

# WELCOME!

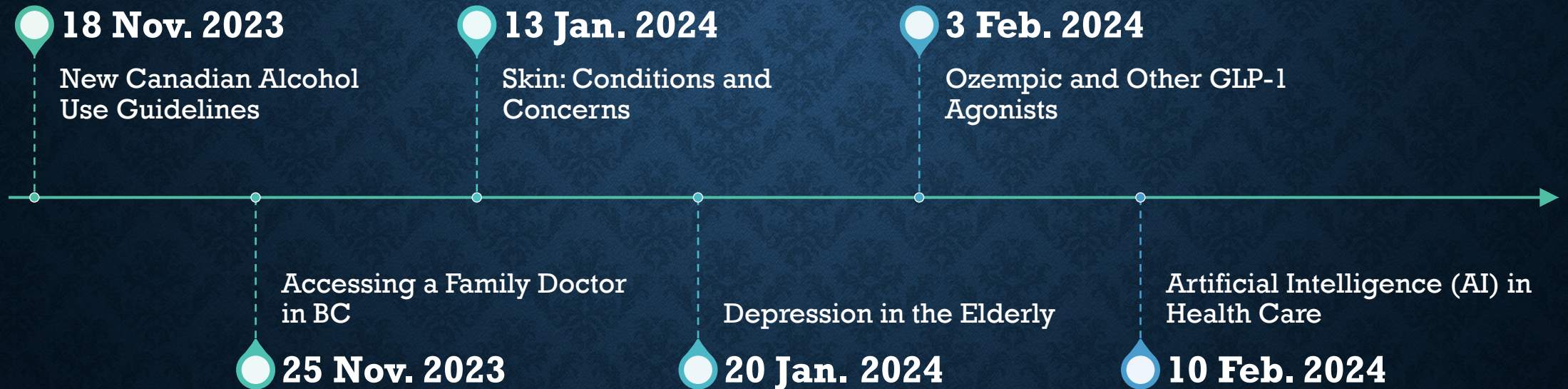
If you have not already done so, please  
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# 2023-2024 MINI MED SCHOOL LECTURE SERIES





# DEPRESSION IN THE ELDERLY

Significance  
of depression  
in the elderly

Recognizing  
depression

Approach to  
depression



9am-10:30am

10-minute break

15-minute Q/A

session at the

end

# TIMELINE FOR TODAY



Derek Anderson



Michael Smith



## WHO WE ARE

- We are both second year medical students in the UBC Faculty of Medicine
- Disclosures:
  - We are not doctors, please consult your healthcare professional.
  - We will be providing a general overview
  - This session will also be recorded for future viewing purposes



## **TERRITORIAL ACKNOWLEDGMENT**

- I would like to acknowledge that I am joining you from the UBC Vancouver campus which is situated within the traditional, ancestral and unceded territory of the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam).



