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# NEWSLETTER

Summer 2019

**ACLP — Psychiatrists Providing Collaborative Care Bridging Physical and Mental Health**

## *President's Message*

### INITIATIVES GEARED TOWARDS INCREASING VALUE OF MEMBERSHIP AND ACLP'S IMPACT

— **Rebecca Weintraub Brendel, MD, JD, FACP**



In the six months since the annual meeting in Orlando last November, the Academy committees, Board, officers, and executive office have been hard at work planning for our next annual meeting in beautiful San Diego this November—and, coming up on ACLP's 75th anniversary—for the future of ACLP into its next century and beyond.

We'll focus on the past, present, and future of the Academy at a special closing session and celebration on Saturday, November 16, 2019, so be sure your travel plans to San Diego include staying for this special event.

In addition, within this newsletter you'll find other exciting updates about innovative plans for the annual meeting. My deepest gratitude goes to Madeleine Becker MD, FACP, for her leadership and commitment to the success of our upcoming meeting in her role as Annual Meeting Chair and to the Annual Meeting Committee and subcommittee members for their tireless efforts to ensure that the 2019 Annual Meeting provides both high-quality content and high-quality event planning to ensure the networking, mentorship, and social connectedness we all look forward to each November.

Perhaps less visible but vitally important, the past six months have also been busy for members of the ACLP Board, Committees, and SIGs. The growth in ACLP means that the administrative demands and responsibilities have followed suit.

In order to support and track the activities of our busy committees and subcommittees, we've started a practice of monthly reports from each committee chair to the executive committee on the regularly scheduled monthly calls—and the committees

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## CME CREDITS FOR RECORDED SESSIONS

8.25 CME credit hours are now available in the Academy's Live Learning Center based on the 2018 *Essentials of C-L Psychiatry* course. Plans are underway to obtain CME credits for select recordings from this year's CLP 2019.

Members who purchase a bundle of 2018 recordings for \$150—to study *Essentials of C-L Psychiatry*, parts one and two—are entitled to up to 8.25 CME hours.

As an added benefit, all those who already have access to the course content (i.e., attended the *Essentials* course in person or previously purchased it online) will receive a discount code to get the addition of CME for \$50.

Additionally, ACLP members get a \$25 discount off all CME purchases automatically when they sign in as a member—so with the discount code, their total cost for the CME bundle would be \$25.

Plans are now under way to consider adding MOC credit for the *Essentials* course as well as determining CLP 2019 sessions for CME credit.

More details are in the Academy's Live Learning Center.

Recordings of selected sessions will be made at CLP 2019.

are, indeed, hard at work. From education and membership initiatives to critical actions regarding standards and ethics of annual meeting conduct, clear criteria for awards, and fellowship status, the executive committee has worked with ACLP committees to address important elements of our mission and operations and to consider where strategic investments might be most effective to ACLP's mission.

SIGs remain the centerpiece of member engagement in the Academy and continue to grow in breadth, depth, and number as ACLP grows. Our SIGs have continued to make important contributions with articles, annual meeting submissions, online resources, collegial support, and networking. In recognition of the central role that SIGs play in the work and vitality of ACLP, be on the lookout as our new SIG listserv product rolls out. The Board hopes that this new listserv management tool will support and facilitate communication within SIGs and serve as a useful vehicle for even more exciting communication and connections.

SIGs will again be prominently featured at the Annual Meeting this year with the addition of a new SIG mentorship track designed to promote mentorship, learning, and collaboration between trainee, early career, and more senior Academy members in preparing and presenting a general session at the Annual Meeting.

You'll hear more in November, but let me also tell you about the work of two important ACLP task forces. Under the visionary leadership of immediate past president and Academy governor Jim Rundell MD, FACLP, the Academy participated in a multisubspecialty workgroup on workforce issues comprised of leaders from the C-L Psychiatry, addictions, and geriatrics subspecialty societies and American Psychiatric Association (APA) Councils pertaining to those sub-specialties. This productive collaboration, supported with infrastructure from APA, is now sunsetting after leading to the formation of two ongoing collaborations between addiction, geriatric and C-L Psychiatry: one focusing on education and the other on metrics. It is clear that there is strength in collaboration with other organizations, and this

successful endeavor proceeded with unprecedented efficiency and work product. The Academy thanks Dr. Rundell for his ongoing contributions to our future.

A second task force vital to our subspecialty is looking at benchmarking quality and productivity metrics on C-L services under the talented and thoughtful leadership of Board director Tom Heinrich MD, FACLP. The outcome of this task force's impressive work is expected to provide data to assist C-L psychiatrists and program leaders in assessing productivity requirements and revenue models for C-L services, as well as an understanding of attendant quality and outcome considerations.

Please be on the lookout soon for an important member survey that will support this work of this task force. The Academy NEEDS YOUR HELP to support this important initiative to provide data to support C-L services and programs going forward in order to achieve realistic job descriptions and requirements for C-L psychiatrists and supporting personnel to provide sustainable high-quality care to the patients we serve. Please join me in thanking Dr. Heinrich and his able and dedicated team for their tireless work on this heretofore elusive endeavor.

As the Academy grows, your Board continues to engage strategic partnerships to leverage the synergy of collaboration and to advance the subspecialty and patients we serve. You've already seen the progress made by Dr. Rundell's multispecialty task force mentioned above, for example. As such, in early June, ACLP became the first psychiatric subspecialty society Board to be hosted by APA for a meeting at APA's new headquarters at the Wharf in Washington, DC. In addition to beautiful facilities, the meeting provided critical opportunities for the ACLP Board, officers, and executive office staff to network with APA leadership and program staff focused on initiatives related to C-L Psychiatry. The Board also welcomed ACLP fellow, Jon Levenson MD, FACLP, as an ex officio member in his newly-appointed role as chair of the APA Council on C-L Psychiatry.

In addition, after a six-month process to formally audit joint membership require-

ments and complete the application process, the Board unanimously voted for ACLP to join the American Medical Association (AMA) and to begin the path towards a seat and vote in the AMA House of Delegates as part of the Section Council on Psychiatry. Beginning at the AMA Interim meeting this November, ACLP will join the Specialty and Service Society (SSS) Caucus of the AMA House of Delegates as ACLP moves towards meeting criteria for full voting membership in the House of Delegates. The timing could not be better as ACLP will be warmly welcomed by psychiatrist and ACLP member Jerry Halverson, MD, who serves as chair of the Section Council on Psychiatry and the SSS Governing Council. Joining the AMA is part of ACLP's ongoing efforts to partner with colleagues across disciplines towards achieving the best possible future for the subspecialty and those we serve.

In addition to the business agenda of the mid-year Board meeting, the Board also engaged in a strategic planning process and session led by an outside consultant, who coordinated the pre-work for the session and guided the Board in development of a strategic plan. This work will set the course for Board and Academy priorities in coming years and beyond. Please look for the August e-newsletter and stay tuned for the Annual Meeting for more details about the new strategic plan.

As you can see, ACLP has been busy over the last six months and I look forward to your learning more about the important ongoing initiatives geared towards continually increasing the value of membership and impact of ACLP for our members and subspecialty, and the patients we serve.

Finally, thank you to all of you for being such engaged and generous members and colleagues as we enter this exciting time for our subspecialty. I look forward to providing ongoing updates and to seeing each of you at the Annual Meeting in November.

