

Vermont Mental Health Performance Indicator Project

Agency of Human Services, Department of Health, Department of Mental Health
108 Cherry Street, Burlington, Vermont 05401

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Brennan Martin

DATE: December 26, 2008

RE: Holiday Season Depression Diagnosis in Vermont General Hospitals

Following our October 3, 2008, report on Depression and Seasonality in Vermont General Hospitals¹, Dr. Sandra Steingard, Mental Health and Substance Abuse Services Medical Director at the HowardCenter in Burlington, requested more detailed information on depression-related admissions during the holiday season. This brief report was prepared in response to Dr. Steingard's request.

As in the earlier report, the findings presented here are based on analysis of the Uniform Hospital Discharge Data Set maintained by the Vermont Department of Health. This analysis includes all admissions with a primary diagnosis of Depression (ICD-9 code 296.00 – 296.89). In this report, average daily hospital admission rates for depression are provided for the first and the second half of Novembers, Decembers, Januarys, and Februarys during 2000-2005. In addition, average numbers of hospital admissions for depression are provided for the study period as a whole.

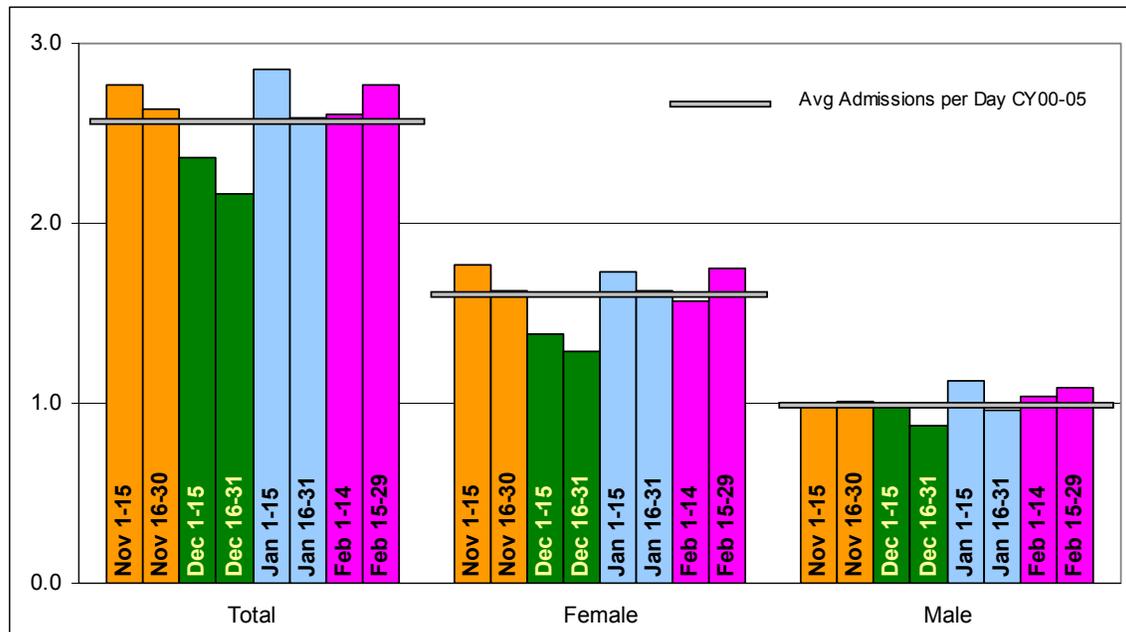
As you will see, the average daily number of general hospital admissions with a primary diagnosis of depression declined from 2.8 to 2.6 per day during the first and second halves of Novembers, and from 2.4 to 2.2 during first and second halves of Decembers CY2000 through 2005. General hospital admissions with a primary diagnosis of depression then increased substantially to 2.9 per day during the first half of Januarys before decreasing to 2.6 per day during the second half of Januarys and the first half of Februarys. During the second half of Februarys, admissions with a primary diagnosis of depression increased again to 2.8 per day.

Overall, the average daily number of hospital admissions for depression was higher for females (1.6) than for males (1.0) during the study period as a whole.

We look forward to your comments, your questions, and your suggestions for further analyses of these data. As always, you can reach us by e-mail at pip@vdh.state.vt.us or by phone at 802-863-7249.

¹ <http://healthvermont.gov/mh/docs/pips/2008/documents/Pip100308.pdf>

Holiday Season General Hospital Admissions with a Primary Diagnosis of Depression Vermont: CY2000 - 2005



Admissions with a Primary Diagnosis of Depression

	Total		Male		Female	
	Number	Average Daily	Number	Average Daily	Number	Average Daily
Novembers						
1-15	42	2.8	15	1.0	27	1.8
16-30	40	2.6	15	1.0	24	1.6
Decembers						
1-15	36	2.4	15	1.0	21	1.4
16-31	35	2.2	14	0.9	21	1.3
Januaries						
1-15	43	2.9	17	1.1	26	1.7
16-31	41	2.6	15	1.0	26	1.6
Februaries						
1-14	37	2.6	15	1.0	22	1.6
15-28*	40	2.8	15	1.1	25	1.8
Average Admissions per Day CY00-05		2.6		1.0		1.6

Information is derived from the Vermont Uniform Hospital Discharge Data Set maintained by the Vermont Department of Health. Depression is defined as having a primary ICD-9 diagnosis of 296.00 - 296.89.

* Since CY2000 and CY2004 were leap years, the last half of February extended from day 15 through day 29.