University Hospitals
Case Medical Center

Monthly News – January 2013

Department of Psychiatry

January 21, 2013 Volume 7, Number 1

Events/Save the Date:

Dr. Martha Sajatovic will present "An update on a new treatment approach for homeless people with schizophrenia: Potential for improving health outcomes in our local community," on **Thursday, February 14, 2013 from 9:00-11:00 AM at Trinity Commons, 2230 Euclid Avenue**, Cleveland, Ohio (parking behind).

Dr. Martha Sajatovic, professor of psychiatry and director of the Neurological Outcomes Center at University Hospitals Case Medical Center, will address the results from a recent study of the effects of long-acting anti-psychotic medication in homeless schizophrenic patients.

The study, of 30 homeless men and women over six months, found that patients on the long-acting drug had significant reduction in homelessness, improvement in their social functioning, and in adherence to other medication regimens.

Dr. Sajatovic will present her findings at the International Congress of Schizophrenia Research in April. The study has also been accepted by *The Journal of Clinical Psychiatry.*

For more information or to RSVP, contact: Please RSVP by Feb. 11 to Dave Kelly at dkelly@socfcleveland.org

The Visiting Nurse Association of Ohio (VNA) is hosting a Mental Health Breakfast on:

When: Tuesday, February 19, 2013, 7:30 -10:00 AM

Where: The Visiting Nurse Association of Ohio, Ford Conference Center, 2500 East 22nd Street, Cleveland (FREE PARKING).

The topic is "Compassion Fatigue and the Mental Health Clinician." Compassion Fatigue can lead health care professionals to feel sadness and despair impairing one's health and well-being. Learning objectives for the session are:

- Define Compassion Fatigue Assess self care skills and areas for change
- Identify three barriers to self care
- Develop a plan for effective self care

This program is CE approved for Nursing and Social work
SPACE IS LIMITED.
Register online at http://vnamhce.eventbrite.com
or contact Annette Korinek at 216-931-1483 or akorinek@vnaohio.org

11th All Ohio Institute on Community Mental Health

We are pleased to announce that the eleventh **All Ohio Institute on Community Psychiatry** has been scheduled for March 1-2, 2013 in Cleveland. You will recall that the All-Ohio Institute is a statewide multidisciplinary meeting on community mental health services, clinical practices, research and education that has attracted audiences of up to 400 psychiatrists, social workers, nurses and other mental health providers in the past. We are excited to announce this year's conference, entitled **"Health Homes, Integrated Care and the Future of Community Psychiatry."**

For more information or to register online:
http://casemed.case.edu/cme/
Or by phone: 216-983-1239

Awards and Recognition:

Susan Padrino, MD, has been appointed Assistant Dean for Clinical Sciences at Case Western Reserve University School of Medicine. **Dr. Padrino's** appointment recognizes her

commitment to continuous improvement and innovation in medical education. **Dr. Padrino** has received several awards for her innovation and excellence in curriculum development and implementation.

Dr. Padrino led the redesign of the clinical skills examination for second year students and the Advanced Clinical Skills curriculum for third year students. She has served as a member of the Competency and Portfolio Planning Committee, has chaired the Committee on Students, and has been serving as the director of the Physical Diagnosis Course since 2006.

Dr. Padrino is board certified in both internal medicine and psychiatry and holds subspecialty certification in psychosomatic medicine. **Dr. Padrino** has participated in the Scholars Collaboration in Teaching and Learning (SCTL) at Case Western Reserve University and is participating in the Harvard Macy Institute's Program for Health Educators in the Health Professions.

Comings and Goings:

Farewell and good luck to **Travis Lydon!**

Travis has been with the Department of Psychiatry for four years and has accepted a position outside of healthcare. He has been a mentor, colleague and friend to many and a tremendous asset to the department. His last day will be January 25th. Our warmest wishes to Travis as he begins his new journey.

Congratulations:

To: Dr. Shelah Rote-Radke and her husband Aaron Radke on the birth of their daughter, Claire on 1/17/2013 at 5:46 a.m.

Grand Rounds:

January 25th:
Morley/Mather Lecture in Neuropsychiatry – Please note, this lecture will be held in Kulas Auditorium in Lakeside.
Speaker: David M. Fresco, Ph.D.
Topic: "Emotion Regulation Therapy for General Anxiety Disorder with Co-occurring Major Depressive Disorder"

February 1st:
****Neurodevelopmental Disabilities Lecture***
Speaker: Luc Lecavalier, Ph.D.
Topic: Clinical Management of Children with Autism Spectrum Disorders

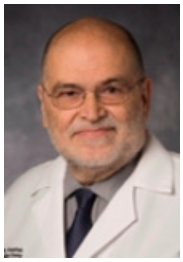
February 8th:
****Bipolar Disorders Endowed Chair Lecture***
Speaker: Mark A. Frye, M.D.
Topic: Individualizing Treatment for Bipolar Depression: The Role of Biobanking and Biomarker Development

February 15th:
Speaker: Jason Beaman, D.O.
Topic: TBA

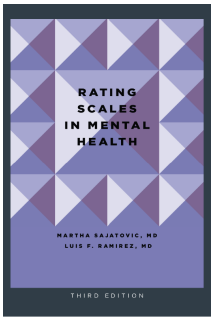
February 22nd:
Speaker: Thomas Park, M.D.
Topic: TBA

**** Reception immediately following the lecture in the Mayer-Haber Conference Room 13-113***

Presentations and Publications:



Martha Sajatovic, MD, Willard Brown Chair in Neurological Outcomes Research and Professor of Psychiatry and of Neurology at University Hospitals, recently published the third edition of her book, ***Rating Scales in Mental Health*** **published by Johns Hopkins University Press, co-authored with Luis Ramirez, MD**, on rating scales in mental health. The book builds upon **Dr. Sajatovic's** long-standing interest and expertise in neuropsychiatric health outcomes. As reviewed for Amazon.com, "this highly regarded compendium describes and analyzes 116 scales in 20 categories, including anxiety, bipolar disorder, depression, eating disorders, geriatrics, psychosis, sexual disorders, substance abuse, and suicide risk."



