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# SPARK

2024 FALL CONFERENCE

## Addressing Depression in Long-Term Care

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1

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2

## Agenda



**Recognize the negative impact, risk factors, and symptoms of depression in older adults**



**Identify non-pharmacological options to potentially reduce symptoms of depression in older adults**



**Understand pharmacological treatment options to reduce symptoms of depression in older adults**

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3

3

## Negative Outcomes of Depression



### Poorer Quality of Life

- Loss of pleasure in activities
- Sad, irritable, or anxious
- Cognitive impairment



### Higher Mortality-Rate

- Cardiovascular death
- Suicide
- All-cause mortality

**~60%**

of people aged 65 and older believe that it is normal for people to get depressed as they get older

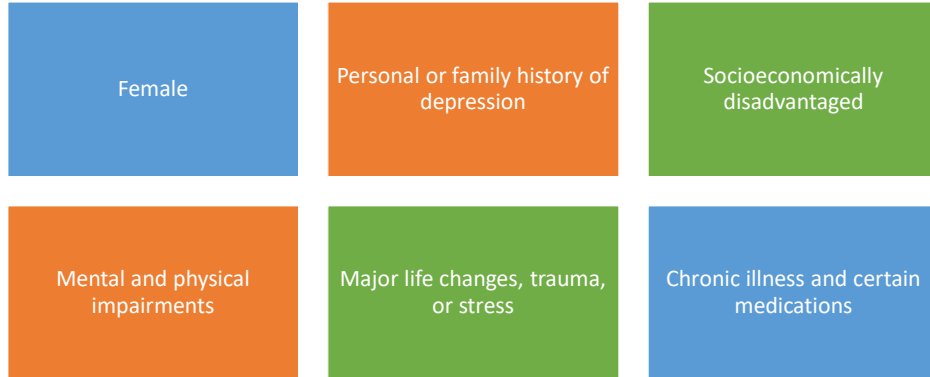
Jha MK et al. Screening and management of depression in patients with cardiovascular disease: JACC state-of-the-art review. J Am Coll Cardiol. 2019;73(14):1827-1845.  
Mental Health America Depression in Older Adults: More Facts <https://www.mhanational.org/depression-older-adults-more-facts#2>

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4

4

## Risk Factors for Depression



National Institute of Health topics: Depression <https://www.nimh.nih.gov/health/topics/depression/index.shtml>  
Mental Health America Depression in Older Adults: More Facts <https://www.mhanational.org/depression-older-adults-more-facts#2>

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5

5

## Medications That Cause Or Worsen Depression\*

<b>ACEI/ARB</b> (e.g., lisinopril, valsartan)	<b>Benzodiazepines</b> (e.g., alprazolam, lorazepam)
<b>Beta blockers</b> (e.g., propranolol)	<b>Corticosteroids</b> (e.g., prednisone)
<b>Opioids</b> (e.g., hydrocodone, tramadol)	<b>Anticonvulsants</b> (e.g., topiramate, gabapentin)
<b>PPI</b> (e.g., omeprazole, esomeprazole)	<b>Varenicline</b>

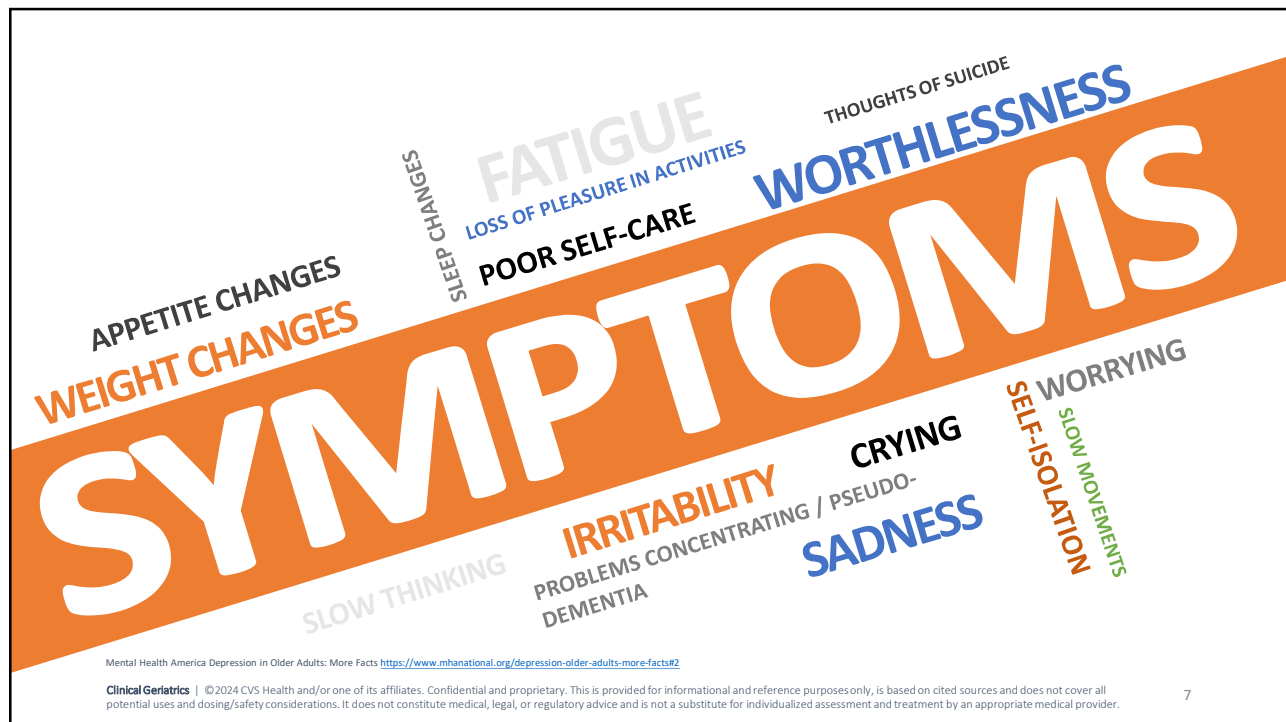
\* Not all-inclusive  
ACEI = angiotensin converting enzyme inhibitor; ARB = angiotensin receptor blocker; PPI = proton pump inhibitor

