

Out of Darkness: Symptoms and Treatments for Major Depressive Disorder

This podcast series aims to help healthcare professionals understand the diagnosis of major depressive disorder, common symptoms, and the most severe outcome of suicide to assess risk. Also discussed will be the treatment approaches of the most common antidepressants, the newest medications and some medications under clinical trials, and the use of cognitive behavioral strategies to help a patient with depression.

At Colibri Healthcare, we developed this educational content with a genuine approach to bringing attention to mental illness from a healthcare provider's perspective. This podcast series contains content that may be unsettling to some listeners. Each episode involves an in-depth discussion of suicide, depression, and self-harm. We do our best to discuss sensitive topics such as these with discretion and sincerity. Because of the sensitive topic being discussed, we recommend this podcast series for adults only.

Content Warnings: Mentions of Depression, Death, Suicide

This CE course is relevant to Nursing and Medicine.

Episode 1– It's an Illness, Not Sadness

In this episode, we focus on symptoms within the diagnostic criteria of depression and observed symptoms that are seen in most people suffering with major depressive disorder but that are not necessarily a part of the diagnostic criteria.

Guest

Reg Arthur Williams PhD, RN, BC, FAAN

- Dr. Williams is a professor emeritus in the School of Nursing and Psychiatry, Medical School at University of Michigan.
- He completed his PhD in higher education in 1980 and became the chair in Psychiatric-Mental Health Nursing at University of Michigan, where he taught undergraduate, graduate, and doctoral students
- As a board-certified clinical nurse specialist and nurse practitioner in the state of Michigan, he continues to carry a small caseload of patients who suffer from depression at the University of Michigan Depression Center, where he provides psychotherapy and medication management.

- He has conducted research on depression and was the principal investigator in research funded over a 15-year period by the Department of
- Defense, TriService Nursing Research Program, to examine stress and depression among young men and women in military service
- He has written four books and more than 80 journal publications.

Host

Leana McGuire, BS, RN

- Over 30 years' experience in healthcare
- Teaching experience in leadership development and executive coaching
- Background in content development, visual performance, speaking and podcast hosting

Content Reviewer

Candace Pierce DNP, RN, CNE, COI

- With 15 years in nursing, she has worked at the bedside, in management, and in nursing education.
- She has demonstrated expertise and scholarship in innovation and design thinking in healthcare and education and collaborative efforts within and outside of healthcare.
- As the Lead Nurse Planner for Colibri Healthcare, she engages with nurse planners and subject matter experts to assist in developing high-quality, evidence-based continuing education for nurses and other healthcare professionals.

References

Centers for Disease Control and Prevention (CDC), 2022. Depression among women. <https://www.cdc.gov/reproductivehealth/depression/>

Institute of Health Metrics and Evaluation. (2021). Global Health Data Exchange (GHDx). <http://ghdx.healthdata.org/bbd-results-tool?params=gbid-api-2019-permalink/d780dffbeia381b2531416884959e88b>

National Institute of Mental Health. (2021). Major depression statistics. <http://nimh.nih.gov>

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Terlizzi, E. P., & Norris, T. (2021). Mental health treatment among adults: United States, 2020. Centers for Disease Control and Prevention, NCHS Data brief no. 419, <https://www.cdc.gov/nchs/products/databriefs/db419.htm>

Williams, R. A. (2022). Depression: A major public health concern (3rd ed.). Elitecme.com.

Resources

National Alliance on Mental Illness. <https://nami.org/Home>

988 Suicide & Crisis Lifeline. <https://988lifeline.org/>

Note: 988 is a working phone number throughout the U.S. to make mental health crisis services or help more accessible. You may think about 911 for physical/medical emergencies and 988 for mental health crisis services.

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Episode 2– Past, Present, and Future Treatments of Major Depressive Disorder

In this episode, we talk about-- the how to--for discussing suicidal ideation with patients and the present treatments for depression along with some very interesting possible future treatments.

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