Beyond Benzos: Treatment of Refractory Catatonia

**Activity Title:**

Speaker: Emily Thacker, PharmD PGY2 Psychiatric Pharmacy Resident UPMC Western Psychiatric Hospital

Mentor: Matthew Joseph, PharmD

**Speaker:**

**Objectives:**

* Explain the pathophysiology, etiology, and clinical presentation of catatonia
* Discuss the traditional treatment of catatonia, including the use of benzodiazepines and electroconvulsive therapy
* Describe alternative treatment options for catatonia that can be used when traditional therapies fail

**Audience Questions:**

**T**/F: Echolalia, Echopraxia, and catalepsy are symptoms consistent with catatonia.

o **True**

Which of the following statements regarding traditional catatonia treatments is false?

o Initial treatment typically involves the use of high-dose benzodiazepines

o ECT is the treatment of choice for those who fail to respond to benzodiazepine therapy

o **Nearly 100% of patients achieve symptom remission with the use of ECT and benzodiazepines**

o Antipsychotics may worsen catatonia and are often discontinued early in therapy

In treating refractory catatonia, which of the following statements is true?

o There are no alternative treatments to benzodiazepines and ECT

o There are clearly established algorithms to guide medication choice after traditional therapies fail

o **Although limited, there is literature supporting the use of numerous adjunctive medications**

o Robust clinical evidence exists to refute the use of any medications except benzodiazepines

**Format:**

Live

Home study

Live and Home study

Webinar (Live)

11/2/22

**Date of Live Activity:**

**Activity length (hr. or CEU): 1 hour**

Topic Designators – activities are related to:

If a CPE activity’s target audience is exclusively for pharmacists, the designation “P” will be used as follows:

01-P Disease State Management/Drug therapy

02-P AIDS therapy

03-P Law (related to pharmacy practice)

04-P General Pharmacy

05-P Patient Safety

06-P Immunizations

07-P Compounding

08-P Pain Management/Opioids