



The 24th Nevada Psychiatric Association National Psychopharmacology Update February 14-16, 2019

Brian Espinoza MD
Interventional Psychiatry
Electroconvulsive Therapy (ECT)—
Adult & Adolescent
IV Ketamine for Depression
Genetic Testing
Enhanced Medication Management

Some highlights from notes taken include:

TREATMENT OF TARDIVE DYSKINESIA (Jonathan Meyer MD, UCSD)

7.2% prevalence rate in those exposed to atypical antipsychotics
Valbenazine, a VMAT-2 (Vesicular Monoamine Transporter) inhibitor appears effective and well tolerated with side effect and dropout rates equivalent to placebo.

ANTIPSYCHOTICS & THE RISK FOR CONGENITAL MALFORMATIONS (Jonathan Meyer MD, UCSD)

2016 Halbrecht Study looked at about 10,000 exposed women; concluded that “as a class, atypical antipsychotics are not associated with a risk of Congenital Malformations (except there was a faint signal of Risperidone with cardiac malformation having a NNH = 100; the speaker felt that this needs to be replicated given the high NNH before any firm conclusions can be drawn).

The Women’s Mental Health website of Mass General Hospital was suggested as a resource on the issue of psychotropics and pregnancy.

FUTURE DIRECTIONS IN THE TREATMENT OF ANXIETY DISORDERS (Robert Hudak MD, Univ of Pittsburgh)

Memantine was the speaker’s first line off label augmentation treatment of choice for OCD & GAD.

D-Cycloserine is being investigated for use in conjunction with Exposure & Response prevention therapy.

In Europe, Pregabalin is recommended as a first line treatment.

TAILORING INDIVIDUALIZED TREATMENT FOR BIPOLAR DISORDER (Joseph Goldberg, Icahn School of Medicine at Mt Sinai)

5 randomized trials looking at Lamotrigine for Bipolar Depression failed; the speaker thought that this may have been partly due to high baseline severity.

The speaker suggested that thyroid augmentation for Bipolar Depression should be considered in males, as well as females.

A very small study suggested that Divalproex was helpful for Bipolar Anxiety.

UPDATE ON PEDIATRIC BIPOLAR DISORDER (Kiki Chang MD)

50-60% of adult Bipolar patients report symptoms dating back to adolescence.

In 2018, the FDA approved Latuda for Adolescent Bipolar Depression; no endocrinopathies or weight gain were noted in the approval trials.

2 placebo controlled trials looking at Oxcarbazepine in Pediatric Bipolar Disorder were negative.

MEDICAL TREATMENT OF ADHD ACROSS THE LIFESPAN (Anthony Rostain MD, Univ of Penn Perelman)

Stimulants are now available in Oral Dissolvable Tablet, Liquid, Chewable, Delayed Release and Transdermal delivery vehicles.

At Conference time, 5 new drugs were in development.

PHARMACOLOGY OF PTSD (Murray Stein MD, UCSD)

The study published in the NEJM last year showing Prazosin was no better than Placebo was described as “disappointing”. The speaker noted that these patients were Vietnam Veterans that had PTSD for decades and did not respond to placebo either. And, reminded us of the 2013 study in the AJP showing Prazosin effectiveness in young, active duty personnel.

The Million Veterans Program (MVP) is genotyping one million veterans and giving them a PTSD checklist in preparation for hunting genes that are associated with the development for PTSD.

MDMA (Ecstasy) plus assisted psychotherapy showed positive results in a Lancet 2018 article.

The FDA has offered fast-track status for developers.

AJP 2018 paper; Propranolol given 90 minutes before a Reactivation Session over a 6 week course was better than placebo.

JAMA-P 2018 paper; combining Sertaraline + Prolonged Exposure Therapy did not seem to make a big difference.

NEURO PSYCHIATRIC MANAGEMENT OF PARKINSONS DISEASE (Zolton Mari MD, Univ of NV; Johns Hopkins)

The Parkinson's Disease Outcome Project involved over 12,000 patients. It showed that Depression had almost twice the negative impact on patients compared to motor symptoms.

REDISCOVERING CLOZAPINE (William Newman MD, St. Louis Univ School of Medicine)

20-30% of Schizophrenic patients are considered Treatment-Resistant; Clozapine makes up less than 5% of antipsychotic usage in Schizophrenia.

Some countries cut off blood monitoring after 6 months; some have no blood monitoring at all.

Bipolar Disorder has the best support for the off label use of Clozapine. In China, Clozapine is recommended as a first-line agent in Bipolar Disorder with Psychotic Features.

Next Report: Massachusetts General Hospital Psychiatry Academy Child and Adolescent Psychopharmacology 2019, Ko Olin, Hawaii; March 15-17, 2019