



rethinking depression/anxiety

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**BA: I confirm that I do not have any
conflict of interest to declare.**

23 yr old pt

- **she wants to adopt a child**
- **diagnoses in medtech**
- **endogenous depression**
- **anxiety**
- **I mention this to her**
- **labels will travel with her ? forever**

23 yr old pt

- **chances are slim**
- **what about life insurance at 32**

new ICD

- mixed depression/anxiety
- still with the same "label"
- ACT uses transdiagnostic
- stuck or distress

The screenshot shows a remote desktop connection to a system named 'greenstone1 - 192.168.0.6'. The application is 'MedTech-32 Greenstone Family Clinic'. The patient information displayed is for 'MOUSE, Mr Mickey', born 01 Feb 1996, 23 years old, Female, with address '585 Great South Road, Penrose, 267 8702, 021 0263 7827'. The patient's risk value is 0. A table of medical conditions is shown below:

Rep	Date	Read Code Term	Note	On Set	Prov	Severity
<input type="checkbox"/>	10 Oct 2017	Never Smoked tobacco (I371.00)			BA	
<input type="checkbox"/>	10 Oct 2017	Non-ins-dep diabetes mellitus (C1)			BA	
<input type="checkbox"/>	17 Jul 2017	STUCK (I3.00)			BA	
<input type="checkbox"/>	14 Nov 2016	Gout (C34.00)	but does not want all		BA	
<input type="checkbox"/>	1 Aug 2016	Hypertensive disease (G2.00)	bestpractice	Apr 2015	DC	
<input type="checkbox"/>	4 Jul 2016	Alcohol intake above rec limit (I3)	bestpractice	Jul 2016	DC	
<input type="checkbox"/>	19 Feb 2016	Text results consented (41C2.00)			LAS	
<input type="checkbox"/>	19 Feb 2016	Text results declined (41C2.00)			LAS	
<input type="checkbox"/>	11 Feb 2016	Diabetes mellitus (C10.00)			BA	
<input type="checkbox"/>	28 Oct 2015	[D]Seizure NOS (R003z.11)			DC	
<input type="checkbox"/>	28 Oct 2015	NIDDM - Non-insu dep diab mel (I)			DC	
<input type="checkbox"/>	18 May 2015	Ex Smoker (I375.00)			DC	
<input type="checkbox"/>	11 Dec 2014	Current Smoker (I37R.00)	bestpractice	Nov 2014	DC	
<input type="checkbox"/>	10 Sep 2014	Chronic kidney disease (K.00)			DC	
<input type="checkbox"/>	21 Jul 2014	Ataxial gait/pain/Blister (C5F73.00)	bestpractice	Jun 2013	KH	

why make a diagnosis

- **Allen Frances**



why make a diagnosis

- **does it help**
- **treatments same**
- **why spend time on labelling**

- **functional contextual assessment**
- **distress→work,love play questionnaire**

work/love play

work 3/10*

love friends 8/10

love intimates 1/10

love family 8/10

play 3/10*

Then lifestyle issues

work love play

- **compared with PHQ 9 ≥ 12**
- **work love play ≥ 35**
- **sensitivity 98%**

- **work/love/play \rightarrow = PHQ (9)**
- **gives functional contextual info**

work love play

- **what to do with it**
- **no labels**
- **“hiding in the back of the cave”**
- **all the interventions are obvious**
- **ask about low scores**
- **and reverse negative lifestyle stuff**
 - **Behav activate” friends, work, exercise**

antidepressants first

- **34% on them**
- **7% started**
- **1.5% rx benzo**
- **average PHQ 9 =16**
- **15-19 moderate to severe**



treatment resistant

- **KX - woman mid 40s**
 - **manager of school- demanding job**
 - **low mood for years**
 - **exercise regularly**
 - **husband given up on her**
 - **poor relationship with mother**
 - **husband now critical of mother**

2 patients

- **KX - woman mid 40s**
 - **manager of school- demanding job**
 - **low mood for years**
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2 patients

- KX female mid 40s
- mirtazapine 30 mg – started
- quetiapine 25 mg
- talk therapy
- PHQ 9 still jan 2017 PHQ 20
april 2017 PHQ 20
june 2017 PHQ 17
jan 2018 PHQ 4

2 patients

- AX male early 50s
- good job- employee of year
- psychiatrist rx
 - fluoxetine 80 mg
 - mirtazapine 30 mg
 - clonazepam 0.5mg 4 daily (now off it_
 - ritalin
 - “seeking the neurotransmitter”

2 patients

- **AX early 50s**
- **G/F pregnant at 20**
 - **? mother never forgiven him**
- **lots of therapy inc psychodynamic**
- **still feels depressed**

2 patients

- **PHQ 2011 27**
- **PHQ 2016 21**
- **PHQ 2017 20**
- **PHQ 2018 19**

BA Kelly Wilson webinar

- **Audio**



low self compassion

- **check this is an issue**
- **suggest Kristen Neff**
- **consider compassion F therapy**

quotes

- **#1 the task of the human is to cultivate the voice of kindness in their mind**
- **#2 consider the emotional tone of the voice in your mind**
- **Paul Gilbert**



