

## **W05-04 - TO BE CONFIRMED**

This presentation will describe the results of a randomized trial that tested a multicondition collaborative care model versus usual primary care to treat patients with comorbid depression and poorly controlled diabetes and/or heart disease (HbA1c>8,5%, LDL>130, systolic blood pressure>140). This intervention used medically supervised nurse care managers who provided education, support for self care with motivational interviewing and problem solving, adherence monitoring, and carefully tracked disease outcomes. Physicians provided weekly caseload supervision and recommended changes in medication that the nurses communicated to the primary care physician. Intervention patients compared to usual care patients were found to have significant improvements in depression, HbA1c, LDL and systolic blood pressure over a one year period. Intervention patients also had significant improvements in functioning, quality of life and satisfaction with medical care compared to controls.