

## Management of Depression: Guidelines and Beyond

Monday 17<sup>th</sup> September 2018

44 Hallam Street, London

“Treatment resistant” mood disorders, be they unipolar depression or bipolar disorder, are associated with a very significant burden of illness, and cost to the health service and wider society. However, this is a time of significant optimism with the potential emergence of an increasing number of treatment options. Many of these are being explored in current or future research studies being conducted across the UK.

The aims of this one day Continuing Professional Development event are twofold. Firstly, it is to provide state of the art evidence around the biological treatment options for patients with mood disorders. Secondly, clinicians will be introduced to a number of research studies that are, or shortly will be, recruiting patients. One of these in particular, the PAX-BD study – funded by the National Institute for Health Research (NIHR) – will be required to run in virtually all secondary care mental health Trusts or Boards across the UK.

By the end of the day, delegates will be more informed regarding the current evidence base underpinning the management of mood disorders, and familiar with treatment options beyond guidelines together with the work that is progressing to extend the evidence base. It is anticipated that delegates will potentially engage with one or more of the studies described in some role, for example by becoming local PIs for the PAX-BD study. This is a great opportunity for clinicians to gain some experience of being involved in an important nationally funded research study.

The **registration fee (£90)** covers the per-delegate cost of the meeting. The organisational and speaker costs are covered by funding from the NIHR Health Technology Appraisal (HTA) Programme, who are funding the PAX-BD study (project number 16/154/01) and from the funding related to other studies that will be discussed. Note that the views and opinions expressed at the meeting are those of the speakers and do not necessarily reflect those of the HTA or EME Programmes, the NIHR, NHS or the Department of Health. Precedence for registration will be given to the first TWO delegates from any Trust or Board. **To register for the meeting email [PAX.BD@ncl.ac.uk](mailto:PAX.BD@ncl.ac.uk)**

I hope that you find the day of great value.

Hamish McAllister-Williams

Newcastle University, Chief Investigator PAX-BD

## **Agenda**

9:00 – 9:30 Registration, tea and coffee  
9:30 – 9:40 Welcome  
Hamish McAllister-Williams, Newcastle University

9:40 – 10:00 The NIHR portfolio and TRC-MH  
John Geddes, University of Oxford

### **Unipolar disorder – evidence and guidelines** (John Geddes)

10:00 – 10:30 Evidence based treatment for unipolar depression  
Andrea Cipriani, University of Oxford

10:30 – 11:00 Unipolar guidelines and choosing between options (the LQD study)  
Tony Cleare, King's College London

11:00 – 11:30 Coffee

### **Pro - dopaminergic strategies for depression** (Chair – Tony Cleare)

11:30 – 12:00 Pro-dopaminergic treatment options and the PAX-D study  
Mike Browning, University of Oxford

12:00 – 12:30 Bipolar depression guidelines and the PAX-BD study  
Hamish McAllister-Williams, Newcastle University

12:30 – 13:15 Lunch

13:15 – 14:00 Getting involved in the PAX-BD study  
PAX-BD study team

### **Novel pharmacological strategies** (Chair – Hamish McAllister-Williams)

14:00 – 14:30 Back to the Future – Psychedelics and Psilocybin (the P-TRD study)  
James Rucker, King's College London

14:30 – 15:00 Treating the inflamed brain  
Ed Bullmore, University of Cambridge

15:00 – 15:30 Coffee

### **Advances in Neurostimulation** (Chair – Ed Bullmore)

15:30 – 16:00 Transcranial magnetic stimulation and the BrightMind study  
Richard Morriss, University of Nottingham

16:00 – 16:30 Vagus nerve stimulation and Restore-Life  
Hamish McAllister-Williams, Newcastle University

16:30 – 16:40 Close