HCV Simplified Treatment
For Alaska Tribal Health System

Updated 8/2024
For more information, visit:
www.anthc.org/hep/hep-c-treatment-information

Start here:

Step 1 Calculate FIB-4
https://www.hepatitisc.uw.edu/page/clinical-calculators/fib-4

and

Assess for Cirrhosis:
- FIB-4 > 3.25 or any of the following:
- Transient elastography (e.g. FibroScan stiffness > 12.5 kPa
- Noninvasive serologic tests above proprietary cutoffs for cirrhosis (e.g. FibroSure, FibroTest)
- Clinical evidence of cirrhosis (lover nodularity and/or splenomegaly on imaging, platelet count < 150,000
- Prior liver biopsy showing cirrhosis

FIB-4 < 3.25 and no clinical signs of cirrhosis

FIB-4 > 3.25 or clinical signs of cirrhosis

Calculate CTP score
https://www.hepatitisc.uw.edu/page/clinical-calculators/ctp

CTP ≤ 6

CTP > 6

Proceed with Simplified Treatment Step 2

Note: Patients with compensated cirrhosis can be treated in Primary Care setting. For questions about cirrhosis and treatment, please consult Liver Clinic or refer for evaluation. Persons with cirrhosis should have annual follow up with Liver Disease specialist.

Refer to Liver Clinic or a medical practitioner with expertise in liver disease

SIMPLIFIED HEPATITIS C TREATMENT CHECKLIST

Step 1. Calculate FIB-4 https://www.hepatitisc.uw.edu/page/clinical-calculators/fib-4 and assess for cirrhosis

- ❑ If FIB-4 < 3.25 and no clinical signs of cirrhosis, proceed to Step 2. If: FIB- 4 > 3.25, or a liver biopsy indicates cirrhosis or FibroScan fibrosis score ≥ 12.5kPa or a serum fibrosis test (FibroTest-Quest or Fibrosure-LabCorp) indicates cirrhosis, or there is clinical evidence of cirrhosis, calculate CTP score: **https://www.hepatitisc.uw.edu/page/clinical-calculators/ctp .** Refer patient to Liver Clinic if CTP score > 6. See page 2 re: follow up after treatment.

Step 2. Complete Pretreatment Labs & Assessment:

Labs	
Before beginning treatment:	❑ Pregnancy Test and counseling about pregnancy risk of HCV medication should be offered to women of childbearing age.
Acceptable within 6 mos if no cirrhosis or 3 months if cirrhosis:	❑ CBC ❑ Hepatic function panel and eGFR ❑ PT/INR (only needed if cirrhosis)
Acceptable within 6 months:	❑ AFP (recommended for Alaska Native patients with HCV due to higher rates of liver cancer)
Anytime prior:	❑ Quantitative HCV RNA ❑ HIV antigen/antibody ❑ Hepatitis B surface antigen[1] ❑ Syphilis screening ❑ Genotype (only needed if patient has cirrhosis and planning to treat with Sofobuvir/velpatasvir (Epclusa)

- ❑ Review/record current medications, including OTC drugs and herbal/dietary supplements.
- ❑ Assess for drug-drug interactions at: www.hep-druginteractions.org
- ❑ In those with HIV, simplified treatment should not be used in those on TDF containing regimens with eGFR <60 ml/min because of need for additional monitoring.

Step 3 Write Prescription and Start Treatment

Treatment Options: Mavyet 3 tablets daily x 8 weeks or Epclusa 1 tablet daily x 12 weeks

- ❑ Identify insurer and determine if Prior Authorization (PA) needed. Note: Alaska Medicaid does not require PA for Simplified HCV Treatment.
- ❑ If no insurance, link to patient assistance programs:

  https://www.abbvie.com/patients/patient-assistance.html

  https://www.mysupportpath.com/

- ❑ **Educate patient about how to take medications, importance of adherence, and re: prevention of reinfection.**
- ❑ **Offer/link patients with ongoing substance use issues with harm reduction supplies.**

Persons with ongoing substance use issues **SHOULD** be treated for hepatitis C. **Do not delay**. You can use Audit-C & PHQ-9 or other mental health screening tools to determine if patient would benefit from referral to Behavioral Health/Substance Use Treatment Program; however, there is no HCV treatment contraindication if someone is drinking alcohol or using substances.

