PROJECT ECHO LOOKS TO IMPROVE HEALTH OUTCOMES

In 2016, Oklahoma State University Center for Health Sciences (OSU-CHS) launched Project ECHO to improve health outcomes for Oklahomans in rural communities with limited or zero access to physicians.

Using advanced communication technology, OSU Project ECHO (Extension for Community Health Care Outcomes) is enhancing medical education for rural health care providers and connecting them with specialists in urban areas.

“Project ECHO is a great way for our team of specialists to share their medical knowledge with providers across our state, especially those who take care of patients in rural communities,” Kayse Shrum, D.O., President of the OSU Center for Health Sciences and Dean of OSU’s College of Osteopathic Medicine, said. “Through Project ECHO, rural providers can acquire the knowledge to treat many of their patients in their hometowns without having to refer them to an urban health care facility. Patients get the right care at the right time from the right provider.”

Project ECHO builds a community of practice, learning and support, and it saves time, adds convenience and improves treatment adherence for patients.

Mental health and addiction services are sorely needed in Oklahoma. When Project ECHO launched in 2016, the teleECHO clinic began with psychiatry. Today, there are additional clinics in addiction medicine and pediatric behavioral and emotional health for infants through adolescents.

Project ECHO connects a multidisciplinary team at the OSU Center for Health Sciences with community providers to discuss treatment for chronic and complex medical conditions. Primary care providers throughout Oklahoma develop specialty care knowledge via weekly video teleconferencing sessions that can be accessed via desktop computer, laptop, tablet or cellphone.

In addition to the psychiatry and addiction medicine ECHO lines, OSU-CHS offers clinics in Alzheimer’s, hepatitis C, viral disorders, obesity medicine, and TeleEd, a new line that provides educational development for leaders in rural schools.

There is no charge for providers to participate in OSU-CHS Project ECHO programs, thanks to generous support received from The Anne & Henry Zarrow Foundation, Blue Cross and Blue Shield of Oklahoma, and the Telligen Community Initiative.

Project ECHO was developed by the University of New Mexico and Dr. Sanjeev Arora.

To see a schedule of the OSU-CHS Project ECHO clinics and to register go to: https://health.okstate.edu/echo.

DID YOU SERVE IN VIETNAM?

APA is holding a wreath-laying ceremony on Thursday, November 1st at 1:00 p.m. at the Vietnam Veterans Memorial in Washington, D.C. This tribute is to honor the estimated 200 military psychiatrists who served during the Vietnam War. A reception will follow at the APA headquarters. If you served in Vietnam and would like to attend, please RSVP to: veterans@psych.org.
APA AWARDS OPPA OPIOID EPIDEMIC GRANT

The Oklahoma Psychiatric Physicians Association is pleased to have received another American Psychiatric Association Expedited Grant for 2018-2019 titled “Ground Zero: Oklahoma’s Shocking Opioid Epidemic.” This new grant, in the amount of $2,830, is funding three medical education programs; two hosted by OPPA’s local chapters, the Central Oklahoma Psychiatric Society in Oklahoma City and the Tulsa Psychiatric Association; and the third program will be presented at the OPPA 2019 annual continuing medical education conference scheduled for April 5-6 in Oklahoma City at the St. Anthony Hospital RAPP Foundation Conference Center.

The free OPPA Chapter dinner programs were held on Wednesday, September 12th in Tulsa at the OSU Tandy Center and on Thursday, September 13th in Oklahoma City at the Pearl’s Oyster Bar Restaurant. Presenting was Doris Fischer-Sanchez, Assistant Vice President, Healthcare and Psychiatry Risk Management, AWAC Services, a member company of Allied World. She discussed risk management considerations when practicing addiction psychiatry including drug diversion, prescription drug monitoring programs, naloxone and observing safe prescription practices.

Educating Oklahoma psychiatrists and especially the resident fellows in training and the early career psychiatrists about the opioid epidemic is not only important, but imperative and the focus of this educational programming.

According to the final report of The Oklahoma Commission on Opioid Abuse, Oklahoma Attorney General Mike Hunter, Chairman, dated January 23, 2018, the opioid crisis has caused the deadliest drug epidemic in U.S. history, and has been getting worse.

“If Oklahoma is not ground zero, it is close,” Attorney General Mike Hunter wrote in his address introducing the results of the nine-member commission’s report.

According to the report, in 2016, 11.5 million people misused prescription opioids. In the same year drug overdose deaths in the United States claimed the lives of more than 64,000 people, an increase from the 59,000 deaths in 2015. This jump was the largest increase of overdose deaths ever recorded in our country. Moreover, more Americans died from drug overdoses in 2016 than died in the entire Vietnam War.

