Integrated Management of Depression in the Elderly

Integrated Management of Depression in the Elderly

Edited by

Carolyn Chew-Graham
University of Manchester

Robert Baldwin
Manchester Mental Health and Social Care Trust

Alistair Burns
University of Manchester

CAMBRIDGE UNIVERSITY PRESS

CAMBRIDGE UNIVERSITY PRESS
Cambridge, New York, Melbourne, Madrid, Cape Town, Singapore, São Paulo, Delhi

Cambridge University Press
The Edinburgh Building, Cambridge CB2 8RU, UK

Published in the United States of America by Cambridge University Press, New York

www.cambridge.org
Information on this title: www.cambridge.org/9780521689809

First published 2008

Printed in the United Kingdom at the University Press, Cambridge

A catalogue record for this publication is available from the British Library

ISBN 978-0-521-68980-9 paperback

Contents

Contributors

UK contributors

Dr Harry Allen
Consultant in Old-Age Psychiatry
Manchester Mental Health and Social Care Trust

Professor David Challis
Professor of Community Care Research
Personal Social Services Research Unit
University of Manchester

Dr Mike Cheshire
Consultant in Medicine of the Elderly
Central Manchester and Manchester Children's Hospital Trust

Dr Simon Cocksedge
General Practitioner and Lecturer in General Practice
The Medical School
University of Manchester

Dr Avril Danczak
General Practitioner and GP Tutor and Trainer
Manchester Primary Care Trust

Dr Ceri Dornan
General Practitioner and GP with Special Interest (Mental Health)
Manchester Primary Care Trust

Professor Christopher Dowrick
General Practitioner and Professor of Primary Medical Care
School of Population, Community and Behavioural Sciences
University of Liverpool

Dr Chris Fox
Consultant and Senior Lecturer in Psychiatry
Kent Institute of Medicine and Health Sciences
University of Kent

Dr Jane Hughes
Lecturer in Community Care Research
Personal Social Services Research Unit
University of Manchester

Professor Steve Iliffe
General Practitioner and Professor of Primary Care
Royal Free and University College Medical School
London

Professor Cornelius Katona
Dean
Kent Institute of Medicine and Health Sciences, University of Kent

Ahmed I. Lambat
Manager and Social Work Practice Teacher/Assessor
The Pastoral Centre
Manchester

Professor Helen Lester
General Practitioner and Professor of Primary Care
Primary Care Research Group
School of Community Based Medicine
University of Manchester

Professor Karina Lovell
Professor of Mental Health Nursing
School of Nursing, Midwifery and Social Work
University of Manchester

Dr Sue Martin
Independent Practitioner and Trainer
Liverpool

Dr Michael Morley
Consultant Clinical Psychologist
Manchester Mental Health and Social Care Trust

Dr Elizabeth Murray
General Practitioner and Reader in Primary Care
Royal Free and University College Medical School
London

James Oliver
Substance Abuse Counsellor
Lonsdale Medical Centre
London

Dr Joanne Protheroe
General Practitioner and Clinical Research Fellow
Primary Care Research Group
School of Community Based Medicine
University of Manchester

Helen Pusey
Lecturer in Nursing
School of Nursing, Midwifery and Social Work
University of Manchester

Dr Greta Rait
General Practitioner and Senior Lecturer in Primary Care
Royal Free and University College Medical School
London

Dr Joy Ratcliffe
Consultant in Old-Age Psychiatry
Manchester Mental Health and Social Care Trust

Dr Ruth Thompson
General Practitioner
Robert Darbishire Practice
University of Manchester

Dr Waquas Waheed
Academic Consultant Psychiatrist
Lancashire NHS Trust
and
Honorary Lecturer
University of Manchester

Professor Ken Wilson
Consultant in Old Age Psychiatry
Wirral Community Healthcare NHS Trust

International contributors

Australia

Professor David Ames
Professor of Psychiatry of Old Age
Department of Psychiatry
University of Melbourne