[1] - If HepB sAg+, patient is not eligible for simplified treatment. Consult with Hepatology specialist for treatment recommendations.

Adapted from AASLD/IDSA Hepatitis C Guidelines;
available at www.hcvguidelines.org

Monitoring During Treatment
❑ Instruct patients taking diabetes meds to monitor for hypoglycemia.
❑ Inform patients taking warfarin of the potential for changes in their anticoagulation status. Monitor INR for sub-therapeutic anticoagulation.
❑ No laboratory monitoring is required for other patients.
❑ An in-person or telehealth/phone visit may be scheduled, if needed, for patient support, assessment of symptoms, and/or new medications.
❑ Refer to Hepatology or other specialist, if worsening liver blood tests (e.g. bilirubin, AST, ALT); jaundice, ascites, or encephalopathy; or new liver-related symptoms.
❑ Instruct patient re: importance of follow up labs after treatment to assess for cure.
IMPORTANT!!! Test for Cure ❑ **12 weeks or more after treatment completed, obtain HCV RNA and LFTs. Negative HCV RNA at this time (SVR 12) is proof of cure of hepatitis C. If patient does not think they will be able to return 12 weeks after treatment completion, you can draw HCV RNA, LFTs 4 weeks after treatment completion (SVR 4). SVR 4 has been shown to correlate with SVR12 (PPV 99%).**
Monitoring After Treatment (for those who have achieved a cure)
❑ **If ALT/AST remain elevated, assess for other causes of liver disease, see Elevated LFTs Algorithm: https://www.anthc.org/wp-content/uploads/2022/05/Elevated-LFTs-Algorithm-Workup.pdf**
For those determined pretreatment to have cirrhosis (F4): ❑ RUQ US & AFP q 6 months; yearly CBC, CMP, AFP, PT/INR ❑ **Yearly Liver Clinic appointment. FibroScan to be done at discretion of provider.**
For those who did not have cirrhosis prior to treatment, no follow up necessary following assessment of cure.
❑ **Counsel persons with risk for HCV infection (ongoing IVDU, MSM having condomless sex) about risk reduction and obtain HCV RNA yearly to test for reinfection.**
Follow-Up for Patients Who Do Not Achieve Cure
❑ Refer patient to Liver Clinic or other liver disease specialist for evaluation for re-treatment
❑ If unable to retreat, assess for liver disease progression every 6-12 months with LFT, CBC and INR
❑ Counsel patients to avoid excess alcohol use and those with cirrhosis to abstain from alcohol to avoid progression of liver disease.

Hepatitis C Treatment Health Summary

Date_____

Name: _____

MRN: _____**DOB:** _____

Phone #: _____

Alternate Contact: _____

Medications[1]:

_____|_____

_____|_____

_____|_____

_____|_____

_____|_____

_____|_____

Checked DRUG interactions[1] □ Yes □ No

Allergies:_____

_____

Before Treatment:

1. Calculate FIB-4 score

□ If Fib-4 > 3.25 or patient assessment indicates cirrhosis see Step 1 on Treatment web page):

□ Calculate CTP Score. If CTP ≤ 6, Liver Clinic to provide treatment recommendations, PCP to treat, if comfortable. CTP >6 or any s/s decompensated cirrhosis, consult Liver Clinic provider before beginning treatment.

□ AFP & RUQ US should be done every 6 months to screen for liver cancer (continuing after HCV cure).

