



The 10-minute consultation: depression

Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

The 10-minute consultation: depression

Clinical depression is currently the leading cause of disability in the USA and is expected to become the second leading cause of disability worldwide (after heart disease) by the year 2020 according to the World Health Organization. The economic cost is, therefore, high. Most people with a depressive illness do not seek treatment or are unrecognised in primary care, although the great majority can be successfully treated because there are now effective medications and psychosocial therapies.

The 10-minute consultation: depression will provide a holistic approach to the assessment and management of depression, outlining the principles for good history taking in the diagnosis and assessment of depression, and stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

Authorship

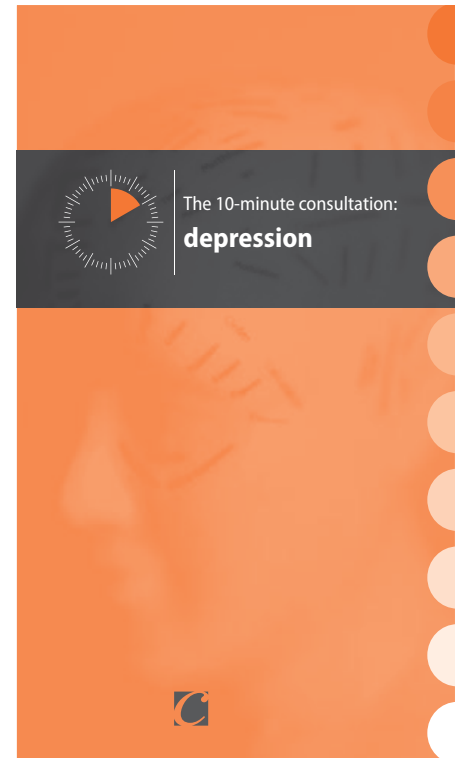
The 10-minute consultation author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We will work closely with an advisory board of GPs from the specialty of primary care and psychiatry whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the depression specialty, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

Summary

The 10-minute consultation: depression will provide clinicians with an invaluable source of information for depression and highlight the most appropriate diagnostic and management options.

Key objectives for the reader:

- To understand that depression is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of depression
- To understand how depression can be identified in primary care
- To understand how to competently manage depression in primary care
- To understand the indications for specialist referral



Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

Specification

International Editorial Advisory Board
Paperback: 96 pages (tbc)
Product dimensions: 110 x 190 mm
Binding: perfect bound
Colour: 4-colour cover; 2-colour text



Table of contents

1. Introduction

- How is depression classified?
- What is the natural history of depressive illnesses?
- What are the effects of depression on daily functioning and quality of life?

2. Who and what to test

- Screening and case finding
- What issues should the GP cover during the 10-minute consultation?

3. How to manage the patient with depression

- Who to treat?
- How to treat?
- Preventing new episodes of depression
- Acute-phase management
- Maintenance-phase management
- Co-morbidity (including substance abuse/alcohol and drug dependency, somatic symptoms, personality/eating disorders, other general medical conditions [eg stroke, dementia, cancer, diabetes and HIV/AIDS] and other co-morbid psychiatric disorders [eg anxiety])

4. Person-centred care

- How to identify the patient's beliefs about depression and its complications (concerns and expectations)?
- What are the patient's cultural beliefs and practices?
- How to recognise nonconcordance?
- Are any treatments particularly appropriate?

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- What are the GP prescribing options for tackling depression in primary care: a summary
- When to refer?

6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What roles do other key healthcare workers have in managing the patient?
- What is the role of information technology (IT)?
- What is the role of the expert patient?

Further reading

Other titles in *The 10-minute consultation* series



and many more...

Bulk distribution

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To place an order and/or request further details and quotes, please contact:

Sarah Findlay
Editorial Director

Cedilla Publishing Limited
PO Box 58871
London SE15 9BE
UK

Direct tel: +44 (0)7794 485294
Email: sarah@cedillapublishing.com