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" SIGs remain the centerpiece of member engagement in the Academy and continue to grow in breadth, depth, and number as ACLP grows"  
—Dr. Brendel

## THE FUTURE OF THE SUBSPECIALTY

**Meeting Update from ACLP president Rebecca Weintraub Brendel, MD, JD, FACLP, and CLP 2019 program chair Madeleine Becker, MD, FACLP**

### Register for CLP 2019 NOW!

Registration is open for this year's ACLP meeting. CLP 2019, *The Future of the Subspecialty*, is on Wednesday, November 13, through Saturday, November 16, in San Diego.

Register for the meeting at:  
[tinyurl.com/CLP2019-Home](http://tinyurl.com/CLP2019-Home)

You can also reserve your hotel room NOW at the conference venue, Sheraton San Diego Hotel & Marina—within easy reach of San Diego airport and with water views at almost every turn.

Make sure you also get your room in our block booking at the conference venue itself by visiting: [tinyurl.com/CLP19hotel](http://tinyurl.com/CLP19hotel). The hotel is already more than 65% full.

### Come Early, Stay Late

Be sure to keep the new meeting schedule in mind as you plan your travel! Come early to join us on Wednesday morning, November 13, and take advantage of the FREE half-day *Updates in C-L Psychiatry* course for members who register for the annual meeting. Wednesday afternoon sessions will host a variety of interesting, relevant and cutting-edge Skills courses. Plan to stay until the end of the meeting on Saturday, November 16. This will be an especially exciting day with a formal closing session hosted by our special guest:



Carol Bernstein, MD

Carol Bernstein, MD, past president of the American Psychiatric Association (APA) and professor of psychology at Albert Einstein College of Medicine, will interview and moderate a panel of past Academy presi-

dents in a presentation on *The Past, Present, and Future of C-L*.



Michael Sharpe, MD,  
FACLP

The Saturday program will culminate with the passing of the gavel to our incoming president, Michael Sharpe, MD, FACLP, followed by a closing luncheon reception celebration for attendees to eat, drink, relax, and socialize.

### Plan How You Will Enjoy Your Time in San Diego

San Diego is known for its beaches, parks, and near perfect weather. The half-day group activity this year will be a chartered trolley tour with Old Town Trolley Tours to some of the highlights of San Diego and Coronado. The half-day tour will start in the afternoon to enable both meeting attendees and their guests to come along.



Other leisure attractions that you and your guests can look forward to include:

**USS Midway Museum** Take a trip through American naval history with admission to the USS Midway Museum in San Diego. This enormous ship, known as the longest-serving aircraft carrier of the 20th century, now offers a range of interactive exhibits, a self-guided audio tour, and numerous restored aircraft across its 4-acre (1.6-hectare) flight deck and sections below. It's an essential piece of San

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@CL\_Psychiatry

Diego's, and America's, military history. Tour cost is \$21 and is for seven hours.



**San Diego Zoo** Meet some of the world's most exotic animals with your admission ticket to the renowned San Diego Zoo, one of California's top family-friendly attractions. More than 4,000 animals representing 800 species live in this state-of-the-art zoo, including some that are rarely seen at other zoos. Admire the animals and go in-depth during daily keeper talks and guided bus tours. With mobile tickets, simply scan your phone for direct entry into the San Diego Zoo.

**San Diego Seal Tour** Take in the highlights of San Diego Bay during a 90-minute sightseeing tour by amphibious vehicle. Travel on both land and water like a 'duck tour,' starting on the streets of Seaport Village and rolling down Harbor Drive alongside San Diego Bay. Transition into the water after departing Seaport Village. Cruise past the SeaWorld and Vacation Isle, experiencing the best of maritime San Diego on this fun and informative tour.



**SeaWorld San Diego** Explore the fascinating world beneath the waves as you spend

the day with this admission to SeaWorld San Diego. Go nose-to-nose with a joyful dolphin, belly up with a gentle beluga whale, or waddle along near the sociable penguins. It's a park that's both fun and educational, making every encounter a new journey of discovery. Choose to upgrade your ticket with access to Aquatica San Diego, SeaWorld's new waterpark, or an all-day dining package!

**La Jolla** From the crashing waves to the award-winning culinary creations, La Jolla seaside village sparkles with sights and attractions in a picturesque village where everything is immersed in a casual, relaxed luxury. Strolling through the village on "date night," or vacationing in one of the village's signature hotels, guarantees luxury and leisure with seaside serenity. Only minutes from downtown, La Jolla promises a sun-kissed Southern California experience like no other.

**Balboa Park** Balboa Park is a 1,200-acre urban cultural park. In addition to open space areas, natural vegetation zones, green belts, gardens, and walking paths, it contains museums, several theatres, and San Diego Zoo.



**Gaslamp Quarter** The Gaslamp Quarter is a lively downtown neighborhood known for its nightlife. Clubs, dive bars, and cocktail lounges draw a young crowd, while the Spreckels and Balboa theatres have diverse programs of music, comedy, and drama. There is a mix of chain and independent restaurants in the area, with many global options. Horton Plaza Park has grassy lawns, ice cream and coffee vendors, and an interactive fountain.

## Eminent Speakers at Plenary Sessions

The plenary sessions at CLP 2019 will focus on the meeting theme, *The Future of the Subspecialty*, bringing together leaders in psychiatry to predict and explore what the future holds for C-L psychiatry.



We will hear from the president of the American Medical Association, psychiatrist and public health leader **Patrice Harris MD, MA**, about the current importance and future aspirations of psychiatry in the house of medicine.



**Edward Hundert MA, MD**, a leader in higher education for more than two decades, and dean for medical education at Harvard Medical School, will engage the question of how medical schools will change to train the psychiatrist of the future.



**Richard Summers, MD**, senior residency advisor and clinical professor of psychiatry at the Perelman School of Medicine, University of Pennsylvania, APA trustee at large, and chair of the APA Committee on Psychiatrist Wellbeing and Burnout, will give a presentation on *Psychiatrist Wellbeing and Burnout: The State of the Profession and Paths to the Future*.

"The meeting theme, *The Future of the Subspecialty*, brings together leaders in psychiatry to predict and explore what the future holds for C-L Psychiatry"

—Dr. Becker



**Darshan Mehta, MD, MPH**, medical director of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, will present on *The Future of Integrative /Mind-body Medicine*.



**Wade Berrettini, MD**, the Karl E. Rickels Professor of Psychiatry and director of the Center for Neurobiology and Behavior—interdisciplinary scientists studying genetic and biologic influences on brain disorders—at the University of Pennsylvania Perelman School of Medicine, will present on *What the C-L Psychiatrist Should Know About Genetics*.

### President's Symposia

President's Symposia featuring prestigious leaders in our field will run throughout the program and focus on important, current, and future issues in C-L psychiatry. They include:

- Cardiology: Peter Shapiro, MD, and Jeff Huffman, MD
- Delirium: Theodore Stern, MD, and José Maldonado, MD
- Integrative Medicine: Philip Muskin, MD, and Darshan Mehta, MD
- Women's Mental Health: Nancy Byatt, MD
- Oncology: Donna Greenberg, MD, and Donald Rosenstein, MD
- Transplant Psychiatry: Catherine Crone, MD, and Andrea DiMartini, MD
- Wellness: Linda Worley, MD, and J. Michael Bostwick, MD
- Corticosteroids on the Brain: Sherwood Brown, MD, and Keith Sudheimer, MD
- Research and the Future: Jo Ellen Wilson, MD

- #MeToo and Psychiatry: Michelle Riba, MD, and Nehama Dresner, MD.

