Mulligans, Miracles and Good Friends

Philip Koereman, MD

As I stood over my ball on the first tee, I thought, well, why not? It was a beautiful day in November, and I was playing golf, not stuck in the office. I took a nice, slow back swing, and swung smoothly — until half-way through the downswing when I began to hear the familiar voices: “Take dead aim, relax, keep the knees bent, straight left arm, even tempo, chin down, keep the swing plane, follow through, DON'T SLICE IT! OH GOD! NOT AGAIN! YOU IDIOT!! WHY DO I PLAY THIS GAME???” The ball, topped severely, shot in a bee-line about 15 yards away from the tee星座 into the out-of-bounds fence to my left — right into the line of oncoming traffic in the street running alongside the golf course. I closed my eyes, waited for the inevitable screeching of tires, honking of horns, rending of metal, and dropped straight to the ground. A chip shot (like mine on the 9th hole) from 60 yards away that winds up 4 feet from the hole (yes, I sank the putt). It’s a classic example of intermittent reinforcement, sure to produce addiction in one predisposed by genes, temperament, and fate.

So that’s why I responded to the announcement that we’d be having a golf outing the day prior to the convention. I expected to be joining a large group of colleagues from around the state along with local friends who wouldn’t hesitate to take advantage of the challenge and opportunity of hosting the outing here in Dallas. The opportunity to play at Brookhaven Country Club for the price of a local public course seemed like a no-brainer. Instead, I was shocked and surprised to be told I was the 1st and only responder...and congratulated on being named the chairperson (and only member) of the planning committee! I gladly took up the challenge and put out an email to be sent throughout the state. I was even more surprised when only a handful of psychiatrists committed to play.

We wound up with only 2 groups — Les “El Presidente” Secrest, Conway “Don’t Tell Me I’ll Fix It” in there somewhere that will fix my game in time for next year’s re-match with Dr. Herlihy in the trunk, about 50 yards away from the tee星座. With no golfers wonder why many of us subject ourselves to scenes like the one above. But despite the frustration, humiliation, and ultimate failure to ever master the game, there is always the sudden, unexpected stroke of brilliance, a putt from a mile away off the green that somehow, against all odds drops in. A chip shot (like mine on the 9th hole) from 60 yards away that winds up 4 feet from the hole (yes, I sank the putt). It’s a classic example of intermittent reinforcement, sure to produce addiction in one predisposed by genes, temperament, and fate.

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Our Organizational Legacy

Leslie H. Secret, MD, President, Texas Society of Psychiatric Physicians

The Fiftieth Anniversary of the Texas Society of Psychiatric Physicians (TSPP) is a wonderful event. The enthusiasm was infectious. The attendance exceeded the past fifteen years of Annual Conventions.

The reflections on the past fifty years pointed out the dedication of TSPP members to their patients, improving the profession, supporting medical science and developing leadership from one generation to the next. The willingness of the men and women who comprised the early membership to give of their time and personal resources to further an organization dedicated to helping psychiatrists serve their patients with the latest scientific discoveries and have an effective voice in the legislative process was heart warming. The heritage of TSPP is founded on dedication, commitment, compassion, vision and courage. Our organizational legacy should make all of us proud as we have negotiated the challenges and pain of adversity and graciously acknowledged our success. Generation after generation has found a voice among our members to speak for our organization. The voice has allowed us to become a respected resource to the communities we serve.

Our current organization is certainly different in form than where we started. However, the organizational character is much the same. Our core values: advocacy for patients and psychiatry, professional education, fellowship with colleagues, and service to community, reflect the vision of the founders. Our advocacy and support of our patients, their families and our communities is strong. Our excellence in professional education is exemplified by our Continuing Medical Education certification by the Texas Medical Association. Our fellowship with colleagues could not have been better exemplified than by the six golfers that played the afternoon before the convention and the sold out dinner and celebration the last evening of the convention.

Our service to community was reinforced by Ladon Humes, MD, the current president of the TMA, addressing the Government Affairs Committee. Our organization is one that is dedicated to acknowledging the circumstances and needs of our times with solutions. The emergence of the Federation of Psychiatry is one example of a solution to a perceived need.

