Psychosomatic Medicine

Saturday, April 2, 2016

Thomas E. Starzl Biomedical Science Tower South
Room S120
University of Pittsburgh
Pittsburgh, Pennsylvania

Course Directors:

Pierre Azzam, MD
Priya Gopalan, MD
Julie Graziane, MD

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization
and Western Psychiatric Institute and Clinic of UPMC
Introduction:

Psychosomatic medicine remains a challenging field. Subspecialty areas in psychosomatic medicine make it more complicated to diagnose, treat, and refer patients with complex medical comorbidities. Providers need to provide best practice comprehensive psychiatric consultation evaluations with thorough consideration of psychiatric, medical, and social factors. The UPMC Psychosomatic Medicine Conference is a one-day meeting that will highlight local and regional talent in consultation-liaison (CL) psychiatry. Through dynamic speakers and experts in the field, it will provide an update on clinical care and research at the interface of psychiatry and other medical specialties. These will include topics in palliative care, transplantation psychiatry, law and ethics, perinatal psychiatry, and integrated care. The conference will give an up-to-date overview of community resources in addition to research studies in the area of psychosomatic medicine to enable participants to incorporate them into individual practice and discern their applicability to clinical care.

Who Should Attend:

Psychiatrists, psychologists and counselors, pharmacologists, physician assistants working in a mental health setting, psychiatric nurse practitioners, psychiatric nurses, social workers, PhDs, and trainees (medical students and resident physicians), other medical providers with an interest in the medical-psychiatric interface.

Educational Objectives:

At the conclusion of the program, participants should be able to:

- Demonstrate an understanding of community practices, local resources/experts, and current research studies related to the area of psychosomatic medicine and through discussion learn how to incorporate these into their psychiatric consulting (both inpatient and outpatient.)

- Through exposure to experts in specialty areas throughout Pittsburgh, utilize innovative and collaborative ways to diagnose, treat, and refer patients with complex medical comorbidities, e.g. Transplantation psychiatry, women’s mental health, HIV psychiatry, Traumatic Brain Injury, palliative care/oncology, perinatal psychiatry.)

- Improve their ability to provide best practice comprehensive psychiatric consultation evaluations with thorough consideration of psychiatric, medical, and social factors.
Course Directors:

**Pierre Azzam, MD**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Director, Psychosomatic Medicine Fellowship Program  
Western Psychiatric Institute and Clinic

**Priya Gopalan, MD**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Consultation-Liaison Service  
Western Psychiatric Institute and Clinic

**Julie Graziane, MD**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Student Site Director  
Psychiatry Consultation-Liaison Service  
Western Psychiatric Institute and Clinic

Faculty:

**Jack Cahalane, PhD, MPH**  
Chief, General Adult Service Line  
Director, Telepsychiatry  
Western Psychiatric Institute and Clinic

**KN Roy Chengappa, MD**  
Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Chief, Comprehensive Recovery Services  
Western Psychiatric Institute and Clinic

**Andrea Croom, PhD**  
Clinical Psychologist  
Section of Psycho-Oncology  
University of Pittsburgh Cancer Institute

**Christopher Dobbelstein, MD**  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

**Andrew Francis, MD, PhD**  
Professor of Psychiatry,  
Associate Director of Residency Training  
Penn State Medical School  
Hershey Medical Center
Eydie Moses-Kolko, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

Barbara Nightingale, MD  
Assistant Professor of Psychiatry and Family Medicine  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

Abigail Schlesinger, MD  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

Eva Szigethy, MD, PhD  
Associate Professor of Psychiatry, Pediatrics, and Medicine  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.

SCHEDULE

8:00 a.m.  Registration

9:00 a.m.  Background  
Pierre Azzam, MD, Priya Gopalan, MD, and Julie Graziane, MD

9:30 a.m.  Breakout Session A: Innovations in Integrated Care

A1.  Primary Care Services  
Christopher Dobbelstein, MD, Barbara Nightingale, MD, and Abigail Schlesinger, MD

A2.  Specialty Services  
Pierre Azzam, MD and Eydie Moses-Kolko, MD

10:15 a.m.  Break
10:30 a.m.  **Breakout Session B: Innovations in Healthcare Delivery**

**B1. Telepsychiatry**
*Jack Cahalane, PhD and Julie Graziane, MD*

**B2. Peer Navigator/Smoking Cessation Initiatives**
*KN Roy Chengappa, MD*

11:15 a.m.  **LUNCH**

11:45 a.m.  **Catatonia: History and Clinical Presentation**
*Andrew Francis, MD, PhD*

1:30 p.m.  **Breakout Session C: Innovations in Education**

**C1. Psychosomatic Medicine Fellowship**
*Pierre Azzam, MD, Priya Gopalan, MD, and Julie Graziane, MD*

**C2. Multidisciplinary Education**
*Andrea Croom, PhD*

2:15 p.m.  **Break**

2:30 p.m.  **Breakout Session D: Trainee Spotlight (Oral Presentations)**

**D1. Women’s Health**

**D2: Neuropsychiatry**

**D3: Specialty Education**

3:30 p.m.  **Break**

3:45 p.m  **Differentiating Organic and Psychological Aspects of Chronic Disease: IBD as a Model**
*Eva Szigethy, MD, PhD, MD*

4:45 p.m.  **Closing Comments**
*Pierre Azzam, MD, Priya Gopalan, MD, and Julie Graziane, MD*

5:00 p.m.  **Adjournment**
Location:

Thomas E. Starzl Biomedical Science Tower South
Room S120
University of Pittsburgh
200 Lothrop Street
Pittsburgh, PA 15213

Directions:

**Thomas E. Starzl Biomedical Science Tower South**
200 Lothrop St., Pittsburgh, PA 15213

**Via the PA Turnpike and Interstate 376:** Take exit 57, Pittsburgh/Monroeville, to Interstate 376 West. Follow the interstate to Exit 7A, Oakland (Bates Street). Follow Bates Street to the first stoplight. Take a left onto the Boulevard of the Allies. At the first stoplight, take a right onto Halket Street. Follow Halket to the next stoplight, and take a right on to Forbes Avenue. Follow Forbes to Atwood Street; turn left onto Atwood. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presbyterian Hospital Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.

