

Florida Best Practice Medication Guidelines for BIPOLAR MAINTENANCE THERAPY



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

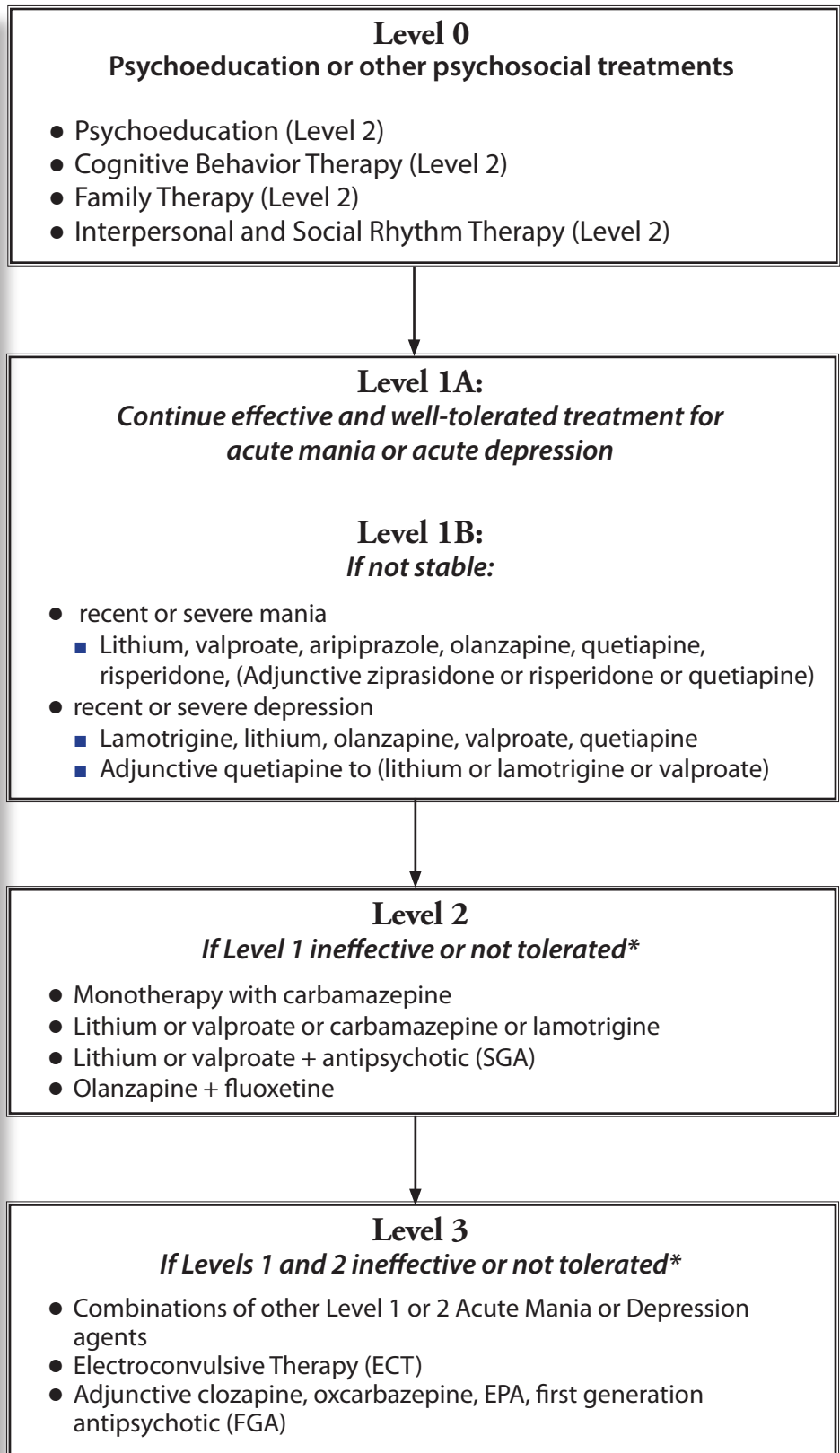
- Collaborative treatment decision-making
- Integration with primary care providers

Recommended scales for bipolar disorder:

- ✓ Young Mania Rating Scale (public domain) www.formedic.com
- ✓ 16-item Quick Inventory of Depression Symptoms (public domain) <http://www.ids-qids.org/translations/english/QIDS-SREnglish2page.pdf>
- ✓ Montgomery Asberg Depression Rating Scale (public domain) <http://www.cnsforum.com/clinicalresources/ratingscales/ratingspsychiatry/depression/>
- ✓ Clinical Global Impression Scale (public domain) <http://www.depression-webworld.com>
- ✓ Mood Diary

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



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