Prescribing information obtained from DailyMed.  
Qato DM et al. Prevalence of prescription medications with depression as a potential adverse effect among adults in the United States. JAMA. 2018; 319(22):2289-2298.

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6

6



7

## Tools That Screen for Depression Symptoms

### PHQ-9 Questionnaire

A series of questions covering the individual's mood over the last two weeks.

- Symptom presence and frequency
- Measure's severity of depression

**PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)**

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Use "a" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

For clinician coding: 0 + + + +  
\*Total Score: \_\_\_\_\_

If you checked off **any** problems, how **difficult** have these problems made it for you to do your work, take care of things at home, or get along with other people?

	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

Patient Health Questionnaire 9 <https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf>

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8

## Tools That Screen for Depression Symptoms

### Geriatric Depression Scale

- A series of yes and no questions about an individual's mood over the last week.
- Long and short version

[https://integrationacademy.ahrq.gov/sites/default/files/2020-07/Update\\_Geriatric\\_Depression\\_Scale-15.pdf](https://integrationacademy.ahrq.gov/sites/default/files/2020-07/Update_Geriatric_Depression_Scale-15.pdf)

**Table 6. 15-Item Geriatric Depression Scale**

Choose the best answer for how you have felt over the past week:

1. Are you basically satisfied with your life?	Yes/ <b>No</b>
2. Have you dropped many of your activities and interests?	<b>Yes</b> /No
3. Do you feel that your life is empty?	<b>Yes</b> /No
4. Do you often get bored?	<b>Yes</b> /No
5. Are you in good spirits most of the time?	Yes/ <b>No</b>
6. Are you afraid that something bad is going to happen to you?	<b>Yes</b> /No
7. Do you feel happy most of the time?	Yes/ <b>No</b>
8. Do you often feel helpless?	<b>Yes</b> /No
9. Do you prefer to stay at home, rather than going out and doing new things?	<b>Yes</b> /No
10. Do you feel you have more problems with memory than most?	<b>Yes</b> /No
11. Do you think it is wonderful to be alive now?	Yes/ <b>No</b>
12. Do you feel pretty worthless the way you are now?	<b>Yes</b> /No
13. Do you feel full of energy?	Yes/ <b>No</b>
14. Do you feel that your situation is hopeless?	<b>Yes</b> /No
15. Do you think that most people are better off than you are?	<b>Yes</b> /No

Reprinted with permission from Sheikh JJ, Yesavage JA. Geriatric Depression Scale (GDS): recent evidence and development of a shorter version. In: Brink TL, ed. Clinical Gerontology: A Guide to Assessment and Intervention. London, United Kingdom: Taylor & Francis; 1986:170.

Additional scoring information from <http://www.stanford.edu/~yesavage/GDS.english.short.score.html>: Answers in bold indicate depression. More than five of these answers suggests depression and warrants follow-up.

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9

9

## Non-Pharmacological Treatment

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10

## Non-Pharmacological Therapies



### Psychotherapy

Cognitive-behavioral therapy, support groups



### Activities

Games, gardening, art, baking, exercise, animal therapy



### Personalize living spaces and surroundings

Pictures, music, colors and textures, plants



### Promote socialization

Family & friends, spiritual groups, book clubs, card games



### Electrical or magnetic stimulation

Reserved for more severe cases of depression

Mental Health America <https://www.mhanational.org/depression-older-adults-more-facts#2>  
National Institute of Mental Health <https://www.nimh.nih.gov/health/topics/depression>  
Marvanova M, McGrane IR. Treatment Approach and Modalities for Management of Depression in Older People. Sr Care Pharm. 2021 Jan 1;36(1):11-21. doi: 10.4140/TCP.n.2021.11. PMID: 33384030.

