

Folks,

Pop quiz: Name the three most frequent causes of death. Answer below my name.

Given our interest in lakphy [lack of physical exercise, ICD-10-CM code Z72.3], we note a report saying that exercise augmentation of antidepressant treatment is a viable intervention for treatment-resistant depression. Exercise can improve function in addition to reducing symptoms [May 10, 2016, Depress Anxiety]

In the current The Conversation, “There is strong evidence that psychological therapy, particularly cognitive behavior therapy, can be effectively delivered online to treat anxiety, depression, or stress. In some studies, “online therapy has been found to be as effective in reducing symptoms as therapy delivered face-to-face by a clinician.” Online therapy is not without its problems, however, requiring “a fair amount of self-motivation for the client to make the time to work through self-help materials.”

Notes from American Psychiatric Association Annual Meeting this week:

1] There are four basic ideas to hold in one’s mind when treating older adults:

- a) Older adults are prescribed too many medications;
- b) Older adults fall down;
- c) Older adults benefit from psychotherapy; and
- d) Older adults, even those with dementia, have personalities.

2] While cognitive behavioral therapy has often been championed for mild and moderate conditions, it was said at this meeting that there is growing evidence that CBT is an effective method for treating patients with chronic and severe mental disorders such as treatment-resistant depression and schizophrenia. Common clinical problems targeted include hopelessness and suicide risk, delusions, hallucinations, and entrenched maladaptive behaviors.

3] If, for some reason, clozapine has to be withdrawn suddenly, watch for catatonia, serotonin syndrome, or neuroleptic syndrome. Olanzapine appears to be effective in treating clozapine withdrawal, along with lorazepam and adequate cardiovascular support.

4] Mike Knable has studied 33 cases since 1981 in which mental health workers had been murdered by patients in the United States. Although an apparently rare event, with a frequency of approximately one homicide per year, many of these homicides may have been preventable. Most victims of homicidal attacks were young women caseworkers, most of whom were killed during unaccompanied visits to residential treatment facilities.

5] There is likely to be an explosion of pressure to use psychiatric rating scales with the increased use of electronic health records. Nevertheless, many clinicians have

questions and concerns about the value and use of quantitative measures in psychiatric settings.

6] Is racism on the rise in America? Is Trump's ascent evidence that this is the case? Bonilla-Silva addressed this question, suggested that the death of Jim Crow did not mean the end of systemic racism, as a new regime took its place in the 1970s. He contended that, although old-fashioned prejudice is still part of our ideological landscape, the dominant form of prejudice in contemporary America is the suave but deadly colorblind racism.

7] Larry Faulkner noted that while the U.S. has the most expensive health care system in the world, serious questions exist about the quality of care that patients receive in that system. There is also evidence that the competence of physicians may deteriorate over time and that physicians may not be good judges of their own competence. While problems in patient-care quality are the result of multiple factors, physician competence plays a significant role, underscoring the need for effective lifelong learning and for a specific strategic approach to promote and document ongoing learning. The American Board of Psychiatry and Neurology has developed its maintenance of certification (MOC) program in order to promote and document the lifelong learning of its diplomates.

8] Delip Jeste reported that there is a paradoxical improvement in mental health while physical health and cognitive function show worsening with age. Delip has found lower levels of depressive symptoms and perceived stress as people age.

9] Recent research indicates a 25% reduction in modifiable risk factors that could potentially prevent as many as 500,000 cases of Alzheimer's disease in the U.S. and three million cases worldwide -- if recommended nutrition, physical/mental exercise and stress reduction are pursued.

Roger

Most common causes of death:

1] Cardiovascular disorders.

2] Cancer

3] Medical errors!