Narcissism Affects Many Impaired Physicians

BY BARBARA J. RUTLEDGE

Contributing Writer

MENDOZA, ARGENTINA — Physicians with addictions to alcohol, drugs, or gambling-or those charged with sexual misconduct—generally do well in overcoming their problems with good treatment, Dr. Gregory Collins reported at the Sixth World Congress on Depressive Dis-

But treating colleagues is particularly

challenging, partly because often they are initially defensive and hostile.

The doctor typically blames someone else," said Dr. Collins, who is head of the Alcohol and Drug Recovery Center at The Cleveland Clinic Foundation.

"A big problem is the sense of entitlement or narcissism."

The success of treatment hinges on the impaired physician's serious self-examination and recognition of mistakes. It is imperative that the physician agree to accept help and comply with monitoring, Dr. Collins said.

"Eventually, when they figure out that they really are in trouble, they have a sense of overwhelming guilt and shame," Dr. Collins said.

Suicide can be a major risk under those circumstances.

Of course, an arrest or even an accusation of impairment can be as damaging to the doctor's career as a conviction, Dr. Collins said. In these cases, a report is filed with licensing boards, and the incident becomes part of the public record.

An arrest might be given prominent coverage, but exoneration might not be considered as newsworthy. The negative publicity alone in such cases can cause permanent damage to the doctor's career, even if the physician is later found inno-

Impaired physicians often are extremely talented, creative, and intelligent individuals who are successful in their ca-

Narcissism can be a major factor underlying disruptive behavior, in which the doctor disregards all hospital rules.

"He is abusive, criticizes fellow employees, throws things in the operating room, curses people out, uses a lot of profanity, tells dirty jokes, makes racist remarks, parks in the handicapped space right next to the hospital, takes the president's parking space," Dr. Collins said.

Risk factors for impairment include a family history of alcoholism or drug addiction. **Another risk** factor is early exposure to alcohol or drugs.

"Administratively, he becomes a problem, workplace morale suffers."

Risk factors for impairment include a family history of alcoholism or drug addiction.

Another risk factor is early exposure to alcohol or drugs,

perhaps before entering graduate school or obtaining a professional degree.

Doctors who practice alone are at greater risk than are those in group practice, Dr. Collins said.

Many doctors have high stress levels and a "workaholic" schedule. Depression, frustration, and exhaustion from overwork may lead to self-medication with alcohol or drugs.

The process of investigating a doctor for substance abuse is usually triggered by a negative event such as a prescription irregularity or a bad surgical outcome that casts suspicion on the doctor.

Some states, such as Ohio, have laws requiring physicians to report doctors who are suspected of impairment.

According to Dr. Collins, rehabilitation attempts to stop what he referred to as the BEAT Pathology: the harmful Behavior, consisting of alcohol or drug abuse; negative Emotions such as resentment, anger, and depression associated with being in treatment; Attitudes of superiority, dishonesty, and paranoia; and "sick" Thinking, based on denial of the situation and focusing on revenge, self-pity, and manip-

After the physician has been sober for 2 years, credibility is usually restored. Doctors are usually monitored for 5 years after they return to their practices, Dr. Collins said.

Ninety percent of physicians do recover after treatment.

They are our best treatment-outcome group," Dr. Collins said.

MISUSE OF AMPHETAMINE MAY CAUSE SUDDEN DEATH AND SERIOUS CARDIOVASCULAR ADVERSE EVENTS.

The efficacy of ADDERALL XR* in the treatment of ADHD was established on the basis of two controlled trials in children aged 6 to 12, one controlled trial in adolescents aged 13 to 17, and one controlled trial in adults who met DSM-IV* criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL*, the immediate-release formulation of this substance. CONTRAINDICATIONS

them at increased vulnerability to the sympathomimetic effects of a stimulant drug (see CONTRAINDICATIONS).
Adults
Sudden deaths, stroke, and myocardial infarction have been reported in adults taking stimulant drugs at usual doses for ADHD.
Although the role of stimulants in these adult cases is also unknown, adults have a greater likelihood than children of having serious structural cardiac abnormalities, cardiomyopathy, serious heart rhythm abnormalities, coronary artery disease, or other serious cardiac problems. Adults with such abnormalities bould also generally not be treated with stimulant drugs (see CONTRAINDICATIONS).
Hypertension and other Cardiovascular Conditions
Stimulant medications cause a modest increase in average blood pressure (about 2-4 mmHg) and average heat rate rate (about 3-6 bpm) [see ADVERSE EVENTS], and individuals may have larger increases. While the mean changes alone would not be expected to have short-term consequences, all patients should be monitored for larger changes in heart rate and blood pressure. Caution is indicated in treating patients whose underlying medical conditions might be compromised by increases in blood pressure or heart rate, e.g., those with pre-existing hypertension, heart failure, recent myocardial infarction, or ventricular arrhythmia (see CONTRAINDICATIONS).
Assessing Cardiovascular Status in Patients being Treated with Stimulant Medications
Children, adolescents, or adults who are being considered for treatment with stimulant medications should have a careful history (including assessment for a family history of sudden death or ventricular arrhythmia), Patients who develop symptoms suggests such disease (e.g. elector-cardiogram and echocardiogram). Patients who develop symptoms suggestive of cardiac disease during stimulant treatment should undergo a prompt cardiac evaluation.