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11

11

## Pharmacological Treatment

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12

## Pharmacological Treatment

- Selective serotonin reuptake inhibitors (SSRI)
- Serotonin-norepinephrine reuptake inhibitors (SNRI)
- Miscellaneous



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13

13

## Time to Effect

- Antidepressants can take up to 6 to 12 weeks to demonstrate benefits
- Side effects can be seen a few days after initiation of therapy
- This may affect adherence since side effects present before any potential benefits



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14

14

## Antidepressant Adverse Effects

- Falls
- Change in appetite
- Change in energy/sleep
- Low serum sodium
- Bleeding risk
- Lower seizure threshold
- Serotonin Syndrome – dangerously high serotonin levels
  - Usually associated with combining two or more medications or supplements that increase serotonin
  - Symptoms: tremor, restlessness, confusion, hyperactivity, fever, excessive sweating, shivering, incoordination
- QT Prolongation – ventricular arrhythmias that result in fainting or even sudden death
- Thoughts of suicide

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15

15

## Utilizing Side Effects of Antidepressants



**Trouble sleeping or lacking energy?**

Bedtime vs morning administration



**Gaining or losing weight?**

Antidepressants may decrease or increase appetite

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16

16



## Selective Serotonin Reuptake Inhibitors

Medication	Common Adverse Effects
Citalopram (Celexa)	<ul style="list-style-type: none"> <li>GI symptoms, headache, sexual dysfunction, bleeding</li> <li>Citalopram and escitalopram have a risk of QT prolongation. Symptoms include irregular heartbeat, shortness of breath, dizziness/falls, fainting</li> <li>Fluoxetine is associated with weight loss and insomnia</li> <li>Paroxetine is associated with confusion, dry eyes, gait changes, sedation, and withdrawal symptoms if therapy is interrupted</li> </ul>
Escitalopram (Lexapro)	
Fluoxetine (Prozac)	
Paroxetine (Paxil)	
Sertraline (Zoloft)	

Prescribing information obtained from DailyMed. <https://dailymed.nlm.nih.gov/>

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17

17

## Serotonin-Norepinephrine Reuptake Inhibitors

Medication	Adverse Drug Effects
Desvenlafaxine (Pristiq)	<ul style="list-style-type: none"> <li>Dry mouth, headache, elevated blood pressure, falls, bleeding</li> <li>Desvenlafaxine and venlafaxine are associated with withdrawal symptoms if therapy is interrupted</li> </ul>
Venlafaxine (Effexor)	
Duloxetine (Cymbalta)	
Levomilnacipran (Fetzima)	

Prescribing information obtained from DailyMed. <https://dailymed.nlm.nih.gov/>

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18

18

## Miscellaneous Antidepressants

Medication	Adverse Drug Effects
<b>Bupropion (Wellbutrin)</b>	Sedation, headache, dizziness/falls, tremor
<b>Mirtazapine (Remeron)</b>	Sedation, increased appetite, weight gain, dizziness/falls
<b>Trazodone (Desyrel)</b>	Sedation, dizziness/falls, postural hypotension
<b>Vilazodone (Viibryd)</b>	GI symptoms, insomnia
<b>Vortioxetine (Trintellix)</b>	Loss of appetite, abnormal dreams

Prescribing information obtained from DailyMed. <https://dailymed.nlm.nih.gov/>

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19

19

## Antidepressants Generally Avoided in Older Adults

### Tricyclic Antidepressants (TCA)

Anticholinergic, cardiovascular, and central nervous system side effects

- Amitriptyline (Elavil)
- Clomipramine (Anafranil)
- Doxepin (Sinequan)
- Nortriptyline (Pamelor)

### Monoamine Oxidase Inhibitors (MAOI)

Several food and drug-drug interactions

- Phenelzine (Nardil)
- Selegiline (Emsam)
- Tranylcypromine (Parnate)

American Geriatrics Society 2023 updated AGS Beers Criteria JAGS. 2023.  
Prescribing information obtained from DailyMed. <https://dailymed.nlm.nih.gov/>

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20

20

## Summary



### Identify Depression Symptoms

Pay attention to mood changes

Routine screening



### Pharmacological Therapy

SSRI

SNRI

Miscellaneous

Medications to Avoid



### Adverse Effects of Medications

Be aware

Monitor

Report



### Nonpharmacological Therapy

Personalized Activities

Psychotherapy

Socialization

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21

21

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22