The report describes the statistics for Oklahoma are just as shocking. In the last 15 years, drug overdose deaths in Oklahoma have increased by 91% and continue to rise. We lose nearly 1,000 Oklahomans per year due to a drug overdose. In 2014 alone, Oklahoma was ranked #1 among all the states in the abuse of painkiller drugs. This problem affects many generations of Oklahomans, including our youngest. In the last three years, more than 1,300 newborns tested positive for substance exposure and went into withdrawal after they were born.

And, according to the report, Oklahoma psychiatrists may treat opioid addictions with opioid agonists and/or antagonists or may be involved in treating opioid withdrawal. As such, they are on the front line in diagnosing and managing these difficult problems. They encounter many challenges, such as pregnancy; comorbid health and mental health problems; psychosocial problems such as marital; access to health care; and family, educational and occupational difficulties.

Oklahoma psychiatrists often treat patients who are on opioids prescribed for pain, with many also taking or requesting benzodiazepines. Pain management or primary care doctors frequently refer patients taking both classes of medications to assess their need for benzodiazepines; the combination of opioids and benzodiazepines can be especially dangerous and can lead to unintentional overdose deaths.

APA PRAISES PASSAGE OF OPIOID TREATMENT/PREVENTION PACKAGE

A bipartisan legislative package passed recently by Congress takes many important steps toward combating the opioid crisis with a broad range of opioid treatment and prevention programs.

“Opioid use disorder has taken a heavy toll on the health and well-being of Americans,” APA President Altha J. Stewart, M.D. said. “APA is grateful to see bipartisan support for increased access to treatment for substance use disorders [SUD], including expanded access to residential treatment and medication-assisted treatment.”

APA was disappointed, however, that the bill failed to include a critical revamp of a federal regulation known as 42 CFR Part 2 to align it with the Health Insurance Portability and Accountability Act. The changes for which APA had lobbied would have allowed for better care coordination, improved patient safety, and reduced stigma for SUD treatment while still preserving patient confidentiality, Stewart said. These measures are contained in the OPPS Act (HR 6082), which passed the House with overwhelming bipartisan support earlier this year.

“We urge the Senate to hold a separate vote on the OPPS Act to ensure that these reforms become law.”

After passing the Senate 98 to 1, the legislation—The SUPPORT for Patients and Communities Act (HR 6)—now awaits President Trump’s signature. One year has passed since President Trump declared the opioid epidemic a national emergency, yet overdose deaths continue to climb, surpassing 72,000 in 2017, according to the latest provisional government estimates. That number represents a nearly 10 percent increase from the previous year.

The legislation also lifts the ban on states from using Medicaid funds to treat SUD patients in larger residential facilities. States will now be able to amend their plans to cover institutional SUD treatment for up to 30 days per patient in a 12-month period.
Welcome New Members
Michael Dunlap, D.O., Resident Fellow, Tulsa
Ifran Ahmed, M.D., Resident Fellow, Oklahoma City
Andrew Waller, M.D., Resident Fellow, Edmond
Birinder Mann, M.D., Resident Fellow, Oklahoma City
Nancy Handler, M.D., Resident Fellow, Oklahoma City
Shirin Vartak, D.O., Resident Fellow, Norman

Renew your membership for 2019!
Renew today to maintain access to valuable benefits including:
1. Complimentary subscriptions to the American Journal of Psychiatry and Psychiatric News;
2. Practice resources, like PsychPRO, APA's mental health registry; and
3. Steeply discounted registration to the Annual Meeting.

Four easy ways to renew:
1. Renew online through your my.psychiatry.org account (login required). If you need any assistance with your renewal, please contact APA Membership Department at 202-559-3900, toll-free 888-357-7924 or by email to membership@psych.org.
3. Pay in monthly, quarterly, or biannual installments. Complete the Scheduled Payment Plan form or speak with our membership department by calling 202-559-3900.
4. Request a direct payment link (no login required), sent via email.

Recent Graduate? Update the APA
If you have recently completed a residency or fellowship program, inform the APA to ensure you receive member benefits geared to early-career psychiatrists. Members transitioning to practice can complete the General Member Verification form. If you are continuing training, send the name and type of your new Fellowship program, including start/end dates to membership@psych.org to continue as a resident-fellow.

Happy Birthday APA!
APA will be celebrating its 175th anniversary at the 2019 Annual Meeting in San Francisco! Don't miss out. A gala reception is being planned!
GRiffin Residency Program Hosts Dinner

Griffin Memorial Hospital hosted a dinner celebration April 27th at the Events at the Mercury in Norman. PGY-3’s who attended were (from left to right) John Knox, DO, who will be staying at Griffin as a PGY-4; Saoda Shuara, MD, who has entered a child/adolescent Fellowship at the University of Texas-Southwestern in Dallas; Reshma Motiwala, MD, who has entered a child/adolescent Fellowship at the OU Health Sciences Center; Donald Simpson, MD, who has entered a child/adolescent Fellowship at Rush University in Chicago, Illinois; and Nandni Gupta, MD, who is staying at Griffin as a PGY-4. ❖

Pictured with Griffin Residency Training Director, Clayton Morris, MD, is PGY-4 graduate Pranathi Mruthyunjaya, MD. Dr. Mruthyunjaya began her psychiatric career in July at the Santa Cruz County Behavioral Health Center in Santa Cruz, California.