Psychiatric Adverse Events

commodation and blurring of vision have been reported with stimulant treatment

patients with prior EEG abnormalities in absence of seizures, and very rarely, in patients without a history of seizures and no prior EEG evidence of seizures. In the presence of seizures, the drug should be discontinued.

Prior Statistics of the second of the second of seizures in the drug should be prescribed or dispensed at one time in order to minimize the processibility of overdracage. ADDFRALL XR* should be used with caution in patients who use other sympathonimientic drugs. Ties: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications. Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or velicies; the patient should therefore be cautioned accordingly.

Drug Interactions: Acidifying agents—Gastrointestimal acidifying agents (quanethidine, reserpine, glutamic acid HCI, accordic acid, etc.) lover absorption of amphetamines. Urinary acidifying agents—These agents (ammonium chiloride, sodium acid phosphate, etc.) increase the concentration of the increase special propriets and proprietations. The proprietation of amphetamines acid proprietation of the prioracy special proprietation and proprietations acid proprietations. The proprietation of amphetamines acid (acid) acid proprietation and proprietations. The proprietation and proprietations are proprietations and proprietations and proprietations and proprietations. The proprietation and proprietations are proprietations and proprietations are proprietations. The proprietation and proprietations are proprietations and proprietations are proprietations. The proprietation and proprietation and proprietations are proprietations and therefore potential to according to the proprietation and proprietations. The proprietation and proprietation and proprietations are according to the proprietati

e are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony rmilty, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphet-ne suifate with lovastain during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if botenital benefit justifies the potential risk to the fetus. The tractagenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by dysphoria, including tion, and significant lassitude. ge in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to in from nursing.

3 years of age. **Geriatric Use:** ADDERALL XR® has not been studied in the geriatric population.

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ADVERSE EVENTS

Hypertensiom: [See WARNINGS section] In a controlled 4-week outpatient clinical study of adolescents with ADHD, isolated systolic blood pressure elevations B15 mmlg were observed in 764 (1%) placebo-treated patients and 7/100 (7%) patients receiving ADDERALL XR* 10 or 20 mg. Isolated elevations in diastolic blood pressure B 8 mmlg were observed in 1664 (25%) placebo-treated patients and 22/100 (25%) ADDERALL XR*—reated patients. Similar results were observed at flipier doses. In a single-dose pharmacokinetic study in 23 adolescents, isolated increases in systolic blood pressure (above the upper 95% of 10 ra age, gender and stature) were observed in 27/17 (12%) and 8/23 (35%), subjects administered 10 mg and 20 mg ADDERALL XR*, respectively. Higher single doses were associated with a greater increase in systolic blood pressure. All increases were transient, appeared maximal at 2 to 4 hours post dose and not associated with symptoms. The premarketing development program for ADDERALL XR* included exposures in a total of 1315 participants in clinical time. See a post participant of the company of the program of the program of the program of the participant of the program of the program of the participant of the program of the participant of the program of the

dverse event	% of pediatric patients discontinuing (n=595)
norexia (loss of appetite) nsomnia Veight loss motional lability lepression	2.9 1.5 1.2 1.0 0.7

	vents Reported by More LLL XR® with Higher Inci Il Study		
Body System	Preferred Term	ADDERALL XR® (n=374)	Placebo (n=210)

		(N=3/4)	(N=21U)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive	Loss of Appetite	22%	2%
System	Diarrhea	2%	1%
-	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
•	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

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ody System	Preferred Term	ADDERALL XR® (n=233)	Placebo (n=54)
eneral	Abdominal Pain (stomachache)	11%	2%
igestive System	Loss of Appetite b	36%	2%
ervous System	Insomnia ^b Nervousness	12% 6%	4% 6%ª
	Weight Loop b	00/	00/

Body System	Preferred Term	ADDERALL XR® (n=191)	Placebo (n=64)
General	Asthenia Headache	6% 26%	5% 13%
Digestive System	Loss of Appetite Diarrhea Dry Mouth Nausea	33% 6% 35% 8%	3% 0% 5% 3%
Nervous System	Agitation Anxiety Dizziness Insomnia	8% 8% 7% 27%	5% 5% 0% 13%
Cardiovascular System	Tachycardia	6%	3%
Metabolic/Nutritional	Weight Loss	11%	0%
Urogenital System	Urinary Tract Infection	1 5%	0%

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