# Contents

<table>
<thead>
<tr>
<th>Preface</th>
<th>xi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acknowledgements</td>
<td>xiii</td>
</tr>
</tbody>
</table>

## 1 The Assessment of Patients in Old Age Psychiatry

- Introduction
- Setting
- The psychiatric history in older patients
- The Mental State Examination (MSE)
- Assessing cognition with limited time
- Assessment of everyday functioning
- Physical examination
- Investigations
- Neuropsychiatric testing and the memory clinic
- Assessment of carers
- Summary
- Further reading

## 2 Dementia

- Definition and diagnosis of dementia
- Assessment of a patient with dementia
- General management of dementia
- Behavioural and psychological symptoms of dementia
- Why differentiate between the dementias?
- Alzheimer's disease
- Vascular dementia
- Dementia with Lewy bodies
- Frontotemporal dementia
- Less common causes of dementia
- Mild cognitive impairment
- Functional and molecular neuroimaging in dementia
- Further reading
### CONTENTS

3 **Depression**
- Epidemiology
- Clinical features and diagnosis
- Risk factors for depression in old age
- Treatment
- Outcome
- Prevention of depression in the elderly
- Depression and dementia
- Bereavement
- Suicide
- Further reading

4 **Bipolar Affective Disorder**
- Epidemiology
- Aetiology
- Clinical features and diagnosis
- Management

5 **Anxiety Disorders and Obsessive Compulsive Disorder**
- Anxiety in the elderly
- Generalised anxiety disorder
- Panic disorder
- Phobic disorders
- Post-traumatic stress disorder
- Other reactions to stress
- Obsessive compulsive disorder
- Further reading

6 **Psychotic Illness**
- Schizophrenia
- Schizoaffective disorder
- Delusional disorder
- Further reading

7 **Personality Disorders**
- Personality
- Personality and age
- Definition and classification of personality disorders
- Personality disorders in old age
- Management of personality disorder in old age
- Further reading

8 **Alcohol**
- Current guidelines for alcohol consumption
- Definitions
- Epidemiology
- Detection and screening
CONTENTS

9 Insomnia 143
Sleep architecture 143
Circadian rhythm 145
Insomnia and consequences in the elderly 145
Causes of insomnia 145
Assessment of a patient with insomnia 146
Non-pharmacological management 147
Pharmacological management 147
Further reading 148

10 Psychopharmacology 149
Principles of drug treatment in old age psychiatry 149
Adherence 150
Pharmacokinetics and pharmacodynamics 153
Adverse drug reactions and interactions 158
Antidepressant drugs 162
Lithium 180
Anticonvulsant mood stabilisers 184
Antipsychotic drugs 187
Anxiolytics and hypnotics 194
Drugs used in dementia 199
Further reading 204

11 Electroconvulsive Therapy 205
Indications 206
Mechanism of action 206
Efficacy 207
Adverse effects 207
Cautions 208
Consent 208
ECT and the Mental Health Act 208
Pre-ECT physical work-up 208
Medication and ECT 209
ECT procedure 209
Prevention of relapse 211
Further reading 211

12 Psychological Therapies 213
Cognitive behavioural therapy 213
Behavioural therapy 216
Psychoanalytic psychotherapy 217
Family therapy 218
CONTENTS

13 Practical, Legal and Social Issues 221
  Provision of services 222
  Legal issues in old age psychiatry 225
  Social and financial issues in old age 238
  Further reading 242

14 Physical Illness and Old Age Psychiatry 243
  Delirium 244
  Vascular disease 253
  Neurological disease 258
  Rheumatological disease 267
  Endocrinological disease 269
  Nutritional deficit 275
  Neoplastic disease 276
  Palliative care 277
  Further reading 281

Appendices 283

Index 293