### FREE *Updates in C-L Psychiatry Course*

Arrive for the meeting on Wednesday, November 13, and join your colleagues at the FREE half-day *Updates in C-L Psychiatry* course for Academy members registered for the meeting:

### Delirium: Pathophysiology, Diagnosis & Management of Acute Brain Failure



**José Maldonado, MD, FACLP**, FACC, will review recent literature on delirium and address the epidemiology, etiological factors, presentation, and characteristics of delirium, while emphasizing the latest behavioral and pharmacological interventions associated with successful prevention and treatment.

### Updates in Transplant Psychiatry



**Paula Zimbresan, MD, FACLP, FAPA**, will review psychiatric issues in transplant recipients and organ donors. She will discuss the role psychiatrists play in the evaluation and care of patients undergoing transplantation and the impact of psychiatric disorders on transplant outcomes.

### Updates in Cardiac Psychiatry



**Christopher Celano, MD, FACLP**, will review the links between psychiatric illness and cardiovascular health, the evidence base for the treatment of psychiatric disorders in patients

with cardiac disease, and the mitigation of side-effects posed by psychiatric medications in this population.

### Updates in Women's Mental Health



**Christina Wichman, DO, FACLP**, will review updated screening recommendations for women during the perinatal period, and use of psychopharmacology in pregnancy and lactation.

She will discuss the ever-increasing literature on the safety of psychiatric medications, with attention to recent additions including brexanolone.

### Updates on Ethics and End-of-Life



**James Bourgeois, OD, MD, FACLP**, will discuss ethics of end-of-life care and protocols developed at a major teaching hospital in California; also requirements of the physician-assisted death law recently passed in that state.

### Sola Dosis Facit Venenum: Ketamine and Beyond



**JJ Rasimas, MD, PhD, FACLP**, will review relevant mechanisms of action of ketamine, MDMA, and other synthetic drugs with therapeutic, toxic, and addictive potential. His discussion will focus on dose potential as a way of characterizing beneficial and harmful roles of various substances used in psychiatric medicine practice.

# ACADEMY MEMBERS BRING THEIR EXPERTISE TO NEW APA RESOURCES

Several collaborations between the Academy and the American Psychiatric Association (APA) are on the brink of bringing valuable resources to the field. Academy members have been hard at work contributing to key APA documents in development.

One group of C-L psychiatrists and fellows—who are also members of the APA's Council on Consultation-Liaison Psychiatry—have contributed to a Resource Document on *Decisional Capacity Assessments in Consultation-Liaison Psychiatry*, soon to be published on the APA website.

They are ACLP members James Bourgeois, MD, OD, FACLP; Maria Tiamson-Kassab, MD, FACLP; Kathleen Sheehan, MD; Diana Robinson, MD, and Mira Zein, MD, MPH.

The aim is to provide all psychiatrists with a common framework to guide them when periodically functioning in a C-L role, and to assist them in completing decisional capacity assessments in an evidence-based, standard method.

The paper outlines a seven-step, recommended approach to decisional capacity assessments and cites recent research literature.

More details, including an interview with Dr. Bourgeois, will be in *ACLP News* once the paper is published.

Meanwhile, two ACLP members based at Massachusetts General Hospital—Kelly Irwin, MD, MPH, at the Cancer Center, and Oliver Freudenreich, MD, FACLP, at the Schizophrenia Clinical and Research Program—have taken the lead in assisting ACLP's official feedback to APA's draft *Practice Guideline for the Treatment of Patients with Schizophrenia*. Their comments were incorporated into a formal response to APA from ACLP president Rebecca Weintraub Brendel MD, JD, FACLP.

Through *ACLP News*, the Academy also invited wider comment on the guidelines from its members.

Executive director James Vrac, CAE, says:

"In general, we raised concern regarding the lack of inclusion of schizophrenia treatment in medical settings. Our reviewers also highlighted the omission of medical-psychiatric integration for individuals with schizophrenia—both in primary care and specialty settings."

Specific ACLP recommendations focused on the interface of medicine and psychiatry uniquely occupied by patients with schizophrenia. "As psychiatrists for the medically ill, we are particularly aware of the significant medical morbidity and mortality associated with schizophrenia related in particular to cardiovascular disease and malignancy," ACLP wrote in its response, quoting references. "ACLP's review of the practice guideline found no inclusion of this morbidity and mortality risk."

ACLP also suggested that the guidelines should include a specific recommendation regarding tobacco use/smoking cessation and also emphasize tobacco use assessment as a core element of the initial patient assessment. For ACLP, addressing nicotine use disorders is necessary, "especially in light of lung cancer morbidity and mortality in individuals with schizophrenia and documented evidence of the importance and effectiveness of smoking cessation treatment, including in individuals with mental illness."

The full text of ACLP's response, as well as additional recommendations regarding pharmacotherapy and psychosocial interventions, are shown in the full comments document on the ACLP website.

## ACLP PRESIDENT APPOINTED TO PRESTIGIOUS AMA COUNCIL

Emblematic of our Academy's in-house talent, ACLP president Rebecca Weintraub Brendel, MD, JD, FACLP, has been appointed to the prestigious Council on Ethical and Judicial Affairs (CEJA) at the American Medical Association (AMA).

CEJA occupies a special place in medicine,

with its opinions and policies used around the world in ethical decision-making and public policy—not least by maintaining and updating the AMA's 165-year-old *Code of Medical Ethics*.

Dr. Brendel's appointment was confirmed at a meeting of the AMA House of Delegates in Chicago by incoming AMA president Patrice Harris, MD, MA.

Dr. Brendel is director of the master's degree program at the Harvard Medical School Center for Bioethics and chair of the American Psychiatric Association Committee on Ethics.

At the same meeting, the House of Delegates approved a CEJA report on physician-assisted suicide. Psychiatrist Jeremy Lazarus, MD, a former AMA president, told *Psychiatric News*: "The council is one of the chief pillars of the AMA and has been since the organization was first formed in 1847. The development of an ethical code of conduct is one of the keys, along with education, to what makes medicine a self-regulating profession."

Dr. Brendel said in her acceptance speech: "As a delegate to this House, I have seen and experienced the ability of our great profession to overcome deep, personal, and political differences to advocate for the advancement of medicine, the well-being of our patients, and the promotion of public health more broadly."

"Our ethics are the backbone of our professional integrity, and, at this critical time of unprecedented advances and diversity in biomedicine and society, our AMA must navigate a course forward that is both faithful to the core values of medicine and inclusive of progress and possibility."

"As a member of CEJA, I promise to bring a prepared and open mind, ready to advance the work of the Council in providing thoughtful guidance to our AMA. I look forward to working with fellow CEJA members and AMA staff on important ethical issues before the field of medicine today toward an even better tomorrow."

*(continued on page 7)*

Outgoing CEJA chair, James Sabin, MD—a long-time friend and colleague of Dr. Brendel— told *Psychiatric News*: “There couldn’t be a better appointment to CEJA than Becca Brendel. Becca has deep knowledge of clinical practice, ethics, and medical law. She has an excellent understanding of how organizations work, and an exceptional ability to move between ethical deliberation and practical action. She’s a great colleague and member of a team.”

