



BLACK DOG INSTITUTE

The Black Dog Institute **GP Newsletter**

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- breaking news in mood disorders

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Heart Disease Outcomes and Depression What's the Link?



Since the 1980's, there have been several large studies suggesting that when people have suffered a major cardiac event such as a Myocardial Infarction, those with depression have a much poorer prognosis than those without depression. A recently pub-

lished Black Dog Institute study indicates that the risk is associated with depression coming only *after* the heart attack. The Institute found that depression developing after hospitalisation for an Acute Coronary Syndrome (ACS) (MI and unstable angina) substantially increased the chance of subsequent cardiac death or rehospitalisation but depression that pre-dated the ACS admission did not. The mechanism for this is not known – but certain factors present in depressed patients, both biological (increased blood clot-

ting, sympathetic nervous system activity and inflammation) and behavioural (smoking, reluctance to exercise, and poor cardiac medication compliance) may play a part. The study made it clear that screening for people who develop depression following their cardiac event would help identify those who are at high risk. They could then be identified early and treated in an appropriate and timely manner. For more information please visit our website.

From Rural NSW to the Pacific Islands

The Institute has been involved in some exciting outreach events over recent months:

- In August, the Institute's Developing Countries Project undertook a two-week educational program at the Institute for 14 senior mental health clinicians from Fiji, Solomon Islands, Papua New Guinea and Sri Lanka. Participants are already implementing new processes for improving mental health services in their countries.

- Recognising the impact of mood disorders in our rural communities, the Black Dog Institute has been involved in several large community events throughout NSW as part of our *Bush Bash Depression* initiative. The Institute engaged with those attending the Deniliquin Ute Muster, where the Bowral Tulip

Festival supported the Institute in September this year. We conducted several community events at each location, with BDI staff and volunteers engaging with the local and visiting community.

- Rugby League legend Andrew Johns walked from Newcastle to Sydney for the *NIB Andrew Johns Walk* to promote awareness of



bipolar disorder and raise funds for the Institute. Professor Gordon Parker and Prime Minister Kevin Rudd participated in the event, from which a major increase has been observed in the number of people seeking

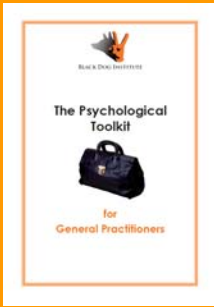
further information on mood disorders through the Institute.



- The Black Dog bus was the centre of our activities in Tamworth for 5 days in November as part of the *Bush Bash*, for the opportunity to raise awareness of the impact of mood disorders and available services for the community. A number of successful community and professional education events were held around town and a new MAP centre was launched. The MAP Centre will accept referrals from GPs, psychiatrists and psychologists throughout the North West Slopes area.

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Download copies of the Psychological Toolkit from our website.

The Psychological Toolkit:

Assessment and Management Tips for Depression Types in General Practice

This resource is a comprehensive spreadsheet detailing the various depression types defined and described in the 'BDI model' and some of the features and appropriate treatment strategies for each.

The resource includes reference to non-melancholic depression, as well as to the less common but potentially more serious depressions (bipolar, psychotic and melancholic), with separate listings for acute and chronic stress-related depression, and for depression predisposed to each of the 8 vulnerable personality styles.

For each type there is information under the following headings:

- How common?
- Suicide risk
- Areas for counselling
- Will antidepressants work?
- General comments

Ready access to this resource has the potential to be very helpful for all GPs when assessing patients presenting with depressive symptoms. It can help in dif-

ferentiating the various subtypes, in treatment planning, and can contribute valuable ideas to inform preparation of a MHCP.

It is ideal to download from the website and laminate for easy reference.



Assessment & Management Tips for GPs

New Fact Sheets

The BDI has a series of fact sheets providing information on all aspects of mood disorders and their management for consumers and carers and are readily accessible to all on the website, and in the *Psychological Toolkit*. GPs may direct patients to the website or download for patients during consultations.

There are two exciting new fact sheets available - **Positive Psychology** and **Happiness** which provide information to help focus on enhancing mental health and well-being.

Well worth a look!



Depression Clinic News

The Institute's depression clinic provides a comprehensive assessment and management advice service for patients with mood disorders referred by a medical practitioner. Practitioners may have experienced disappointment at the current waiting list for the Clinic, which is an unfortunate function of its success.

In January 2009, the Institute will proudly welcome Dr Iain MacMillan, an experienced psychiatrist from England, as the Institute's new Clinical Director. This appointment is expected to lead to an expanded service capacity of the Clinic.

Details on how to refer to the Clinic are available on the BDI website, and the waitlist should start to decrease by March. In the meantime, referrals to the Institute's MAP Centre should assist general practitioners.



Program News

Proposed dates for the delivery of programs in 2009 are now being finalised. Divisions wishing to book programs should contact Katie Denton on 02 9382 8518 or k.denton@unsw.edu.au.

The Institute is excited to announce the newly developed Focussed Psychological Strategies Skills Training program; **CBT Skills for Managing Depression in General Practice** will be launched in 2009 on Sat 28th February, Sat 14th March and Sat 28th March. Please note this course will attract a charge of \$300 (inc GST) for three full- day workshops and an online module. Other workshops for GPs and registrars continue to be provided free of charge.