2. Obtain Labs:

Immediately prior:
- □ Pregnancy test
- □ Uric acid (if tx w/ribavirin)

Within 6 months or 3 months if patient has cirrhosis:
- □ CBC
- □ LFT & eGFR
- □ PT/INR (if cirrhosis)[2]
- □ AFP
- □ HCV genotype if non-pan-genotypic regimen is planned

Anytime prior:
- □ HIV antigen/antibody[2]
- □ HBsAg[2,3]
- □ NS5A RAS (prior tx failure or cirrhosis and tx w/ Epclusa)[2]
- □ Syphilis screening

3. Write Prescription. Be sure to identify insurer and determine if PA is needed: _____

5. Review Pertinent Medical History:

Previous hepatitis C treatment[2] □ Yes □ No
Specify: _____
Cirrhosis[4] □ Yes □ No
Child-Pugh Score: _____
Other Liver Disease[4,5] □ Yes □ No
Specify: _____
Pulmonary Disorders[5] □ Yes □ No
Specify: _____
Cardiac Disease/DVT/PE[1,5] □ Yes □ No
Specify: _____
Taking Amiodarone? [1.5] □ Yes □ No
PPI/H2 blocker/Antacid use[1] □ Yes □ No
Specify: _____
Autoimmune Disorders or Organ Transplant[1,] □ Yes □ No
Specify: _____
Cancer □ Yes □ No
Specify: _____
Current infection[1,4] □ Yes □ No
Specify: _____
Taking coumadin or digoxin?[1,3] □ Yes □ No
Taking a statin?[1] □ Yes □ No
Kidney Disease?[5] □ Yes □ No
Current TB Treatment?[1] □ Yes □ No
Diabetes - Type 1 or 2? [3] □ Yes □ No
HIV or AIDS?[1] □ Yes □ No
Seizure Disorder?[1] □ Yes □ No
Mental Health Conditions? □ Yes □ No
Specify: _____

Screen & Review: AUDIT-C ___ PHQ-9 ___

Vaccine Status (give if needed):
Hepatitis A ___ (If unknown, check hep A total IgG)
Hepatitis B ___ (If unknown, check HBcAb & HBsAb)
Other vaccines as appropriate:
- □ Flu (annually) □ Covid #__ Type:_____
- □ PCV-13 (≥ age 65 or immunosuppressed)
- □ PPSV-23 (≥ age 50 AN/AI in AK or high risk)
- □ Td (once every 10 years) **OR** Tdap (once)
- □ Recombinant Zoster (≥ age 50)

Pregnancy Prevention: Methods: _____
Females: LMP: _____ Pregnant? □ Yes □ No
Males: Partner pregnant? (ribavirin only) □ Yes □ No
□ Counsel about pregnancy prevention (see Treatment Information Packet)
□ Do Not use ethinyl estradiol OC if Mavyret planned

Any upcoming events which might interfere w/treatment? □ Yes □ No

□ HCV Treatment Information Form reviewed w/patient

1- Check drug interactions to treatment drugs at www.hep-druginteractions.org and modify treatment plan/regimen if indicated.
2- If previously treated, cirrhotic, or HBV coinfection, consult Liver Disease Specialist re: treatment.
3- Monitor levels during treatment
4- Hep B: If HBsAg+, check HBV DNA pre-treatment, monthly during treatment, & 3 months after treatment.
5- Further evaluation as indicated; if ribavirin is planned consult Liver Disease Specialist prior to treatment.

Hepatitis C Treatment Information – Initial treatment (Epclusa®/Mavyret™)

You will be taking medication to cure hepatitis C (HCV). The medications for HCV treatment are FDA approved. This guide provides information you will want to know about the medication. It is meant to guide you during treatment and answer questions you may have. Please read this carefully and ask any questions you may have before you begin the medication.

PREGNANCY & BREAST/CHEST FEEDING WARNING

It is not known if Epclusa® or Mavyret™ will harm an unborn or breast/chest feeding baby, so it is recommended to avoid pregnancy and breast/chest feeding while taking these medications. People who become pregnant while taking these medications will want to discuss risks versus benefits of continuing treatment with their health care provider. Small studies evaluating the safety of these types of medications in pregnancy have shown high cure rates (100%) and no safety concerns. However, these are small studies and more information is needed before these medications can be recommended for use during pregnancy. Despite the lack of a recommendation, treatment can be considered during pregnancy on an individual basis after a patient-OB/GYN provider discussion about the potential risks and benefits.

