

Medicines Management & Pharmacy Services (MMPS)

Treatments for resistant depression

Resistant or refractory depression is difficult to treat successfully.

Some cases of apparently resistant unipolar depression are in fact bipolar- type depression, which is unresponsive to antidepressants.

The following are treatments used in LYPFT

Treatment	Comments
Add lithium	Recommended by NICE, however, requires plasma level monitoring
ECT	Well supported in the literature; needs specialist referral
SSRI or venlafaxine + mirtazapine (30 – 45mg/day)	Recommended by NICE Theoretical risk of serotonin syndrome
Add tri-iodothyronine (20 – 50 micrograms/day)	Usually well tolerated and good literature support. TFT monitoring required

References

- (1) Maudsley Prescribing Guidelines; 11th edtn; 2012
- (2) Bazire; Psychotropic Drug Directory 2010

For further information: www.choiceandmedication.org/leedsandyorkpft

Provenance

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