The strength of TSPP demands a vision for the future. The Strategic Planning Committee is one place among many in our organization that aspires to be sensitive to the future and develop plans that can adapt to the future needs of our organization.

Recently a quote from a physician involved in strategic planning seemed particularly apropos to our strategic planning. “Greatness is the plan.” Greatness expressed in the sense of a standard of excellence, of a source of humbleness and of a reflection of service. Strategic planning for our organization should evolve the processes that foster the ability to rapidly adapt and solve the challenges of our future. Our organization, founded on the qualities of its heritage and supported by its membership, has a bright future and is well positioned for the next fifty years. Our organization could not exist without its staff, John, Debbie and Steve, that has encouraged us to have courage and to aspire for excellence. It is the current membership of TSPP; like members of the past that have given of their time and resources, which makes it a great organization.

Speaking of resources and giving, there is still time this year to make a donation to the Foundation, another example of an innovative solution to a need perceived by TSPP. Have a happy holiday and may your New Year be the best yet.

TSSPsychiatrist Dec06Jan07

Fiftieth Anniversary and Annual Membership Meeting

November 4 at the Westin Galleria Hotel in Dallas:

- Finance Committee: A task force be formed to work with the Academic Psychiatry Committee to develop a concise presentation of the value of TSPP to its members. This presentation should be both electronic and visual. It should cover areas such as: Advocacy for our profession (legislative, direct member support services, professional consultation); education (TSPP was the first specialty society accredited for CME); community service (educational forums, disaster response, mental illness awareness); and collegial fellowship.

- Finance Committee: A task force be formed to develop a practical guide for “Practicing Psychiatry in Texas,” combining the APA practice guideline with information specific to Texas. The guide should assist a member with practical information on opening and developing a private practice, academic practice, public medicine practice, hospital credentialing, office management, malpractice insurance resources, etc. This should be available on TSPP’s webpage as a resource to our members.

- Government Affairs Committee: TSPP should communicate its concern to the Department of Assistive and Rehabilitative Services (DARS) that the current level of compensation to psychiatric physicians for social security disability evaluations is 12% less than that for other medical specialties (including Dermatology; $177.71 vs $155.72) in spite of the similar or higher amount of exam time, complexity of exam and report, and expertise required for such evaluations. This discrepancy is not only discriminatory, it endangers the ability of Texas citizens with severe and chronic mental illness to be adequately evaluated and receive just benefits.

- Sociocconomics Committee: TSPP should request written comments on difficulties or problems experienced by dual eligible patients (Medicare and MEDICAID) caused by their shift to Medicare Part D and that these comments be solicited via contacts with Medical Directors of community mental health programs and via an announcement in the newsletter.

- Sociocconomics Committee: Request that the Government Affairs Committee and the Federation lobbyist closely monitor any legislative proposal affecting pharmacy benefit management programs.

- Academic Psychiatry Committee: Requests that each Chapter provide a list of medical school faculty members who are TSPP members, including ABPN examiners, and request that medical school faculty members volunteer their time in assisting board-eligible candidates in arranging mock exams (at no cost to the resident or candidate). Such oral mock exams will be offered only to TSPP members. They will be conducted in the location where the faculty members practice.

- Academic Psychiatry Committee: After seeking a legal opinion, TSPP should provide commercially-available audio visual materials to be made available to the members-in-training. The materials, which are designed for board preparation will be sent to the Residency Programs.

- Academic Psychiatry Committee: Requests that a member of the MIT Section serve on the Academic Psychiatry Committee and other MIT members attend the Academic Psychiatry Committee meeting. It is requested that the MIT Section meeting be scheduled to immediately follow the Academic Psychiatry Committee meeting.

- Academic Psychiatry Committee: The TSPP power point presentation should be prepared for distribution by the end of the calendar year.

- Academic Psychiatry Committee: It is recommended that the Government Affairs Committee include on its agenda the issue of funding for residency training programs, which has been reduced in recent years and is potentially damaging to psychiatry in Texas.