“I look forward to working with fellow CEJA members and AMA staff on important ethical issues before the field of medicine today toward an even better tomorrow”—Dr. Brendel

## EAPM 2019: INTEGRATING PSYCHOSOMATIC CARE

The 2019 meeting of EAPM (European Association of Psychosomatic Medicine) was a great success with 500 attendees. It was held in Rotterdam in the Netherlands with the title *Integrating Psychosomatic Care Across Medical Settings and Specialties*.

Fifty members of ACLP attended including Academy president Rebecca Weintraub Brendel, MD, JD, FACLP, and president-elect Michael Sharpe, MD, FACLP.

The program began with a preconference symposium jointly with ACLP about how the mind/brain interacts with the body in health and disease.

The conference proper covered many areas of C-L Psychiatry and integrated care, including med-psych units (of which there are many in the Netherlands) and services to the emergency department.

The congress dinner was memorably held on a paddle steamer with a dance band and views of both the modern city and windmills (see picture).

The 2020 meeting of EAPM will be in Vienna, Austria, June 24-27, and looks poised to be even better – for details, visit [eapm2020.com](http://eapm2020.com).



ACADEMY OF  
CONSULTATION-LIAISON  
PSYCHIATRY

## Online CME for C-L Psychiatrists: Essentials of C-L Psychiatry Parts I & II up to 8.25 CME hours available

The Academy of Consultation-Liaison Psychiatry is pleased to announce the launch of our new education program, providing CME credits for sessions recorded at CLP 2018. For more information visit the online education portal at [tinyurl.com/ACLPCME](http://tinyurl.com/ACLPCME)

# ACLP SIG Updates

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## BIOETHICS

Co-chairs: Mary Ann Cohen, MD, FACLP; and Rebecca Weintraub Brendel, MD, JD, FACLP

Rotating Trainee and Early Career Psychiatrist co-chairs: Anita Chang, DO, (trainee, 2017-2020), Monika Chaudhry, MD, (ECP, 2015-2018), Eric Rafla-Yuan, MD, (trainee, 2016-2019), and Andrew Siegel, MD, (ECP 2017-2020).

Interest in bioethical issues has markedly increased over the last year, with a current total of 367 Bioethics SIG members and high attendance at our ACLP Bioethics SIG symposia.

We will continue to work toward teaching psychiatrists and other clinicians of all specialties about Bioethics. In 2019, members are presenting at the annual meetings of the APA, ACLP and other meetings.

Bioethics SIG ECP and trainee members will be presenting a Mentoring Track Symposium on the bioethical aspects of uterine transplant at the 2019 ACLP Annual Meeting.

Bioethics SIG members are working to develop proposals for presentations on several of the many topics suggested at the last SIG meeting. These include, but are not limited to, unethical treatment of trainees, professionalism and the use of social media, ethical issues that arise with new technology and public information, and ethical issues involved with the care of people in correctional facilities.

Drs. Cohen, Aladjem, and Alfonso have proposed to the WPA Executive Council that the Bioethics SIG become a Section of the WPA. Drs. James Bourgeois, Becca Brendel, Talin Dadoyan, Cynthia Gepert, Michael Peterson, Laura Roberts, and Saba Syed have expressed their interest in participating.

We encourage early career psychiatrists and trainees to participate in developing Bioethics SIG symposia and writing articles for the ACLP C-L Psychiatry Series in *Psychiatric News*.

The link to our web page is:  
[www.clpsychiatry.org/sigs/bioethics/](http://www.clpsychiatry.org/sigs/bioethics/)

## COMMUNITY-BASED PSYCHOSOMATIC PHYSICIAN PRACTICE ISSUES

Chair: Hindi Mermelstein, MD, FACLP

While in some settings this time of year is referred to as “lazy summer,” for our SIG it is a busy time as we ramp up our work for the upcoming annual meeting.

Our abstract, *Future Models of Consultation-Liaison Psychiatry in the Community: One Size Does Not Fit All* was accepted under the mentorship track.

We hope to cull from the myriad of older and new models of care and present the experience from a variety of perspectives.

Together with audience participation and input from our members, we will continue to exchange ideas and to develop better ways to serve our patients and the practice of C-L Psychiatry.

In addition, the process of preparing the abstracts, both accepted and rejected, has created a forum for our members to become more active in the SIG.

Over the next months we plan to enhance use of the listserv, to learn more about what our members want and need, and how the SIG can be most useful and effective for ACLP members and potential members.

Finally, this is a run-up to the November annual meeting where we hope to “put a face” to the email exchanges, to further engage, and to begin planning for 2020.

## EMERGENCY PSYCHIATRY

Co-chairs: Allison Hadley, MD; and Scott Simpson, MD, MPH

The SIG is excited that the annual meeting continues to be a foremost forum for academic collaboration in emergency psychiatry.

This year's meeting will feature SIG members presenting updates on the treatment of agitation, the application of brief psychotherapy and safety planning, and the management of difficult disposition cases.

The SIG continues to produce quarterly annotations of pertinent articles of inter-

est for the ACLP website, and our members have three textbooks forthcoming in 2019—from Drs. Mary Jo Fitz-Gerald, Junji Takeshita, Rachel Glick, and Scott Simpson.

We continue to work to help trainees and early career faculty find opportunities for scholarly collaboration, employment, and leadership in ACLP. These efforts include organization to generate more peer-reviewed manuscripts and original research in the coming year.

With more than 400 members and a robust academic network, the SIG remains one of the largest, most visible professional organizations for emergency psychiatry in the US.

## HIV/AIDS PSYCHIATRY

Co-chairs: Mary Ann Cohen, MD, FACLP, and Kelly Cozza, MD, FACLP

Rotating Early Career Psychiatrist co-chairs: Kevin Donelly-Boyle, MD (2016-2019), Elise Hall, MD, (2017-2020), David Karol, MD, (2017-2020), Mallika Lavakumar, MD, (2017-2020), Luis Pereira, MD, (2017-2020).

The SIG has grown from 32 members in 2003 to 454 in June 2019!

Defined by our SIG, HIV/AIDS psychiatry is a field of C-L Psychiatry that focuses on the prevention, care, and treatment of individuals with HIV or AIDS. This includes:

- The psychiatric aspects of risk behaviors and antecedents.
- The psychiatric manifestations of HIV and its stigma.
- The psychological consequences of HIV and its multimorbidities.
- The impact on people who are infected and affected by HIV.
- The need for a collaborative biopsychosocial approach to prevention, care, and adherence.

We will continue to work toward teaching clinicians of all specialties about prevention and care of people with HIV through writing articles, books, and presentations. In 2019, members will continue to submit

presentations for the APA, EAPM, WPA, IPS, and ACLP annual meetings.

Drs. Cozza, Nash, Reza, Alhiji, Jackson, and Lavakumar are planning to design an *HIV C-L Psychiatry Toolkit* for teaching trainees and other physicians about HIV prevention and care.

Drs. Bourgeois, Cohen, Bradley, Pereira, Cournos, Cozza, and Ms. Makurumidze are developing a *Clinical Manual of HIV Psychiatry* for clinicians in all specialties.

Dr. Grimaldi (in collaboration with Dr. Cohen) will continue to select and annotate articles for the ACLP Quarterly Annotations (under Education/Careers on the website).

Our SIG web page is:  
[clpsychiatry.org/sigs/HIV/](http://clpsychiatry.org/sigs/HIV/)

We welcome new members, especially ECPs, trainees, and medical students!

