



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

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

VIRTUAL LIVE CME WEBINAR



Adriane dela Cruz, MD
*Medication Assisted
Therapy for Opioid
Use Disorders*



John M. Oldham, MD, MS
*Diagnosis and
Treatment of Borderline
Personality Disorder*



Stephen R. Saklad, Pharm.D., BCPP
*Management of the
Side Effects of
Psychotropic Medications*



Marisa Toups, MD
*Nutritional Psychiatry –
What Psychiatrists Need
to Know & What They
Should Tell Their Patients*



R. Lowell McRoberts, III, MD
*Somatoform Disorders:
Prevalence, Diagnosis
and Treatment*

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)

2:15-2:25 pm

Log onto ZOOM To be admitted to the CME Program... starts promptly at 2:30 pm

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
Austin, Texas

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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*[™]. 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.



MAIL... (pay by credit card or check)
Texas Society of Psychiatric Physicians
401 West 15th Street, Suite 675, Austin, TX 78701

(The following options require credit card payment)
E-MAIL... TSPPOfc@aol.com
ONLINE... http://www.txpsych.org
FAX... 512.478.5223
PHONE... 512.478.0605

To remit payment online, complete this form and return to tspopf@aol.com via email and request an email invoice from Quickbooks Online.

REGISTRATION FORM

When your registration payment has been processed, you will receive an email invite at the email address provided on your registration form with a link to join the meeting, the unique Meeting ID # and information for joining the meeting on Saturday, May 16. The program will begin promptly at 2:30 pm. Thank you for registering!

Form fields for registration details: LAST NAME, FIRST NAME, CREDENTIALS, SPECIALTY, EMAIL ADDRESS, MAILING ADDRESS, CITY, STATE, ZIP, PHONE, FAX

PARTICIPATION POLICY - The Texas Society of Psychiatric Physicians' policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. TSPP values and benefits from the diverse opinions its members hold on the issues with which the Society and the psychiatric profession are confronted.

REGISTRATION FEE SCHEDULE

CME PROGRAM

- TSPP / ACADEMY / TSCAP Member \$90.00
RESIDENT-FELLOW MEMBER (IN TRAINING) TSPP/ ACADEMY / TSCAP MEMBER \$10.00
RFM MEMBER WHOSE TRAINING PROGRAM DIRECTOR HAS REGISTERED NO CHARGE
MEDICAL STUDENT MEMBER APA \$10.00
NON-MEMBER PHYSICIAN \$115.00
NON-MEMBER RESIDENT-FELLOW PHYSICIAN OR MEDICAL STUDENT \$20.00
ALLIED HEALTH PROFESSIONAL \$75.00

MEETING SYLLABUS ORDER

- Meeting Syllabus in Color \$155.00
Meeting Syllabus in Black & White \$125.00
Online Meeting Syllabus FREE

Total Registration Fees []

METHOD OF PAYMENT:

Check in the Amount of \$_____ Make Checks Payable to Texas Society of Psychiatric Physicians
Please Charge \$_____ To My: [] VISA [] MasterCard [] American Express

Credit Card # _____ Expiration Date: _____

3 or 4 Digit Code on Back of Card on Right of Signature Panel _____

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