# Psychiatric Covfefe


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February 2, 2020

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# Disclosures
## Part One

- I’m old
- I’m fat
- My teeth are yellow
- My breath is bad

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# Disclosures
## Part Two

- I have no other disclosures to report.

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My urologist told me that my prostate is ok.

It was quite touching.

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# Part One

Mental health patients present no increased danger to the public, especially to physicians.

# Fact

Schizophrenics represent 1% of the population of the United States.

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They are responsible for 4% of the homicides.

# Discussion

1978/79

Pottsville, PA

NGRI

- Single, never married, white male
- Middle aged
- Not employed
- Survives on family inheritance
- Military veteran
- Firearm collector
- Command auditory hallucinations to kill Catholics and Jews

- Grocery store
- Parking lot
- Station wagon
- Radio
- Long arms
- Bandoleros (two)

- Woman
- Shopping cart
- Manager
- Stock boy
- Police
- Surrender

- Front street clinic in Harrisburg
- New (to me) patient with case worker
- Police arrest

# Vignettes

- Lunch time lecture at a Harrisburg hospital
- Lecture to psychiatric department
- My worst moment

“Beauty is only skin deep, but ugly goes clean to the bone.”

*- Dorothy Parker, quoted in GoodReads.com*

# Part Two

Ketamine successfully treats treatment-resistant depression

# Fact

- TRD is defined as patients with MDD who have failed at least two different antidepressants
- 51% risk reduction in the median number of days to relapse (16 weeks)
- 25% did relapse
- Must be given in a certified facility
- Patients must be observed for at least 2 hours
- Patients must not drive
- Private room for IV infusion
- Muted lighting, soft music, companion present, head reclined

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# Side Effects

- Dissociation (61-75%)
- Perceptual alterations: time, unreality, disconnection from body, body dysmorphia
- Decreased positive response in elderly (65 y/o)
- Decreased positive response in men

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# Vignettes

- Dissociation identity disorder
- Dissociation amnesia
- Depersonalization/derealization disorder
- Cotard delusion (walking corpse syndrome)
- 61 to 75%?

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# Part Three
## Suicide/Depression

Depression symptoms can vary from mild to severe and can include:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite – weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

*APA DSM5*



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“Depression is anger turned inward.”

*- Freud*

“Suicide is homicide of the self. It may or may not involve a depressed state.”

*- Garloff*

# Vignette A

- I feel unloved
- I feel unlovable
- Life is unbearable
- My depression is all encompassing and overwhelming
- I have put my affairs in order
- I will end my suffering

# Treatment

- Immediate intervention/support
- Hospitalization
- Medication
- Pycho-therapy

# Vignette B

- I hate all (political party members)
- I hate all (ethnic group, religious group)
- I hate my (significant other, family member, neighbor, co-worker, boss, etc.) because they don't understand me
- I can't stand it. I'm going to kill (them, myself)

# Treatment

- Prevention
- Treat survivors or patient
- Criminal justice

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# Vignette C

*Patriot News*

- 20 something male
- Family
- Minister
- Firearm
- Hotel
- Suicide
- Aftermath

# Treatment

??

“He ain’t heavy, he’s my whopper.”

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# Part Four

Americans are overweight or obese because:

- Fast food
- Restaurants
- Office work

# Fact?
## Food Addiction Denmark Project

- Food addiction is 9% in general population
- Food addiction is 26.5% in mental health population
- Using DSM5 criteria,
  - 30% with personality disorders
  - 28% with mood disorders
  - 12% with substance abuse disorders
  - 16% with ADHD plus/or behavioral disorders
- Good news – not an official DSM5 diagnosis

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# FYI

Food addiction is characterized by a compulsion to overeat calorie-dense, highly processed, super-palatable, sugar- and fat-laden foods. In this era of an ongoing global obesity epidemic, the public has become enthralled with the concept; a recent Google search of the term “food addiction” coughed up 288 million results.

- *bjancin@mdedge.com*

"We believe that to err is human.  To blame it on someone else is politics."

*- Former Vice President Hubert H. Humphrey, quoted in the Tama, Iowa, News-Herald*

# Part Five

Happy is good

# Fact

- Google has a “chief happiness officer”
- DSM5 states that if you grieve the loss of a loved one more than two months, medication may be indicated
- “Happy” workers are 12% more productive
- Sounds good?

# Fact

- Amazon – gravity blankets
- De-stressing adult coloring books
- Fidget spinners
- Happiness bloggers
- Peak experiences – Facebook, Instagram, etc.

