



# Update in Depression Management

“Update in Depression Management” was held at Bengaluru, Karnataka. The scientific session was organized by **CME Foundation of India (CMEFI)** in collaboration with **Indian Psychiatric Society (IPS) Karnataka Chapter**.

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

**Date** : 22 July 2017

**Venue** : Radisson Blu, Palace Road, Bengaluru, Karnataka

The session was attended by 55 psychiatrists from Bengaluru and surrounding areas of the city.

## Chairperson

**Dr. V Srinivas Reddy**

Spandana Nursing Home,  
Bengaluru

**Dr. Mahesh R Gowda**

President  
Indian Psychiatric Society (IPS)  
Karnataka Chapter



## Faculty

- 1) Dr. Chittaranjan Andrade**  
Professor and HOD  
Department of Psychiatry  
National Institute of Mental Health and Neurosciences
- 2) Dr. Ajit Bhide**  
RMV Hospital,  
Bengaluru

## Topics

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

## Summary

The scientific session was open with a welcome note and introductory session of Speaker and topics by Dr Srinivas.

Dr. Mahesh Gowda introduced the topic for the day and followed by scientific agenda.



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

Improving Approach to practice involves the use of augmentation or combination strategies at the outset of initial treatment for primarily enhancing the chances of remission through synergy and/or a broader spectrum of action.

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.

However an enhancement of 5-HT-mediated neurotransmission might underlie the therapeutic effect of most antidepressant treatments.

## Psychopharmacology in Major Depressive Disorder (MDD)

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



## **Role of counseling in Indian setting for psychiatric patient Psychological Counselor**

Psychological counselor in its last session of the day summarized the day highlighting following: -

The title 'counseling in India: Reflections on the Process', 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 people through personal issues like anger management, depression, suicidal thoughts, aging, parenting, self image, relational problems, stress. 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 .

**The session was summarized after a well interactive panel discussion and questions and answers session.**

**Closing remarks were conveyed by Dr. Mahesh Gowda**



## Participants Feedback

- 1) Quick summary of all TCAs
- 2) A very good comparison between dothiepin and other TCA
- 3) Help me in my practice
- 4) Like to know more about other TCA.



# PHOTOSNAPS





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