Priority Topic: DEPRESSION

Key Features:

Most of these study articles are still using DSM IV language. I will be on the lookout for updated versions as they are published. You do have the DSM-5 diagnostic criteria here.

For a single source on this topic: Depression in the clinic AIM 2016

1. In a patient with a diagnosis of depression:
   a) Assess the patient for the risk of suicide.
   b) Decide on appropriate management (i.e., hospitalization or close follow-up, which will depend, for example, on severity of symptoms, psychotic features, and suicide risk).

What you should study: see also Priority Topic Suicide

✓ Evaluation and treatment of the suicidal patient AAFP 2012
✓ Évaluation du potentiel suicidaire MduQ 2014
✓ L’évaluation du risque de suicide chez l’ado MduQ 2017
✓ Informal Suicide Risk Assessment Checklist
✓ Suicide Assessment BMJ Infographic 2017
✓ Suicide high risk groups PHAC

2. Screen for depression and diagnose it in high-risk groups (e.g., certain socio-economic groups, those who suffer from substance abuse, postpartum women, people with chronic pain).

What you should study:

✓ Screening for Depression CTFPHC Guidelines CMAJ 2013
3. In a patient presenting with **multiple somatic complaints** for which no organic cause is found after appropriate investigations, **consider the diagnosis of depression** and explore this possibility with the patient.

**What you should study:** see also **Priority Topic Somatization**

**Exam tip:** Think possible SOO!

✓ Just do it!

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<th>4. After a diagnosis of depression is made, look for and diagnose other co-morbid psychiatric conditions (e.g., anxiety, bipolar disorder, personality disorder).</th>
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**What you should study:**

✓ **Trouble de la personnalité limite et trouble de l’humeur MduQ**

✓ **Bipolar Disorders - A Review AAFP 2012**

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<th>5. In a patient diagnosed with depression, treat appropriately:</th>
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<td>- drugs, psychotherapy.</td>
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<td>- monitor response to therapy.</td>
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<td>- active modification (e.g., augmentation, dose changes, drug changes).</td>
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<td>- referral as necessary.</td>
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**What you should study:**

✓ **CANMAT - II Psychotherapy 2009**

✓ **CANMAT - III Pharmacotherapy 2009**

✓ **PBSGL Depression in Adults: Optimizing Treatment 2014**  
  [www.members.fmpe.org](http://www.members.fmpe.org)

✓ **Encore un dépressif - comment le traiter sans déprimer MduQ 2012**
6. In a patient presenting with symptoms consistent with depression, consider and **rule out serious organic pathology**, using a targeted **history, physical examination**, and **investigations** (especially in elderly or difficult patients).

**What you should study:**

✓ **DDx Secondary Causes of Depression PSU 2012** - best I could find on organic pathology causing depression... don’t forget to make a list of Hx, exam, and investigations you need to do!

7. In patients presenting with depression, **inquire about abuse**:
   - sexual, physical, and emotional abuse (past and current, witnessed or inflicted).
   - substance abuse.

**What you should study:**

✓ Just do it!

8. In a patient with depression, **differentiate** major depression from **adjustment disorder, dysthymia**, and a **grief reaction**.

**What you should study:** see also **Priority Topic Grief**

✓ **DSM Differential diagnoses of depression**

9. Following **failure of an appropriate treatment** in a patient with depression, **consider other diagnoses** (e.g., bipolar disorder, schizoaffective disorder, organic disease).

**What you should study:**

✓ **Bipolar Disorders - A review AAFP 2012**
✓ **Recognition of the DDx of Psychosis in Primary Care AAFP 2015**
10. In the very young and elderly presenting with changes in behaviour, consider the diagnosis of depression (as they may not present with classic features).

**What you should study:** see also *Priority Topic Behavioural Problems*

- Childhood and adolescent depression AAFP 2007
- Depression in Children and Adolescents PBSGL 2008 [www.members.fmpe.org](http://www.members.fmpe.org)
- Clinical Vignettes in Geriatric Depression AAFP 2011
- Tristesse, crise, dépression - défis chez les ados MduQ 2017

**Diagnostic Criteria DSM 5 Depressive Disorders**

- Major Depressive Disorder DSM 5
- Dysthymia DSM 5
- Depressive disorder due to another medical condition DSM 5
- Substance/Medication-induced depressive disorder DSM 5
- Premenstrual Dysphoric Disorder DSM 5
- Disruptive mood dysregulation disorder DSM 5
- Other Depressive Disorders DSM 5
- Specifiers for Depressive Disorders DSM 5