

# OVERVIEW OF “BIPOLAR DISORDER & DEPRESSION” FAMILY PRACTICE

A/Prof Goh Lee Gan

SFP2011; 37(4): 6-7

## INTRODUCTION

This Family Practice Skills Course focuses on Bipolar Disorder and Depression. Both Bipolar Disorder and Depression are among the 10 conditions in the MOH's Chronic Disease Management Programme (CDMP) where the patient's Medisave Account can be used up to a maximum of \$300 from his/her Medisave account. The patient's bill can be shared by a maximum of 10 Medisave accounts so long as the account holders are the patient's immediate family members and authorization from the family member has been given.

This Family Practice Skills Course is jointly organised and supported by Ministry of Health, Institute of Mental Health and Agency for Integrated Care. The Skills Course is organised as part of the CDMP MI initiatives. The end in mind is to build capacity amongst primary care physicians in primary care psychiatry. Come and update yourself to play an active role in this area of care.

## COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)
- 2 Seminars (2 Core FM CME points per seminar)
- 2 Workshops (1 Core FM CME point per workshop)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

### Distance Learning Course

Unit 1 : Role of Primary Care Physician in Bipolar Disorder and Depression

A/Prof Goh Lee Gan

Unit 2 : Overview of Bipolar Disorder

Dr Chan Herng Nieng

Unit 3 : Overview of Major Depressive Disorder

Dr Lim Boon Leng

Unit 4 : Management of Major Depression

Dr Nelson Lee

Unit 5 : Management of Bipolar Disorder

Dr Mok Yee Ming

Unit 6 : Special Populations

Dr Chua Tze-Ern

## COURSE TOPIC DETAILS

### Unit 1: Role of Primary Care Physician in Bipolar Disorder and Depression

- Primary care psychiatry.
- Applying the liaison psychiatry concept.
- Treatment algorithm for bipolar disorder.
- Patient education and monitoring.
- Guidelines for continuing care.
- Clinical indicators for bipolar disorder.
- Recommended investigations for patients receiving selected pharmacotherapy.
- Use of Medisave in relation to bipolar disorder
- Submission of clinical data

### Unit 2: Overview of Bipolar Disorder

- Introduction.
- Clinical features.
- Diagnostic challenges.
- Risks associated with bipolar disorder.
- Risk management.
- Management challenges.
- Conclusions.

### Unit 3: Overview of Major Depressive Disorder

- Introduction.
- Depression in primary care.
- Clinical presentation of depression.
- Mental state examination.
- Suicide assessment.
- Risk factors.
- Other depressive disorders
- Co-morbidity.
- Differential diagnosis.
- Referral to specialist.

### Unit 4: Management of Major Depression?

- Introduction.
- Management strategies.

GOH LEE GAN, Associate Professor, Division of Family Medicine, University Medicine Cluster, National University Health System Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

- Establish a therapeutic relationship and psychoeducation.
- Watchful waiting.
- Psychological interventions.
  - Supportive counselling.
  - Interpersonal therapy.
  - Cognitive behaviour therapy.
  - Behavioural therapy.
  - Other psychological therapies.
- Pharmacotherapy.
- Referral to the psychiatrist.
- Conclusions.

#### Unit 5: Management of Bipolar Disorder

- Introduction.
- Pharmacological therapies.
- Electroconvulsive Therapy (ECT).
- Agitated behaviour.
- Maintenance phase.
- Mood stabilizers.
- Antidepressants.
- Antipsychotics.
- Benzodiazepines.
- Psychological therapies.
- Conclusions.

#### Unit 6: Special Populations

- Introduction.
- Children and adolescents.
- Women during the perinatal period
- Elderly patients.
- Conclusions.

## **FACE-TO-FACE SESSIONS**

### **Seminar 1: 29 October 2011, 2.00pm – 4.15pm**

Unit 1 : Role of Primary Care Physician in Bipolar Disorder and Depression

*A/Prof Goh Lee Gan*

Unit 2 : Overview of Bipolar Disorder

*Dr Terence Leong*

Unit 3 : Overview of Major Depressive Disorder

*Dr Wei Ker-Chiah*

### **Workshop 1: 29 October 2011, 4.30pm – 5.45pm**

Case Studies on Bipolar Disorder

*Dr Wei Ker-Chiah, Dr Mok Yee Ming*

### **Seminar 2: 30 October 2011, 2.00pm – 4.15pm**

Unit 4 : Management of Major Depression

*Dr Mok Yee Ming*

Unit 5 : Management of Bipolar Disorder

*Dr Mok Yee Ming*

Unit 6 : Special Populations

*Dr Chua Tze-Ern*

### **Workshop 2: 30 October 2011, 4.30pm – 5.45pm**

Case Studies on Depression

*Dr Mok Yee Ming, Dr Chua Tze-Ern.*