



Texas Society of Psychiatric Physicians
& Texas Academy of Psychiatry
Joint Provider Scientific Program

Cutting Edge Psychiatry

in the Time of COVID

VIRTUAL LIVE CME WEBINAR

Saturday, April 17, 2021

Five (5) *AMA PRA Category 1 Credits™*, with 2 of the Hours Designated for Medical Ethics/Professional Responsibility



Mona Masood, DO

*Physician Support Line –
Confidential Peer-to-Peer
Physician Self Care and
Prevention of Burnout:
One Grassroots Solution for
Stressors of COVID and Beyond*



Smita Gautam, MD

*Physician Support Line –
Confidential Peer-to-Peer
Physician Self Care and
Prevention of Burnout:
One Grassroots Solution for
Stressors of COVID and Beyond*



**Mark Kunik,
MD, M.P.H., DFAPA**

*Treatment of Depression
in the Medically Ill Patient*



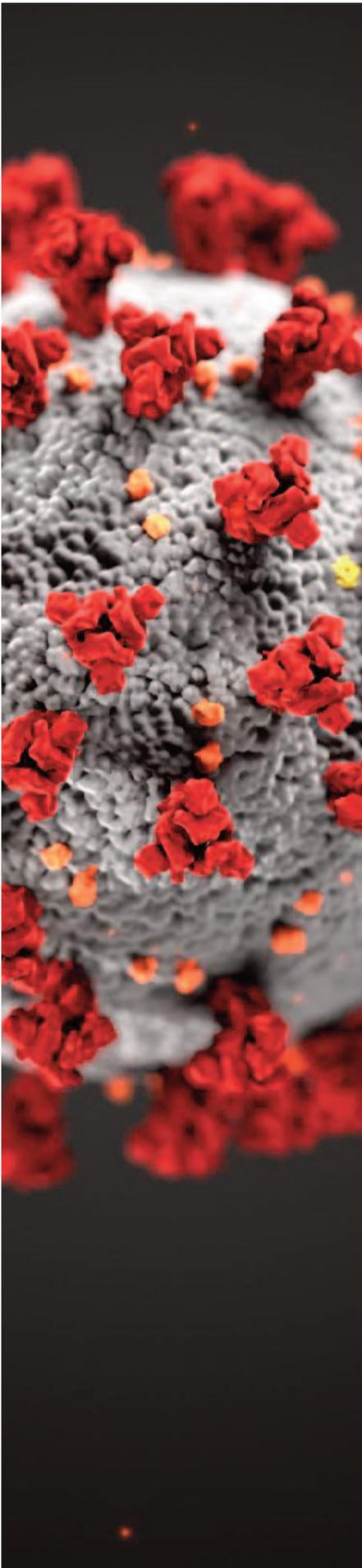
Avrim B. Fishkind, MD

Ethics and Telepsychiatry



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

*Novel Pharmacological
Treatments for Schizophrenia*





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Scientific Program Schedule

Presented in Central Time Zone

9:15 am - 9:25 am Log onto Virtual Webinar (Zoom) to be admitted to the CME Program, starts promptly at 9:30 am.

9:30 am Welcome and Introductions – Open Remarks / CME Accreditation Statements and Certificate of Attendance Information

9:35 am - 10:40 am “Physician Support Line – Confidential Peer-to-Peer Physician Self Care and Prevention of Burnout: One Grassroots Solution for Stressors of COVID and Beyond”
Mona Masood, DO and Smita Gautam, MD

Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience

Objectives: The learning objectives for this activity have been designed to address clinical competence.

Upon conclusion of the activity, participants should be able to:

- Identify at risk physicians
- Employ effective crisis management / problem focused techniques.
- Recognize when to refer

10:40 am - 11:45 am “Treatment of Depression in the Medically Ill Patient”

Mark E. Kunik, MD, MPH, DFAPA

Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience

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

- Identify pathways to depression in the medically ill
- Discuss risks and benefits for stepped care treatment in the medically ill and modify to reduce risk and improve treatment results
- Discuss strategies to improve communication between primary care clinicians and psychiatrists in treating patients with depression and medical co-morbidities.

