

From the Chief Medical Officer  
**Dr Michael McBride**



Department of  
**Health, Social Services  
and Public Safety**

[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

**Circular HSC (SQSD) (NICE) 25/08 CG 23 (amended)**

AN ROINN

**Sláinte, Seirbhísí Sóisialta  
agus Sábháilteachta Poiblí**

MÁNNYSTRIE O

**Poustie, Resydënter Heisin  
an Fowk Siccar**

Chief Executives of HSS Boards – **for distribution to:**  
Directors of Public Health  
Directors of Nursing  
Directors of Pharmaceutical Services  
Directors of Primary Care – for cascade to prescribing and GP  
Advisors

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Chief Executives of HSC Trusts – **for distribution to:**  
Medical Directors – for cascade to relevant staff  
Directors of Nursing – for cascade to relevant staff  
Directors of Pharmaceutical Services – for cascade to relevant  
staff

Date: 1 April 2008

General Practitioners

HSC Clinical and Social Governance Leads

Chief Executives of HSC Special Agencies and NDPBs

#### **For Information**

Chairs of HSS Boards  
Chairs of HSC Trusts  
Chief Executive, Regulation & Quality Improvement Authority  
Chief Officers HSC Councils  
Chief Executive/Postgraduate Dean, NIMDTA  
Chief Executive, NIPPET  
Chief Executive, NIPEC  
Chief Executive, RMSC

Dear Colleagues

#### **Clinical guideline CG 23 – Depression (amended)**

This guideline makes recommendations for the identification, treatment and management of mild to severe depression in adults aged 18 years and over, in primary and secondary care sectors.

The guideline does not specifically look at depression in children, dysthymia, postnatal depression, seasonal affective disorder or people with depression who have a separate physical or mental illness.

DHSSPS advises that this guideline is valid for Northern Ireland and endorses it as good practice guidance for the HSC sector. The full NICE guideline is available for download at

<http://www.nice.org.uk/guidance/index.jsp?action=byId&o=10957&history=t>

The HSC sector also should note that;

1. The Department expects the HSC sector to take account of this guidance in their delivery of services to patients suffering from depression;
2. This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. This would, for example, include situations where individual patients have other conditions or complications that need to be taken into account in determining whether the NICE guidance is fully appropriate in their case;
3. NICE has developed tools to help organisations implement this guidance. These are available at <http://www.nice.org.uk/guidance/index.jsp?action=byId&o=10957&history=t> and include implementation advice and audit criteria to monitor local practice;
4. This guidance will be updated by NICE as required.

Circular HSS (PPMD) (NICE)01/006 issued on 30 June 2006 provides further information on the Northern Ireland process for reviewing NICE guidance and further details on the local status of the Institute's guidance. This circular can be accessed at:

[http://www.dhsspsni.gov.uk/nice\\_guidance\\_01-06.pdf](http://www.dhsspsni.gov.uk/nice_guidance_01-06.pdf)



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