Disclosures

• I will receive royalties for a book I co-authored with Dr. George Grossberg (a nationally and internationally renowned Geriatric Psychiatrist and Alzheimer’s Expert) from Cambridge University Press for the 2nd edition of our book titled *Psychiatric Consultation in Long-Term Care: A Guide for Healthcare Professionals; 2017*.

• I have no other financial relationships with commercial interests to disclose.
Learning Objectives

- Describe the importance of deprescribing
- Discuss management of chronic non-cancer pain without opioids and tramadol
- Discuss management of major depressive disorder in older adults
Rational Deprescribing

• Identify and discontinue medications that are inappropriate in older adults in collaboration with the pharmacist based on the Beers Criteria and STOPP START criteria.

• Identify and discontinue medications that are causing adverse effects, are not in keeping with goals of care, or have not shown clear benefits.

ATMAN Approach to Pain Management

- A: Acetaminophen, Anti-inflammatory medications (e.g., celecoxib)
- T: Topical analgesics (including joint injections) (lidocaine, methylsalycylate, diclofenac, menthol, cannabidiol, capsaicin)
- M: Migraine medications, Muscle relaxants (e.g., cyclobenzaprine, baclofen)
- A: Anticonvulsants, Antidepressants (SNRIs [e.g., duloxetine])
- N: Non-drug interventions (e.g., Cognitive Behavior Therapy for Pain [CBT-P], hot and cold therapies, exercise therapy, massage therapy)

Major Depressive Disorder

- NNT for antidepressants 5-7 (lower in older adults)
- Canadian Network for Mood and Anxiety Treatments (CANMAT) Pharmacological Treatment of Late-Life Depression: Level 1 evidence: mirtazapine, duloxetine, nortriptyline. Others Level 2 evidence.

Collaborative Care Model

- Collaborative care model has the potential to dramatically improved quality of mental health care delivered in primary care practices throughout the United States.

Specialist Referrals

- Geriatric Psychiatrists (dr.abhilashdesai@icloud.com [857-265-6766])
- Geriatricians (St. Alphansus Geriatric Clinic in Boise [208-302-5470])
- Neuropsychologists (e.g., Neuropsychology St. Lukes Neuroscience, 208-385-3281)
- Recreational therapists (e.g., Jen Wilson RT, In The Moment Dementia Consulting [813-727-5734])
- Music therapists (e.g., Samantha Foote MT-BC, Boise Music Company [208 739 5469])
- Speech and Language therapists (Cognitive Communication Specialists)
- Occupational therapy (safe driving assessment)
Key Points

• Rational deprescribing should be a standard of practice in primary care as a prevention intervention for mental health disorders of older adults.

• ATMAN approach to chronic non-cancer pain may help reduce use of opioids and tramadol in older adults.

• Major depressive disorder is a complex disorder that is best managed by collaborative care model.