

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC
HOSPITAL

UPMC Western Psychiatric Hospital
Department of Psychiatry
Comprehensive Recovery Services
Education and Consultative Services
University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences
Community Care Behavioral Health Organization

37th Annual Pittsburgh Schizophrenia Conference

(MD67)

Friday, November 13, 2020

Live-streaming Program on ZOOM

Zoom links, instructions, and information will be sent out a day prior to the event.

8:30 AM to 4:45 PM

ZOOM with check in from 8:00 to 8:30 PM

Program from 8:30 AM to 4:45 PM

Course Director:

KN Roy Chengappa, MD

Recovery and Wellness: The Journey Starts Here

**A Joint Effort Sponsored by Community Care Behavioral Health Organization and UPMC
Western Psychiatric Hospital**

Introduction

The Pittsburgh Schizophrenia Conference is an annual in person meeting at which the advances in schizophrenia research and treatment are reviewed by experts in the field. In view of COVID-19 restrictions, this year's meeting will utilize a virtual online format.

Our featured speaker is Sir Robin Murray, FRS who is this year's Hogarty awardee and lecturer. Sir Robin's presentation will address cannabis use and its impact on the incidence and presentation of schizophrenia and related disorders. The evidence for Music Therapy and Cognitive Behavior Therapy in the treatment of persons with schizophrenia will be explicated by two well-known scholars in their respective fields, Drs. Silverman and Lecomte. Internal faculty and staff will describe their valiant and successful efforts in keeping two specialty medication clinics (i.e. clozapine and long acting anti-psychotic injections) open in the midst of the COVID-19 pandemic. A quality improvement project to assist long term residential patients overcome severe constipation associated with clozapine use will be described. The use of clozapine over a longer time period in Allegheny County and the clinical outcomes that have emerged will be described by our internal faculty working collaboratively with a team from the University of Pittsburgh's School of Pharmacy and Allegheny County's Behavioral Health Data Analytics and Outcomes group.

Attendees will hear from people with serious mental illness who will share their experiences with music to help support their recovery and this will be moderated by a professional music conductor and composer. Breakout rooms during the online conference will feature ongoing research studies, art exhibits by patients, musical performances by patients, and musical performances by physicians.

Educational Objectives

At the completion of this program, participants should be able to:

1. Assess and recognize the efforts of specialty medication clinics in providing clozapine and long acting antipsychotic injection services during the COVID-19 pandemic restrictions
2. Recognize the importance of severe constipation and its complications associated with clozapine use and ways to mitigate this risk while continuing clozapine treatment
3. Discuss the impact of cannabis on the incidence and presentation of psychoses
4. Review and assess the evidence for Music Therapy in the treatment of adults with schizophrenia
5. Review and assess the evidence for Cognitive Behavior Therapy for the treatment of persons with schizophrenia
6. Review clinical outcomes associated with the use of clozapine in Allegheny County over a several year period

Who Should Attend:

The conference is designed to disseminate the latest clinical and research findings to a wide audience: psychiatrists and other mental health clinicians, including nurses, social workers, psychologists, service coordinators, researchers, patients and their relatives, mental health policy administrators and others who intend to keep current regarding treatment and research in schizophrenia.

Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award

Professor Gerard Hogarty was a faculty member of the Department of Psychiatry and a member of the UPMC Western Psychiatric Hospital for more than 30 years. Until his passing in 2006, Professor Hogarty pursued important questions related to the nature and treatment of schizophrenia – namely relapse prevention and inter-episodic social function. His career in clinical research led to major advancements in the treatment of individuals with schizophrenia and his work continues to be recognized both nationally and internationally. In addition to his research endeavors, Professor Hogarty was a very talented teacher and mentor who played a significant role in the career development of many respected researchers and clinicians in the field.

2020 Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award Winner

Sir Robin MacGregor Murray, FRS

Professor of Psychiatric Research at the Institute of Psychiatry
King's College London
Fellow of Royal Society
London, UK

Sir Robin Murray is a Professor of Psychiatric Research at the Institute of Psychiatry, King's College London, and a Fellow of the Royal Society. He is a highly accomplished schizophrenia researcher who has pioneered the study of developmental vulnerabilities and in the conceptualization of schizophrenia as a neurodevelopmental disorder. Sir Robin's work has been distinctly biopsychosocial, evidencing a unique integration of environmental, developmental, and biological contributors to schizophrenia that is reflective of Prof. Hogarty's approach to psychosocial treatment development. He is internationally recognized for his work on developmental risk factors in schizophrenia, and he has published many hundreds of papers in the leading medical and science journals, e.g., Nature, PNAS, The Lancet. His research has been cited over 136,000 times and his current h-index is 187, indicating unparalleled contributions to the field. Sir Robin is currently Co-Editor of Psychological Medicine and was recently awarded the Lifetime Achievement award for his contributions to schizophrenia research by the Schizophrenia International Research Society. He was knighted by Queen Elizabeth II in 2011 for his service to medicine. Sir Robin is uniquely deserving of the Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award because of his significant contributions to understanding of the interaction between developmental and biological risk factors in schizophrenia and their implications for treatment.

