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Update to Part 1; Good Conferences Gone Virtual

Following are highlights of notes taken at the 3 conferences mentioned in the APS Summer Newsletter. As it is a total of 7 days of conference time, content is abbreviated;

Psychopharmacology 2020—Massachusetts General Hospital Psychiatry Academy; October 23rd-25th

Bipolar Depression

Lumatoperone (Caplyta) was showing preliminary evidence in effectiveness
The use of an antidepressant without Mood Stabilizer or Atypical protection is continuing to increase over the past 20-plus years

Bipolar Long-Term Management

2018 CANMAT long-term guidelines; Lithium is the gold standard for maintenance treatment
In Press; Newer Antidepressants appear to have similar risks in switching as older ADs

Treatment Resistant Depression

Modafanil has better evidence than stimulants
IV Ketamine; a multi-center study suggested that 0.5 mg/kg was the optimum dose

PTSD

ISTSS (International Society for Traumatic Stress Studies) 2018 Guidelines;
FXT, PXT, SRT & VFX have a “low effect”
Stronger recommendations are for psychotherapies

Anxiety Disorders and Treatments

An analysis published in the NEJM debunked the British Journal of Psychiatry study indicating that Benzodiazepine use can lead to dementia; the association was with mood disorders

Course of Treatment of Mood & Anxiety Disorders During Pregnancy

In 2020, the Mass General National Pregnancy Registry launched a study involving the use of Atypicals in the treatment of Bipolar Disorder with 2,000 subjects enrolled; no increase in teratogenicity has been detected so far

Postpartum Mood & Anxiety Disorders

Zulresso (Brexanolone), FDA approved in 2019 for Postpartum Depression is not accessible in the community due to implementation challenges such as cost of the drug, and an in-hospital stay of 4 days

Psychedelic Medicine

Psilocybin research has been slowed down by COVID-19 as it currently involves the presence of two therapists for assistance in experience integration

First-episode Psychosis & Schizophrenia

Experts in Schizophrenia are moving towards a staging model, as used in other medical specialties; current recommendations;

First-episode psychosis; offer Long Acting injectables

Consider Clozapine if no symptom remission in 3 to 6 months

Ketamine & Esketamine: From Research to Clinical Practice

Oral and Transdermal preparations in development
In Massachusetts, BlueCrossBlueShield had agreed to reimburse for IV Ketamine

Depression During the Menopausal Transition; New Insights

Oral Contraceptives; Yaz or Yazmin (Drospirenone); continuous dosing; avoid triphasic
Shows effect in depressive symptoms
Need to skip placebo 1-2 times per year to avoid endometrial hyperplasia
13 RTC's of Yoga showed benefit; no harm

Stimulation and Surgical Approaches to Psychiatric Illness

Vagus Nerve Stimulation: CMS is funding a placebo controlled trial; if positive CMS will approve
TMS: Clinical trials in process for a Bipolar Indication
t-DCS: still considered Experimental by the FDA, but studies pending FDA review

New Treatments for Schizophrenia

Lundbeck AF35700; attempted to mimic Clozapine, and was fast tracked; failed
Pimavanserin was in Phase III trials targeting negative symptoms with 1 positive trial
DAOIs; D-amino acid oxidase inhibitors; 2 initial positive trials
GLYT-1; Glycine Transporter-1; 1 positive initial trial for Cognitive Impairment
TAAR-1; Trace amine-associated receptor 1; a novel MOA as it is non-D-2 receptor binding
In 2020, Phase II trial was encouraging

New Treatments for Mood Disorders

R-Ketamine; Phase I trial was underway in China
AMPA receptor modulators; "did not live up to promise"
Glutamate pro-drugs; "Ketamine without the psychosis"; MDD studies planned
Purine Antagonists; targets microglial cells to mediate Glutamate release;
Phase II trial was ongoing with results expected 12/ 2021
Ansofazine; a "triple reuptake inhibitor" (serotonin/norepinephrine/dopamine)
A prodrug of Venlafaxine; no decision by FDA as of yet
Opioids & Monoamines; mu/kappa/delta/ORL-1 (opioid receptor like-1)
CERC-501; a kappa-ORL-1 antagonist trial was completed 2020; data pending
Neurosteroids
PH-10; inhaled compound; an n=30 showed positive response the HAM-D by week 1
PH94B; inhaled compound; a unique approach to the FDA for Social Anxiety
Was approved for Phase 3 trials
Inositol Monophosphate Inhibitor; ebselen; Lithium like; was fast-tracked for Bipolar Disorder