## INTEGRATIVE MEDICINE (COMPLEMENTARY & ALTERNATIVE MEDICINE)

Co-chairs: Uma Naidoo, MD; and Ana Ivkovic, MD

Patients are increasingly turning to integrative approaches for their health care. Scientific studies supporting these interventions have risen in parallel.

Given the rising popular and scientific interest, C-L psychiatrists should familiarize themselves with integrative approaches that have scientific support for promoting health. It is also important for C-L psychiatrists to develop a working knowledge of potentially harmful drug interactions between herbs/supplements and conventional medications.

The SIG's mission is to bring together C-L psychiatrists and other clinicians interested in advancing clinical care, education, and research on integrative approaches to promoting health and wellness. These include:

- Mind-body medicine (e.g., mindfulness, biofeedback).
- Diet and nutrition interventions (e.g., Nutritional Psychiatry, broader dietary

patterns, macronutrients, and micro-nutrients).

- Herbs and supplements.

We are excited for this upcoming year and hope to have an even stronger integrative medicine presence at ACLP than in years past!

Updates include:

- We have a web presence: [clpsychiatry.org/sigs/integrative-medicine-sig/](http://clpsychiatry.org/sigs/integrative-medicine-sig/)
- Three members of our SIG are presenting at the President's Symposium at the annual meeting in November.
- We are working on creating a bibliography as a resource for C-L psychiatrists.

## MILITARY & VETERANS

Chair: Eric Devon, MD

The SIG is setting sights on the upcoming annual meeting, where we will continue to focus efforts on:

- Increasing membership/interest within the Academy and with consideration to how we may outreach beyond the Academy.
- Continuing to act as a basis of support and ideas-sharing among clinicians who care for this unique population in a unique health care delivery system (whether DoD or VA).
- Supporting our members who will be presenting.
- Making further efforts to collaborate with other SIGs.

Please feel free to reach out if you are interested in being a member of our SIG and check your program for our meeting time and place!

## NEUROPSYCHIATRY

Co-chairs: Durga Roy, MD; and Jennifer Erickson, DO

The SIG is excited about all the efforts that our members have made this year. We continue to meet by phone every other month to discuss progress on projects and invite

interested SIG members to attend these meetings.

- **Updates on SIG sponsored symposia:** The SIG-sponsored mentorship symposium on *Medical Personality Changes* was submitted by Mark Oldham, MD, and his group (Inder Kalra, MD, Daniel Fishman, MD, and Idris Leppla, MD) and was accepted for ACLP's annual meeting for November 2019. We look forward to this and to a potential future paper on the topic.

- **Education task subgroup:** The goal for the Neuropsychiatry SIG online site is to represent post-educational resources of neuropsychiatry topics of interest to C-L psychiatrists. We need to determine what the limitations and policies are regarding this. Furthermore, we are researching support needs to accomplish/maintain this task.

- **Updates on scholarship:** We will continue to support members as they turn their presentations or other endeavors into academic products. There are several potential opportunities for this in the near future.

- **Monthly member case reports:** The last case discussion was in February 2019. We will be reaching out to members internally to see if someone can take the lead on tracking case submissions for discussion. Several people have been asked and we anticipate a lead soon.

## PALLIATIVE MEDICINE & PSYCHO-ONCOLOGY

Chair: Jennifer Knight, MD, FACLP

It continues to be a great year for the SIG. After achieving our top priority in having our SIG-nominated speaker, Steve Cole, MD, (UCLA), headline the opening plenary session at the ACLP 2018 meeting in Orlando, we have successfully continued forward with ongoing listserv dialogue and an array of SIG-sponsored and cancer-focused abstracts and symposia accepted for the 2019 ACLP meeting in San Diego.

*(SIG Updates continue on page 10)*

## SIG Updates (cont'd from p. 9)

Symposia topics include psychiatric issues involving the special populations of hematopoietic cell transplantation and chimeric antigen receptor T cell therapy, among other exciting subjects.

Listserv activity has discussed billing and compensation issues as well as the timely dilemma of opioid prescribing and pain management in the C-L oncology setting.

We continue to make progress in developing a website, led by Alan Chu, MD, which will serve as an article bibliography and repository for other specialty-specific information for use by ACLP members, with article collection spearheaded by Eleanor Anderson, MD.

In meeting with our stated objectives, members of our SIG also submitted C-L-focused symposia to the International Psycho-Oncology Society for presentation at its annual meeting, held this year in Banff, Canada.

A long-term goal continues to be publication of a published collaborative position statement to guide the future of our subspecialty.

Our current chair is Jennifer Knight, the Medical College of Wisconsin and specialist in Psycho-Oncology. If anyone is interested in serving as a Palliative Care-oriented co-chair, please reach out to Jennifer.

## QUALITY & SAFETY

Chair: David Kroll, MD

Earlier this year, SIG members teamed up with the Fellowship Education Subcommittee on a project to provide more widespread mentorship to C-L psychiatry trainees on their quality improvement projects.

We're excited to roll out our first iteration of this project in the summer and fall, which we will be presenting at CLP 2019 and, if all goes well, we hope to expand this new QI training model for 2020.

Meanwhile, we have increasingly heard that collaborating with other SIGs and committees on the quality and business aspects of their projects may be an especially high-yield way for our SIG to make an impact, and so our members are happy to consult with other groups who are looking for that kind of expertise.

The SIG also sponsored two abstracts to the 2019 meeting, and we look forward to growing in 2020.

## RESEARCH

Chair: Jane Walker, MBChB, MSc, PhD, MRCPsych

We are looking forward to seeing each other, and welcoming new members to the SIG, at the annual meeting in San Diego.

SIG members have been involved in this year's program planning, as members of program subcommittees, and we will continue to work with Dr. Becker and Dr. Brendel over the coming months to make this a great meeting.

## WOMEN'S HEALTH

Co-chairs: Nancy Byatt, DO, MBA, FACLP; and Priya Gopalan, MD

The SIG, with its many enthusiastic members, continues to promote collaborative projects across the country.

We remain very active, with two papers underway with collaboration from multiple SIG members and contributions to the ACLP Quarterly Annotations.

Members will have a prominent presence at the November ACLP meeting in San Diego. Four SIG-sponsored submissions were accepted, including one preconference course, one early career track session, and two general sessions. SIG-related submissions were accepted as posters and oral papers yet again.

Our website continues to provide a forum to recognize accolades earned by SIG members, to list SIG-related talks at the annual meeting, and to provide reliable resources pertaining to women's health for the ACLP community at large. The SIG also has an established listserv through ACLP for improved communication.

We will continue to provide opportunities to network and collaborate on projects. Please be in touch if you wish to be included in our listserv, and as always, with feedback, comments, or questions.

## Sign Up to a SIG

*...and make the most of your ACLP membership*

Membership counts for the SIGs are on the up as more and more members get value from the information and debate engendered on their specialty subjects.

But you don't have to be a specialist to join a SIG—you might just wish to develop your interest in a chosen area—and there's no limit to the number of SIGs you can join.

Now is a good time to get your name on the list so you can meet fellow SIG members cordially over SIG lunches at the annual meeting in San Diego in November.

You can join any of the groups by editing your membership profile via the website.

