

Resources for Depression in the Elderly

Screening Tools

The following screening tools have been shown to have the highest validity for use in the elderly:

1. Geriatric Short Form (GDS)
<http://www.stanford.edu/~yesavage/GDS.english.short.score.html>
2. Cornell Scale
<http://mqa.dhs.state.tx.us/qmweb/Depression/CSDD.htm>
3. Center for Epidemiologic Studies-Depression (CES-D)
<http://patienteducation.stanford.edu/research/cesd10.pdf>
4. Patient Health Questionnaire (PHQ-9)
<http://www.phqscreeners.com/>

Recorded Educational Presentations

1. “Depression in Elders”

Presenter: Scott Crow, MD Professor of Psychiatry at the University of Minnesota, with facilitated discussion and Q&A by Stratis Health Director of Medical Affairs, Jane Pederson, MD, MS

Objectives:

- 1) Understand the etiology of depression (e.g., diagnosis, prevalence, risk factors, and barriers to treatment for depression).
- 2) Recognize how and when to use appropriate screening tools.
- 3) Identify what to do when someone has screened positive for depression.

Available on DVD by request: bolson@stratishealth.org or call Barb Olson at 952-853-8534

Recorded: April 27, 2006

2. “Depression: It’s Everybody’s Business “

Presenter: Susan Wehry MD, Health Services Director for the Department of Corrections Agency of Human Services, Waterbury VT

Objectives:

- 1) Describe someone who is depressed, including what’s “normal” and what is clinically significant.
- 2) Describe how to interact with someone who is depressed.
- 3) Discuss the ways in which depression impacts quality of life and other clinical outcomes.
- 4) Discuss ways to reduce the risk of depression and to improve recovery.
- 5) Describe most common side effects from medications used to treat depression.

Available on the web at:

<http://www.stratishealth.org/index.php?src=events&srctype=profile&refno=48&category=Training%20and%20Events>

Recorded: February 22, 2007

“Holistic Approach to Assessing, Treating, Depression & Early Stage Dementia”

Presenter: Dr. Abhilash Desai, Geriatric Psychiatrist, Medical Director of Alzheimer’s Center of Excellence, Theda Clark, Appleton WI

Objectives:

1. Differentiate between depression & early stage dementia.
2. Recognize depression in advanced stages of dementia.
3. Develop holistic treatment interventions that can be used with individuals with or without dementia.

Available on the web at: <http://www.metastar.com/web/Default.aspx?tabid=262>

Recorded: March 27, 2007

“Helping with Depression: Non Pharmaceutical Interventions”

Presenter: Dr. David Mays

Objectives:

- 1) Recognize the problem of demoralization in nursing home residents.
- 2) Understand effective interventions for depression in addition to medications.
- 3) Understand the principles of cognitive behavior therapy and be able to apply some of them in the care of nursing home residents.
- 4) Increase understanding and sensitivity to the need for meaning in everyone’s life at any age.

Available on the web at: <http://www.metastar.com/web/Default.aspx?tabid=262>

Recorded: April 19, 2007