



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

### **SECTION COMMITTEE MEMBERS:**

Chairperson: Prof. Gabriela STOPPE

Co-chairperson: Dr. Cécile HANON

Secretary: Dr. Nicolas HOERTEL

Councillor:

### **LAST SECTION COMMITTEE ELECTIONS HELD:**

Date: April 2019

Venue: Madrid

### **ACTIVITIES OF THE SECTION IN 2020:**

#### **Meetings/events**

**The Ageing Schizophrenia Population: A growing population with new challenges.**

#### **Description:**

**The Ageing Schizophrenia Population: A growing population with new challenges.**

#### **Chairs**

Section Symposium

Chairs: Cecile Hanon, France; Armin von Gunten, Switzerland

Speaker 1: Armin von Gunten (CH): Clinical Evolution of Schizophrenia in Old Age

Speaker 2: Nicolas Hoertel (F): Excess Mortality in Older Schizophrenia Population: What are the Causes?

Speaker 3: Marina Sanchez (F): Metabolic Syndrome in Older Adults with Schizophrenia Spectrum Disorder: Prevalence and Associated Factors

Speaker 4: Matej Stuhec (SLO): Long-Term Antipsychotic Treatment in Patients With Schizophrenia: the Gap Between Research and Practice

**Location:** 28th European Congress of Psychiatry, Madrid, Spain

**Start date:** 04/04/2020

**End date:** 07/04/2020



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

### **Antipsychotics and antidepressants dosing focused on elderly patients**

**Description:** Antipsychotics and antidepressants dosing focused on elderly patients

**Chairs:** Gabriela Stoppe, Switzerland; Matej Stuhec, Slovenia

**Speaker 1:** Istvan Bitter (H): Recommendations for dosing antipsychotics in schizophrenia.

**Speaker 2:** Gerd Laux, Germany (D): Recommendations for dosing antidepressants in depression.

**Speaker 3:** Gabriela Stoppe (CH): The use of antipsychotics in elderly patients with various psychiatric disorders.

**Speaker 4:** Filip Bouckaert (B): The use of antidepressants in elderly patients with various psychiatric disorders.

**Speaker 5:** Matej Stuhec (SLO) : Important pharmacokinetic and pharmacodynamic considerations for dose changes of antipsychotics and antidepressants.

**Partners:** Section of Psychopharmacology

**Location:** 28th European Congress of Psychiatry, Madrid, Spain

**Start date:** 01/01/1970

**End date:** 01/01/1970

### **Growing old – strategies for an appropriate clinical management of mental health issues of persons with intellectual disabilities**

**Description:** Growing old – strategies for an appropriate clinical management of mental health issues of persons with intellectual disabilities

Joint Activity with the Section of Intellectual Disabilities

**Chairs:** Michael-Mark Theil (D), Gabriela Stoppe (CH)

**Speaker 1:** Michael-Mark Theil (D): A new challenge? The mental health of elderly people with intellectual disabilities.



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Speaker 2: Andre Strydom (UK): Alzheimer's disease in Down syndrome: from APP discovery to cure?

Speaker 3: Tomasz Sobów (PL): Getting older with intellectual disabilities: clinical perspective on mental health and cognitive dysfunction progression.

Speaker 4: Gabriela Stoppe (CH): Sensory disability or loss and dementia: a complex interaction.

Speaker 5: Sandra Verena Müller (D): Diagnostics of dementia in individuals with intellectual disabilities using neuropsychological methods.

Speaker 6 : Krzysztof Krysta (PL): Support for caregivers of adults with intellectual disabilities suffering from early-onset dementia.

**Partners:** Joint Activity with the Section of Intellectual Disabilities

**Location:** 28th European Congress of Psychiatry, Madrid, Spain

**Start date:** 04/04/2020

**End date:** 04/07/2020

### **Suicide in the elderly**

**Description:** Joint Activity with the Section of Suicidology and Suicide Prevention

Chairs: Diego de Leo (AUS/I), Gabriela Stoppe (CH)

Speaker 1: Diego de Leo (I/AUS): Suicide in the Very Old.

Speaker 2: Patrizia Zeppegno (I): Rational Suicide in the Elderly.

Speaker 3: Max Stek (NL): Clinical Management of Late Life Depression and Suicidality in the Oldest-old.

Speaker 4: Christina Van der Feltz-Cornelis (UK): What Interventions work for Suicide Prevention? And do they work for the Elderly?

Speaker 5: Ulrich Hegerl (D): Media and Suicidal Behaviour.