# TODAY'S OUTLINE



**Significance of depression in the elderly**



Recognizing depression



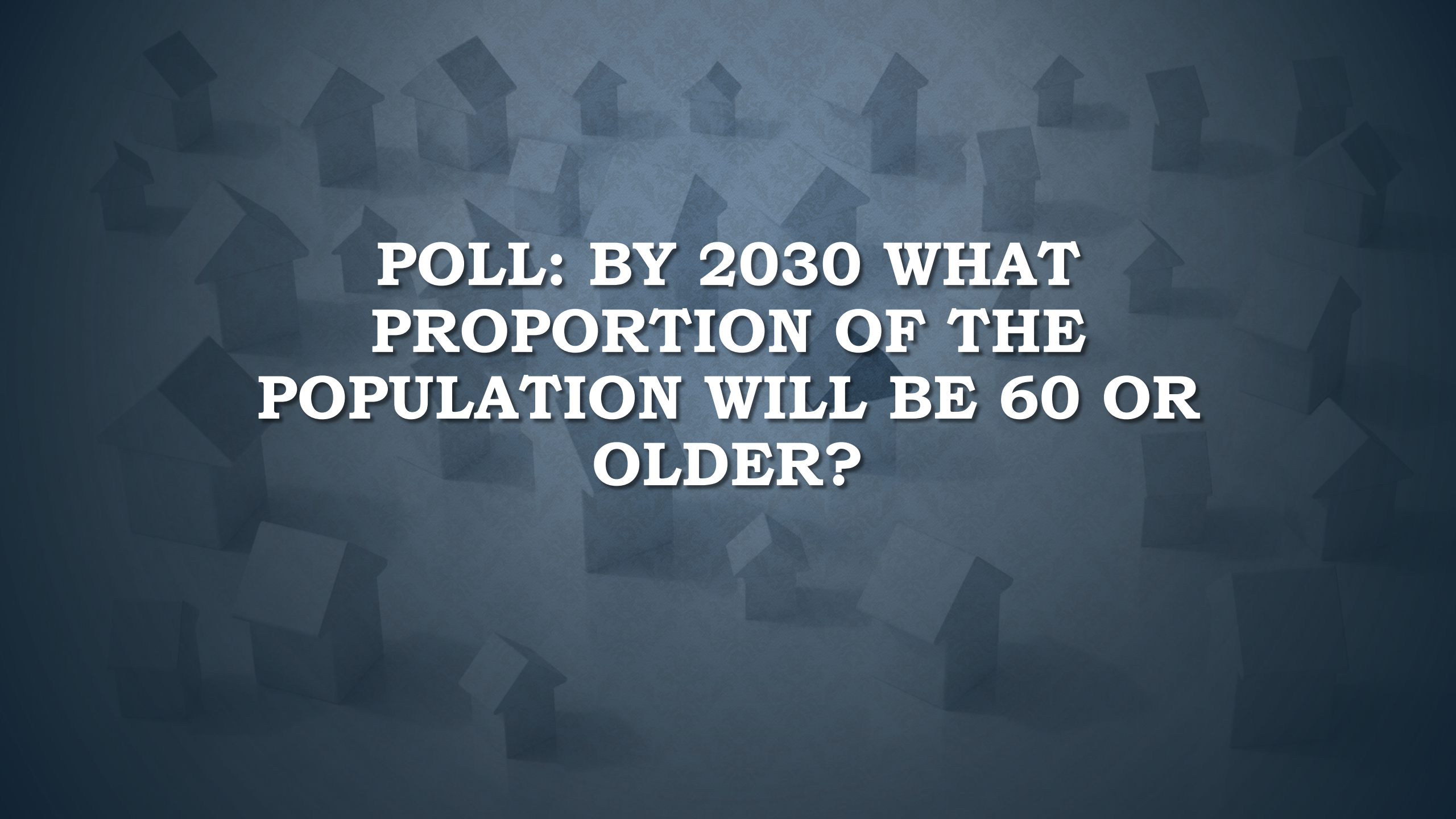
Approach to depression



# DISCLAIMER

- We will be talking about some sensitive topics today, including depression in the elderly, elder abuse and things of that nature. If you feel uncomfortable at any point and need to excuse yourself, please feel free to do so.
- We will also be sharing resources at the end of the presentation for you to use if you/anyone else is experiencing these issues.



The background of the slide is a dark blue-grey color, overlaid with a repeating pattern of stylized, light blue-grey house silhouettes. The houses are of various sizes and are scattered across the entire frame, creating a textured, urban-like background.