If you will be taking Mavyret™ you will need to be aware of using ethinyl estradiol-containing medicines (e.g. most oral contraceptive pills (OCPs) before you start treatment. Taking Mavyret with OCPs containing 20 mcg or less ethinyl estradiol (EE) is okay. Doses of ethinyl estradiol above 20 mcg is not recommended with Mavyret. If you need to change your OCP, plan to do so 2 weeks before starting Mavyret and continuing for 2 weeks after finishing Mavyret treatment. Progestin-only (e.g. mini pill, Depo shot, Nexplanon™) and barrier contraceptives (condom, diaphragm) are safe to use while taking Mavyret™.

PLEASE NOTE:

It will be important for you to share that you are taking HCV medication with medical, mental health, dental providers, and pharmacist(s) prior to starting any new medications. You must let your provider who is treating your HCV know about any new medications you are prescribed before starting them. This includes vitamins and other supplements.

If you have ever had hepatitis B infection, the virus could become active again during or after taking HCV treatment. You will have blood tests to check for hepatitis B infection before starting treatment (HBsAg). If you have hepatitis B (HBsAg positive), you will have HBV DNA levels (virus count) checked before and while on treatment.

If you have decompensated (severe) liver disease or have ever had liver decompensation you should not take Mavyret.

Hepatitis C Treatment Information – Initial treatment (Epclusa®/Mavyret™)

YOUR TREATMENT REGIMEN AND INDICATION (for persons who have not had previous treatment)

____ Epclusa® one tablet daily for 12 weeks:

□ You do not have cirrhosis.

□ You have compensated (mild) cirrhosis.

____ Epclusa® one tablet daily for 24 weeks:

□ You have decompensated cirrhosis and are ribavirin ineligible.

____ Mavyret™ three tablets daily for 8 weeks:

□ You do not have cirrhosis.

□ You have compensated (mild) cirrhosis.

DURING TREATMENT

- You will want to call or see your provider if you have any questions or concerns.
- People capable of pregnancy should use contraception and consider doing a monthly pregnancy test.
- If you are taking medication for diabetes you should monitor for symptoms of low blood sugar. Check your glucose level if not feeling well. Contact your diabetes provider for guidance if your blood sugar is low.
- If you are taking warfarin you may experience changes in your anticoagulation levels. Tell your warfarin prescriber that you are taking HCV medication. Your INR needs to be monitored more frequently on treatment.
- If you have cirrhosis, your provider may order blood tests to monitor for liver injury during treatment.
- Prevent the spread of HCV. Avoid sharing needles, drug works, razors, toothbrushes, or nail clippers. Cover all cuts and clean blood spills with dilute bleach water. If you inject or use drugs use a syringe service program to get free sterile needles, syringes and other supplies. Avoid barrierless sex if you are not in a monogamous relationship.
- Do not drink alcohol or use drugs because these hurt the liver.

AFTER TREATMENT

- **VERY IMPORTANT!!! Three months after completing treatment you will need a blood test to see if you are cured of HCV. There is no way to know if you are cured without this test. Checking for HCV cure can be done at 4 weeks if this is your only option for follow up.**

- If your liver blood levels remain elevated after treatment your provider will want to test for other causes of liver disease like fatty liver.
- If you have advanced liver fibrosis or cirrhosis prior to treatment you will continue to need a liver ultrasound and alpha fetoprotein (AFP) cancer screening blood test every six months.
- If you have ongoing risk of HCV get a yearly HCV RNA (virus test).

BENEFITS OF TREATMENT

If you have no hepatitis C in your blood 12 weeks **after** the end of treatment, you are cured. Cure of HCV improves quality of life including physical, emotional and social health. Persons who are cured experience many health benefits including decreased liver inflammation and reduced risk for progression of liver fibrosis (scarring). Cirrhosis can resolve and other signs of liver disease improve. There is more than 70% reduction in the risk of liver cancer and 90% reduction in risk of liver related mortality and need for liver transplant. Treatment of HCV also decreases the transmission of infection to others.

It is possible (but rare) to experience serious side effects on treatment, which will require you to stop the medication. You may still benefit from treatment even if it does not get rid of your hepatitis C, as it may slow down the disease.