Wang, A. R., Scur, M. D., Delos-Reyes, C., & Pagano, M. E. (2013). *Associations Between Anxiety Disorders and Substance Use Disorders in Substance-Dependent Adolescents.* Poster presentation at the 44th annual medical-scientific conference of the American Society of Addiction Medicine, April 2013, Chicago, IL

Research:

University Hospitals is now conducting a research study of an investigational medication for Generalized Anxiety, Separation Anxiety, and Social Phobia. Participants must be between the ages of 6 and 17 years. Children with these disorders may have an excessive fear of being alone, refuse to go to school, avoid social situations or have difficulty sleeping. If eligible for this study, participants may receive mental health assessments, investigational medication and close follow up with a doctor who specializes in pediatric mental health at no cost. For more information, please call 216-844-3922.

The Discovery and Wellness Center for Children at University Hospitals Case Medical Center is currently enrolling children ages 7-17 with Tourette's Disorder for a research study. Participants must be experiencing frequent motor and/or vocal tics that cause impairment in the child's normal routines. This study can be up to an 18 week period of involvement with only 8 weeks receiving investigational medication. This clinical study includes study-related physical exams and study medication or placebo at no charge. To learn more about this clinical trial, please call Becky Weintraub at 216-844-3922.

SMI and Diabetes study

Do you have any patients with **Serious Mental Illness** (i.e., Current MDE, Bipolar Disorder, or Schizophrenia/Schizoaffective Disorder) and **Type 2 Diabetes** (DM)? Could they benefit from learning more about how to manage their SMI and Diabetes?

Dr. Sajatovic's Research Team in collaboration with CWRU's Center for Healthcare Research and Policy (CHRP) at MetroHealth Medical Center is conducting a Randomized Controlled Trial comparing a novel intervention (TTIM) intended to improve both SMI and DM self-management in 100 individuals with SMI-DM vs. 100 individuals with SMI-DM receiving treatment as usual (TAU).

Basic Inclusion/Exclusion Criteria includes:

Participants MUST:

- Have a diagnosis of schizophrenia, schizoaffective disorder, bipolar disorder or depression;
- Have DM based upon either previous diagnosis or laboratory values; and
- Be ≥ 18 years of age;

Participants CANNOT:

- Have dementia; or
- Be pregnant.

Individuals will be randomized on a 1:1 basis to participate in either TTIM or TAU. Those randomized to TTIM will receive twelve weekly, group-format, in-person sessions (6-10 participants per group) delivered by a primary care Nurse Educator with experience and training in both DM and SMI treatment, and by a Peer Educator with SMI-DM. Over the 48 weeks following the TTIM sessions, the TTIM participants will receive periodic follow-up phone calls from the Peer Educator and in-person visits with the Nurse Educator to provide support by way of encouraging care engagement and healthy behaviors as well as addressing questions that may arise from a "consumer" perspective.

Primary and secondary outcome assessments will be repeated for both the TTIM and TAU participants at weeks 13, 30, and 60. Qualitative assessment for a subset of participants will be conducted at 13 weeks. **Regardless of which group they are randomized to, all participants will *continue to receive their psychiatric and medical care from their usual providers* throughout the study.**

If you have any questions or would like to refer a possible participant, please contact Edna Fuentes-Casiano at 216-844-2104 or edna.fuentes-casiano@uhhospitals.org.

OPT-BD Research Study

Do you see any patients who are **60 years old or older** with **type I Bipolar Disorder** and are currently **sub-optimally responsive** to their prescribed BD treatments?

To participate, individuals must:

1.) Have Type I Bipolar Disorder
2.) Be age 60 or older
3.) Have sub-optimal response to current psychotropic management including:
   a. Behaviors and symptoms of irritability, agitation, mood lability or diminished ability to interact with others in their place of residence
   b. Diminished ability to take care of basic personal needs in their place of residence due to symptoms of BD

To participate, individuals may NOT have:

1.) History of intolerance or resistance to asenapine
2.) Clinical diagnosis of dementia or Mini-mental state (MMSE) < 24
3.) History of TIA, stroke or MI within the past 12 months
4.) Rapid cycling BD defined as 4 or more discrete mood episodes within the previous 12 months.

Participants will receive 12 weeks of open-label asenapine. Each study subject will serve as their own baseline control and mood symptoms will be assessed using standardized measures during the 12 weeks of asenapine therapy. The primary outcome is change from baseline in bipolar mood symptom scores (mania and depression).

Secondary outcomes include functional and general health status, global psychopathology, side effects, and extrapyramidal symptoms.

For more information or to refer a patient contact Edna Fuentes-Casiano at 216-844-2104 or Effectiveness.Research@UHhospitals.org

Contact:

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DEADLINE FOR NEXT ISSUE:
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