**POLL: BY 2030 WHAT  
PROPORTION OF THE  
POPULATION WILL BE 60 OR  
OLDER?**



**1/6 PEOPLE BY 2030 WILL  
BE 60 OR OLDER**



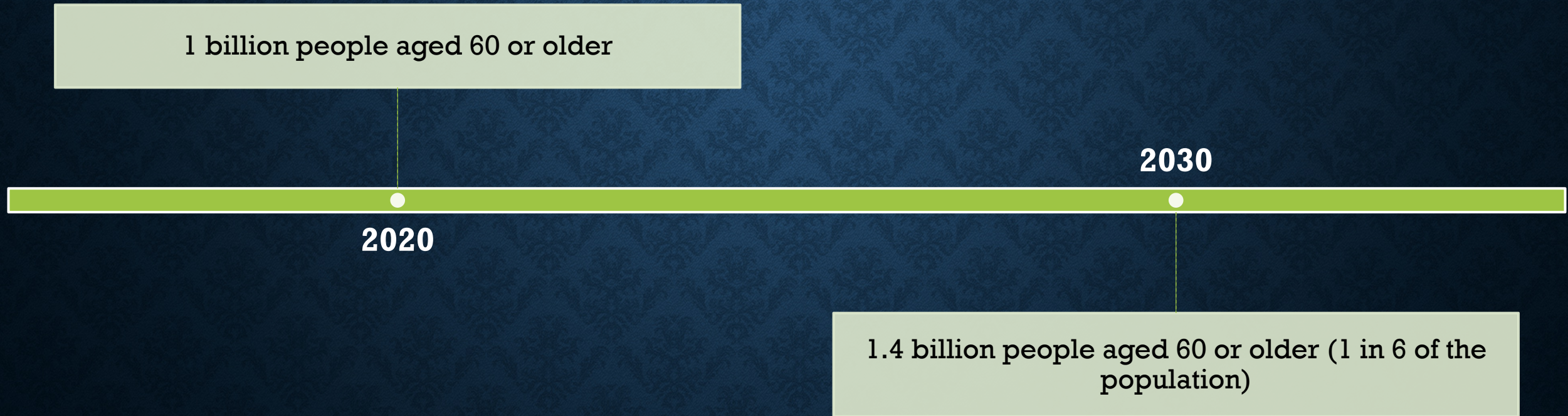
# AN AGING POPULATION

1 billion people aged 60 or older

2020

2030

1.4 billion people aged 60 or older (1 in 6 of the population)





**POLL: HOW COMMON ARE  
MENTAL HEALTH  
DISORDERS WITHIN THOSE  
AGED 60 OR OLDER?**



**14% OF ADULTS AGED 60 OR OLDER LIVE  
WITH A MENTAL HEALTH DISORDER**



# INCREASED RISK FOR DEPRESSION

## Chronic Health Conditions

- 80% of people have at least 1
- 50% of people have 2 or more

## Social Isolation and Loneliness

- Affects 1 in 4 older people

## Abuse of the Elderly

- Affects 1 in 6 older people
- Increased in care facilities



## **OTHER FACTORS**

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Loss in functional ability

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Decreased purpose in retirement

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Decrease in income

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Bereavement

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Caregiver stress

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Lack of physical activity

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Substance use

---

Sleep disorders



# TODAY'S OUTLINE



Significance of depression in the elderly



**Recognizing depression**



Approach to depression





## CURRENT STATE OF RECOGNITION

- Misconceptions that it is a normal part of aging
  - 68% of elderly people stated they know little or nothing about depression
  - Only 38% thought depression was a health problem
  - Only 42% would reach out to a health professional for help





**“DEPRESSION IS NOT A NORMAL PART  
OF GROWING OLDER.” - CDC**



# SIGNS AND SYMPTOMS OF DEPRESSION

Sadness

Fatigue

Hopelessness

Irritability

Insomnia or  
excessive  
sleeping

Suicidal  
thoughts or self-  
harm thoughts

Difficulty  
concentrating

Loss of appetite  
or eating more  
than usual

Loss of interest  
in once  
pleasurable  
activities





**10 MINUTE BREAK**



# TODAY'S OUTLINE



Significance of depression in the elderly



Recognizing depression



**Approach to depression**



# DIAGNOSIS OF DEPRESSION



## Assessment:

- Feelings/symptoms
- Ruling out other conditions
- Physical exam



## Types of diagnoses:

- Major depressive disorder (2 weeks or more and functionally impaired)
- Persistent depressive disorder (2 or more years)
- Substance-induced depressive disorder
- Depressive disorder due to a medical condition