Obsessive Compulsive Disorders

Current studies are targeting Glutamate; Troriluzaole
The speaker suggested considering Memantine, Lamotrigine, & Topirimate for resistant cases

Treatment of Obsessive Compulsive Related Disorder (Body Dysmorphic Disorder, Excoriation, Trichotillomania, Hoarding Disorder

The speaker suggested adding NAC 1200 bid to any current regimen

26th National Psychopharmacology Update—The Nevada Psychiatric Association; February 11-13, 2021

How to choose an Antipsychotic

Amisulpride; came in 2nd to Clozapine's effectiveness in a large meta analysis;
Not available in the U.S., however a company is developing a compound for our use

If you treat Schizophrenia, you must prescribe Clozapine

Athelas; a Point of Care tool for in office ANC results
Constipation
Avoid Psyllium
Step 1 Docusate (surfactant); Step 2 Miralax (osmotic); Step 3 Bicosadyl (stimulant)
New Drugs to consider; Amitiza and Linzess
Sialorrhea
1 % Atropine drops or Ipratropium 0.06% Nasal Spray used orally
Botox injections into salivary glands by Neurology or ENT; effective for weeks
Avoid Glycopyrrolate; doubles the risk of ileus
Consider checking Troponin and C-Reactive Protein weekly for first 6 weeks if concerned
about Cardiac side effects

The Psychopharmacology Algorithm Project at Harvard South Shore Program: Update on PTSD

First line; address the inherent sleep disturbance; the speaker showed dosing regimens of
Prazosin, with median doses of 16 mg in males and 7 mg in females

Recent Developments for Treatment Resistant Depression

ECT vs IV Ketamine; a study launched in 2019 will have results soon
A Phase 2 Clinical Trial of old generic IV Ketamine was underway

**30th Annual Meeting of the International Society of ECT & Neurostimulation (ISEN);
April 24-25, 2021**

ECT During the COVID Pandemic

ECT was designated an essential procedure by the American Psychiatric Procedure, ISEN, and numerous foreign societies as well (therefore we in AZ were able to continue during the shutdown)

In foreign countries with stricter lockdowns, ECT departments were closed with a notable increase in relapse and hospitalization rates for those receiving Maintenance ECT

Who Benefits the Most: Towards Accurate Prediction of ECT Outcome

The presence of psychotic symptoms showed a slight increase in benefit as per a large met analysis

Psychomotor agitation was a predictor in a study measuring degree of agitation by accelerometry using motion watches

The elderly seeming to benefit greater does not appear to be a factor of age, but by this age group having more core depressive symptomatology

Barriers to Expanding ECT Services in the U.S.

200 Residency Programs were sent a survey asking if they offer ECT; 1/3 responded; of those one third, 1 in 12 Residency Programs had an ECT Department

1 in 10 Psychiatric Facilities in the U.S. offers ECT

Brain Stimulation and Ketamine

It is conclusive; using Ketamine as part of the ECT Anesthesia regimen does NOT improve outcome, only initial acceleration of response

ELEKT-D Study; ECT vs. IV Ketamine; multisite, 230 patients, open label, 9 ECTs vs. 6 IV Ketamine treatments; study ongoing (Bipolar Disorder & Psychotic Depression excluded; this is where ECT prevails); preliminary results expected late 2022

A small study in India reported slightly greater effectiveness of ECT

Two small Iranian studies had opposite findings

Accelerated rTMS for Treatment Resistant Depression

Attempts to accomplish in 5 days what currently takes 6 weeks; From 7 AM to 5 PM, TMS for 10 minutes every hour

One study looked promising for moderate depression

A study in Hospitalized Suicidal may indicate antisuicidal properties, though the study may have been biased

TMS in US Military Veterans

A multisite naturalistic study contradicted a 2018 study in this population showing a "Clinically Meaningful" response

Discontinuation of Maintenance ECT During the COVID-19 Pandemic: A 6 month Prospective Cohort Study

44% relapsed within 6 month, with 86% requiring an urgent restart of treatment

Shorter Maintenance Intervals and Psychotic Symptoms had higher risks of relapse

Demographics of Patients Receiving ECT Based on State—Mandated Reporting Data

CA, CO, TX, IL, VT have state mandated reporting on ECT treatments performed

For this study data was requested under the Freedom of Information Act, but was government stonewalled leaving CA, IL and VT the only states with interpretable data;

Racial disparity: 85% treated were White (Whites are 49% of the population)

30% were 65 years and older (Seniors are 12% of the population)