

# DEPRESSION UPDATE



## Venue

The Lalit, Airport Road, Sahar, Mumbai

## Date

23 July 2017

The scientific session was attended by 75 psychiatrists from Mumbai and surrounding areas.



## DEPRESSION UPDATE

“Depression Update” was held at The Lalit, Mumbai, Maharashtra. The CME was organized by CME Foundation of India (CMEFI) in collaboration with Department of Psychiatry, Lokmanya Tilak Municipal Medical College, Sion Mumbai.

The sole objective of the CME was to update the practicing doctors about the management of depression evolving with a rich research base and also through clinical experience to support the research and to update and share the clinical experience with the evolving research and newer molecules among the fellow Clinicians and a place of each option in treating patients.

The session was opened by Dr. (Prof.) Nilesh Shah with a welcome Note and introductory session of Speaker and topics, followed by the scientific agenda.

### Faculty

**Dr. Chittaranjan Andrade**

Professor and HOD  
Department of Psychiatry  
National Institute of Mental Health and Neurosciences

**Dr. (Prof.) Nilesh Shah, (Psychiatrist)**

HOD, Dept.of Psychiatry  
LTMMC, Mumbai.

**Dr .Shubhangi Parkar, (Psychiatrist)**

KEM Hospital, Parel, Mumbai.

### Topics

- 1) Current Treatment Approach in Major Depressive Disorder (MDD)
- 2) Psychopharmacology in Major Depressive Disorder (MDD)
- 3) Role of counseling in Indian Setting for Psychiatric patient



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## Summary

The scientific session was open with a welcome note and introductory session of Speaker and topics by Dr.(Prof.) Nilesh Shah, followed by scientific agenda.

## Current treatment approach in Major Depressive Disorder (MDD)

Most Patients With Major Depressive Disorder (MDD) Do Not Reach Symptom Remission. These Patients With Residual Symptoms Have Worse Function And Worse Prognosis Than Those Who Remit. Several Augmentation And Combination Treatments Are Used To Either Increase The Chances Of Achieving Remission Or To Eliminate/Minimize Residual Depressive Symptoms .Approach To Improve Practice Involving The Use Of Augmentation Or Combination Strategies At The Outset Of Initial Treatment To Primarily Enhance The Chances Of Remission Through Synergy And/or A Broader Spectrum Of Action. HOWEVER An Enhancement Of 5-HT-Mediated Neurotransmission Might Underlie The Therapeutic Effect Of Most Antidepressant Treatments.

## Psychopharmacology in Major Depressive Disorder (MDD)

Symptoms of MDD are hypothetically mediated by different malfunctioning neurocircuits. often persist following treatment but must be eliminated to achieve the goal of an asymptomatic state of full remission. A treatment approach for treating the symptoms of MDD is to augment antidepressants with agents that increase neurotransmission of 5-HT, NE, acetylcholine, and/or histamine in the hypothetically malfunctioning brain circuits mediating those symptoms.



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### Role of counseling in Indian setting for psychiatric patient

The title Role of counseling in Indian setting for psychiatric patient, brings together empirical research on practicing therapists and counselors in India. The experiences of being therapists and counselors in India are illustrated, with an emphasis on the process of therapy and counseling. In India, the stigma related to mental illness and going to a mental health practitioner persists, compounding the task of the counselor. The discourse on counseling, as practiced in diverse contexts, such as hospitals, schools, private practice, family courts and help lines, have been summed up. Challenges confronted at the initial stage of joining the profession as novice counselors, the motivational factors that contribute to entering the profession, the synergies between the personal and the professional self of the therapist have been discussed. The use of the creative arts such as music, art and intermodal methods in therapy have been considered. Counselors training and implications of the gaps therein have been deliberated. Helping patients through personal issues like anger management, depression, suicidal thoughts, aging, parenting, self-image, relational problems, stress or addiction is some of the important role of counselors.

A panel discussion session was conducted which was followed by an interactive question and answers round

Various aspects of case history were discussed with their respective classifications, causes and symptoms.

Well interacted discussion was held between delegates and panelist.

Panelist presented their expert opinion and discussed the queries.

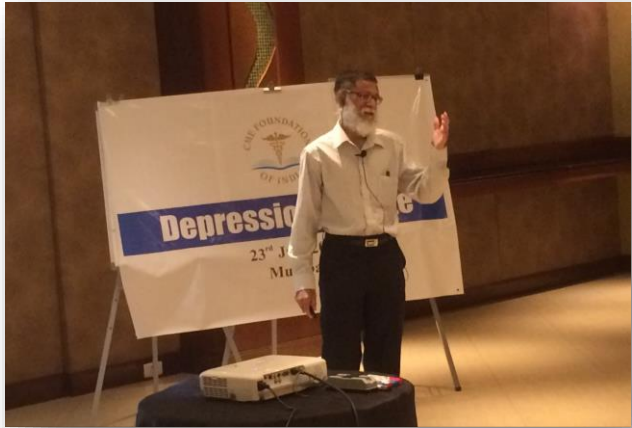
### Feedback

1. Quite enlightning session
2. A very good comparison between dothiepin and other TCA.
3. Very useful to apply the knowledge in day to day clinical practice
4. Well organised scientific session.
5. Like to attend such meetings in future
6. Case discussed were informative.



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## PHOTOSNAPS



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