

Everyone,

Some of your patients [with alcohol issues] who read the Harvard Business Review now have another rationale to drink – drinks lots, “Drunk People Are Better at Creative problem solving.”

1] Creativity was measured by asking a question like what word relates to “cry,” “front,” and “ship.” Answer below my name.

2] Idea is that being stoned facilitates creativity for writers, composers, and artists who need to be free of what usually comes to their minds. Of course, a reflection later, while sober is recommended, “create in the evening, edit in the morning.”

3] The testing of creativity required answers within 60 seconds. Not clear to me why creativity could not take place over a longer time-frame.

About a third of folks in this country have completed an advanced directive for medical care and assigned someone to represent their wishes when they are no longer able to speak for themselves. If your patient brings up the topic of advanced directive, you may want to suggest that they also clarify their wishes should they develop dementia. For example, if no longer able to feed themselves, allow IVs? Allow feeding by hand?

At [endoflifechoicesny.org](http://endoflifechoicesny.org), your patients can scroll down to the “featured documents” where there are two options for patients to consider to avoid prolonging their life should they develop dementia [NY Times, 1 May, page D5], one of which may be an option they prefer.

JAMA, 17 April, has two articles on prevention of falls in seniors. One does NOT recommend vitamin D supplements in those without osteoporosis, the other says that the results with vitamin D supplements are “mixed,” and goes on to say, “with a high dose being associated with a higher rate of fall-related outcomes”!

The American Psychiatric Association [APA] had its Annual meeting this past weekend, NYC. Topic of greatest interest was psychopharmacology and of the medications, lithium was the major interest.

Also meeting in juxtaposition to the APA Annual was the APA Assembly, a major source of APA positions and policies. While the Washington Psychiatric Society [WPS] only constitutes about 2% of the Assembly, since 1975, it has been a major setter of the Assembly's agenda -- 11% of the agenda this time. So, if you want to see the APA take a position or develop a policy on an issue, let the WPS know.

Relative to Screen Use Disorder, on a bus trip to NYC last week, I could look down into cars and count how many had a hand-held device in one of their hands, 17 of 93, 18%. Of course, holding a handheld alone does not qualify as a mental illness unless we can also establish his or her use is associated with a clinically significant distress or impairment in social, occupational or other important areas of functioning.

Each year one percent of physicians are referred for fitness for duty exams [Poster, APA Annual].

This month's Psychiatric Services: A study of filled prescriptions of Medicare patients with the diagnosis of schizophrenia found 30% were prescribed one class of medications, 37% were prescribed meds from two classes, 24% from three classes, and 9% from four classes [for example, an antipsychotic, a sedative, a mood stabilizer, and an antidepressant],

Expectations count. A study of acupuncture found that those with higher expectations experienced larger benefits than those with lower expectations, regardless of whether they received real or actual acupuncture. A study of nicotine treatment for smoking found that those who believed they had received nicotine had significantly better outcome than those who believed they had received placebo regardless of whether they received nicotine or placebo [Poster, APA Annual].

Many more notes from the Annual in subsequent Sentinels.

From Lakphy Desk:

1] Long, tiring physical workouts, such as a long-run **improve** the immune system, contrary to the popular thinking that such makes one vulnerable to viruses and bacteria [NY Times, 1 May, page D4].

2] When walking, take satisfaction in the concept that it was walking that led humans to make uses of hands and develop skills that contribute to our superiority over other animals [Post, 1 May 2018, page E2].

3] People who work out even once a week or for as little as ten minutes a day tend to be more cheerful than those who never exercise [NY Times, 8 May, page D4].

Roger A

Answer to test of creativity. What word relates to “cry,” “front,” and “ship.” Answer, “battle.”