## ACLP SIG Member Counts

Bioethics	367
Cardiovascular Psychiatry	253
Community-Based Psychosomatic	
Physician Practice Issues	223
Early Career Psychiatrists	484
Emergency Psychiatry	436
Global & Cultural	240
HIV/AIDS Psychiatry	454
Integrative Medicine (Complementary & Alt. Medicine)	123
Medicine & Psychiatry	661
Military & Veterans	92
Neuropsychiatry	542
Palliative Medicine & Psycho-oncology	412
Pediatric C-L Psychiatry	182
Psychological Considerations	256
Quality & Safety	80
Research	237
Telepsychiatry	343
Transplant Psychiatry	366
Women's Health	373

# ACLP Committee Updates

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## ANNUAL MEETING COMMITTEE

### Oral Papers & Posters

Co-chairs: Janna Gordon-Elliott, MD, FACLP; and Dahlia Saad-Pendergrass, MD

Our team was excited to review a great group of submissions for oral papers and posters for CLP 2019. This year, we saw a significant increase in the number of poster submissions compared to past years, with abstracts covering a range of interesting topics relevant to our C-L Psychiatry community.

We look forward to seeing the final oral paper and posters when they are presented at CLP 2019, where we will award our annual best poster prizes to the top trainee, non-trainee, and case report posters.

This year, our group has also been collaborating with the Education Committee to develop an educational mentorship program for trainees who have submitted poster abstracts. We are in the process of kicking off this program this summer, and are eager to provide a meaningful experience for the selected trainee mentees, as well as to use this year as an opportunity to better assess the specific needs of our trainees and mentors, so we can further develop this program to fit—and benefit—our ACLP community.

- More details about the annual meeting, including a report from the Local Arrangements Subcommittee, are on pages 3-5.

## EDUCATION COMMITTEE

Chair: Paul Desan, MD, PhD, FACLP; vice-chair: Madeleine Becker, MD, FACLP

The Education Committee works to facilitate education in our subspecialty at all levels. We are starting a monthly webinar to keep members updated about the latest developments in our field. Webinars will be held at 12:30pm on the second Wednesday of each month and will be 30 minutes in duration.

The first speaker will be Brian Fallon, MD, who will speak on *Neuropsychiatric Complications of Lyme Disease* on August 14, 2019; the second speaker, Jennifer Knight, MD, FACLP, will speak on new results in psychoimmunological mechanisms linking psychosocial factors and hematopoietic stem

cell transplant outcomes on September 11, 2019. Sessions will include an opportunity for questions and discussion online. Please do log in and join us!

The Education Committee includes six subcommittees dedicated to advancing education in our field. Our subcommittees are pursuing many projects aimed at aiding education in our subspecialty and encouraging recruitment into our field. We will highlight only a few here. Projects which may be relevant to the general ACLP membership include:

### Fellowship Education

Chairs: Lisa J. Rosenthal, MD, FACLP; vice-chairs: Sejal Shah, MD, FACLP, Mark Bradley, MD, FACLP

The subcommittee is collaborating with the Residency Education Subcommittee and the Program Committee to provide resources for trainees whose abstract submissions are not accepted for the annual meeting. Such trainees may be discouraged from attending the meeting or pursuing C-L training, so this year a special forum will be offered to allow all residents to present and receive coaching.

In collaboration with the Quality & Safety SIG, the subcommittee is implementing a pilot trial of a standardized C-L Psychiatry quality measure at four sites in the next academic year, with the hope of offering a national quality project with online resources next year.

The subcommittee is in the process of publishing surveys of psychiatry residents and fellows regarding the decision to pursue C-L fellowship training. Opportunity for academic and educational roles, medical student and residency experiences and role models, and outpatient medical specialty clinic practice emerged as major encouraging factors, and financial concerns and availability of employment without specialty training were the major discouraging factors.

### Interdisciplinary Education

Chair: Anna Ratzliff, MD, PhD; vice-chair: Liliya Gershengoren, MPH, MD

The subcommittee seeks to define the current and prospective role of the C-L psychiatrist in interdisciplinary education. Such teams may now include nurse practitioners, physician assistants, social workers, care managers, or psychologists, each with a specialized skill set and expertise.

The subcommittee has recently prepared and posted on the ACLP website new integrated care resources: these include a guide to interdisciplinary team roles, and annotated bibliographies regarding inpatient and outpatient collaborative care.

The subcommittee welcomes any additional resources: please contact Dr. Ratzliff.

### Maintenance of Certification

Chair: James Kimball, MD, FACLP; vice-chair: Dwayne Heitmiller, MD, FACLP

The subcommittee is preparing the Self-Assessment Questionnaire for the upcoming annual meeting. This exercise provides you with eight hours of self-assessment credit, your annual requirement. The questions have always been stimulating and thought-provoking, and represent an excellent benefit for Academy members.

### Medical Student Education

Chair: Fremonta Meyer, MD, FACLP; vice-chair: David Kasick, MD

The subcommittee has developed a multiple-choice question bank website, **psy-q.com**. This site is now available for use at the medical student, resident, and fellow level. The goal is to provide a community-sourced educational resource: visitors to the site can contribute questions.

The subcommittee has published a survey supporting the use of the inpatient psychiatric consultation service as an effective venue for medical student education: if you are at a medical school, please do encourage the use of such rotations for medical students

(Committee Updates continue on page 12)

## Online Education

Chair: Mary Jo Fitz-Gerald, MD, FACLP; vice-chair: Seth Powsner, MD, FACLP

The subcommittee has just made available online 8.25 hours of Continuing Medical Education (CME) credit for the *Essentials* course I + II from the 2018 Annual Meeting. CME credit is \$150 (there is an additional \$25 discount for members). If you already have access to the content from attending the events, there is a further discount for CME. See the link on the ACLP website.

## Residency Education

Chair: Carrie Ernst, MD; Vice-chair: Scott Beach, MD, FACLP

The subcommittee has revised and expanded a collection of 19 presentations for use in resident education. PowerPoint slides cover an extensive curriculum in C-L Psychiatry and are available on the ACLP website. Although written at a psychiatry resident level, these presentations would also be useful for the education of medical students, fellows, and practitioners from allied disciplines.

The subcommittee runs a program to provide mentorship for psychiatry residents. Please make known to all residents that the Academy can provide an expert mentor in our subspecialty: residents can find information on the Academy website.

The subcommittee will also be presenting a workshop, *Optimizing Fit for Residents on C-L: How to Tailor a Rotation to a Particular Training Year*, at the upcoming annual meeting.

## RESEARCH & EVIDENCE-BASED PRACTICE COMMITTEE

Chair: E. Sherwood Brown, MD, PhD, FACLP

The Research and Evidenced-Based Practice Committee and its subcommittees have been very busy with the award selection process. The committee received applications from a large and outstanding pool of nominees this year. The quality and quantity of nominees highlights the growth in research and other scholarly activities within ACLP. Review of the always-excellent Webb Fellowship applications will be next.

In addition, the subcommittees and special

interest group (SIG) have submitted proposals related to research for the upcoming annual meeting.

We are also working to increase the number of, and presence of, researchers within ACLP and at the annual meetings.

Psychiatric illnesses in people with medical illnesses is an active research topic. We want to bring the people doing this work into the ACLP meeting through the Research Professor Award and other programs.

ACLP has much to offer researchers. Inclusion of outstanding research and information on evidenced-based practice at the annual meeting is the committee's goal. We also anticipate some interesting invited lectures at the annual meeting by researchers this year who are not ACLP members.