# Historically

- Aponia: physical pain
- Ataraxia: mental disturbances
- The absence of aponia and ataraxia is happiness, Epicurus
- 14th century: happiness enters English lexicon
- 16th century: happy meant joyful
- 17th century: Leviathan; Thomas Hobbes. “The felicity of this life,” 1651.
- No finis ultimus (utmost aim)
- No summum bonum (greatest good)
- Happiness is a sisyphean pursuit



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# What about sadness?

- Could be useful to memory
- Make more accurate judgements
- More aware and less gullible
- Keeps us alert
- Aids in complex mental tasks

Joseph P. Forges, Social psychologist, Univ. of South Wales

# Cultural Differences

- Brits: Stiff upper lip
- Americans: Don’t worry, be happy
- Eastern culture: Don’t pursue happiness, don’t avoid sadness
- Western culture: 4 to 10 times more likely to develop depression/anxiety

# Part Six

Choose the right shrink

# Fact

A good psychiatrist has to be a good physician first.

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# Vignette A

- *JAMA*, December 3, 2019, Volume 322, November 21, p 2077-2078
- 17 y/o male with down syndrome
- Physician father
- ANP mother
- Patient suddenly becomes irritable, withdrawn, angry
- Hit parents, punches walls
- Weight loss, abdominal pain, nausea, emesis, diarrhea, incontinence, blood in stool
- Pediatrician, Gastroenterologist
- Diagnosis: anxiety and depression
- Psychiatrist: clonazepam, venlafaxine, lamotrigine, ziprasidone, diazepam
- 7 years later, family moved
- New physician by word of mouth
- PCP: celiac disease
- Proper treatment, patient improved



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# Vignette B

- Seen by psychiatrist and psychologist
- After 7 years, family moved to a new city
- Patient is 85 pounds heavier
- Still symptomatic
- Meds: clonazepam, venlafaxine, lamotrigine, ziprasidone, diazepam
- Spoke with parents of Down Syndrome patients
- Met with new PCP
- Diagnosis: Crohn's disease
- Meds: lower dose of venlafaxine
- GI symptoms improved, 40 pounds weight loss, violence controlled



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# Vignette C

My favorite (psychiatric) diagnoses:

- Mediastinal shift
- Ruptured viscus
- Pseudotumor cerebri
- Facet syndrome
- Pseudohypoparathyroidism
- Laboratory diagnoses of anemia, leukemia, thyroid disorders



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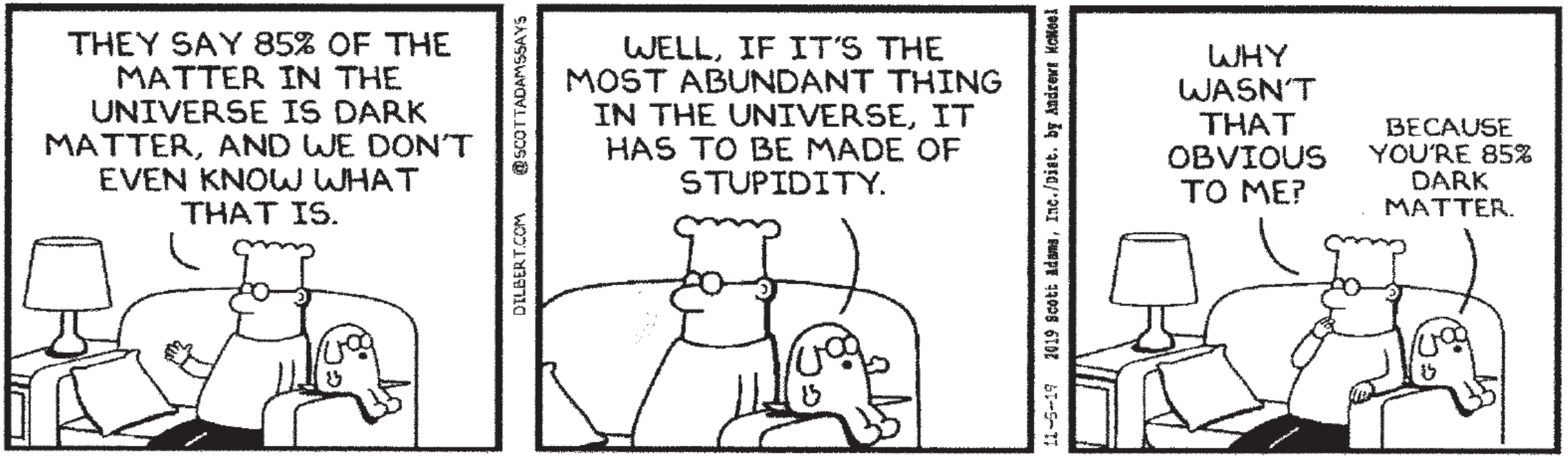


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