• **Paul Gilbert**

BA mindful anchor

- **explain that mind is not liking XXX**
- **exposure therapy**
- **notice it, name it**
- **self-compassion/kindness**
 - **often get a negative response here**
- **expand what is possible now**
- **“the voice of self kindness.....”**
- **I have had to learn that myself**

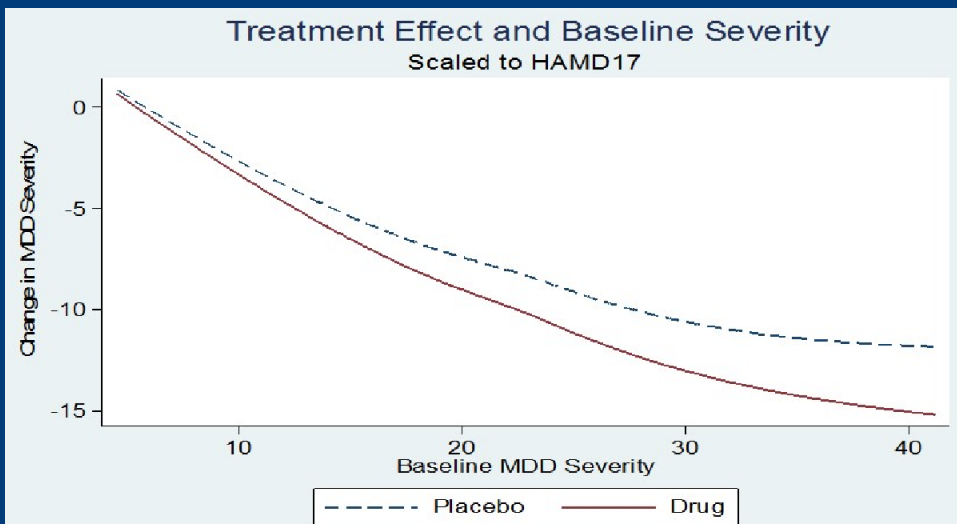
primary care realities

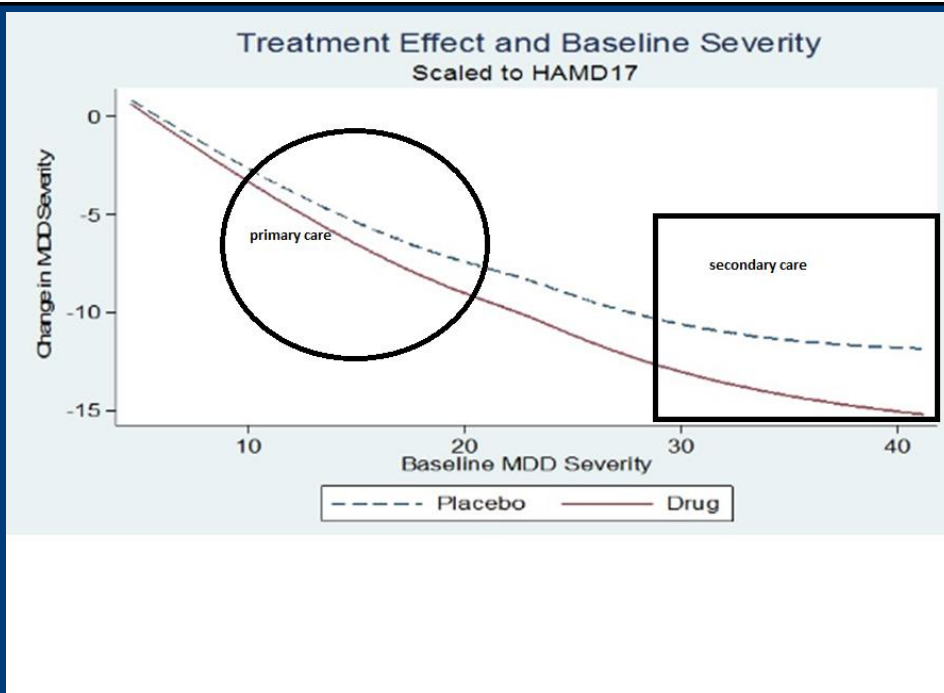
- **hard to do in 15 minutes**
- **“end run” when making no progress**
- **new models of mental health in PC**
 - **counties health and wellness pilot**
 - **no entry criteria, no limit on visits (3 average)**
 - **budget capped so PC determines usage**
 - **3 contacts before referral to psych**

target group

- treatment resistant depression
- each new drug 50% lower response rate
- adolescents
- trauma history
- compassion is the iceberg in the world

The truth-FDA dec 2018





NNT

- NNT = 16 for mild depression
- NNT = 11 for moderate depression
- NNT = 4 for severe
- Placebo response 8 to 11 x drug response

take home

- stop labels
- do work love play
- no drugs at first visit
- talk first prescribe later
- behavioural activation
- exposure therapy

Goodfellowunit.org

One Day UPDATE	Red Whale  <small>the Goodfellow Unit presents Red Whale's GP Update</small>	Auckland 24th August 2019 REGISTER <small>find out more...</small>
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