## Guidelines and Evidence-Based Medicine

The Guidelines & Evidenced-Based Medicine subcommittee continues to provide excellent summaries of important recent papers relevant to C-L Psychiatry through the Quarterly Annotations section on the ACLP website.

# CONSULTATION-LIAISON PSYCHIATRY 2019

*The future of the subspecialty*

## SCHEDULE:

**Wed Nov 13:** preconference program; Updates in C-L Psychiatry (*free to members registered for the full conference*)

**Thu Nov 14 - Sat Nov 16:** annual meeting

**Sat Nov 16:** closing lunch; meeting adjourns 2:00pm

## REGISTRATION

Registration open now: [tinyurl.com/CLP2019-Home](http://tinyurl.com/CLP2019-Home)  
Details: [clpsychiatry.org/clp2019](http://clpsychiatry.org/clp2019)

## LOCATION

Sheraton San Diego Hotel & Marina,  
San Diego, California

Reservations: [tinyurl.com/CLP19hotel](http://tinyurl.com/CLP19hotel)

**San Diego, California**  
**Nov 13-16, 2019**

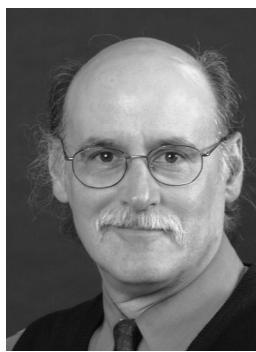
**The Annual Meeting of the Academy of Consultation-Liaison Psychiatry**



ACADEMY OF  
CONSULTATION-LIAISON  
PSYCHIATRY

# 'PUBLICATION OF OUR JOURNAL IS A TEAM SPORT'

— *Ted Stern, MD, FACLP, editor-in-chief,  
Psychosomatics*



*Ted Stern, MD, FACLP*

Now in its 60th year, *Psychosomatics: The Journal of Consultation-Liaison Psychiatry* is the official journal of the ACLP. Our goal is to further the mission of the Academy (i.e., to advance medical science, to offer education, to facilitate health care for persons with co-morbid medical and psychiatric problems, and to encourage national and international leadership related to reaching those goals).

None of this would be possible without the yeoman's efforts of our associate editors (Jason Caplan, Oliver Freudenreich, and Maryland Pao) and the scores of reviewers who provide thoughtful and timely comments to our editorial staff and to the authors of submitted manuscripts.

Their efforts go a long way towards enhancing the quality of our published manuscripts and making our journal a valuable resource for ACLP members and for other readers of *Psychosomatics*.

Among our reviewers, I give a special "shout out" to Jason Caplan, Maryland Pao, Oliver Freudenreich, Paul Desan, Josh Straus, David Mischoulon, Madeleine Becker, Tom McCoy, Mark Ketterer, Bill Breitbart, Steve Nicolson, John Taylor, George Tesar, and Nick Kontos. Know that I deeply appreciate their efforts. Their efforts

have contributed mightily to the amazing time from submission to a decision about publication... only seven days!

We continue to publish review articles, original research reports, perspectives, case reports (many with embedded reviews of the literature), and letters to the editor; most incorporate a clinical focus and facilitate our understanding of the pathophysiology, epidemiology, differential diagnosis, evaluation, and treatment of the conditions described.

Upcoming articles that merit your attention include:

- Brahmbhat et al's perspective on suicide risk screening in pediatric hospitals.
- Pawar et al's case report on toxicities of CAR T-cell therapy and the role of the C-L psychiatrist.
- Soreca et al's original research article on the intersection of sleep apnea and severe mental illness in veterans.
- Eipper-Mains et al's case report on life-threatening mistrust.
- Nisavic et al's original research article on the use of phenobarbital in alcohol withdrawal.
- Cohen et al's case report on ventilator-dependent patients successfully weaned with CBT.
- Kohrman et al's case report on self-inflicted limb amputation.
- Thom et al's perspective on challenges in the medical care of patients with autism spectrum disorder.

Publication of our journal is a team sport; keep up the good work. Many thanks to all.

## THANK YOU! - TO THE STALWART OF STYLE



Grace Bachmann—one of ACLP's longest-serving staff members—is stepping down as the Academy's webmaster and occasional graphic designer because of deteriorating health.

Grace has worked tirelessly from her home in Chicago for the past 25 years, developing the Academy's online presence from its first infant website through to today's latest iteration, often working at all hours under demanding time schedules, and fulfilling production on our monthly e-newsletters and printed issues.

The executive office staff fondly joke that Grace "lovingly hand-crafted" the Academy's original website but this was not far from the truth—Grace coded and maintained the Academy's website for years

pretty much on her own. That takes some serious skill.

She has been a stalwart of style—keeping us all on track to ensure our communications are consistently presented—and persistently appealing for changes that conform with grammatical correctness and current norms.

Sadly, and reluctantly, Grace has had to relinquish this backroom role which she continued with zest and determination, probably too far into the illness that has caused her to resign.

May we thank you, Grace, for all you have done for the Academy over so many years.

**Your friends and colleagues at ACLP**

# 'Clinical Pearls'

## NOW AVAILABLE IN THE ACADEMY'S ONLINE LIBRARY

The latest four 'clinical pearls'—where ACLP members talk to camera about their specialist interest—are now online. More will be recorded at CLP 2019.

They will add to the growing reference library of knowledge and experience in specialty clinical areas provided by members and relevant to all C-L psychiatrists.

If you haven't watched these latest talking-head videos, don't miss:

### CRISIS/SUICIDE SAFETY PLANNING FOR SUICIDAL PATIENTS



Scott Simpson,  
MD, MPH, Denver  
Health Medical  
Center, Denver

Dr. Simpson says discussing a suicide safety plan is "a very powerful way to spend just a few minutes with your patient."

Its three main elements are:

- Identifying a patient's triggers.
- Identifying coping skills which the patient can use when those triggers occur.
- Identifying any caring contacts the patient may have who can help the patient use the crisis plan.

Dr. Simpson also identifies "red flags" which he defines as events patients customarily encounter that are concurrent with suicidal ideation, such as social withdrawal.

"This intervention, from start to finish, doesn't take more than a few minutes," he says, "and so timing is not a good reason not to do it, especially when you consider that this is a very effective way for improving patient outcomes, including from the point of view of reducing hospitalisation, and reducing suicide attempts many

months after you see a patient."

- There was still more on this subject from Dr. Simpson in the July issue of *ACLP News*, available under Member Resources on the website.

### IDENTIFYING AND UNDERSTANDING MALINGERING IN PATIENTS



Mary Jo Fitz-Gerald, MD, MBA, DLFAPA, FACLP, LSUHSCS School of Medicine, Shreveport

Dr. Fitz-Gerald says that, in identifying patients who may

be malingering, on the psychiatric continuum we're looking at somatic symptoms disorders, versus factitious disorders, versus malingering. What is motivating the patient distinguishes between the three.

Malingering, or outright deception, can occur related to disability claims and personal injury cases; or, in an emergency department especially, the patient may not be able to afford food and lodgings for the night. That is, "there is some obvious secondary gain." Or, we may know the patient well, and may suspect that the patient's presentation as suicidal does not match with their complaints.

So, how do you deal with it? First, says Dr. Fitz-Gerald: "You have to have a high index of suspicion." Secondly, you may want to obtain collateral, such as by accessing the patient's health records electronically, if available, from across the country.