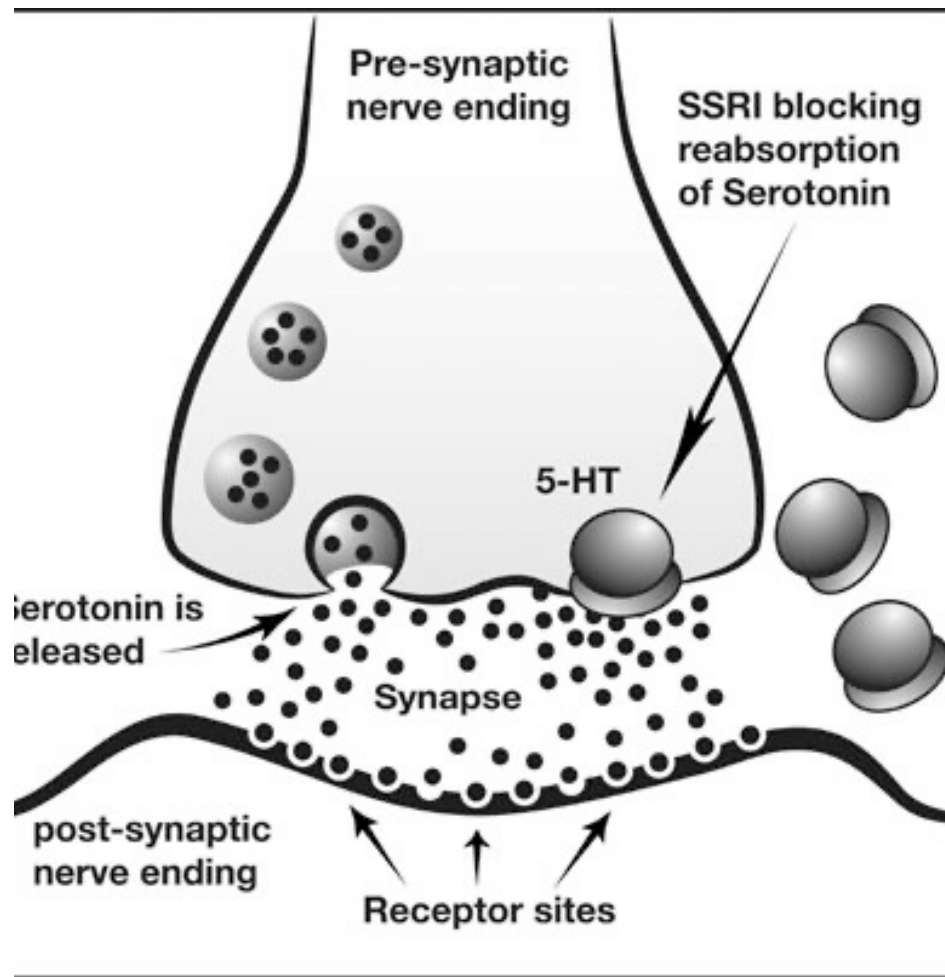
# TREATMENT OF DEPRESSION

Psychotherapy/talk therapy

Medications (SSRIs/antidepressants)

Many other options





# ANTI-DEPRESSANTS

- SSRIs (selective serotonin reuptake inhibitors)
  - Based off theories that serotonin is connected to depression
    - Work to increase the level and activity of serotonin within the brain.



# COMMON SSRIS

Sertraline  
(AKA Zoloft)

Fluoxetine  
(AKA Prozac)

Citalopram  
(AKA Celexa)

Escitalopram  
(AKA  
Lexapro)

Paroxetine  
(AKA  
Paxil/Pexeva)



## **SIDE EFFECTS OF SSRIS**

- Possible side effects, not an exhaustive list:
  - Headache
  - Drowsiness
  - Insomnia
  - Nausea
  - Vomiting
  - Diarrhea
  - Dry mouth
  - Agitation/restlessness
  - Appetite changes → weight gain/loss
  - Sexual issues (erectile dysfunction, issues reaching orgasm, decreased sexual desire)





**POLL: WHAT ARE SOME ACTIONS PATIENTS CAN  
TAKE TO IMPROVE THEIR MENTAL HEALTH?**



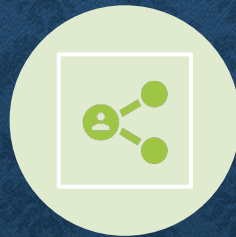
# WAYS TO IMPROVE MENTAL HEALTH



PHYSICAL  
ACTIVITY



BALANCED DIET



STAY CONNECTED  
TO FRIENDS AND  
FAMILY



SLEEP



AVOIDING  
SUBSTANCE USE



# WHO SHOULD I TALK TO?

- Depression is a health concern and not a normal part of aging
  - Please reach out to someone: family doctor, psychiatrist, counsellor, online resources (listed in following slide)





