

# WORKSHOP

# PSYCHOPHARMACOLOGY FOR NON-PSYCHIATRISTS

## DATE & TIME

November 18<sup>th</sup> – 10:00

## LOCATION

**Room # 58 – Edificio Egas Moniz**

Faculdade de Medicina da Universidade de Lisboa

Avenida Professor Egas Moniz, 1649-028 Lisboa – Portugal

> [Location](#) on Google Maps®

## SPEAKER

**Rita Barandas, MD**

Liaison Psychiatry

Department of Psychiatry and Mental Health

Hospital de Santa Maria, CHLN

## DURATION

3h, with two short breaks

## MAXIMUM PARTICIPANTS

30 participants

## PRICE

30€ per participant

## LANGUAGE

English; Portuguese optional if all participants agree

## THEMES & CONTENT

More than one fifth (22.9%) of the Portuguese population suffers from one kind of mental disorder, being the second European country in prevalence<sup>1</sup>. They represent 11.8% of the total disease burden in Portugal, more than oncological diseases and only surpassed by cerebro- and cardiovascular disorders<sup>2</sup>.

Psychiatric drugs are part of the daily practice for most physicians, first and foremost for family physicians, but also in the emergency department, in both medical and surgical inpatient wards and in private practice.

For those not actively studying or practicing Psychiatry, the management of psychopharmacological treatments might turn out to be a difficult task.

In this workshop, we will explore the theoretical and clinical rationale for the prescription of psychopharmacological drugs, using clinical vignettes as a basis for discussion. Focus will be on affective (depression and bipolar), psychotic and neurodegenerative disorders.

**You are invited to bring your own clinical cases (summarized) to share and discuss the preferred pharmacological treatment with your colleagues and speaker.**

## GOALS

- > Better understanding of the physiological and psychopathological effects of these drugs.
- > Improve quality of the prescription of psychopharmacological drugs.
- > Avoid significant side-effects, drug interactions and other causes of morbidity.

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<sup>1</sup> Estudo Epidemiológico Nacional de Saúde Mental – 1.º Relatório. Faculdade de Ciências Médicas, Universidade Nova de Lisboa, 2013.

<sup>2</sup> Portugal: Saúde Mental em Números. Programa Nacional para a Saúde Mental, 2014.