

Management of a Patient with Depression and Parkinson's Disease

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Abstract

Background: Parkinson's disease impacts between 1 and 2 people per 1000 in everyday life. The incidence of this disease increases with age, and 1% of the population above 60 years is affected by Parkinson's disease.

Case report: We present the case of a 75-year-old female who was in the beginning diagnosed with Major Depressive Disorder (MDD) in 2019, based on DSM-5 criteria, clinical interview, and psychological assessment using the Beck Depression inventory. Two years later, she was diagnosed with Morbus Parkinson (Parkinson's disease). The therapy started with carbidopa-levodopa (Sinemet, Madopar) in combination with her psychiatric treatment plan, which was modified to include SNRIs and vitamin

supplementation. This case illustrates the frequent comorbidity between depression and Parkinson's disease, in which depressive symptoms frequently appear before motor symptoms.

Conclusion: This case presentation emphasized the importance of a multidisciplinary approach in patients with depression and Parkinson's disease.

Keywords: Parkinson's disease, depression, Morbus Parkinson, multidisciplinary approach