Dr Eleanor Flynn
Senior Lecturer in Medical Education
Faculty of Medicine
University of Melbourne

Bulgaria

Associate Professor Maria Alekxandrova
Associate Professor of Psychiatry
Department of Psychiatry
Medical University, Pleven

Dr Kaloyan Stoychev
Consultant Psychiatrist
Department of Psychiatry
University Hospital, Pleven

Canada

Professor Kenneth Shulman
Lewar Chair in Geriatric Psychiatry
Sunnybrook Health Sciences Centre
University of Toronto

Professor Ross Upshur
Chair in Primary Care Research
University of Toronto

Denmark

Dr Kirsten Abelskov
Old Age Psychiatrist
Psychogeriatric Department
Aarhus University Hospital

Kaj Sparle Christensen
General Practitioner
Institut for Almen Medicin
University of Aarhus

France

Dr Michel Benoit
Psychiatrist
Centre Mémoire de Ressources et de Recherche
Nice

Dr Florence Cabane
General Practitioner
Nice

Professor Philippe H. Robert
Professor of Psychiatry
Centre Mémoire de Ressources et de Recherche
Nice

Dr Geneviève Ruault
Geriatrician
Société Française de Gériatrie et de Gérontologie
Nice

Hong Kong

Professor Helen F. K. Chiu
Chairman and Professor of Psychiatry
Department of Psychiatry
The Chinese University of Hong Kong

Professor D. K. T. Li
Past President
Hong Kong College of Family Physicians

Japan

Dr Syuichi Awata
Director
Division of Neuropsychiatry and Center for Dementia
Sendai City Hospital

Dr Akira Honma
Psychiatrist
Department of Psychiatry
Tokyo Metropolitan Institute of Gerontology

The Netherlands

Dr Marijke Bremmer
Consultant Psychiatrist
Institute for Research in Extramural Medicine
VU University Medical Centre
Amsterdam

Dr Els Licht-Strunk
General Practitioner
Institute for Research in Extramural Medicine
VU University Medical Centre
Amsterdam

Norway

Professor Knut Engedal
Professor of Old-Age Psychiatry
Ullevaal University Hospital
Oslo

Professor Harald Sanaker
Specialist in Family Medicine
Kongsvegen Legesenter
Brummunddal

Romania

Dr Monica Bălan
Primary Care Physician
Oradea

Dr Alexandru Dicker
Senior Consultant in Internal Medicine
Psychiatric Hospital Nucet
Bihor

Dr Nicoleta Tătaru
Senior Consultant Psychiatrist
Forensic Hospital Ştei
Bihor

Spain

Dr Jose Antonio Ferreiro Guri
Specialist in Family and Community Medicine
University of Santiago de Compostela

Professor Raimundo Mateos
Professor of Psychiatry
University of Santiago de Compostela

USA

Professor Tom Campbell
Professor of Family Medicine
Lovejoy Family Medicine Center
University of Rochester
Rochester, NY

Professor Jeff Lyness
Professor of Psychiatry
University of Rochester Medical Center
Rochester, NY

Foreword

To my knowledge there is nothing quite like this book in the English language, perhaps in any language. This is not to say late-life depression has not been the focus of previous books. Felix Post, in 1962, published the results from his clinical follow-up of late-life depression in what I believe was the first text for physicians on the symptoms and course of this common condition written in the twentieth century.[1] I attempted a general overview of the topic twenty years later, summarizing the extant literature and coupling this review with my own experience in treating depressed older adults.[2] The National Institutes of Mental Health in the United States convened a consensus panel a little over a decade later that lead to a detailed literature review and recommendations for clinical investigators, recommendations that have spawned a plethora of research reports over the past decade.[3] There have been many other single-authored and edited textbooks since.

