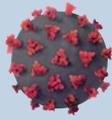


## TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS VIRTUAL CME WEBINAR



# “Rising to the Challenge: Psychiatry in the COVID-19 Pandemic”

**SATURDAY, NOVEMBER 14, 2020**

6 Category 1 AMA PRA CME Credits™

- 9:15 – 9:30 AM **Attendees Log On and Hold for Beginning of CME Scientific Webinar**
- 9:30 – 9:40 AM **Opening Remarks / CME Accreditation Statements and Certificate of Attendance Information**
- 9:40 – 11:45 AM ***New Insights in Disaster Mental Health Emerging from the COVID-19 Pandemic* – Carol North, MD, MPE, DLFAPA  
Introduction; 1 ½ Hour Presentation; 30 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to:
- Distinguish trauma and other stressful aspects of pandemics and other disasters.
  - Identify mental health consequences of COVID-19 for infected patients, frontline healthcare workers, and the general population
  - Discuss the implications of COVID-19 mental health outcomes for psychiatric treatment and other interventions
- 11:45 – 12:05 PM **BREAK**
- 12:05 – 2:10 PM ***ETHICS PANEL: Intimate Partner Violence and Elder Abuse in the Time of COVID-19.***
- 12:05 -1:10 PM ***Intimate Partner Violence* – Valerie Rosen, MD  
Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**
- 1:10 – 2:10 PM ***Elder Abuse* – Sheila M. LoboPrabhu, MD, DFAPA  
Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to:
- Identify patients who may be victims of intimate partner violence and/or Elder Abuse
  - Empathetically engage in screening these patients for intimate partner violence and/or Elder Abuse
  - Discuss US Preventive Task Force Recommendations’ Referrals and Identify Resources to Refer for Appropriate Interventions
- 2:10 – 2:30 PM **BREAK**
- 2:30 – 3:35 PM ***Cognitive Behavioral Therapy for Insomnia* – Kristi E. Pruiksmas, PhD  
Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:**The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to:
- Discuss the differential diagnosis of insomnia in psychiatric patients
  - Discuss the role of CBT-1 as a first line treatment for insomnia
  - Discuss the risks and benefits of Cognitive Behavioral Therapy for Insomnia
- 3:35 – 4:40 PM ***Cannabis and Cannabinoids, Current State of the Evidence: Counseling Patients Regarding Risks and Benefits* –  
David L. Atkinson, MD  
Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:**The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to:
- Discuss current scientific evidence concerning cannabis and cannabinoids in humans.
  - Identify patients at risk for harm from the use of cannabis and cannabinoids
  - Competently counsel their psychiatric patients who may use cannabis or cannabinoids.
- 4:40 -4:50 PM **Scientific Program Adjournment and Closing Remarks**

## ABOUT THE SPEAKERS

### David L. Atkinson, MD

Associate Professor of Psychiatry  
The University of Texas Southwestern  
Medical Center – Dallas, Texas

Chair  
American Academy of Addiction Psychiatry Youth and Adolescent Committee  
Medical Director  
Teen Recovery Program Children's Health

### Sheila M. LoboPrabhu, MD, DFAPA

Professor of Psychiatry  
Menninger Department of Psychiatry and Behavioral Sciences  
Baylor College of Medicine

Staff Psychiatrist  
Michael E. DeBakey VA Medical Center and MIRECC  
Houston, Texas

### Carol North, MD, MPE, DLFAPA

Medical Director  
The Altshuler Center for Education & Research at Metrocare Services  
Nancy and Ray L. Hunt Chair in Crisis Psychiatry

Professor of Psychiatry  
The University of Texas Southwestern Medical Center  
Director  
Division of Trauma & Disaster  
The University of Texas Southwestern Medical Center  
Dallas, Texas

### Kristi E. Pruiksma, PhD

Associate Professor  
Department of Psychiatry and Behavioral Sciences  
University of Texas Health Science Center at San Antonio

Provides Services for South Texas Research Organizational Network  
Guiding Studies on Trauma and Resilience (STRONG STAR) Research  
Consortium and the Consortium to Alleviate PTSD (CAP) which are  
housed within the Department of Psychiatry  
San Antonio, Texas

Founding Member, Society of Behavioral Sleep Medicine (SBSM)

### Valerie Rosen, MD

Associate Professor  
Department of Psychiatry and Behavioral Sciences  
Dell Medical School  
University of Texas at Austin

Medical Director/Developer  
Seton Restore Intensive Outpatient Program for PTSD

Medical Director/Developer  
Seton Veteran Restore IOP for PTSD

Director/Developer  
Resident Cognitive Processing Therapy Clinic

Regional Trainer for Cognitive Processing Therapy  
Austin, Texas

## 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.

The COVID-19 pandemic is a natural disaster that is generating large numbers of mass casualties and threatening the safety and wellbeing of entire populations during its evolution into a long-term national and worldwide crisis. This pandemic, along with the public health measures instituted to protect populations from it, has produced extensive psychosocial challenges and hardship. Psychiatrists are essential responders whose skills are needed to help address the myriad mental health problems arising with this pandemic, ranging from widespread fear and distress to major psychopathology. Existing disaster mental health research provides fundamental knowledge to help guide the response. However, new disasters bring novel and unexpected complexities, with implications for clinical care and public health policy and practice. Content will relate the effects of the pandemic for the general population as well as clinical populations, including individuals with pre-existing psychiatric disorders.

Domestic violence is increasing in the US and the world. And with the onset of COVID-19 and sheltering in place it continues to rise. Authoritative surveys in the US have estimated that between 1/4 and 1/3 of women and at least 1 in 10 men have experienced intimate partner violence. Many psychiatrists lack knowledge and competence to assess and treat or appropriately refer patients who report victimization. Psychiatrists know that trauma increases vulnerability to mental illness, improving knowledge and competence in how to evaluate, treat, and refer patients who may be victims of intimate partner violence will substantially enhance patient care. Discuss Reference: US Preventive Services Task Force Final Recommendation Statement on Screening for Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults, JAMA. 2018;320(16):1678-1687. JAMA October 23/30, 2018 Volume 320, Number 16

Insomnia is a common problem in a variety of psychiatric conditions and may persist even after successful treatment of the underlying disorders. Cognitive Behavioral Therapy for Insomnia (CBT-1) is a recommended first line treatment for insomnia but may be difficult to access and unfamiliar to psychiatrists. The presentation will address the gap between research and implementation of CBT-1 in clinical settings in conjunction with pharmacotherapy for common psychiatric conditions which present with insomnia.

Many psychiatrists are at a loss to effectively use their knowledge of the latest scientific information on cannabis and cannabinoids to competently counsel their patients regarding the risks and benefits of these substances.

## OBJECTIVES

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

## ACCREDITATION STATEMENT

The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

## CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of six (6) *AMA PRA Category I Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## ETHICS DESIGNATION STATEMENT

The panel presentation entitled "Intimate Partner Violence and Elder Abuse in the Time of COVID-19" has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

## 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 presentations through written communication / posted slide in the virtual program and included in any purchased syllabus / handout materials.