But, even if your suspicions are aroused, "that in itself doesn't mean [the patient's] current complaints aren't valid" and you still need to do a full risk assessment—and also take account of your own feelings at the time. She advises: "Take everything as serious when you are considering suicidality."

### THE AGITATED TRAUMATIC BRAIN INJURY PATIENT



R. Brett Lloyd, MD,  
Northwestern Uni-  
versity, Chicago

Dr. Lloyd addresses four ways to approach treatment for patients with brain injury who are agitated:

- What are the target symptoms and how do we measure the level of agitation?
- What are the differential diagnoses beyond the brain injury itself?
- What are the non-pharmacological measurement interventions we can employ—the mainstay treatment for these patients?
- What medication should be considered to address underlying pathology, while balancing the risk of non-intervention with potential risks from side-effects?

Moreover, treatment strategies need to be under regular review, he says. "In brain injury things are evolving week to week as the patient's brain is trying to heal, and while it [one treatment] may be essential one week, it should always be reconsidered whether it is still necessary."

Dr. Lloyd starts his vignette by exploring the causes of brain injury and the neurological effects of brain injury—and how these can impact treatment. "One of the difficulties when we start to think about treating agitation is the fact that neurotransmitters are depleted and a lot of the medications we use as psychiatrists require some degree of integral transmitter systems." In addition, secondary causes of injury, such as hydrocephalus or systemic infectious processes, impact how the brain is able to function and recover.

Agitation—anything from restlessness, to emotional inability or inattention, to violence—complicates treatment, through longer hospitalisations and rehabilitation; less likelihood that the patient will transition

back home after a hospital stay; patients being correlated with lower cognitive scores; and patients, family members or staff being put at risk.

## SCHIZOPHRENIA AND CARDIOVASCULAR DISEASE



Lisa Rosenthal, MD, FACLP, North-western University, Chicago

Dr. Rosenthal says that C-L psychiatrists can “make a great impact” by ensuring patients

with schizophrenia are offered the same treatments and standards of care as their peers.

Evidence shows patients with schizophrenia are offered the same treatments and standards of care only about 50% of the time.

Such intervention by C-L psychiatrists will help to offset the elevated risk of death and shorter life expectancy of patients with schizophrenia.

“How do people with schizophrenia die?” she asks. “For the most part, the same as everyone else, especially in higher-income countries”—cardiovascular disease. About 30-40% of the elevated risk is down to suicide and injuries from accidents; but 60-70% is due to medical illnesses, the vast majority of which are cardiovascular diseases. These patients are also 10 times more likely to die of respiratory illnesses than their peers without schizophrenia.

So why aren’t patients with schizophrenia offered standard treatments and standard quality of care? Using a case study at her own institution, Dr. Rosenthal describes how some clinicians assume people with schizophrenia will not adhere to treatment plans.

“We don’t have quality evidence that sup-

ports that assumption,” she says.

Such evidence may exist for patients with, for example, severe depression, but two robust studies show that people with schizophrenia may adhere to treatments even better than their peers who do not have schizophrenia.

“We need to advocate for the holistic treatment of patients with psychotic disorders,” says Dr. Rosenthal. “This includes...standardised medical care.”

Many of our patients, she says, have fascinating biopsychosocial complexities—and, when caring for patients with so many complicated needs, we should remember principles of medical care: we need to pay attention to their morbidity and mortality.

At present, however, schizophrenia decreases longevity by 20 years.

The latest “pearls” are here:  
[www.clpsychiatry.org/member-resources/video-vignettes/](http://www.clpsychiatry.org/member-resources/video-vignettes/)

## MORE FROM THE ONLINE LIBRARY ALSO IN THE ONLINE LIBRARY ARE:

### Use of measurement-based care to improve outcomes in depression treatment

Lydia Chwastiak, MD, MPH, FACLP

### Critical illness and intensive care related psychiatric problems

Joseph Bienvenue, MD, PhD

### HIV Psychiatry

Mary Ann Cohen, MD, FACLP

### Evaluation of addictive disorders in liver transplant candidates

Paula Zimbrean, MD, FACLP

### Consulting on psychiatric care for residents

Paul Desan, MD, PhD, FACLP

### Decision-making regarding psychiatric medication for pregnant patients

Nancy Byatt, DO, MBA, FACLP

### Catatonia mimics

Davin Quinn, MD

### Tamoxifen and considerations for C-L psychiatrists

Fremonta Meyer, MD, FACLP

### Taking a sexual history and why it is important

Tom Wise, MD, FACLP

### Suicide and suicidality in C-L Psychiatry

J. Michael Bostwick, MD, FACLP

### Capacity Determination Basics

Rebecca Brendel, MD, JD, FACLP

### QTc Prolongation & Psychiatric Meds

Scott Beach, MD, FACLP

### Synthetic Stimulant Induced Delirium

JJ Rasimas, MD, PhD, FACLP

### Perinatal Psychiatry

Christina Wichman, DO, FACLP

## Academy of Consultation-Liaison Psychiatry

5272 River Road, Suite 500

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### FUTURE ACADEMY ANNUAL MEETINGS

**November 11–14, 2020**

Arizona Grand Resort & Spa  
Phoenix, AZ

**November 10–13, 2021**

Hyatt Regency Miami  
Miami, FL

**November 9–12, 2022**

Hilton Atlanta  
Atlanta, GA

**November 8–11, 2023**

JW Marriott Austin  
Austin, TX

NOVEMBER 13-16, 2019 — CLP 2019  
SHERATON SAN DIEGO HOTEL & MARINA • SAN DIEGO, CALIFORNIA  
“THE FUTURE OF THE SUBSPECIALTY”

### LAST WORD: *From executive director James Vrac, CAE*



Just a few weeks ago the Academy Board met in DC (a big thanks to our hosts, the APA), to debate and craft a new strategy plan for the next five years. It was not an easy session and the final document that it birthed was hard won. More on that later.

The last strategy plan was written in 2015 and was considered spent. That's not some idle boast, but rather a factual outcome from the sheer hard work your elected officials and 200+ committee volunteers invested to make it happen.

As paid staff, it's my job to think about ACLP all day long and log the hours that help achieve our progress. But your volunteers are paid nothing, and all their time is entirely donated. Your Board members gave up three full days of their busy professional lives to travel to DC and slog through two days of sometime mind-numbing data and discussion to try to forecast the Academy's future.

This was no small task. But it got done. We owe them a considerable debt of thanks. I never cease to marvel at the level of dedication and passion your Board members and committee volunteers give to this organization. It gives me inspiration day-in, day-out.

This enormous investment of time has generated something both positive and far-reaching.

To my mind, the new strategy plan is a new framework for the Academy's future, capable of steering the organization for three, five, perhaps more years. It contains the seed of something special, something that will capitalize on what we know is the Academy's still-hidden full potential.

The Board will be sharing this new strategic plan with the membership in coming months and at the annual meeting.

I know, this all sounds very grandiose for something you've yet to read yourself, but it speaks to what is energising me at the moment. And I believe that, in due course, you will feel it, too, as the Board begin the difficult and demanding task of turning the broad statements of the plan into reality. There is hard work ahead.

Fitting then that our annual call for committee volunteers is now underway (the application deadline is August 12). Join us — I promise we will keep you busy.



ACADEMY OF  
CONSULTATION-LIAISON  
PSYCHIATRY

Summer 2019  
NEWSLETTER

ACLP — Psychiatrists Providing Collaborative Care Bridging Physical and Mental Health