

Depression Template

Depression is a serious and often life-threatening problem in the elderly and particularly in the elderly in long-term residential care facilities. In addition, the complexity of medication treatment of the elderly is greater because they are often on multiple drugs which have serious interactions. While this template is mostly educational, it is key to the successful treatment of residents of long-term care facilities

Depression

Signs and Symptoms of Depression

- Anhedonia - absence of pleasure from the performance of acts that would ordinarily be pleasurable.
- Depressed mood throughout the day
- Fatigue
- Significant change in weight, + / - 5%
- Insomnia or excessive sleep
- Loss of sense of self-value
- Loss of concentration
- Suicidal thoughts

Other Factors That Can Cause Depressive Symptoms

- Medication (beta blockers or corticosteroids)
- Endocrinopathies (hypothyroidism, Cushing's syndrome, B12 Deficiency)
- Neurological Disorders (Parkinson's disease, post-stroke, dementia, seizure disorder)
- Connective Tissue Disease (lupus, polymyalgia rheumatica)

Common Painful Symptoms Reported by Depressed Patients

Headaches, recurrent diffuse musculoskeletal pain, backache, and recurrent abdominal pain.

[Depression Risk Questionnaire](#) [Depression and Hypertension](#)

Depression Information	Depression and Medications	Drug Information and the Elderly
Types of Depression	Depression Relief w/Meds	Drugs Not Suitable for NH Use
Mental Health in Elderly	Meds Aggravating Depression	Drugs w/ High Risks in Elderly
Depression in Elderly	Serotonin-Reuptake Inhibitors	Drugs w/ Low Risks in Elderly
Treatment Ideas and Cautions	Designer Antidepressants	Antidepressants and Rec Dosing
Symptoms of Depression	Tricyclic Antidepressants	Anxiolytic and Sedative Drugs
Cognitive Treatment	MAOIs	Common Antipsychotic Drugs
Lifestyle and Depression	Herbal Remedies	
	Augmentation Strategies	
	Review All Medications	

Signs and Symptoms of Depression

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Depression Risk Questionnaire

Depression and Hypertension

Depression Information

Types of Depression
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Depression in Elderly
Treatment Ideas and Cautions
Symptoms of Depression
Cognitive Treatment
Lifestyle and Depression

Depression and Medications

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Drug Information and the Elderly

Drugs Not Suitable for NH Use
Drugs w/High Risks in Elderly
Drugs w/Low Risks in Elderly
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Common Antipsychotic Drugs

Other Conditions That Can Cause Depressive Symptoms

Depression

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Depression Risk Questionnaire

Depression and Hypertension

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- Mental Health in Elderly
- Depression in Elderly
- Treatment Ideas and Cautions
- Symptoms of Depression
- Cognitive Treatment
- Lifestyle and Depression

Depression and Medications

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- Meds Aggravating Depression
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Drug Information and the Elderly

- Drugs Not Suitable for NH Use
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Depression Risk Questionnaire

Geriatric Depression Scale

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	1. Are you basically satisfied with your life?
<input type="checkbox"/>	<input type="checkbox"/>	2. Have you dropped many of your activities or interests?
<input type="checkbox"/>	<input type="checkbox"/>	3. Do you feel that your life is empty?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you often get bored?
<input type="checkbox"/>	<input type="checkbox"/>	5. Are you hopeful about the future?
<input type="checkbox"/>	<input type="checkbox"/>	6. Are you bothered by thoughts you cannot get out of your head?
<input type="checkbox"/>	<input type="checkbox"/>	7. Are you in good spirits most of the time?
<input type="checkbox"/>	<input type="checkbox"/>	8. Are you afraid that something bad is going to happen to you?
<input type="checkbox"/>	<input type="checkbox"/>	9. Do you feel happy most of the time?
<input type="checkbox"/>	<input type="checkbox"/>	10. Do you often feel helpless?
<input type="checkbox"/>	<input type="checkbox"/>	11. Do you often get restless and fidgety?
<input type="checkbox"/>	<input type="checkbox"/>	12. Do you prefer to stay at home, rather than going out and doing new things?
<input type="checkbox"/>	<input type="checkbox"/>	13. Do you frequently worry about the future?
<input type="checkbox"/>	<input type="checkbox"/>	14. Do you feel that you have more problems with memory than most?
<input type="checkbox"/>	<input type="checkbox"/>	15. Do you think that it is wonderful to be alive now?
<input type="checkbox"/>	<input type="checkbox"/>	16. Do you often feel downhearted and blue?
<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel pretty worthless the way you are now?
<input type="checkbox"/>	<input type="checkbox"/>	18. Do you worry about the past?
<input type="checkbox"/>	<input type="checkbox"/>	19. Do you find life very exciting?
<input type="checkbox"/>	<input type="checkbox"/>	20. Is it hard for you to get started on new projects?
<input type="checkbox"/>	<input type="checkbox"/>	21. Do you feel full of energy?
<input type="checkbox"/>	<input type="checkbox"/>	22. Do you feel that your situation is hopeless?
<input type="checkbox"/>	<input type="checkbox"/>	23. Do you think that most people are better off than you are?
<input type="checkbox"/>	<input type="checkbox"/>	24. Do you frequently get upset over little things?
<input type="checkbox"/>	<input type="checkbox"/>	25. Do you frequently feel like crying?
<input type="checkbox"/>	<input type="checkbox"/>	26. Do you have trouble concentrating?
<input type="checkbox"/>	<input type="checkbox"/>	27. Do you enjoy getting up in the morning?
<input type="checkbox"/>	<input type="checkbox"/>	28. Do you prefer to avoid social gatherings?
<input type="checkbox"/>	<input type="checkbox"/>	29. Is it easy for you to make decisions?
<input type="checkbox"/>	<input type="checkbox"/>	30. Is your mind as clear as it used to be?

Depression and Hypertension

This is link to the Hypertension and Depression Template in the Hypertension Suite of Templates. For information on how to use this function see the [Hypertension and Depression](#) tutor.

Hypertension and Depression

Depression As A Risk Factor For Hypertension

Return

[Dual Risk of Depression and HPT](#)
[Mechanisms of Depression Causing HPT](#)

High depression scores are an independent predictor of hypertension:

- * In white adults aged 45 to 64, with a relative risk of hypertension of 1.80.
- * In African-American adults aged 25 to 64, with a relative risk of hypertension of 2.99.

Vigilance about the coexistence of depression and hypertension is particularly important in groups at high risk of depression:

- * Elderly persons
- * Women
- * Separated or divorced persons
- * Those with a family history of depression.

Antihypertensive Drugs Can Worsen Depression

A link between antihypertensive medications and depression has been suspected for more than four decades.

[Antihypertensive Medications Causing Depression](#)
[Interactions Between Antihypertensives and Antidepressants](#)

Lifestyle aspects which may worsen depression and hypertension are...

- Smoking
- Alcohol
- Inactivity
- Poor Diet

At the bottom of the template there are three columns of education documents:

Column 1 –

Depression Information

- Types of Depression
- Mental Health in Elderly
- Depression in Elderly
- Treatment ideas and Cautions
- Symptoms of Depression
- Cognitive Treatment
- Lifestyle and Depression

Column 2 –

- Depression Relief w Meds
- Meds Aggregating Depression
- Serotonin-Reuptake Inhibitors
- Designer Antidepressants
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- Review ALL Medications

Column 3 –

- Drugs Not Suitable for NH Use
- Drugs w/High Risk in Elderly
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