What makes this book different? Is this difference of use to practitioners? Unlike anything written to date, the editors have derived their primary data from the most important source for truly grasping the nature of late life depression and entering the complex task of designing and implementing a treatment plan. That source is the collection of practitioners 'on the ground' working with depressed older adults daily, beginning not with the psychiatrist or psychologist but with the primary care physician/general practitioner. The perspective of clinicians from a variety of disciplines working in concert to manage depressed elders is the real world of old-age psychiatry. Is this approach of value? Absolutely! Academic physicians, and perhaps physicians in general, have become so enamored with evidence from empirical studies of depression that they often overlook the nuances of treating one older adult in her or his unique environment. They retreat to the sterile environment of diagnosis and treatment algorithms and ignore the individual (there is nothing

[1] Post F. (1962) *The Significance of Affective Symptoms at Old Age*. London: Oxford University Press.
[2] Blazer D. (1982) *Depression in Late Life*. St Louis, MO: Mosby.
[3] Schneider L., Reynolds C., Lebowitz B., Friedhoff A. (1994) *Diagnosis and Treatment of Depression in Late Life*. Washington, DC: American Psychiatric Press.

wrong with an algorithm as long as it is adapted to the individual patient in the context of that patient's sociocultural environment).

Many texts describe the importance of a collaborative approach to treatment. Yet these descriptions are usually through the eyes of one discipline. The editors of this text provide the reader the views of multiple practitioners reflecting upon the diagnosis and treatment of an individual patient. It is one thing to say that collaboration is important, it is another to actually listen to one's colleagues' unique disciplinary perspectives. Those who read this book must do just that.

A unique contribution of this text for practitioners is the multicultural perspective. This perspective emerges in at least two ways. First the authors describe the diversity of patients who the primary care physician encounters in the United Kingdom. Yet of more interest, they provide in Chapter 6 a cross-cultural reflection upon a case of old-age depression. I found the Appendix with the actual text of the responses from clinicians across the world especially intriguing. Patients do not simply vary across cultures. Clinicians view their patients differently given the cultural background of the clinician though many approaches to therapy are virtually universal. In our current era of reductionistic biological psychiatry, this variation in perspective is often unacknowledged, if not unknown.

Finally, this book is not only useful but fun. How often can that be said about a medical text? Even for the clinician immersed in the daily care of older adults this book is so unique and so relevant that the reader must engage the text. So I welcome the opportunity to provide this foreward, congratulate the editors, and join what I hope will be a large audience of readers.

Dan Blazer MD, PhD
J. P. Gibbons Professor of Psychiatry and Behavioral Sciences
Duke University Medical Center
Durham, North Carolina, USA

Preface

Depression in older people is common, distressing for patients, and is associated with high morbidity and mortality. It is often unrecognized and usually under-treated. Contrary to much professional and public opinion, depression is treatable with both drug and psychological approaches, which lead to significantly improved health and social outcomes for individuals. The book begins with a review of the epidemiology of depression in older people and then a more in-depth analysis of a number of approaches to management, such as self-care, stepped care and collaborative care.

Our experience in managing depression in older people was heightened by our involvement in a trial which evaluated a collaborative care approach to the management of depression in older people in primary care. Arising from that experience, and our clinical exposure, we have focussed the book on a discussion of a number of clinical cases, based on real cases we have encountered, by practising health and social care professionals around the world. Despite a current vogue for emphasizing individual differences, we were impressed at how the presentation and often the management of older people with depression is common across cultures – or at least, the similarities outweigh the differences. However, the latter are sufficient to build up a fascinating picture from an international perspective.

We hope we have succeeded in making the book appealing to a broad range of readers who work with older people, and that the case commentaries, in particular, will appeal to students of the health and social care professions, as well as primary and secondary care professionals and providers in the voluntary sector.

We wish to thank all of our contributors (listed on pages vi–xii) who invested their time, thoughtfulness and expertise in the commentaries. We particularly wish to thank Ken Wilson and Karina Lovell, who were also involved in our trial, and Waquas Waheed for their contributions.

Acknowledgements

We thank our spouses for their support during the preparation of this book. We are indebted to our patients without whom there would have been no inspiration to write. Special thanks go to Barbara Dignan who organized and managed us.