

# Guidelines on depression in older people

Sociology



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Fortunately, research studies from the prestigious World Psychiatric Association (WPA) have indicated that depression in older adults is treatable, with a high margin of success rates (Baldwin, Chiu, Katona, & Graham, 2002). The authors intend that this book be a helpful reference for mental health practitioners who treat seniors with depression, researchers, and anyone who seeks to expand their knowledge on the topic.

The " Guidelines on Depression in Older People: Practicing the Evidence" goes on to offer information pertaining to the specific ways in which depression manifests in older adults to aid practitioners in making a more accurate diagnosis. For example, hypochondrias, anxiety, constipation, and subjective memory are atypical features of depression that occur mostly in seniors (Baldwin, Chiu, Katona, & Graham, 2002). The book further discusses how the co-morbidity of depression and other mental and/or physical disorders can negatively affect the elderly and offers suggestions on how practitioners can work with clients to manage all of their health conditions.

### Benefits

This book is especially helpful to mental health practitioners who need a quick and reliable source to aid them with treatment planning for depressed seniors. The grading rubric allows practitioners to select initial or supplemental strategies as needed with an immediate idea as to its probable effectiveness. The main ideas of each section in the book are embedded in boxes that highlight the key concepts in the chapter for quick reference, which is an invaluable resource in the medical field where treatment decisions are often made at a moment's notice. Also advantageous is the chapter the specific the types of manifestations of depression that are more likely found in the elderly population than the general population (APA, <https://assignbuster.com/guidelines-on-depression-in-older-people/>

1994). This information is particularly helpful for general practitioners who see seniors on a regular basis and, with the right information and training, can make the diagnosis early in the progression of the disorder which leads to early treatment.

#### Further Advice

The " Guidelines on Depression in Older People: Practicing the Evidence" is exceptionally thorough in its understanding of the challenges faced by older adults with untreated depression. Their mental state radiates out to their families, treatment team, communities, and society, and more often than not, such consequences can be prevented through early detection and diagnosis. One slight area of improvement would be to add a comprehensive pharmaceutical reference along with the strategies that include medication. This would allow practitioners to be able to quickly assess whether there are any conflicts between any of the client's current medications.