Mood Disorders

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Purpose: Teach an approach to the diagnosis and management of mood disorders that maximizes team care involving mental health professionals, pharmacists and family physicians for improved health outcomes in patients with mood disorders.

Objectives

1. Discuss the symptoms and signs of mood disorders.
2. Describe the risk factors, etiology and contributors to mood disorders.
3. Describe the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) criteria for anxiety, depression, panic and bipolar disorders.
4. Examine validated tools for screening, evaluation and monitoring of mood disorders and suicide risk.
5. Discuss nonpharmacologic and pharmacologic management of anxiety. panic and depression.
6. Discuss long term outcomes of anxiety, panic and depression.

Content

1. Primary care principles of care for mood disorders
2. Criteria and tools for assessment and diagnosis
3. Goals of care
4. Evidence based approaches to care/management
5. Approaches that maximize team-based care

Format and Methods

* Case discussion
* Pre-session preparation by students
* Emphasis on high quality evidence and improved morbidity and mortality
* Inclusion of life style and pharmacologic management
* Content integrated into cases
* Provision of tools/instruments to facilitate care

Timeframe

1.5 hours/ 90 minutes

References (Student pre-readings are highlighted.)

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**Note:** Posted document with depression, anxiety, panic, bipolar 1 and 2

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