S A V E T H E D A T E

TSPP Committees / 2 hour category 1 CME Program
Executive Council Meetings
April 28-29, 2007 • Adolphus Hotel • Dallas, Texas
scheduled in conjunction with TEXMED 2007

Discounted TSPP Room Reservations
$139 single / $149 double at the Adolphus
1/800/221-9083 prior to 3/28/07 or upon sell-out whichever occurs first.
Make your reservation early!

For additional information contact tsppofc@aol.com

IN MEMORIAM
Rosemary Cecil, MD (Bedford)
Stella L. Micheleletto, MD (Belmar)
Polypharmacy is a four letter word.

At this point, you probably think that I spell it as a "no-no" word in the practice of medicine. As a very lean, the word has referred to the inappropriate prescribing of several medications by one doctor to one patient to treat one condition. Under worse conditions, it has referred to a patient going to multiple doctors and who are unaware of each other's existence, to obtain multiple medications by one doctor to one patient for one or more diseases. For example, a physician has faced several potential problems in treating one patient with multiple medications. For example, the patient may be confused by complicated medication regimens, thus making compliance more difficult. The patient faces a greater risk of drug-drug interactions, and thus increased risk of morbidity and mortality. The patient or a third-party payer must bear higher costs. The physician can be confused in determining relative dose efficacies and differentiating symptoms from side effects. These concerns about polypharmacy continue to grow in importance. The actual practice of polypharmacy is starting to resemble our part in this great undertaking during the last fifty years have proven, this undertaking is most worthwhile. Let us strive to continue to succeed in the manner pioneered our own Texas Society of Psychiatrists.

Polypharmacy has developed, called "rational polypharmacy". The phrase refers to the purposeful combination of medications in a manner chosen to provide additive benefits for a medical condition, based upon the known details of the medications' modes of action. Due to these advances, rational polypharmacy is now generally considered the standard of care in several areas of medicine, such as infectious disease, pain management, and neurology. The field of psychiatry faces not only the unique problem of the mind-brain relationship but also the inherent complicated properties of the mind and the brain themselves. Hypotheses for modes of pharmacological action in the mind-brain relationship do not lend themselves readily to reductionistic experiments which can produce cause-and-effect relationships to firmly establish the rational use of medications.

As a result, there is less medical literature examining the basis of rational polypharmacy in psychiatry. Fortunately such information is increasingly forthcoming. For example, the National Association of State Mental Health Program Directors has established a panel of experts which has reviewed the data in the medical literature for psychiatric polypharmacy. The summary of their findings can be found at http://www.namsphd.org/general_files/publications/med directors_pubs/polypharmacy.pdf. Their paper describes the available research data for various clinical situations in which the treatment of a psychiatric patient can be optimized by various combinations of medications.

Another important source of information is the Texas Medication Algorithm Project, described at http://www.dshs.state.tx.us/mhprograms/disclaimer.shtm, which addresses pharmacological treatment of the major mental disorders. Sheldon H. Preskorn, M.D., a major figure in psychiatric pharmacology, has presented an excellent discussion of psychiatric polypharmacy at http://www.preskorn.com/coin/9007.html. In summary, I regret to say that polypharmacy has now become a twelve letter word, and Popeye can no longer call Bluto, his arch-enemy, a polypharmaceutic anal aperture.

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*Sesqui- From Latin sesquipedalis, literally, a foot and a half long, from sesqui- + ped-, pes, foot.

Given to the overuse of long and ponderous words.
TSPP’s 50th Anniversary
Celebration!

TSPP’s 50th Anniversary Convention and Scientific Program on November 3-5 was a huge success in every measurable way and was a memorable and fun experience for all who attended.

TSPP Committee Meetings

On Friday, November 3, TSPP’s 15 committees met and conducted the business of TSPP. TSPP Committees are served by about 300 member-volunteers who study issues and make policy recommendations to the TSPP Executive Council.

Registration

Registration for the 50th Annual Convention and Scientific Program was the largest in 16 years.