11:45 am - 12:00 pm Break

12:00 pm - 2:05 pm ETHICS: “Ethics and Telepsychiatry”

Avrim B. Fishkind, MD

Introduction; 1.5 Hours Presentation; 30 Minute Q&A with Audience

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

- Discuss new legal regulations of telepsychiatry and differentiation between telehealth, telemedicine and telepsychiatry.
- List telephone and video-health platforms and options
- Categorize confidentiality issues of platforms
- Analyze and differentiate computer specs and bandwidth issues and how they impact care.
- Discuss and employ HIPPA and privacy laws.
- Distinguish ethical aspects of telepsychiatry and adapt and apply to patient care.
- Recognize and apply effects of telepsychiatry on team-based care.

2:05 pm - 2:20 pm Break

2:20 pm - 3:25 pm “Novel Pharmacological Treatments for Schizophrenia”

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

Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience

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 new receptor mechanisms for new drugs.
- Describe and chart the timeline for release of drugs.
- Calculate early results of trials.

3:25 pm - 3:50 pm Closing Remarks



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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. Patients with depression and medical co-morbidities may be under-treated due to concerns about medical co-morbidities, and psychiatrists and primary care clinicians may have difficulty communicating and understanding the risks and benefits of psychotropic medications in these patients. The presentation will provide an update on best practices in treating patients with depression and medical co-

morbidities to increase their knowledge and competence. The COVID-19 pandemic has caused a rapid shift to telemedicine work. Usual laws like HIPAA have been suspended to allow greater access to populations at risk for mental health issues. CMS has changed billing and coding to make telemedicine and telephone visits equivalent to in person visits. However practitioners may not be fully aware of the impact of telework on the therapeutic relationship, confidentiality issues, the susceptibility to some apps and platforms to breaches in confidentiality and how this affects provision of safe and optimal care. Psychiatrists need to be updated on the development, timeline for release of new medications, early results of trials / pre-market-experience with novel drugs for schizophrenia. COVID-19 has added additional stressors to physicians and psychiatrists. Psychiatrists need to be educated about Physician Support Line, a peer-to-peer physician self-care and prevention of burn out, understand who has access, what can be accomplished and how to access support in a phone help line for physicians during the pandemic and beyond.

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 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT

The presentation "Ethics and Telepsychiatry" 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 relationships 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 oral communication and inclusion on the beginning slide of the program.

Speakers

Mark Kunik, MD, M.P.H, DFAPA

Director, VA South Central Mental Illness Research, Education and Clinical Center (IRECC)

Chief, IQuEST Behavioral Health and Implementation Program

Professor

Menninger Department of Psychiatry and Behavioral Science

Houston, Texas

Avrim B. Fishkind, MD

Consultant-Clinician: Emergency Psychiatry, Telepsychiatry and Psychiatric Emergency Services Design Empathic Soul Health, LLC

Former General Manager

SOC Telemed

Former Chief Executive and Chief Medical Officer, Owner

JSA Health Telepsychiatry

Houston, Texas

Smita Gautam, MD

Co-Founder, Collaboration Coordinator and Volunteer Coordinator of Physician Support Line Board Certified Child and Adolescent Psychiatry

The Family Institute, a Non-Profit Organization Affiliated with Northwestern University

Involved in Community Mental Health Education in Chicago and Northern Suburbs

Chicago, Illinois

Mona Masood, DO

Founder and Chief Organizer of Physician Support Line

Board Certified in General Adult Psychiatry Outpatient Psychiatrist, Greater Philadelphia Area

Board Member of Non-Profit Community Mental Health Organization, Muslim Wellness Foundation, which provides mental health education services to the community

Philadelphia, Pennsylvania

Stephen R. Saklad, MD, 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

Adjunct 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 Service