To take care of your liver and prevent the spread of hepatitis C

- Do not share needles or other drug works, toothbrushes, razors, or nail clippers.
- Cover cuts to prevent blood exposure.
- Avoid condom-less sexual activities (practice safer sex).

If you have any questions about treatment, contact the Liver Disease & Hepatitis Program @ 907-729-1560 or your primary care provider.

TREATMENT MEDICATIONS AND SIDE EFFECTS

Epclusa® is a tablet that contains sofosbuvir 400mg and velpatasvir 100mg. Take Epclusa® once daily by mouth with or without food. Store the medication at room temperature. If you miss a dose, take the missed dose as soon as you remember the same day. Do not take more than 1 tablet of Epclusa® in a day. Take your next dose at your regular time the next day.

- **The most common side effects in clinical trials were headache (22%) and feeling tired/fatigue (15%).**

Tell your healthcare provider if you are taking any medicines including prescription and over-the-counter, vitamins, or herbal supplements. Epclusa® and other medications can affect each

other and cause you to not have enough or have too much Epclusa® or other medicine in your body. The following is a list of some medicines that are known to interact with Epclusa® (this list is not all inclusive):

Stomach/Digestive medicine (for indigestion, heartburn, or stomach ulcers) -

- Proton pump inhibitors are not recommended. If medically necessary omeprazole (Prilosec®) no more than 20 mg daily is okay taken 4 hours after Epclusa®. In this case, Epclusa® should be taken with food. Esomeprazole (Nexium®), lansoprazole (Prevacid®), rabeprazole (Aciphex®), and pantoprazole (Protonix®) have not been studied with Epclusa®.
- Antacids that contains aluminum or magnesium hydroxide (such as Rolaids®, Maalox® and Mylanta®) must be taken 4 hours before or 4 hours after you take Epclusa®.
- H2 blockers must be taken at the same time or 12 hours apart from Epclusa®. Famotidine (Pepcid AC®) no more than 40 mg twice daily is okay. Nizatidine (Axid®) and cimetidine (Tagamet®) have not been studied with Epclusa®.

Heart/Cardiovascular medications -

- Amiodarone (Cordarone®, Nexterone®, Pacerone®). When taken with Epclusa® there is risk of slowing heart rate that can cause near-fainting, fainting, dizziness or lightheadedness, extreme tiredness, weakness, shortness of breath, chest pain, confusion, or memory problems. Taking amiodarone with Epclusa is not recommended.
- Digoxin (Lanoxin®). Monitoring of digoxin levels recommended during treatment.
- Warfarin (Coumadin®) Fluctuations of INR values may occur. Frequent monitoring of INR during and post-treatment is recommended.
- Rosuvastatin (Crestor®) No more than 10mg daily is okay. Monitor for muscle pain and weakness.
- Atorvastatin (Lipitor®) Monitor for muscle pain and weakness.

Seizure medications -

- Carbamazepine (Carbatrol®, Epitol®, Equetro®, Tegretol®); Oxcarbazepine (Trileptal®, Oxtellar XR®); Phenytoin (Dilantin®, Phenytek®); Phenobarbital (Luminal®); Primidone (Mysoline®)

HIV/Other Infectious Diseases and medications -

- Efavirenz (ATRIPLA®); Tipranavir (Aptivus®) used in combination with ritonavir (Norvir®)
- Rifabutin (Mycobutin®); Rifampin (Rifadin®, Rifamate®, Rifater®, Rimactane®); Rifapentine (Priftin®)
- Regimens containing tenofovir disproxil fumarate (DF) (ATRIPLA®, COMPLERA®, STRIBILD®, TRUVADA®, VIREAD®). Dosages may need to be adjusted.

- Topotecan (Hycamtin®)

Herbal supplement –

- St. John's wort (Hypericum perforatum) or a product that contains St. John's wort

---

Mavyret™ is 3 tablets containing a total daily dose of glecaprevir 300mg and pibrentasvir 120mg. You will take 3 tablets of Mavyret™ by mouth at the same time daily with food. Store the medication at room temperature. Do not miss or skip any doses.

If you miss a dose, take the missed dose as soon as possible that same day. **Exception: If it is less than 6 hours before the next time you are to take Mavyret™ then skip the missed dose. Take the next day's dose at your usual time. Continue taking Mavyret™ daily (3 tablets each day at the same time) until all of your medication is gone.

