

Florida Best Practice Medication Guidelines for the Treatment of Bipolar I Disorder Adult Acute Depression



Measurement-based care

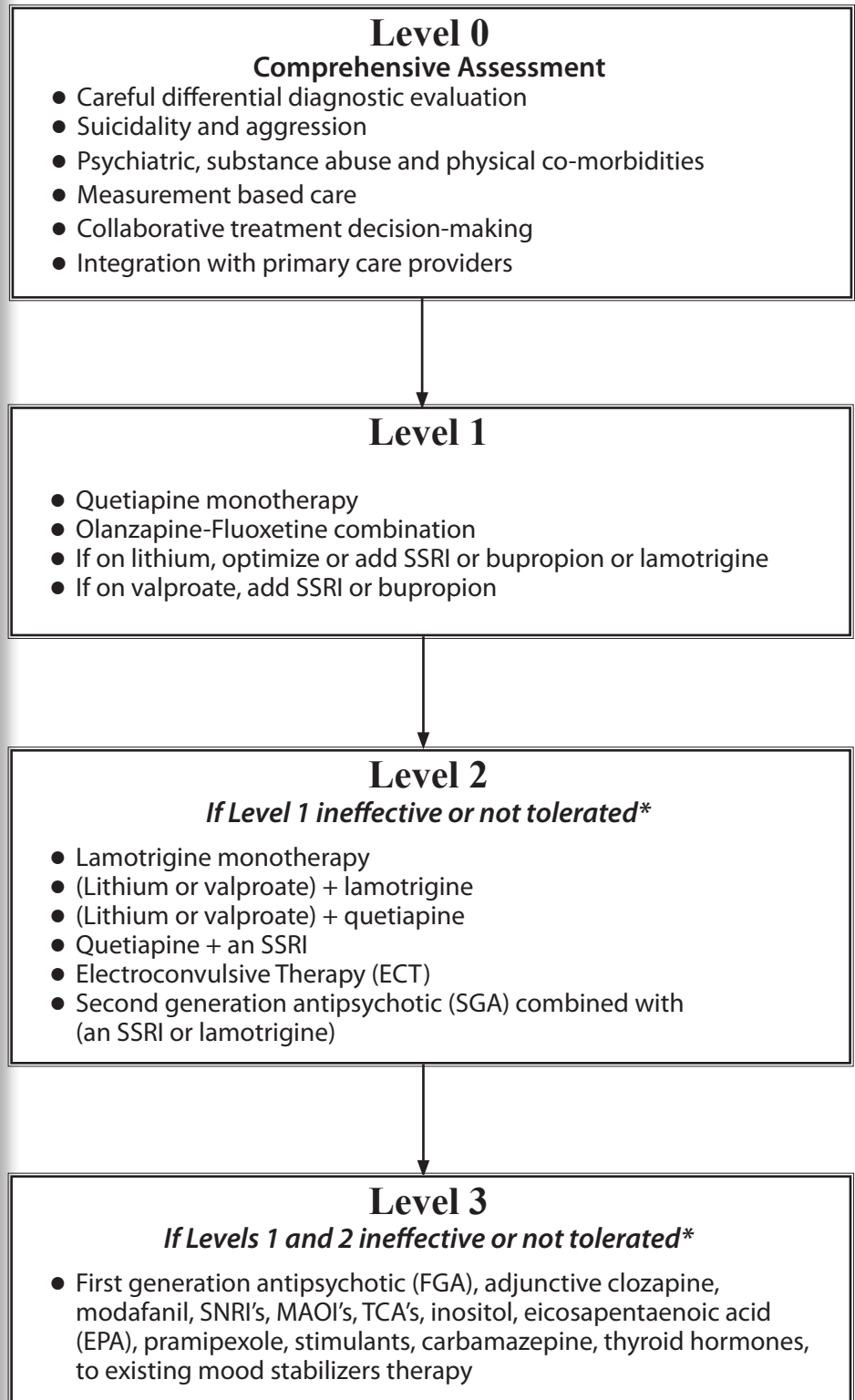
- Treatment targets need to be precisely defined
- Use of rating scales recommended
- Effectiveness and safety/tolerability of medication treatment must be systematically assessed

Recommended scales for bipolar disorder:

- ✓ Young Mania Rating Scale for Bipolar Disorder (YMRS)
- ✓ Hamilton Rating Scale for Depression (HRSD)
- ✓ Beck Depression Inventory (BDI)
- ✓ 16-item Quick Inventory of Depression Symptomatology (QIDS-SR16)

References:

1. Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) collaborative update of CANMAT guidelines for the management of patients with bipolar disorder: update 2009. *Bipolar Disorders* 2009;11:225-255
2. Canadian Network for Mood and Anxiety Treatments (CANMAT) guidelines for the management of patients with bipolar disorder: consensus and controversies. *Bipolar Disorders* 2005;7(Suppl.3):5-69
3. Geddes JR, Calabrese JR, Goodwin GM. Lamotrigine for treatment of bipolar depression: independent meta-analysis and meta-regression of individual patient data from five randomised trials. *Br J Psychiatry* 2009;194:4-9
4. Thase ME, Jonas A, Khan A, et al. Aripiprazole monotherapy in nonpsychotic bipolar I depression: results of 2 randomized, placebo-controlled studies. *J Clin Psychopharmacol* 2008; 28:13-20
5. Suppes T, Liu S, Brecher M, Paulsson B, et al: Maintenance treatment for patients with bipolar I disorder: Results from North American Study of quetiapine in combination with lithium or divalproex. *Am J Psychiatry*, 2009 Apr;166(4): 476-88



* Number of iterations at each level and adjunctive treatment(s) to be determined by clinician judgment/patient needs