

# INVITATION

## Starting with the end in mind

### Improving overall patient functioning in MDD

#### A case-based learning program



This program was supported in part by an educational grant from Lundbeck Canada Inc.

#### Event Information

Speaker: Dr. Diane McIntosh, MD, FRCPC

Date: Wednesday October 18, 2017

Time: Registration 6:30 PM  
Presentation 7PM

Location: Miku Restaurant

RSVP: Jessica Prasad  
604-308-7147, pjes@lundbeck.com

NEW CANMAT GUIDELINES: FULL FUNCTIONAL RECOVERY IS TREATMENT GOAL IN MDD			
Treatment phase	Duration	Goals	Activities
Acute	8 to 12 weeks	<ul style="list-style-type: none"><li>Remission of symptoms</li><li>Restore function</li></ul>	<ul style="list-style-type: none"><li>Establish therapeutic alliance</li><li>Educate and support self-management</li><li>Select and deliver evidence-based treatment(s)</li><li>Monitor progress</li></ul>
Maintenance	6 to 24 months (or longer)	<ul style="list-style-type: none"><li>Return to full function and quality of life</li><li>Prevention of recurrence</li></ul>	<ul style="list-style-type: none"><li>Educate and support self-management</li><li>Rehabilitate</li><li>Treat comorbidities</li><li>Monitor for recurrence</li></ul>

Addressing all symptom dimensions will help to increase the likelihood of achieving full functional recovery

CANMAT. Canadian Network for Mood and Anxiety Treatments. JAMA Psychiatry. 2016;73(11):1039-1049. doi:10.1001/jamapsychiatry.2016.11039

*It is now known that depression is more than mood and addressing all dimensions of depression – emotional, physical, and cognitive – offers the best chance for patients to achieve full functional recovery.*

EFFECTS OF CONVENTIONAL ANTIDEPRESSANTS ON MOOD SYMPTOMS	
All antidepressant treatments have demonstrated efficacy in reducing the depressive (mood) symptoms of MDD	
No (minimal) differences between agents on HAM-D or MADRS ratings	
What about full functional recovery?	

HMG. Canadian Network for Mood and Anxiety Treatments. JAMA Psychiatry. 2016;73(11):1039-1049. doi:10.1001/jamapsychiatry.2016.11039

*The critical impact of depressive symptoms on social, occupational, and physical domains means that recovery from depression involves both relief of symptoms and improvement of functioning.*

#### Learning objectives:

*After completing this educational activity, participants will be better able to:*

- Discuss the need to consider MDD as a multidimensional disorder, not just a mood disorder
- Explain current and emerging evidence related to the mediators of overall patient functioning in MDD
- From the start, consider the MDD treatment goal of full functional recovery to guide symptom evaluation and treatment selection

#### Patient Cases

Introduction:  15-minute  30-minute

- Case 1:** Danielle, a 35-year-old stay-at-home mom with a first episode of MDD who is having problems in multiple functional domains
- Case 2:** Danny, a 35-year-old stay-at-home dad with a first episode of MDD who is having problems in multiple functional domains
- Case 3:** David, a 25-year-old with recurrent MDD who is concerned about potential sexual side effects of antidepressants
- Case 4:** Lara, a 51-year-old with recurrent MDD who has significant functional impairment and has difficulties working
- Case 5:** Margot, a 41-year-old who is having a lack of response to treatment of recurrent MDD
- Case 6:** Max, a 22-year-old university grad student with a first episode of MDD who is concerned about his low mood and low motivation
- Case 7:** Nadia, a 31-year-old with a first episode of MDD who prefers non-pharmacological treatments

#### Faculty

Chair: Pratap Chokka, MD, FRCPC

#### Steering Committee:

Ghalib Ahmed, MD, CCFP (Alberta)  
Frank Egan, MD, CCFP (British Columbia)  
Marie-Claude Garant, MD, MCFP (Quebec)  
Tom Janzen, MD, CCFP (Ontario)  
Serge Lessard, MD, FRCPC (Ontario)  
Roberto Tosti, MD, FRCPC (Quebec)

#### Certification Statement:

This Group Learning program has been certified by the College of Family Physicians of Canada and the \_\_\_\_\_ BC \_\_\_\_\_ Chapter for up to 2.0 Mainpro+ credits.