

## Appendix C

### Create your own Algorithm

Please work in pairs and use the following medications to create your own treatment algorithms to treat **DEPRESSION** complete with a list of risk and benefits to each option:

- ✓ Sertraline
- ✓ Mirtazapine
- ✓ Nefazodone
- ✓ Imipramine
- ✓ Bupropion
- ✓ Phenelzine

Identify a general ranking of which agents should be used first, second, etc. Consider risks and benefits to each agent as you research the following elements about each medication:

- ✓ Basic pharmacology & Receptor selectivity
- ✓ Safety (common and severe side effects) and warnings
- ✓ Benefits vs. risks (any evidence of superiority?)

First-line: \_\_\_\_\_  
Second-line: \_\_\_\_\_  
Third-line: \_\_\_\_\_  
Fourth-line: \_\_\_\_\_  
Fifth-line: \_\_\_\_\_  
Last-line: \_\_\_\_\_

## Appendix D

- ✓ Students: Now be able to apply your algorithm to a case scenario presented to you by the instructor and cite at least 3 references.
- ✓ Faculty: Give students the scenario after all have completed the above activity.

Mary is a 26 year old female admitted to the psychiatric ward for stabilization after a recent suicide attempt. She tried to overdose on benzodiazepines 2 days ago and was given supportive care at the nearby medical center and medically cleared before arriving at Whirlwind Institute. She has an ongoing struggle with bulimia and seizure disorder. Her medication list reveals that she has used, failed and is set against using any SSRI therapy. MD is a former nursing student and reports she is aware of any/all medications that could make her fat. She refuses to take any agent implicated with weight gain. Years of drug abuse with opiates (mixed with acetaminophen) and alcohol have had their impact on her liver and she possesses chronically elevated liver enzymes.

**Use the scenario above to follow your algorithm to the best agent for Mary. Which agent (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>-line, etc...) did you end up using?**