

24TH WORLD CONGRESS OF PSYCHIATRY

Session date: Thursday, 14 November

Session time: 12:15-16:15

Psychopharmacology in the Elderly: State of the Art Evidence and Clinical Applications

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Introduction

We are aware that the trend of rapid population growth among the elderly continues. In 2022, more than 1 billion people over the age of 60 were recorded, constituting 12% of the total population. This proportion is expected to exceed 20% by 2050. We increasingly have the potential to live longer once we reach the age of 60. An aging population presents us with a challenge, from the expected normal changes in aging to the pathological conditions associated with aging. This translates to patients with multiple comorbidities and a high prevalence of polypharmacy, resulting in a significant risk of drug interactions and adverse effects.

In the field of psychiatry, we are not exempt from this population phenomena, and we increasingly see more elderly individuals seeking psychiatric care. According to The Global Health Estimates (GHE) 2019, approximately 14% of adults aged 60 and over live with a mental disorder.

The management of elderly patients who attend mental health consultations becomes a challenge. Therefore, the aim of this course is to provide the necessary tools for the psychopharmacological management of the most prevalent mental health conditions in the elderly.

Description

The objective of this course is to provide brief and updated information on psychopharmacology specifically for the elderly. It will be essential to review the physiology of aging and its impact on pharmacodynamics and pharmacokinetics. Additionally, we will address the pharmacological management of various mental disorders that have significant prevalence in the elderly from a theoretical perspective, as well as clinical cases that are useful for everyday clinical practice.

Agenda

12:15 - 12: 25 (10min)	Welcome, Brief introduction to the course
12:25 – 13:05 (40min)	Aging, pharmacology and polypharmacy: Challenges for Psychiatrists
13:05 – 13:45 (40min)	Depression and treatment-resistant depression
13:45 - 14:15 (30 min)	Judicious pharmacological strategies for insomnia
14:15 - 14:45 (30min)	Lunch time
14:45 – 14:55 (10min)	Judicious pharmacological strategies for insomnia (2nd part last 10min)
14:55 - 15:35 (40min)	Dementia and neuropsychiatric symptoms
15:35 – 16:15 (40min)	Bipolar disorder and schizophrenia

References

1. World Population Prospect 2022: release note about major differences in total population estimates for mid-2021 between 2019 and 2022 revisions. New York: United Nations Department of Economic and Social Affairs, Population Division; 2022 (https://population.un.org/wpp/Publications/Files/WPP2022_Release-Note-rev1.pdf, accessed 12 September 2023).
2. Institute of Health Metrics and Evaluation. Global Health Data Exchange (GHDx). <https://vizhub.healthdata.org/gbd-results/>, accessed 20 October 2023).
3. Kratz, T., & Diefenbacher, A. (2019). Psychopharmacological Treatment in Older People: Avoiding Drug Interactions and Polypharmacy. *Deutsches Arzteblatt international*, 116(29-30), 508–518. <https://doi.org/10.3238/arztebl.2019.0508>
4. Petrova, N. N., & Khvostikova, D. A. (2021). Prevalence, Structure, and Risk Factors for Mental Disorders in Older People. *Advances in Gerontology*, 11(4), 409–415. <https://doi.org/10.1134/S2079057021040093>