Psychopharmacology #3:
Treating mood disorders

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A.M.B.E.R. clinic
Albuquerque Multidisciplinary Behavioral Evaluation for Recovery and Resiliency

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Definitions

• **Major Depression**
  - at least 2 weeks; vegetative symptoms; worthlessness; hopelessness; helplessness
  - +/- psychotic symptoms – bodily decomposition; hallucinations

• **Dysthymia**
  - dysphoria

• **Existential depression**

• **Mania**
  - hypomania

• **Pharmacotherapy:**
  - use of medications to treat symptoms, with the intent of improving the functioning and well-being of the patient
When should we start Rx?

- Duration and severity of symptoms are met
- Functioning has significant impairment
- Risk of injury to self or others
Clinical strategy

• Assure competence to provide informed consent
• Review medication choices and side effects
• Discuss time frames & expectations
• Document how condition may be relevant, but affected by TBI or ID
Choices

• **SSRI**: usually well-tolerated
  - Zoloft
  - Paxil
  - Celexa
  - Luvox
  - Prozac
  - Other: Remeron
Choices

• SNRI
  • Effexor
  • Wellbutrin

• TCA
  • Amitriptyline
  • Imipramine
  • Clomipramine

• MAOI
  • Parnate
  • Nardil
Duration?

- Two – four weeks, at a dose to get a response
- Maintain for at least six months
- If history of recurrent episodes, then chronic maintenance required
  - lower dose often used
- Patient expectations, participation
Issues of monitoring

• Laboratory studies
• Involuntary movements
• Changes in mentation; vegetative symptoms
• Compliance
Complementarity

• Sleep aids
  • herbal, medication, sleep hygiene

• Augmentation
  • antipsychotics
  • lithium
  • AEDs

• Herbal preparations
  • St John’s Wort
  • Lavendar, etc
Summary

• Assure criteria met
• Start low, go slow or fast depending upon individual patient
• Monitor regularly
• Expect the unexpected
• Review understandings with the patient
• Include other conditions/events
Next presentation:

11-13-2012

resources and back issues can be found at Continuum of Care website: http://som.unm.edu/coc/Training/powerpointnew.html