



TALKING LIFE SEMINARS

DEPRESSION AND LONG TERM CONDITIONS

A 1 day seminar

There is increasing evidence supporting the association between depression and long term physical medical conditions. Studies have demonstrated that not only may a diagnosis of depression be a contributory risk factor for cardiac events and diabetes among others but in turn patients with a chronic disorder may be at additional risk of developing depression.

Symptoms of depression may include low mood, low self - esteem and reduced motivation. This can lead to a reduction in self-care often resulting in smoking, increased alcohol consumption, lack of exercise, drug abuse and obesity. In the long term these may contribute to chronic illness.

Depression is often unrecognised and under treated in this group often being seen as part of the natural progress of the condition or a normal response to limitations imposed on them due to their physical illness. Treatment for depression has been shown to improve patient quality of life and in turn may improve disease outcome. This course aims to explore the links of depression and long term illness seen in primary care, improve recognition and assessment skills, introduce evidence based screening tools and discuss the management of depression using drug and non drug approaches.

0930: Introduction and the day

What is Long term Condition/Chronic Disease?

- WHO Definition
- Prevalence/Incidence etc
- Impact on Patient and Carer
- Resources Available

What is Depression

- ICD 10 Definition
- Prevalence/Incidence
- Impact on Patient and Carer
- Resources Available

10.30: COFFEE

1100:

Is there a link?

Coronary Heart Disease/Diabetes/Respiratory Disease/Others

**Why is Depression Missed
Causes**

How and when to Assess

Use of Screening Tools

12.30: Lunch



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1.30:

Assessing Suicide Risk

The questions to ask
Thoughts/Intentions/Plans
Referral Pathways/Support

Treatment Options

2.45: TEA

3.00

How can we make it better?

- Communication with patient and other professionals
- New skills
- Taking care of the carers
- Evaluation and Close

THE TRAINER

JANE ELWOOD RGN, is one of Talking Life's most popular and experienced trainers. She has worked in primary care as a practice nurse and research nurse for over 20yrs. She runs regular Depression workshops for primary care and NHS staff around the U.K., all evidence-based. She is a dynamic and entertaining speaker who quickly builds an excellent rapport with delegates.

What delegates say about Jane Elwood's Depression Training Days

This seminar:

- "Thoroughly enjoyed this study day and would recommend this to health care professionals"*
(Community Staff Nurse, Beaconsfield)
- It was the dynamic personality of the presenter and her enthusiasm that made this a particularly excellent presentation. (RGN, Worthing)*
- "An excellent day. Very informative"*
(Senior Occupational Health Nurse, Hants)
- "Absolutely right & very relevant"*
(Occupational Health Adviser, London)
- "Excellent "* (Student Counsellor, London)
- "Really good presentation & diverse teaching"* (Nurse, Essex)