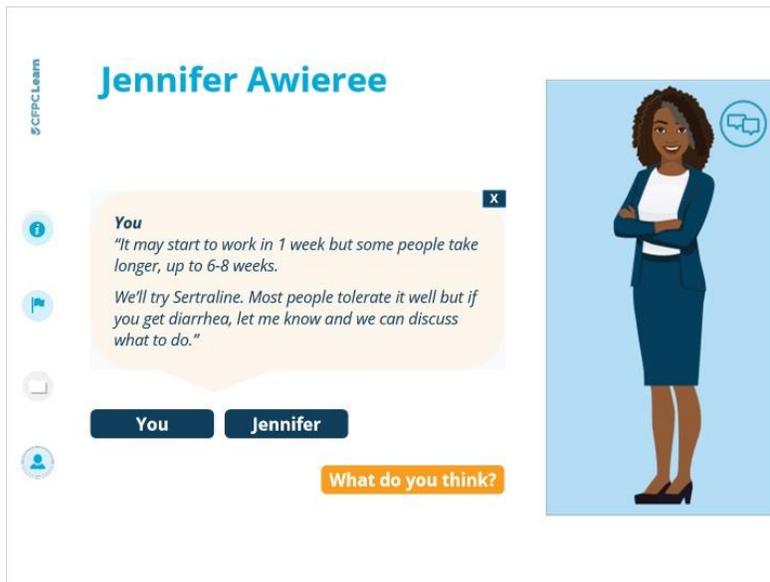
Click the buttons below to explore more conversation

You Jennifer

What do you think?

This screenshot shows a virtual meeting interface. On the left, there is a vertical sidebar with icons for home, chat, a list, and a person. The main area features the name 'Jennifer Aweiree' in blue. Below the name is a light blue box with the instruction 'Click the buttons below to explore more conversation'. At the bottom, there are two dark blue buttons labeled 'You' and 'Jennifer', and an orange button labeled 'What do you think?'. On the right, there is a full-body illustration of Jennifer Aweiree, a Black woman with curly hair, wearing a blue blazer and skirt, with her arms crossed. A speech bubble icon is in the top right corner of her image.

### You 1 (Slide Layer)



SCFPC Learn

### Jennifer Aweiree

You  
"It may start to work in 1 week but some people take longer, up to 6-8 weeks."  
We'll try Sertraline. Most people tolerate it well but if you get diarrhea, let me know and we can discuss what to do."

You Jennifer

What do you think?

This screenshot shows the same virtual meeting interface as above, but with a slide layer active. The slide layer is a light orange box with a close button (X) in the top right corner. It contains the text: 'You "It may start to work in 1 week but some people take longer, up to 6-8 weeks." We'll try Sertraline. Most people tolerate it well but if you get diarrhea, let me know and we can discuss what to do."'. The 'You' button is now highlighted in orange, and the 'What do you think?' button is also highlighted in orange.

## Jennifer (Slide Layer)

The slide layer features a vertical sidebar on the left with icons for home, back, forward, and search. The main content area is titled "Jennifer Awierree" in blue. Below the title is a light orange speech bubble containing a quote from Jennifer: "1 week! Well, that's encouraging. I guess it's worth a trial. I'll really try to go to the gym to. And I'll wait for the magic mushrooms...". Below the quote are two buttons: "You" and "Jennifer". At the bottom right of the main area is an orange button that says "What do you think?". On the right side of the slide, there is a full-body illustration of Jennifer, a Black woman with curly hair, wearing a blue blazer and skirt, with her arms crossed. A speech bubble icon is positioned near her head.

## 1.12 Create a Plan

The slide layer features a vertical sidebar on the left with icons for home, back, forward, and search. The main content area is titled "Let's Make a Plan" in blue. Below the title is a circular profile picture of Jennifer. To the right of the profile picture is a clipboard icon. Below the title and profile picture is a paragraph of text: "Using what you have learned write a plan for Jennifer. It can include any/all of the following: lifestyle intervention(s), prescription intervention(s), lab(s)/test(s) required, follow up appointment time frame, and referral required." Below this text is a large light blue rectangular area for writing a plan, with the text "Fill in your plan for the patient here" at the top left. At the bottom right of this area is an orange button that says "See how your plan compares".

## 1.13 Plan Answers

CFPC Learn

### Jennifer Awierree

This is the proposed plan for the patient. How does your plan compare?

- Prescriptions
- Lifestyle Interventions
- RxFiles Prescription
- Next Appointment

Select details on the left to see suggested recommendations

What's in a name?

Next Patient Back to Day Sheet

## Prescription (Slide Layer)

CFPC Learn

### Jennifer Awierree

This is the proposed plan for the patient. How does your plan compare?

- Prescriptions
- Lifestyle Interventions
- RxFiles Prescription
- Next Appointment

What's in a name?

Next Patient Back to Day Sheet

**Prescriptions**

You start Sertraline 50mg PO daily for 14 days. You include one repeat in case she misses her check-in in 2 weeks.

You advise Jennifer of possible side-effects: diarrhea, dyspepsia, insomnia, sexual problems.



## Next Appointment (Slide Layer)

SCFPC Learn

# Jennifer Awierree

This is the proposed plan for the patient. How does your plan compare?

- Prescriptions
- Lifestyle Interventions
- RxFiles Prescription
- Next Appointment**

What's in a name?

**Next Appointment**  
You make a follow-up appointment in 2 weeks to discuss .

Next Patient Back to Day Sheet

Detailed description: This is a screenshot of a patient care interface. At the top left, there is a vertical logo 'SCFPC Learn'. The patient's name 'Jennifer Awierree' is displayed in large blue text. Below the name is a circular profile picture of a woman with dark hair. To the right of the profile picture is a small icon of a scale. Below the name and picture is a question: 'This is the proposed plan for the patient. How does your plan compare?'. On the left side, there is a vertical navigation menu with five items: 'Prescriptions', 'Lifestyle Interventions', 'RxFiles Prescription', 'Next Appointment' (which is highlighted in blue), and 'What's in a name?'. Below the navigation menu is a green button labeled 'What's in a name?'. In the center, there is a light blue slide layer with a close button 'X' in the top right corner. The slide contains a blue circular icon with a clock and the text 'Next Appointment' followed by 'You make a follow-up appointment in 2 weeks to discuss .'. At the bottom of the slide layer are two orange buttons: 'Next Patient' and 'Back to Day Sheet'.

## Name (Slide Layer)

SCFPC Learn

# Jennifer Awierree

This is the proposed plan for the patient. How does your plan compare?

- Prescriptions
- Lifestyle Interventions
- RxFiles Prescription
- Next Appointment**

What's in a name?

**Meaning Behind the Name:**  
**Jennifer Awierree**  
Jennifer is feeling "weary" ... but that is probably quite obvious!

Next Patient Back to Day Sheet

Detailed description: This is a screenshot of the same patient care interface as above. The patient's name 'Jennifer Awierree' and profile picture remain the same. The navigation menu is identical, but the 'Next Appointment' item is not highlighted. The light blue slide layer now contains a blue circular icon with a book and the text 'Meaning Behind the Name: Jennifer Awierree' followed by 'Jennifer is feeling "weary" ... but that is probably quite obvious!'. The orange buttons 'Next Patient' and 'Back to Day Sheet' are still present at the bottom of the slide layer.