- **The most common side effects in clinical trials were headache (≈18%) and tiredness (≈15%).**
- **For persons who inject drugs, diarrhea (6%) and nausea (6%) were observed, also.**
- **For persons taking Suboxone®, Sublocade® or naltrexone/Vivitrol®; nausea (11%), and diarrhea (6%) were also observed.**
- **Liver problems may be worsening if you develop nausea, tiredness, yellow skin/eyes, bleeding/bruising more than usual, confusion, poor appetite, diarrhea, brown urine, dark or bloody stool, swelling in the stomach area, or pain in the right upper stomach area or vomiting of blood. If this happens seek care immediately and inform the liver clinic or your provider.**

Do not take the following medications with Mavyret™ (this list may not be all inclusive):

- Rifampin (Rifadin®, Rifamate®, Rifater®, Rimactane®). Atazanavir (Reyataz®, Evotaz™)

The following medicines are not recommended to be used with Mavyret™:

- Carbamazepine (Carbatrol®, Equetro®, Tegretol®, Tegretol® XR)
- St. John's wort (Hypericum perforatum) or a product that contains St. John's wort
- Efavirenz (ATRIPLA®, Sustiva®); Tipranavir (Aptivus®); Darunavir (Prezista®, Prezcobix®); Lopinavir (Kaletra®); Ritonavir (Norvir®)
- Cyclosporine (Gengraf®, Neoral®, Sandimmune®)
- Atorvastatin (Lipitor®, Caduet®), Lovastatin (Mevacor®, Altoprev®), Simvastatin (Zocor®, Vytorin®)

- **PLEASE NOTE**: Combination birth control patches or pills containing 20 mcg of ethinyl estradiol or less are okay to use with Mavyret. Products containing greater than 20 mcg of ethinyl estradiol should not be used.

The following medicines require dose adjustment and/or monitoring when taken with Mavyret™:

- Cholesterol lowering medications: Pravastatin (Pravachol®), Rosuvastatin (Crestor®), Fluvastatin (Lescol®), Pitavastatin (Livalo®)
- Digoxin (Lanoxin™, Lanoxicaps®). Dabigatran etexilate (Pradaxa®)
- Warfarin (Coumadin®) Fluctuations of INR values may occur. Frequent monitoring of INR during and post-treatment is recommended.

AUDIT-C Questionnaire

Patient Name _____ Date of Visit _____

1. Within the past year, how often did you have a drink of alcohol?

- ☐ a. Never
- ☐ b. Monthly (e.g. Special occasions/Rare)
- ☐ c. 2-4 times a month (e.g. 1x on weekend - “Fridays only” or “every other Thursday”)
- ☐ d. 2-3 times a week (e.g. weekends – Friday-Saturday or Saturday-Sunday)
- ☐ e. 4 or more times a week (e.g. daily or most days/week)

2. Within the past year, how many standard drinks containing alcohol did you have on a typical day?

- ☐ a. 1 or 2
- ☐ b. 3 or 4
- ☐ c. 5 or 6
- ☐ d. 7 to 9
- ☐ e. 10 or more

3. Within the past year, how often did you have six or more drinks on one occasion?

- ☐ a. Never
- ☐ b. Less than monthly
- ☐ c. Monthly
- ☐ d. Weekly
- ☐ e. Daily or almost daily

AUDIT-C - Overview

The AUDIT-C is a 3-item alcohol screen that can help identify persons who are hazardous drinkers or have active alcohol use disorders (including alcohol abuse or dependence). The AUDIT-C is a modified version of the 10 question AUDIT instrument.

Clinical Utility

The AUDIT-C is a brief alcohol screen that reliably identifies patients who are hazardous drinkers or have active alcohol use disorders.

Scoring

The AUDIT-C is scored on a scale of 0-12.

