



Community and Population Health: Depression and Mood Disorders

Overview

According to the World Health Organization, approximately 121 million people worldwide currently suffer from depression and up to 15 percent of the population will experience one or more mental or behavioral disorders at some stage of life. As the most common cause of disability and premature death worldwide, depression has an enormous impact on our society and the number of cases is on the rise.

University Health Network provides multidisciplinary, culturally sensitive care to patients suffering from various mood disorders including depression, bipolar disorder and dysthymia, through the Mood Disorders and Psychopharmacology Unit, Asian Initiatives in Mental Health and Portuguese Mental Health and Addictions Clinics. In addition to the care they provide within our hospitals, psychiatrists and clinicians in these clinics also provide care and education on a regular basis at 21 community agencies across Toronto.

UHN Milestones/Innovations

- Evaluation of intranasal insulin as a cognitive enhancer in bipolar disorder. (2006)
- First in the world to use deep brain stimulation on treatment resistant depression. (2003)
- First in Ontario to provide a community outreach program, which includes culturally sensitive care as well as education for community workers about the delivery of such care. (1996)

Scope of Work

- Emergency assessment
- Diagnosis and treatment
- Psychosocial rehabilitation
- Concurrent treatment for patients with addictions
- Community consultation

Integration of Care

Physicians, clinicians and other staff members that make up the Mood Disorder program believe the best patient care involves the integration of modalities. Patients may receive care or consultation from:

- Psychiatrists
- Psychologists
- Nurses
- Consultation liaisons
- Interpreters
- Crisis team
- Assertive community treatment team
- Social workers

<p>Basic science research includes investigations into:</p> <ul style="list-style-type: none">• Glucose homeostasis• Neuroendocrinology and genetics of mood disorders• Mechanisms of Deep Brain Stimulation in Mood Disorders• Reproductive hormones and mood regulation	<p>Clinical science research includes investigations into:</p> <ul style="list-style-type: none">• Managing psychiatric disorders with antidiabetic agents• Effects of antidepressants on lipid homeostasis• Sexual function during treatment of major depressive disorder• Improving patient outcomes• Psychopathology and personality dimensions• Impact of medical comorbidity on the course of mood disorders• Guidelines development and evidence based medicine
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