

COMPREHENSIVE REVIEW OF NEW 2018 CANMAT AND ISBD GUIDELINES: SUPPORTING EVIDENCE-BASED TREATMENT OF BIPOLAR DISORDERS

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Learning Objectives:

After attending this course, the participant will:

1. Become aware of the new CANMAT / ISBD Guidelines for Bipolar Disorder
2. Become more skillful in recognizing different presentations of bipolar disorder
3. Become more comfortable with an approach utilizing the guidelines for specific clinical situations in bipolar disorder, including treatment of acute agitation and mania, bipolar depression, long term management and prophylaxis.

Preliminary Schedule/Timetable

1.00 – 1.15 p.m. Overview of the CANMAT/ISBD guidelines and introduction to the course (Yatham)
1.15 – 1.45 p.m. Guidelines for acute mania (Frey)
1.45 – 2.15 p.m. Guidelines for bipolar depression (Vazquez)
2.15 – 2.45 p.m. Guidelines for neurostimulation in Bipolar Disorders (Milev)
2.45 – 3.15 p.m. Break
3.15 – 3.45 p.m. Guidelines for maintenance treatment (Beaulieu)
3.45-4.15 p.m. There is an app for that: Use of technology for implementation of the guidelines (Schaffer)

Course description:

Bipolar Disorder is prevalent and associated with significant burden over its long-term course. There are significant challenges in diagnosing and treating the different phases of this illness. There are several clinical practice guidelines in existence to aid clinicians. The most recent CANMAT / ISBD guidelines represent the latest iteration of evidence-based review, combined with the clinical opinion of experts in the field. This course will use them in order to illustrate

the approach and management of patients with bipolar disorder in various phases of the illness. Using a highly interactive format (including an audience response system) and clinical case vignettes, discussion will focus on details of recognition and diagnosis of bipolar disorder, principles of management, management of agitation and acute mania, treatment of bipolar depression, treatment of bipolar II disorder, long-term management, and will also examine some specific aspect in managing of bipolar disorders across the life span. This course is designed for trainees and psychiatrists and other mental health professionals treating people with bipolar disorders.