Each AUDIT-C question has 5 answer choices. Points allotted are:
a = 0 points, b = 1 point, c = 2 points, d = 3 points, e = 4 points

- **In men**, a score of 4 or more is considered positive, optimal for identifying hazardous drinking or active alcohol use disorders.
- **In women**, a score of 3 or more is considered positive (same as above).
- However, when the points are all from Question #1 alone (#2 & #3 are zero), it can be assumed that the patient is drinking below recommended limits and it is suggested that the provider review the patient's alcohol intake over the past few months to confirm accuracy.[3]
- Generally, the higher the score, the more likely it is that the patient's drinking is affecting his or her safety.

Psychometric Properties

For identifying patients with heavy/hazardous drinking and/or Active-DSM alcohol abuse or dependence

	Men[1]	Women[2]
≥3	Sens: 0.95 / Spec. 0.60	Sens: 0.66 / Spec. 0.94
≥4	Sens: 0.86 / Spec. 0.72	Sens: 0.48 / Spec. 0.99

For identifying patients with active alcohol abuse or dependence

≥ 3	Sens: 0.90 / Spec. 0.45	Sens: 0.80 / Spec. 0.87
≥ 4	Sens: 0.79 / Spec. 0.56	Sens: 0.67 / Spec. 0.94

1. *Bush K, Kivlahan DR, McDonell MB, et al. The AUDIT Alcohol Consumption Questions (AUDIT-C): An effective brief screening test for problem drinking. Arch Internal Med. 1998 (3): 1789-1795.*
2. *Bradley KA, Bush KR, Epler AJ, et al. Two brief alcohol-screening tests from the Alcohol Use Disorders Identification Test (AUDIT): Validation in a female veterans affairs patient population. Arch Internal Med Vol 163, April 2003: 821-829.*
3. *Frequently Asked Questions guide to using the AUDIT-C can be found via the website: www.oqp.med.va.gov/general/uploads/FAQ%20AUDIT-C*

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____ **DATE:** _____

Over the *last 2 weeks,* how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	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	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3
add columns:		+	+	
(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card.) **TOTAL:**				

10. 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** _____

Fold back this page before administering this questionnaire

INSTRUCTIONS FOR USE

for doctor or healthcare professional use only

PHQ-9 QUICK DEPRESSION ASSESSMENT

For initial diagnosis:

1. Patient completes PHQ-9 Quick Depression Assessment on accompanying tear-off pad.

2. If there are at least 4 ✓s in the blue highlighted section (including Questions #1 and #2), consider a depressive disorder. Add score to determine severity.

3. ***Consider Major Depressive Disorder***
—if there are at least 5 ✓s in the blue highlighted section (one of which corresponds to Question #1 or #2)

Consider Other Depressive Disorder
—if there are 2 to 4 ✓s in the blue highlighted section (one of which corresponds to Question #1 or #2)

Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician and a definitive diagnosis made on clinical grounds, taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient. Diagnoses of Major Depressive Disorder or Other Depressive Disorder also require impairment of social, occupational, or other important areas of functioning (Question #10) and ruling out normal bereavement, a history of a Manic Episode (Bipolar Disorder), and a physical disorder, medication, or other drug as the biological cause of the depressive symptoms.

To monitor severity over time for newly diagnosed patients or patients in current treatment for depression:

1. Patients may complete questionnaires at baseline and at regular intervals (eg, every 2 weeks) at home and bring them in at their next appointment for scoring or they may complete the questionnaire during each scheduled appointment.

2. Add up ✓s by column. For every ✓: Several days = 1 More than half the days = 2 Nearly every day = 3

3. Add together column scores to get a TOTAL score.

4. Refer to the accompanying PHQ-9 Scoring Card to interpret the TOTAL score.

5. Results may be included in patients' files to assist you in setting up a treatment goal, determining degree of response, as well as guiding treatment intervention.

PHQ-9 SCORING CARD FOR SEVERITY DETERMINATION

for healthcare professional use only

Scoring—add up all checked boxes on PHQ-9

For every ✓: Not at all = 0; Several days = 1;
More than half the days = 2; Nearly every day = 3

Interpretation of Total Score

Total Score	Depression Severity
1-4	Minimal depression
5-9	Mild depression
10-14	Moderate depression
15-19	Moderately severe depression
20-27	Severe depression