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

**Partners:** Section of Suicidology and Suicide Prevention

**Location:** 28th European Congress of Psychiatry, Madrid, Spain

**Start date:** 04/04/2020

**End date:** 07/04/2020

### **Section of Old Age Psychiatry Meeting**

**Description:**

After our first virtual section meeting, we started regular Zoom meetings, in order to strengthen cohesion within the section and supporting exchange during the pandemic. The dates /wereare:

12/11/2020, 21/01/2021, 18/02/2021; 18/03/2021, 12/04/2021, 20/05/21, 17/06/21, 19/08/2021, 23/09/2021, 21/10/2021, 18/11/2021, 16/12/2021

**Location:** Zoom / Virtual

**Start date:** 06/07/2020

**End date:** 16/12/2021

**Attendance:** section members

### **FUTURE ACTIVITIES:**

#### **Meetings/events**

#### **Covid 19 Pandemia and the demented patients in nursing homes**

**Description:**

Section Symposium

Chairs: Gabriela Stoppe (CH), Cécile Hanon (F)

Speakers: Gabriela Stoppe (CH), Diego di Leo (I/AUS), Iva Holmerova (CZ), Benjamin Calvet (F)

**Partners:**



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

The COVID 19 pandemic quickly showed that the older population is a risk group with particular vulnerability. This was particularly true for patients with dementia. They had difficulty understanding the situation, observing distance rules and using masks appropriately. The situation is particularly difficult in nursing homes. In many countries the visit of relatives and also doctors in nursing homes has been banned. Nevertheless, the proportion of people who died in these institutions was high in all countries, for example in Germany up to one third of deaths. What consequences this has and has had for nursing homes, relatives, dementia patients and the people caring for them is to be discussed in greater depth in this symposium, with particular attention being paid to ethical aspects. It will also be discussed which preventive measures can be derived for the future.

**Location:** <https://epa-congress.org>

**Start date:** 10/04/2021

**End date:** 13/04/2021

### **Medication deprescribing in real clinical settings: from lists to collaborative care**

#### **Description:**

Chairs: Gabriela Stoppe (CH), Matej Stuhec (SLO)

Speakers: Matej Stuhec (SLO), Filip Bouckaert (B), Gabriela Stoppe (CH), Pavel Mohr (CZ)

#### **Partners:**

Intersectional Workshop together with the Section of Psychopharmacology

**Location:** <https://epa-congress.org>

**Start date:** 10/04/2021

**End date:** 13/04/2021

### **CME Course**

#### **Description:**

Chairs: Gabriela Stoppe (CH), Filip Bouckaert (B)



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

Depression is the most frequent mental disorder also in the elderly population and it is often unrecognized and untreated. Compared to other age groups, there are differences in risk factors, symptomatology, comorbidity, differential diagnosis and management. In the course epidemiology and risk factors will be presented. Diagnosis will be discussed with special focus on the differential diagnosis to grief, dementia and anxiety disorders. Sleep problems and suicidality will deserve special attention.

Regarding therapy relevant modifications of drug therapy and psychological therapies will be presented. The different types of psychotherapy for elderly (schema based therapy, psychodynamic psychotherapy, cognitive behavioral therapy) will be discussed. We also discuss neuromodulation therapies, ECT, and exercise. The management in the presence of physical disability or in special settings requires tailored interventions. Case vignettes regarding diagnosis and therapy are discussed.

### **Partners:**

Cooperation with the EAGP

**Location:** <https://epa-congress.org>

**Start date:** 10/04/2021

**End date:** 13/04/2021

### **(Assisted) suicide in the elderly**

#### **Description:**

Chairs: Gabriela Stoppe (CH) & Diego de Leo (AUS)

Diego de Leo (AUS): Suicide in the Very Old

Patrizia Zeppegno (I): Rational suicide in the elderly

Max Stek (NL): Clinical management of Late Life Depression and suicidality in the oldest-old.(withdrawn)

Christina van der Feltz-Cornelis (UK): What interventions work for suicide prevention? And do they work for the elderly?



## EPA OLD AGE PSYCHIATRY SECTION REPORT 2020

Ulrich Hegerl (D): Media and suicidal behaviour

At advanced age, rates of males diverge even more from those of females. In centenarians, rates can be eight times bigger for men compared to women. This means that a number of life and existential issues aggregate to make more frequent suicide in older males. A better understanding of these factors may reduce the toll of suicide at these extreme ages as Prof. de Leo is going to discuss. Prof. Zeppegno will focus on the even twofold rate of suicidal behaviours when there is a chronic or terminal illness. Psychiatrists and geriatricians will likely meet mentally competent older adults expressing a wish to die: sometimes entangled with chronic illness, pain, disability, loss of autonomy; sometimes in the absence of terminal illness, but due to the feeling that they have already lived a completed life. The possibility of a "rational suicide" is debated in the literature, and its clinical and ethical implications will be discussed. Prof. Stek is going to discuss the problem that in late life depression the clinical management of suicidality is often complicated by the presence of physical and neuropsychiatric comorbidity. Moreover, in The Netherlands the position of euthanasia in end of life choices may interfere with available diagnostic and treatment options. The challenges of well substantiated decision making in these situations will be discussed in this introduction. Although interventions for suicide prevention are known, their relative effect for the elderly in general have not been explored. But the elderly are an especially vulnerable group for suicide. Prof. van der Feltz-Cornelis will discuss in her lecture what could be aspects of relevance for interventions in this specific age group. And finally Prof. Hegerl will show – at the example of a recent increase in gassing suicides – which role the media and especially the internet plays for the methods of suicide and what it could mean for suicide prevention. And all will include the effects of the Corona pandemic in their talks.

### Partners:

Intersectional Symposium with the Section of Suicidology

**Location:** <https://epa-congress.org>

**Start date:** 10/04/2021

**End date:** 13/04/2021



## **EPA OLD AGE PSYCHIATRY SECTION REPORT 2020**

### **FUNDING IN 2020**

Income: None

Source(s) of funding: None

Expenditure: None

Balance: None

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No