



Online Continuing Education Courses  
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APP: #4023

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**Course Title:** Geriatrics 245

**Course Subtitle:** Neurological Changes and Depression: 2020 Update

**Course Description:** This lesson covers current research on the relationship between depression and cognitive impairment in older adults. First, it approaches the clinical assessment of late-life depression and comorbid cognitive impairment. Cognitive risk factors for suicide are discussed. Research is then provided on neuropsychological changes associated with depression, discussing subjective cognitive impairment, mild cognitive impairment, and dementia profiles. In addition, literature regarding neuroimaging and biomarker findings in depressed older adults is presented. Finally, therapeutic models for treatment of late-life depression are discussed, including psychotherapy models, holistic treatments, pharmacologic approaches, and brain stimulation therapies.

**Course Source:** Clinics in Geriatric Medicine

**Course Length:** 1 hour

**Course Authors:** Multiple

**Course Instructor:** Joanne Brown, MS, OTR/L, CHT

**Target Audience:** OT/OTA's, PT/PTA's

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the end of the course, participants will be able to:

- Describe 4 neuropsychological changes that occur in depression
- Examine the results seen on neuroimaging and electrophysiological findings in the brains of individuals with depression
- Explore 4 different psychotherapies used in the treatment of depression
- Describe 5 wholistic and other nontraditional approaches used in the treatment of depression
- Describe the use of brain stimulation in the treatment of depression

## **Outline of Content:**

### **Hour #1**

- Introduction
  1. Clinical Assessment of Late-Life Depression with Comorbid Cognitive Impairment
  2. Risk Factors
  
- Suicide and cognition
- Neuropsychological changes in depression
  1. Cognitive Aging
  2. Subjective Cognitive Impairment and Depression
  3. Mild Cognitive Impairment and Depression
  4. Dementia and Depression
  
- Biomarkers
  1. APOE, Beta-Amyloid, and Tau
  2. Neurotrophins
  3. Hippocampal-Pituitary-Adrenal Axis, Insulin Pathway, and Inflammation
  
- Neuroimaging and electrophysiology
  1. Structural MRI
  2. Functional MRI
  3. PET Imaging and Florbetapir Imaging
  4. Electrophysiology Markers
  
- Psychotherapies
  1. Cognitive Behavioral Therapy
  2. Interpersonal Therapy
  3. Problem-Solving Therapy
  4. Reminiscence and Life Review Therapy
  
- Holistic and other nontraditional approaches
  1. Physical Activity and Cognitive Training
  2. Technological Interventions
  3. Religion and Spirituality
  4. Art, Dance, and Music Therapy
  5. Ketamine

- Pharmacologic approaches
  1. Antidepressants
  2. Cholinesterase Inhibitors and N-Methyl-d-Aspartate Antagonists
  
- Brain stimulation therapies
  1. Electroconvulsive Therapy
  2. Other Brain Stimulation Therapies

- Summary

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes text-based course.

**Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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