Course Director

K.N. Roy Chengappa, MD

Professor of Psychiatry
University of Pittsburgh School of Medicine
Chief, Comprehensive Recovery Services
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Faculty

Michael J. Silverman, PhD, MT-BC

Professor of Music Therapy
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University of Minnesota
Minneapolis, MN

Tania Lecomte, PhD

Professor, Department of Psychology
Montreal University
Senior Researcher, FQR-S, CRIUSMM, CRIPCAS
Senior Editor RCSMC
Coordinator of the Canadian Network for Research in Schizophrenia and Psychoses
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Shaun M. Eack, PhD

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Associate Dean for Research
Professor, School of Social Work
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Jessica M. Gannon, MD

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Deepak Sarpal, MD

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University of Pittsburgh School of Pharmacy
Clinical Pharmacist, Forbes Pharmacy
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Susan Hogarty, RN, MSN

Psychiatric Clinical Nurse Specialist
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Jessica Nichols, PharmD

Lead Pharmacist, Forbes Pharmacy
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Flavio Chamis

Composer, Conductor, Educator, Music Consultant and Producer
Pittsburgh, PA

Judith Conlogue, RN

Professional Staff Nurse
CRS Outpatient Medication Clinic
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Faculty Disclosure

All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

Sir Robin Murray, FRS – Other: Talks supported by Janssen, Lundbeck, Otsuka, Recordati, Sunovion

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

Schedule

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| 8:00 to 8:30 am | ZOOM Sign-In |
| 8:30 to 8:45 am | Introduction and Background <i>K.N. Roy Chengappa, MD</i> |
| 8:45 to 9:45 am | Continuity of Care in the Time of COVID: Specialty Medications for the Treatment of Schizophrenia <i>Jessica Gannon, MD; Jessica Nichols, PharmD; Judith Conlogue, RN</i> |
| 9:45 to 10:15 am | Managing Clozapine-Induced Constipation in a Long-Term Structured Residence <i>Ana Lupu, PharmD; Lori Arbutiski, RN, MSN</i> |
| 10:15 to 10:30 am | Break (Visit our breakout rooms) |
| 10:30 am-12:00 pm | Presentation of Hogarty Award to Sir Robin Murray, FRS <i>Review of Work – Shaun M. Eack, PhD</i> <i>Presentation of Plaque– Susan Hogarty, RN, MSN</i> Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture: The Impact of Cannabis Use on the Incidence and Characteristics of Psychosis <i>Sir Robin Murray, FRS</i> |
| 12:00 to 1:00 pm | Announcements and Lunch (Visit our breakout rooms) <i>Lorraine Williams Scholarship Fund - K.N. Roy Chengappa, MD; Jessica Gannon, MD</i> |
| 1:00 to 2:00 pm | Cognitive Behavior Therapy for Psychosis <i>Tania Lecomte, PhD</i> |
| 2:00 to 2:15 | Break (Visit our breakout rooms) |
| 2:15 to 3:15 pm | An Introduction to Music Therapy for Adults with Schizophrenia <i>Michael Silverman, PhD</i> |
| 3:15 to 3:30 pm | Break (Visit our breakout rooms) |
| 3:30 to 4:00 pm | Long Term Clinical Outcomes of Clozapine Use in Allegheny County <i>Deepak Sarpal, MD</i> |
| 4:00 to 4:30 pm | Peer Musicians <i>Flavio Chamis, Music Director and Composer</i> |
| 4:30 to 4:45 pm | Closing Remarks and Adjournment <i>K.N. Roy Chengappa, MD</i> |

Continuing Education Credit Information

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Healthcare Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Psychologists



Education and Consultative Services of UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Education and Consultative Services of UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for a maximum of 4.5 continuing education credits.

Counselors



UPMC Western Psychiatric Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for a maximum of 4.5 continuing education hours.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP

The Office of Education and Regional Programming, UPMC Western Psychiatric Hospital is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for a maximum of 4.5 continuing education credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

This program is offered for a maximum of 4.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals

Nurses and other health care professionals are awarded a maximum of 0.45 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming a maximum of 4.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. **Peer Specialists:** This program fulfills requirements for Certified Peer Specialist continuing education.