

# PSYCHIATRY UPDATE 2018

## SOLVING CLINICAL CHALLENGES, IMPROVING PATIENT CARE

**THURSDAY, MARCH 22, 2018**

### MORNING SESSION

**Henry A. Nasrallah, MD, Saint Louis University**, began the conference by presenting the latest information on several **recent advances in schizophrenia**, including genetic and nongenetic etiologies, abnormalities in the mitochondria and microglia activation leading to oxidative stress and inflammation, and emerging treatment and prevention strategies.

Next, **Dr. Nasrallah** described **how to identify and treat the schizophrenia**

**Michael J. Gitlin, MD, University of California, Los Angeles**, described current uses of **stimulants for treating psychiatric disorders**. He covered their use for attention-deficit/hyperactivity disorder (ADHD), unipolar depression, bipolar depression, and other conditions.

### AFTERNOON SESSION

The afternoon began with **Donald W. Black, MD, University of Iowa**, providing an update on **obsessive-compulsive disorder and related conditions**. He reviewed the efficacy

**prodrome**. He covered frequently used assessment tools, neuroimaging findings, and the consequences of delayed treatment.

of several treatments, including pharmacologic and behavior therapies.

Next, **Dr. Gitlin** covered the potential **relationships between depression and several comorbid disorders**, including borderline personality disorder, schizophrenia, alcohol use disorders, and other mental illnesses.

**Dr. Black** presented an **update on hoarding**. He detailed the differential diagnosis, clinical characteristics, and clinical management strategies for addressing this challenging disorder.

**Tracy D. Gunter, MD, Indiana University**, identified **common legal issues encountered by clinical psychiatrists** and the challenges they pose. She described how to develop strategies for approaching common clinical problems while minimizing medicolegal risk.



▲ Henry A. Nasrallah, MD

Michael J. Gitlin, MD ▼



## FRIDAY, MARCH 23, 2018

### MORNING SESSION

To start Day 2, **Marlene P. Freeman, MD, Massachusetts General Hospital**, focused on **bipolar disorder in women**. She described factors to consider when treating a pregnant woman with this illness.

**Dr. Freeman** continued with a unique session that covered topics attendees had requested in advance. These included the relationship between **polycystic ovarian syndrome and depression, infertility and psychiatry, and nonpharmacologic treatments for depression in pregnant women**.

**Dr. Gunter** presented a session on **correctional psychiatry**, including the major differences between office-based clinical psychiatry and on-site correctional psychiatry and some of the challenges of working in this setting.

### AFTERNOON SESSION

**Robert M. McCarron, DO, University of California, Irvine**, described how to treat **psychiatric patients who have chronic pain**. He covered the responsible use of opioid analgesics and how to diagnose and treat somatic symptom disorders.



▲ Donald W. Black, MD

**Anthony L. Rostain, MD, MS, University of Pennsylvania**, discussed practical approaches to **managing ADHD comorbidities**. He outlined pharmacologic and psychosocial strategies for patients who have ADHD and comorbid anxiety, depression, substance use disorders, and certain medical conditions.

**Dr. McCarron** continued the afternoon with a session that focused on **preventing endocrine and cardiovascular disorders**. He provided prevention and diagnostic measures for metabolic syndrome and tips for preventing and diagnosing dyslipidemia and diabetes.

**Dr. Rostain** continued by presenting a session on **autistic spectrum disorders in adults**. He covered clinical features, common comorbidities, and medication management.

The day concluded with a special **AACP Members' Reception**.

## SATURDAY, MARCH 24, 2018

### MORNING SESSION

**George T. Grossberg, MD, Saint Louis University**, began the day by covering the neuroanatomic and neurochemical substrates of **behavioral symptoms in Alzheimer's disease** and their implications for treatment. He described behavioral and pharmacologic treatments for agitation



and behavioral symptoms in patients with dementia.

Next came a special keynote address by **Mark A. Frye, MD, Mayo Clinic, Rochester**, titled **Ketamine Update: What Should Clinicians Know and Expect**.

**Stephen B. Levine, MD, Case Western Reserve University**, described assessing and treating patients with **sexual dysfunction**. He covered a range of sexual dysfunctions within and outside of DSM-5.

**Dr. Grossberg** presented on **aging, traumatic brain injury, chronic traumatic encephalopathy, and Alzheimer's disease**. He covered the sequelae, prevention, and treatment of these conditions.

**Dr. Levine** concluded the conference by providing a clinical overview of **transgender issues**. He included a discussion of the role mental health professionals should play in gender affirmation.

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The meeting organizers acknowledge the support provided by our sponsors. Determination of educational content for this program and the selection of speakers are responsibilities of the program director and co-chairs. Sponsors and supporters did not have input in these areas.

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