



CME on Update in Depression Management

24th July 2016, Pune, Maharashtra



CME on Update in Depression Management

"CME on Update in Depression Management" was held on 24 July 2016 at Pune the banner of Asian Society of Continuing Medical Education.

The CME was designed to get all the Psychopharmacologist, Mental Healthcare Practitioner and General Physician on one platform for exchanging their views and sharing their clinical experiences with others about the challenges in the management of Major Depressive Disorders. Well known Mental Healthcare Practitioner and General Physician were invited to share their knowledge and Experience.

The Introductory speech was given by Asian Society. He emphasized the main role played by Asian Society of Continuing Medical Education and how important it is to spread the knowledge known to select few to the practicing Doctors at large.

The CME was attended by 58 Doctors all round India.

VENUE

The Pride Hotel, Shivaji Nagar, Pune

SPEAKERS

1. **Dr. Vidhyadhar Watve**, MD, DPM, MAPA.
2. **Dr. Chittaranjan Andrade**, MBBS, MD.
3. **Dr. Suresh Kumar**, MD (Psychiatry), DPM, MPH (USA).

TOPICS

- Published evidence in Depression Management.
- Clinical experience with newer molecules

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The summary of discussion was as follows -

Dr. Chittaranjan Andrade talked on Published evidence in Depression Management.

Depressive disorders, including major depression and dysthymia, are serious, disabling illnesses. He spoke on the updated guidance on managing depression, adding specific guidance for depression in people with physical illness. He talked in detailed on below mention guidance -

- Guidance for depression in adults (CG90) priority recommendations.
- Guidance for adults with a chronic physical health problem (CG91) priority recommendations.

Dr. Suresh Kumar talked on Clinical experience with newer molecules -

He talked on treatments for depression beyond SSRIs and SNRIs, The selective 5-HT reuptake inhibitors (SSRIs) and 5-HT and NE reuptake inhibitors (SNRIs) that have emerged from this line of research are currently first line treatment options for major depressive disorder (MDD). Recent trends in antidepressant research has been to refine monoaminergic mechanisms by targeting monoaminergic receptors and additional transporters (e.g. with multimodal drugs and triple re-uptake inhibitors) or by adding atypical antipsychotics to SSRI or SNRI treatment. A central strategy has been to target glutamate receptors (for example, with intravenous infusions of the N-methyl-d-aspartate (NMDA) receptor antagonist ketamine). Other strategies have been based on modulation of cholinergic and γ -aminobutyric acid (GABA)ergic transmission, neuronal plasticity, stress/hypothalamic pituitary adrenal(HPA)-axis, the reward system and neuroinflammation.

SNAPSHOTS



