

Everyone,

Two searches this afternoon:

“Paddock” + “evil”: 86,500,000

“Paddock” + “ill”: 87,100,000

Upsetting that the mentally ill are so stigmatized. As we know, the public statements about his characteristics do not suggest he fits any DSM-5 entity.

I want to thank those who brought to my attention an error in Sentinel #171: in Item 16, the example should read “Amphetamine Dependence, in Remission, F15.21” [not F21.21].

When out-of-state people hear we are from Montgomery County, they may give us condolences for living in the county with the highest rate of opioid deaths. However, it is Ohio’s Montgomery County, not us, that has the nation’s highest opioid death rate.

Relative to managing delirium, a JAMA review article (26 Sep 2017) says that prevention of delirium using nonpharmacologic approaches is documented to be effective, whereas pharmacologic prevention and treatment remains controversial. Nonpharmacological approaches are much more labor-intensive, so could be more expensive unless provided by family or by volunteers.

This month’s JAMA Psychiatry:

1] For binge eating disorder, face-to-face CBT outperformed an internet-based guided self-help. Also impressive is that the drop-out rate of CBT was only 9%, compared with 19% for the internet approach.

2] That lady who went walking past me very rapidly yesterday on the Hungerford Drive sidewalk, even in high heels, probably has a very high purpose in life. A study in this JAMA reports that higher purpose in life is associated with stronger hand grip and greater walking speed.

From the lakphy desk:

1] In the current Sunrise Service Living blog, an article suggesting a sedentary lifestyle is as dangerous to seniors as smoking.

2] J AAC&AP, Sep 2017, physical activity benefits several domains of cognitive and metacognition in youth. Curricular physical education interventions and programs aimed at increasing daily physical activity seem to be the most effective.

Last Sunday’s The New York Times Magazine had an excellent article on issues about the court plea, not guilty by reason of insanity. The article mentions a gentleman named

Michael Jones who was found NGBRI to the crime of trying to steal a coat at Woodies in 1975 and then spent years at St Es' forensic hospital, John Howard. Not mentioned was what extended his stay: when given a trial in the community, he would again and again commit a minor crime that would sent him back to us.

There was a time, however, when prosecutors would welcome NGBRI because it could mean a life sentence for the defendant. For example, the first person to make a serious attempt to kill a U.S. President was a Richard Lawrence, 1835. The U.S. District Attorney, Francis Scott Key [of "Star Spangled Banner" fame], went for the insanity defense because it would put Lawrence away forever. Lawrence died at St Es in 1861.

Back to the few folks who spent many years at John Howard. Reminds me of a couplet that occurred to me when at John Howard decades ago, one that pertained only to a very small percentage of the patients:

When not wanted by ma or pa,
One can be wanted by the law.

Roger