The course is attracting a high level of interest from GPs throughout NSW. Please complete registration and payment online soon to secure a place in the course. Follow the links to the GP and Education Training Calendar, in the Health Professionals section of the Black Dog Institute website: <http://www.blackdoginstitute.org.au/healthprofessionals/educationtraining>.

Tentative dates for programs at Randwick for the first half of the year are:

See our website for course updates!

Date:	Program:	Location:
Saturday, 21 Feb	Demystifying Depression	Canberra, ACT
Saturday, 28 Feb	CBT Skills (Part 1)	Black Dog Institute, NSW
Saturday, 14 March	CBT Skills (Part 2)	Black Dog Institute, NSW
Saturday, 28 March	CBT Skills (Part 3)	Black Dog Institute, NSW
Saturday, 2 May	Demystifying Depression	Black Dog Institute, NSW
Saturday, 13 June	Troubled Teens	Black Dog Institute, NSW
Saturday, 4 July	Psychological Treatments	Black Dog Institute, NSW

The above is a tentative guide only. Please check website for confirmation.

To register for a program at the Institute please visit our website: blackdoginstitute.org.au or email Katie at k.denton@unsw.edu.au For off-site programs please contact the relevant Division (contact details are on our website).

Who's Who in the GP Education Team

There are a few staff changes to the GP Education Team for 2009.

Katherine Dabich who has been the GP project officer for the last 12 months will be taking responsibility for the psychology programs, while Katie Denton has commenced as our new GP project officer.

Katie will be happy to handle your queries and bookings and can be



Left to right: Katie, Larissa, Sarah and Katherine

contacted on k.denton@unsw.edu.au or 02 9382 8518.

Larissa Briedis continues to oversee the professional education team as team manager and can be contacted at l.briedis@unsw.edu.au while Dr Sarah Weaver undertakes program development on Wednesdays at the Institute, in addition to facilitating many of our workshops.

Please make contact with any of the team if you have any questions or suggestions about how we can help you.



Modelling and Managing the Depressive Disorders

A Clinical Guide
 Prof Gordon Parker &
 A/Prof Vijaya Manicavasagar

This book is presented by the authors as a textbook for professionals treating patients with depressive disorders, based on the structural model that has evolved from their work over more than two decades at the Black Dog Institute and its predecessor, the Mood Disorders Unit.

The first part of the book details the limitations of the widely accepted dimensional model of depression and the rationale for and description of the structural model proposed. In the second part of the book, the definitive characteristics of the melancholic and psychotic categorical types of depression are described and treatment recommendations based on published clinical effectiveness studies are then made.

The main focus of the book is on the non-melancholic depressions – which make up the bulk of

Book Review

those seen in general practice. Experience shows that these patients present with very diverse clinical features and the authors suggest that seeing these as a ‘spectrum’ related to the interactions between prevailing stressors and the underlying personality styles of the individuals can help us clarify the situation and make choices about the most appropriate treatment interventions.

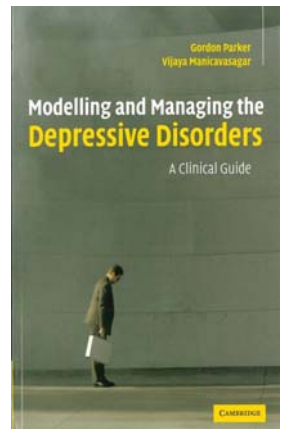
The authors describe the research basis on which they have identified eight different personality styles that lead to vulnerability to depression, and then propose a metaphorical ‘psychotransmitter’ model to provide a possible explanation of how depression may develop in the presence of these personality vulnerabilities. They argue that the crucial treatment strategies for these depressions are psychological interventions chosen on the basis of the specific applicability to the presenting features of each.

A detailed discussion follows of psychological treatments for de-

pression in each personality style.

These chapters give valuable instruction in choosing and delivering these interventions although it is not designed as a detailed instruction manual of specific intervention techniques.

This book is recommended as a highly practical ‘manual’ for GPs wishing to undertake the psychological treatment of their depressed patients.



Published by Cambridge University Press
www.cambridge.edu.au

2009 Writing Competition

Tackling Mood Disorders in the Workplace



Design by Matthew Johnstone

The Black Dog Institute has launched its 5th annual writing competition and is seeking essays from **people in the workplace who have or have had clinical depression or bipolar disorder, and also from their family, friends, work-mates, supervisors and managers** to share their experiences, and who and what helped them most, their strategies and the responses of family members, friends and professionals. Essays (max 1,500 words) should be accompanied by an official entry form and received by 31st Jan 2009. Cash prizes for 3 winning entries and excerpts from entries will contribute to a future book. See website for further details.

About us:

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder. The Institute is located at the Prince of Wales Hospital and affiliated with the University of New South Wales. The Institute is supported by NSW Health.

Black Dog Institute, Hospital Road, Prince of Wales Hospital, Randwick NSW 2031



All future editions of our GP newsletter will be delivered electronically, If you would like to receive our newsletter, please sign up via our website. Missed a newsletter? Previous editions are available online on our website