**Via Interstates 79/279 from the North:** Take Interstate 79 south to Interstate 279 south (two miles south of Wexford/Route 910). Near downtown, take exit 8A to Interstate 579, and follow signs to Interstate 376 east via the Boulevard of the Allies. Take Forbes Avenue/Oakland exit left; do not continue on Interstate 376 east. Bear right onto the Forbes Avenue access ramp, and follow Forbes to Atwood Street; turn left onto Atwood Street. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presby Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.

**Via Interstates 79/279 from the South:** Take Interstate 79 north to Exit 59A. Take Interstate 279 North, following signs to Interstate 376 east. Take 376 east and exit at Forbes Avenue/Oakland (Exit 5). Follow Forbes to Atwood Street. Turn left onto Atwood Street. Follow Atwood to the next stoplight (Fifth Ave.) and turn left, then immediately get into the far right lane. Turn right onto Lothrop Street. Near the top of the hill there are signs for Presby Garage on the left. This garage is open for public use. Take the elevators to level “D.” The elevators will open into the Biomedical Science Tower Lobby and the room is off the lobby.
Continuing Education Credit

**Physicians**
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychologists**
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits.

**Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP**
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic 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 6.5 continuing education credits.

**Counselors**
Western Psychiatric Institute and Clinic 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. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.5 continuing education hours.

**Certified Psychiatric Rehabilitation Practitioners: CPRP**
A total of 6.5 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner (CPRP).

**Certified Rehabilitation Counselors: CRC**
Western Psychiatric Institute and Clinic is approved by the Commission on Rehabilitation Counselor Certification (CRCC) and accredited by the National Commission for Certifying Agencies to provide continuing education credits to certified rehabilitation counselors (CRC). WPIC adheres to the CRCC Continuing Education guidelines; 6.5 hours have been approved for participation in this conference.

**Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT**
This program is offered for 6.5 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.

**Act 48**
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

**Other Healthcare Professionals**
Nurses and other health care professionals are awarded 0.65 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 6.5 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.
Registration Information

Fee Schedule (Please circle the appropriate fee)

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<th>Before 3/18/16</th>
<th>After 3/18/16</th>
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<td>Physicians</td>
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<td>UPMC Affiliated Physicians</td>
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<td>Other Professionals</td>
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<tr>
<td>UPMC/WPIC Affiliated Professionals</td>
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<td>Residents</td>
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<td>Medical Students</td>
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Tuition includes:
* All registration and conference materials
* Refreshments and Lunch
* Continuing education credits

Full tuition must accompany the form. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by March 18, 2016 to take advantage of the lowest tuition rate.

Please make your check payable to OERP/WPIC and send it with the registration form to:
Nancy Mundy
OERP/WPIC
Champion Commons Building, Room 322
3811 O’Hara Street
Pittsburgh, PA 15213

Telephone: 412-204-9090
FAX: 412-204-9110
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp
### Registration Form

**Psychosomatic Medicine (MC99)  Saturday, April 2, 2016**

*Please type or print; photocopy for additional registrants.*

*Register by March 18, 2016 for lowest tuition rate.*

| Social Security Number (Last five digits only): |  ____  --  ____  --  ____  --  ____  |
| First Name: | Last Name: |
| Degree(s) to be noted on name badge (e.g. MD, PhD) |
| Institutional Affiliation: |
| Address: |
| Address 2: |
| City: | State: | Zip |
| County: |
| Day Telephone: |
| E-Mail Address: |

#### Please indicate which workshops you plan to attend (Please circle):

**Breakout Session A:**  
A1  A2

**Breakout Session B:**  
B1  B2

**Breakout Session C:**  
C1  C2

**Breakout Session D:**  
D1  D2  D3

#### For Continuing Education purposes, please check if you are:

- [ ] CADC/CCDP  
- [ ] CPRP  
- [ ] CRC  
- [ ] NCC Counselor  
- [ ] Educator/Act 48  
- [ ] Nurse  
- [ ] Psychologist  
- [ ] Physician/MD  
- [ ] Social Worker (LSW/LCSW/LPC/LMFT)  
- [ ] Individual/Family Member  
- [ ] Certified Peer Specialist

### Method of Payment:

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<td>[ ] Check <em>(Payable to OERP/WPIC)</em> Check#______________</td>
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</table>
| [ ] VISA  
| [ ] MasterCard  
| [ ] AMEX  
| [ ] Discover  
| [ ] UPMC Account |

**To be completed by Credit Card Users ONLY:**

Card Number:

Expiration Date:

Signature:

Security Code (three digits in back of card):

**To be completed for UPMC account transfers ONLY:**

Business Unit:

Account #:

Administrator's Name:

Administrator's Signature:

**Please send your fee with this form to:**

Attn: Nancy Mundy  
OERP/WPIC  
3811 O'Hara Street  
Champion Commons Building, Room 322  
Pittsburgh, Pa  15213  
Fax: 412-204-9110  
Telephone: 412-204-9090/ E-MAIL: mundynl@upmc.edu  
www.wpic.pitt.edu/