

Staff Education Tool:  
**Heart Failure: Depression Assessment**

## Consider Depression:

- Depression is prevalent among older adults with chronic illnesses such as HF and is often associated with poorer self-care management.
- Screen patients for depression using the Geriatric Depression Scale (GDS).
- Notify and discuss with physician if patient scores  $\geq 5$  on the GDS.

**Geriatric Depression Scale (GDS):** accessible online at [www.americangeriatrics.org/education/dep\\_tool\\_06.pdf](http://www.americangeriatrics.org/education/dep_tool_06.pdf)

Instructions: Score one point for each bolded answer.

1. Are you basically satisfied with your life?	<b>YES</b> NO	9. Do you prefer to stay at home, rather than going out and doing things?	<b>YES</b> NO
2. Have you dropped many of your activities and interests?	<b>YES</b> NO	10. Do you feel that you have more problems with memory than most?	<b>YES</b> NO
3. Do you feel that your life is empty?	<b>YES</b> NO	11. Do you think it is wonderful to be alive now?	YES <b>NO</b>
4. Do you often get bored?	<b>YES</b> NO	12. Do you feel worthless the way you are now?	<b>YES</b> NO
5. Are you in good spirits most of the time?	YES <b>NO</b>	13. Do you feel full of energy?	YES <b>NO</b>
6. Are you afraid that something bad is going to happen to you?	<b>YES</b> NO	14. Do you feel that your situation is hopeless?	<b>YES</b> NO
7. Do you feel happy most of the time?	YES <b>NO</b>	15. Do you think that most people are better off than you are?	<b>YES</b> NO
8. Do you often feel helpless?	<b>YES</b> NO	<b>A Score of <math>\geq 5</math> suggests depression</b>	