MOOD DISORDER AND BIPOLAR
Effective December 21, 2017

Clinical Suspicion
- Clinical Features of Mania

Mood Disorder Questionnaire (MDQ)
- Hyperactive mood or Irritable Mood
- ≥ 3 symptoms below
  ▪ Decreased need of sleep, talkative, Increased energy/activity, grandiosity, easily distracted, more sexual, more social, psychomotor agitation, overspending

Consider other diagnoses and Psychiatry referral
(personality disorders, attention deficit disorder, depression, and other disorders)

Positive

Assess phase of disease and psychiatry referral for co-management
(Manic, Depressed, or Maintenance)

Patient Education

Pharmacologic Treatment
*use caution in women of childbearing age and discuss risks to pregnancy

Psychotherapy
- Cognitive Behavior Therapy (CBT)
  ▪ Weekly for ≥8 weeks before considering ineffective
    ○ Cobalt Computerized CBT
- Applied Relaxation
  ▪ Abdominal Breathing and Muscle Relaxation Exercises
    ○ The Anxiety and Phobia Workbook by Edmund Bourne
    ○ You Tube Videos
- Mindfulness-based Stress Reduction
  ▪ Palouse Mindfulness.com
- Other Resources
  ▪ HPH Psychiatry-Referral Directory
  ▪ Support Groups
  ▪ Bereavement Network of Hawai‘i Directory
  ▪ United Self-Help Directory

Referral to Psychiatry

Monitor/Follow-up
PHARMACOLOGIC TREATMENT
MANIC

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<tr>
<th>Medication</th>
<th>Dosage Range</th>
<th>Cost of 1 month supply: Generic (Brand)</th>
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| **MORE URGENT:** Valproic Acid      | • Start at 250 mg 1 to 2 times a day and titrate to 1000-2000 mg/day divided BID to control symptoms  
                                          • Monitor drug levels initially every 2 weeks until therapeutic trough 50-125mcg/ml or symptoms are controlled  
                                          • After therapeutic, monitor every 4-6 months |
| Other Options: 2nd generation Antipsychotics  
Other Antiepileptic  
Short-term Benzodiazepines  
Lithium                              |                                                                             | $9-12                                  |
| **LESS URGENT:** 2nd Generation Antipsychotic to lower dose Quetiapine Fumarate | • Start with 25-50 mg at night and titrate up weekly by 25-50 mg to control symptoms to a dose of 200-400 mg BID  
                                          • Consider BID dosing above 200 |
| Other Options: 2nd generation antipsychotic  
Valproic Acid  
Lithium                                  |                                                                             | $7-12                                  |

DEPRESSION

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| **MORE URGENT:** 2nd Generation Antipsychotic Quetiapine Fumarate | • 50 mg at bedtime for 1-3 days  
                                          • Then 100 mg at bedtime for 1-3 days  
                                          • Then 200 mg at bedtime for 1-3 days with continued titration to 600 mg at bedtime  
                                          • Consider BID dosing above 200 mg |
| Other Options: 2nd generation Antipsychotics plus an SSRI and Lithium |                                                                             | $7-12                                  |
| **LESS URGENT:** Lamotrigine         | • 25 mg at bedtime for 2 weeks  
                                          • Then 50 mg at bedtime for 2 weeks  
                                          • Then 100 mg at bedtime for 2 weeks  
                                          • Then 200 mg at bedtime  
                                          • Watch for rash |
| Other Options: Lithium               |                                                                             | $5-10                                  |

Disclaimer: These referral guidelines have been generated by HHP specialists in collaboration with primary care physicians and are a work in progress. They are provided as general guidance to practicing clinicians, may change with time, and are not intended to supersede the medical judgment of the clinician.
**MAINTENANCE**

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| Lamotrigine              | • 25 mg at bedtime for 2 weeks  
                         • Then 50 mg at bedtime for 2 weeks  
                         • Then 100 mg at bedtime for 2 weeks  
                         • Then 200 mg at bedtime  
                         • Watch for rash                | $7-12                                  |
| Other Options: Lithium   |                                                                            |                                        |
| Valproic Acid            |                                                                            |                                        |
| 2nd Generation Antipsychotics |                                                                      | $9-12                                  |
|                          |                                                                            | $5-10                                  |