# RESOURCES

- Elder Abuse Support: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/protection-from-elder-abuse-and-neglect/resource-links>
- Bell Let's Talk: <https://letstalk.bell.ca/>
- Help Starts Here (Addiction support):  
[https://helpstartshere.gov.bc.ca/?utm\\_campaign=20231219\\_GCPE\\_MMHAS\\_LEARN\\_ADW\\_BCGOV\\_EN\\_BC\\_1\\_&gclid=CjwKCAiAkp6tBhB5EiwANTCxlOXM7yOWHEcM4nvf3mVG8TrQ3Ht2rjHXzlYXYaVaU8mZfm2xj1xSHRoCH2AQAvD\\_BwE](https://helpstartshere.gov.bc.ca/?utm_campaign=20231219_GCPE_MMHAS_LEARN_ADW_BCGOV_EN_BC_1_&gclid=CjwKCAiAkp6tBhB5EiwANTCxlOXM7yOWHEcM4nvf3mVG8TrQ3Ht2rjHXzlYXYaVaU8mZfm2xj1xSHRoCH2AQAvD_BwE)
- Wellness together (Mental Health and Substance Use Support): <https://www.wellnesstogether.ca/en-ca/>
- Institute on Aging and Lifelong health: <https://www.uvic.ca/research/centres/aging/index.php>
- Mental Health Support:
  - [https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html?utm\\_campaign=hc-sc-mental-health-23-24&utm\\_medium=sem&utm\\_source=ggl&utm\\_content=ad-text-en&utm\\_term=mental%20health&adv=2324-471650&id\\_campaign=20569209009&id\\_source=153075713959&id\\_content=674818189115&gclid=CjwKCAiAkp6tBhB5EiwANTCxlIGhRxtan-u5KoBMp4oVSXTa5i4IKjYUcqN7jQaFhTSu7WqjYRxdhoCLw8QAvD\\_BwE&gclsrc=aw.ds](https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html?utm_campaign=hc-sc-mental-health-23-24&utm_medium=sem&utm_source=ggl&utm_content=ad-text-en&utm_term=mental%20health&adv=2324-471650&id_campaign=20569209009&id_source=153075713959&id_content=674818189115&gclid=CjwKCAiAkp6tBhB5EiwANTCxlIGhRxtan-u5KoBMp4oVSXTa5i4IKjYUcqN7jQaFhTSu7WqjYRxdhoCLw8QAvD_BwE&gclsrc=aw.ds)



**POLL: IN FUTURE MINI MED SCHOOL SESSIONS,  
HOW WOULD YOU LIKE IT TO BE DELIVERED?**



# SUMMARY

We have an aging population and within this aging population there is an increased risk for developing depression

Depression is not a normal part of aging

Recognize symptoms and reach out to healthcare professional

Work to improve mental health



# REFERENCES

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- <https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/social-isolation-and-loneliness>
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- <https://www.wellnesstogether.ca/en-ca/>
- <https://www.uvic.ca/research/centres/aging/index.php>
- [https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html?utm\\_campaign=hc-sc-mental-health-23-24&utm\\_medium=sem&utm\\_source=ggl&utm\\_content=ad-text-en&utm\\_term=mental%20health&adv=2324-471650&id\\_campaign=20569209009&id\\_source=153075713959&id\\_content=674818189115&gclid=CjwKCAiAkp6tBhB5EiwANTCxlIGhRxtan-u5KoBMp4oVSXTa5i4IKjYUcqN7jQaFhTSu7WqjYRxdhoCLw8QAvD\\_BwE&gclidsrc=aw.ds](https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html?utm_campaign=hc-sc-mental-health-23-24&utm_medium=sem&utm_source=ggl&utm_content=ad-text-en&utm_term=mental%20health&adv=2324-471650&id_campaign=20569209009&id_source=153075713959&id_content=674818189115&gclid=CjwKCAiAkp6tBhB5EiwANTCxlIGhRxtan-u5KoBMp4oVSXTa5i4IKjYUcqN7jQaFhTSu7WqjYRxdhoCLw8QAvD_BwE&gclidsrc=aw.ds)



**QUESTIONS?**





# POST LECTURE SURVEY



Please consider filling out our post-lecture survey:

[https://ubc.ca/qualtrics.com/jfe/form/  
SV\\_1LgCGbcc73k32Ae](https://ubc.ca/qualtrics.com/jfe/form/SV_1LgCGbcc73k32Ae)