

The Clinicians Guide

A manual and tracking tool for mental health treatment

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1 Introduction

Tracking the course of treatment of patients seeking aid for mental health issues is crucial to a successful course of treatment. Knowing not only where the patient has been in their past visit but also getting a macroscopic view where they started and how they have progressed throughout all of their treatment is a powerful tool for both doctor and patient. Additionally, taking the tedious work out of calculating patient progress enables clinicians to focus more on their patient while still achieving reliable notation. The Clinical Guidelines app aims to accomplish all of this for clinicians and their patient treatment workflows.

1.1 Getting Started

Creating a new User Account:

What: A user account is the basis for tracking and storing patients unique to each clinician.

Where: A new user account can be created on the login page. All pages will direct to this page if you have no account signed in.

How: To create a new user account click the "Create User" button located at the right-hand side of the navigation bar. Fill in the First Name, Last Name, UserName, and Password fields and submit. This will complete creation of your new account!

2 Using the App

When the app first opens, it starts off on the home screen. The tool bar at the top has sections for the home page, profile, patients, help, and login.

PROFILE: Brings the user to the profile page of the person, if any, that is signed in.

PATIENTS/YOUR PATIENTS: Brings the user to the patient page.

HELP: Brings you to the help page for assistance in navigating the app.

LOGIN: Brings the user to the to the login screen. Navigating to this screen also adds the option in the tool bar to create a new user.

CREATE USER: Brings the user to a page to create new users. *Note:* This section is only available from the login page.

2.1 Toolbar

HOME PAGE/HOME: Brings the user back to the home page from any page in the app.

PROFILE: Brings the user to the profile page of the person, if any, that is signed in.

PATIENTS/YOUR PATIENTS: Brings the user to the patient page.

HELP: Brings you to the help page for assistance in navigating the app.

LOGIN: Brings the user to the to the login screen. Navigating to this screen also adds the option in the tool bar to create a new user.

CREATE USER: Brings the user to a page to create new users. *Note:* This section is only available from the login page.

DEPRESSION TREATMENT: Brings the user to a page for checking and modifying the current treatment and steps. *Note:* This section is only available once logged in.

DEPRESSION PHQ: Brings the user to a page for patients to fill out the Patient Health Questionnaire Form (PHQ form). *Note:* This

section is only available once logged in.

MEDICATION: Brings the user to a page for prescribing a patient medication or adding a new medication to the database. *Note:* This section is only available from the home page once logged in.

SIGN OUT: This option signs out the current user and returns them to the login page.

2.2 Web Pages

The section below is to outline the function and layout of the web pages displayed. Each page serves a specific purpose to display, add, remove, or modify information stored in the app database.

HOME PAGE/HOME: The central page for the web app. From here the user can navigate to nearly every other page. Those excluded are the create user page and *Note:* The information displayed on the home page does change depending on whether or not a user is signed in.

Below the tool bar includes a help section and sections for displaying profile information and current patients. *Notice:* Prior to login these later sections will be empty.

PATIENTS/YOUR PATIENTS: This page is designed to display the names of the current patients of the doctor that is signed in. From here the user can select patients, by name, to display their full name, diagnosis, current medication, the dose of that medication, and the dates of the last and next visit. The user can also check the selected patient in for an appointment. Following this the user can add new information through the Depression PHQ
Note: Prior to login the page will display 'No content to be displayed'

HELP: This page is designed to provide assistance in navigating the app.

LOGIN: Upon navigating to this screen the user is prompted for their username and password. Clicking submit checks if the username and password are valid and, if they are, it logs in the associated account. *Note:* Navigating to this screen also adds the option in the tool bar to create a new user.

CREATE USER: Upon navigating to this screen the user is prompted for their first name, last name, username, and password. The system checks if the username is already in the database and, if not, it adds

the new user to the system.

DEPRESSION TREATMENT: This page displays the current step in treatment and the next step to be taken for the patient that is checked in. From this page the user can schedule the next visit, located in the bottom left, for the patient in question. On the bottom right the user has to option to navigate to the prescription page to prescribe medication to the patient.

PRESCRIPTION: The purpose of this page is to display the available medication options and allow the user to select the necessary medication for their patient. For instructions on how to prescribe medication see 2.7 Prescribing Medication below.

DEPRESSION PHQ: This page is used to evaluate the state or progress that the patient in question is at with depression. The page contains a questionnaire, the Patient Health Questionnaire (PHQ). For further instructions on how to using the PHQ see 2.4 Using the Patient Health Questionnaire (PHQ) below.

BIPOLAR TREATMENT: This page allows the user to choose either to start a new treatment for the patient or continue one that has already begun. There are two options for bipolar treatment algorithms, bipolar depressed and bipolar manic. Our system track what step a patient is on for both algorithms simultaneously. Upon returning to the Bipolar Treatment page the step the patient was last on will be automatically returned to.

BIPOLAR MOOD DISORDER QUESTIONNAIRE (MDQ): This page is used to evaluate the state or progress that the patient in question is at with Bipolar. The page contains a questionnaire, the Mood Disorder Questionnaire (MDQ). After submitting the questionnaire, if a diagnosis is recommended by the questionnaire, the option to automatically add the diagnosis to the patient profile will be presented to the user.

MEDICATION: This page is for the addition and prescription of medication by medical professionals using the app. The section on the left is for the prescription of a medication to the currently checked in patient. Clicking on 'Prescribe Patient a Medication' navigates the user to the Prescription page, see 2.7 Prescribing Medication.

2.3 Adding New Medication

To navigate to this page, select a patient and then select Medication from the toolbar. Then select the option to add a new medication. You will be taken

to a form where you can enter the name of the Medication, its minimum dose and its Maximum Dose. If this medication has conflicting medications you can select as many of them from the list of existing medications as you would like. If you do not see the medication it conflicts with, create the conflicting medication before adding your new medication.

2.4 Using the Patient Health Questionnaire (PHQ)

The page contains a questionnaire, the Patient Health Questionnaire (PHQ), that ask the user to specify, from 0 to 3, how often they have been bothered by each of the problems below. It then has a section which asks them to rate how the problems above affect their day-to-day lives. Once the form is filled out the user may submit the PHQ either for an initial diagnosis and treatment or submit the form for continued treatment.

2.5 Checking in a Patient

In order to check in a patient, the user must navigate to the 'Your Patients' page. It is here that the user's patients will be displayed by name. By clicking on a name the user can select an individual patient. The patient's information will be displayed on this screen. Clicking on the 'Check In' button near the top will check the patient in for the current session.

2.6 Scheduling a Visit

In order to schedule a future patient visit, the user must first check in the patient in question, see 2.5 Checking in a Patient. After doing so, the user must navigate to the Depression Treatment page. From here, enter the desired date for the visit in the bottom left, underneath the 'Schedule Patient Visit' section. Once entered select 'Schedule Patient' to submit the visit.

2.7 Prescribing Medication

In order to prescribe new medication to a patient, the user must first check in the patient in question, see 2.5 Checking in a Patient. After doing so, the user must navigate to either the Medication or Depression Treatment page. From here select 'Prescribe Patient a Medication' or 'Prescription Page' to navigate to the Prescription page. Once there, the user can select a medication by clicking on it under 'Pick a Medication To Prescribe'. Upon selecting a medication the page changes to display the medical information (Name, Minimum/Maximum dose) and a box titled 'Prescribe This Medication'. From here the user can specify a dosage for the medication and submit it to the patient's profile.