Member Luncheon

Taking a break from committee meetings, members enjoyed fellowship and lunch on Friday hosted by President-Elect Bill Reid, MD. Members were briefed on the state of malpractice insurance in Texas by representatives of the Cunningham Group and The Doctors Company.

Meetings of Partners

During the TSPP Convention, DBSA Texas conducted its first statewide Annual Conference, and meetings were conducted by the Board of Directors of the Texas Foundation for Psychiatric Education and Research, the Delegate Assembly of the Federation of Texas Psychiatry, and the Texas Academy of Psychiatry.

A. John Rush, MD was Keynote Speaker at the DBSA Texas Conference

Meetings of Partners

Delegate Assembly of the Federation of Texas Psychiatry

A. John Rush, MD was Keynote Speaker at the DBSA Texas Conference

Members of the Texas Academy of Psychiatry plan activities for the year

Board of Directors, Texas Foundation for Psychiatric Education and Research
The Texas Society of Psychiatric Physicians acknowledges and expresses appreciation to the following organizations for their participation as an exhibitor at the Annual Convention:

**DIAMOND**
- Texas Foundation for Psychiatric Education and Research

**GOLD**
- Janssen Pharmaceutica
- McNeil Pediatrics Division of McNeil-PPC, Inc.
- Millwood Hospital
- Sanofi-aventis
- The Doctors Company

**SILVER**
- Abbott Laboratories
- Acadia Healthcare
- AstraZeneca
- Bristol-Myers Squibb Company
- Cephalon, Inc.
- ClinicScripts
- Cyberonics, Inc.
- Depression and Bipolar Support Alliance (DBSA) Texas
- Eli Lilly and Company
- Forest Pharmaceuticals
- GlaxoSmithKline
- JDS Pharmaceuticals, LLC
- Medical Doctor Associates
- North Texas State Hospital
- Padre Behavioral Hospital
- Pamlab, LLC
- Pfizer Inc.
- Presbyterian Hospital of Dallas
- Reckitt Benckiser Pharmaceuticals, Inc.
- Sante Center for Healing
- Sepracor Inc.
- Takeda Pharmaceuticals
- Timberlawn Mental Health System

TSPP’s 50th Anniversary Celebration!

Welcome Reception

On Friday evening, members enjoyed renewing friendships and making new acquaintances during the Welcome Reception with Exhibitors. The Convention was supported by 28 exhibitors.

On display throughout the reception banquet hall were posters displaying “TSPPs Family Album,” photos taken of members throughout the years.
A highlight of the Convention was the sold out 50th Anniversary Gala Saturday evening. Each attendee was presented a commemorative gift symbolizing the purpose of the celebration—a book entitled “Thanks” containing many passages expressing Thank You, to express appreciation to TSPP members for their membership, support and participation. A passage from the book set the tone for the evening:

“Thanks. It’s the one and only word that always comes with a memory — the memory of something good, something thoughtful, something helpful. Said from the heart, it’s the best word to celebrate great endings or new beginnings. And it’s not just the word, but everything it means: I noticed... I’m grateful... you made a difference... I appreciate you, and all that you do.” Two Proclamations were read to the audience, one from the Mayor of Dallas, Laura Miller, declaring November 4 as Texas Society of Psychiatric Physicians Day in Dallas, and a second from Governor Rick Perry officially recognizing TSPP for its service to Texas. Prior to dinner, a ceremony was conducted recognizing TSPP’s Past Presidents. Following dinner, each person receiving one of TSPP’s most prestigious Awards were recognized in a ceremony. The evening concluded with “A Blast from the Past,” entertainment provided by Johnny Mandell and the MuddCatts, who brought back to the stage the Beatles and Elvis.
TSPP’s 50th Anniversary Celebration!
50th Anniversary Gala
The TEXAS PSYCHIATRIST is published 5 times a year in February, April, June, August, and October. Members of Federation member organizations are encouraged to submit articles for possible publication. Deadline for submitting copy to the Federation Executive Office is the first day of the publication month. Copy must be edited, acceptable for publication.

Display advertising is available and publication is determined on a case by case basis by the Editorial Board. The Editorial Board reserves the sole right to accept or reject any submitted advertising copy.

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