



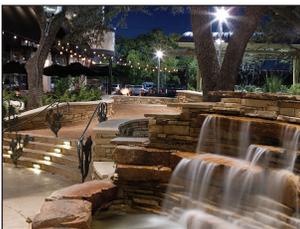
Texas Society of Psychiatric Physicians & Texas Academy of Psychiatry  
**Spring Committee Meetings and  
Continuing Medical Education Program**

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# Hot Topics in Clinical Practice: Updates in Psychiatric Care

**VIRTUAL LIVE CME WEBINAR**



Texas Society of Psychiatric Physicians and Texas Academy of Psychiatry  
Spring Committee Meetings and Joint Provider Scientific Program  
Saturday, May 16, 2020 (5 Hours Category 1 Credit)

*“Hot Topics in Clinical Practice: Updates in Psychiatric Care”*

**SCIENTIFIC PROGRAM SCHEDULE**

(Presented in Central Time Zone)

**2:30 pm Welcome and Introductions**

**2:35 pm - 3:35 pm “Nutritional Psychiatry – What Psychiatrists Need to Know and What They Should Tell Their Patients” – Marisa S. Toups, MD**

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:

- Identify dietary and nutritional risks in patients’ current history.
- Counsel patients on effective nutritional strategies, including risk benefit considerations, that may affect their psychiatric illness and overall health.
- Make appropriate referrals to qualified nutritionists when indicated.
- Discuss mood disorders and current treatment recommendations.
- Identify latest evidence (or lack thereof) for the use of supplements in dementia, autism spectrum disorders and other disorders where nutrition and supplements are widely written and discussed.

**3:35 pm - 4:35 pm “Medication Assisted Therapy for Opioid Use Disorders” – Adriane dela Cruz, MD, PhD**

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:

- Cite medication assisted therapy for treatment of opioid use disorder.
- Identify and discuss Medication for Addiction Treatment (MAT)

**4:35 pm - 4:45 pm Break**

**4:45 pm - 5:45 pm “Somatoform Disorders: Prevalence, Diagnosis and Treatment” – R. Lowell McRoberts, III, MD**

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:

- Apply sensitivity and identify specificity of somatoform diagnoses.

- Identify and apply co-management of psychiatric and medical symptoms by psychiatry and primary care practitioners.
- Recite and effectively combine pharmacotherapy, psychotherapy, medical monitoring to improve behavioral outcomes.

**5:45 pm - 6:45 pm “Management of the Side Effects of Psychotropic Medications” – Stephen R. Saklad, Pharm.D., BCPP**

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:

- List the most common problematic side effects of psychotropic medications in your practice.
- Explain evidence-based ways to manage problematic side effects of psychotropic medications.
- Develop a strategy to screen for side effects in your routine practice.

**6:45 pm - 6:55pm Break**

**6:55 pm - 7:55 pm “Diagnosis and Treatment of Borderline Personality Disorder” – John M. Oldham, MD, MS**

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:

- Identify and accurately diagnose Borderline Personality Disorder (BPD)
- Prescribe effective treatment for this disorder.
- Make appropriate referrals for additional treatment when necessary.
- Avoid prescription of medications that have a poor risk/benefit ratio for patients with BPD.

**7:55 pm - 8:05 pm Closing Remarks**

**ABOUT THE SPEAKERS**

**Adriane dela Cruz, MD, PhD**

Assistant Professor  
Department of Psychiatry  
UT Southwestern Medical Center  
Dallas, Texas

**R. Lowell McRoberts, III, MD**

CEO Seton Mind Institute  
Service Line Leader  
Psychosomatic Medicine Services  
Seton Family of Hospitals  
Program Director  
Psychosomatic Medicine Fellowship  
Dell Medical School  
Austin, Texas

**John M. Oldham, MD, MS**

Distinguished Emeritus Professor of Psychiatry  
Menninger Dept. of Psychiatry and Behavioral Sciences  
Baylor College of Medicine  
Houston, Texas

**Stephen R. Saklad, Pharm.D., BCPP**

Director, Psychiatric Pharmacy Program  
Pharmacotherapy Education and Research Center  
UT Health Science Center  
San Antonio, Texas  
Clinical Professor  
Pharmacotherapy Division  
The University of Texas at Austin College of Pharmacy  
Adjoint Professor  
School of Medicine  
Pharmacotherapy Education and Research Center  
UT Health Science Center San Antonio  
Clinical Pharmacologist  
San Antonio State Hospital  
Texas Department of State Health Services

**Marisa S. Toups, MD**

Assistant Professor  
Department of Psychiatry  
Dell Medical School  
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**CME PROGRAM GOAL / TARGET AUDIENCE**

This live activity has been designed in a lecture format with case examples followed by an interactive audience question and answer period to provide its' primary target audience of Psychiatrists, as well as other specialties of medicine, with the most up-to-date, evidence-based data that can be translated into clinical practice.

The information and data presented will address the professional practice gaps of the learners and advance the physician's competence and improve their knowledge about the complex contributing factors in this patient population and introduce additional resources and new strategies to improve outcomes so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

**IDENTIFIED PRACTICE GAPS / NEEDS ASSESSMENT**

TSPP identified educational needs and professional practice gaps from members expressed needs and in medical literature and incorporated it into the CME activity to address the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

Many psychiatrists have insufficient knowledge and competence in counseling their patients about effective nutritional strategies, including risk-benefit considerations, that may affect their psychiatric illness and overall health.

Disorders presenting as physical symptoms but having no known physical cause present clinical burdens for primary care physicians and require mental health treatment for effective management. Diagnostic and treatment methods to address conversion disorder, somatic symptoms disorder, illness, anxiety disorder are needed for improved recognition and clinical outcome.

Side effect of psychiatric medications is an everyday occurrence in the psychiatric practice. It contributes to non-compliance of treatment recommendation, medical misadventure, morbidity, missed opportunities in achieving the treatment goals.

Not enough waived physicians to prescribe Suboxone. Psychiatrists often don't have training or knowledge to help their patients with OUD.

**OBJECTIVES**

The learning objectives for this activity have been designed to address clinician competence and are listed under each presentation.

**ACCREDITATION STATEMENT**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing medical education for physicians.

**CREDIT STATEMENT**

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of five (5) *AMA PRA Category I Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**FACULTY AND PLANNERS DISCLOSURE POLICY**

In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the education activity.

TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any commercial interest concerned with the content of the educational presentation.

Disclosure will occur prior to the presentation through written communication in the syllabus / handout materials.