Also thanks to the Donahue-Shadid Psychiatric Alumni Society for their generous donation to help make this graduation dinner a special occasion for all the Griffin residents. ❖

Violence Against Physicians

Earlier this year, the Joint Commission issued Sentinel Event Alert 59, on physical and verbal violence against healthcare workers. The alert includes OSHA’s statistic that workers in healthcare are four times more likely to be victimized than workers in private industry. Focusing on psychiatrists, consider these annual rates of non-fatal, job-related violent crime:

- 12.6 per 1,000 workers for all occupations
- 16.2 per 1,000 for physicians
- 68.2 per 1,000 for psychiatrists/mental health professionals

Violence in healthcare is vastly underreported – victims don’t want to “harm” the patient by reporting, victims believe it is just part of the job, and/or the psychiatric patient’s violence is unintentional, so unavoidable. Psychiatric residents are particularly vulnerable, while at the same time very reluctant to report patient violence. Forty to fifty percent of psychiatric residents will reportedly be physically attacked by a patient during their four-year training program. Such violence can be traumatic, and even cause some psychiatry trainees to leave the specialty.

Stalking by patients is a concern, particularly for psychiatrists. Authors, Pathe and Meloy divide stalking behavior into brief intense periods and those lasting beyond two weeks. The longer-term stalking is typically more dangerous to the psychiatrist. They also note the predominant motives are resentment and infatuation. Kaplan has compiled safety advice in this article. Psychiatrists are reportedly killed more often by patients than physicians in other specialties. Knable has studied homicides of mental health workers by patients from 1981-2014, and found the following:

- Ten of the 33 victims were psychiatrists.
- Schizophrenia was the most common diagnosis.
- Hospitals and private offices tied for most frequent location, and gunshot was the method in 70% of the cases (beating was the other 30%).
- Perpetrators also often had a history of violence, criminal charges, involuntary hospitalization, and non-adherence to medications.

The article also includes safety advice. My additional advice is to remember that your safety and the safety of your staff are exceptions to patient confidentiality. I think Anderson and West summed it up best by saying “the challenge for medical practitioners is to remain aware that some of their psychiatric patients do, in fact, pose a small risk of violence, while not losing sight of the larger prospective – that most people who are violent are not mentally ill and most people who are mentally ill are not violent.” Stay safe out there!

Ms. Vanderpool is Vice President, Risk Management at PRMS ❖
The following information is highlights from the approved minutes of the OPPA Executive Council meeting held April 6th at the Laureate Psychiatric Clinic and Hospital Conference Center, Tulsa.

Treasurer’s Report (Dr. Lauren Schwartz) – Dr. Schwartz presented the first quarter Operations Budget. Membership dues income is at 50% of budget and a $200 donation to the Resident Assistance Fund was received. Expenditures include annual fees for computer virus programs and the postal box rental. Also, the CME fee was paid to the APA for the annual meeting.

Resident Assistance Grants (Dr. Heather Geis) – Dr. Geis reported there would be a raffle to raise funds for the Resident Assistance Grants. Tickets will be $20 each and the winner will receive their Conference Registration Fee reimbursed along with a $25 Panera Bread gift card.

2018-2019 Officer and Councilor Ballot Results – The following slate of officers and councilors was approved by ballot: Jay Lensgraf, MD, President; Harold Ginzburg, MD, President-Elect; Jason Beaman, DO, Vice President; Lauren Schwartz, MD, Secretary; and Shannon Thomas, DO. Treasurer. Dr. Ginzburg was also elected as an APA Delegate for a 2-year term ending in 2020. Councilors elected include V. Ray Cordry, DO; Vijay Ekambaram, MD; Hashib Faruque, MD; Courtney Nixon, MD; Britta Ostermeyer, MD; Jed Perdue, MD; Art Rousseau, MD; and Haiwang Tang, MD.

APA Group Discount Membership Program – There is a discount for membership dues for psychiatrists whose employer provides a group membership through the APA. The discount is from 10% to 20% depending upon how many new members join through the employer program. For those self-employed or whose employer does not participate, there is the option of receiving a 10% discount if the members pays for three years in advance or if the member recruits three or more new members, all receive a 10% discount in member dues.

Conflict of Interest Disclosure Forms – The annual Conflict of Interest Disclosure Form was distributed for each officer and councilor to read, complete and sign.

Child Psychiatry – In a written report, Dr. Brent Bell announced CHIPs insurance for children was extended for several years. It provides Medicaid coverage for 100,000 Oklahoma kids. DHS has issued a RFP for development of a new model of care for children in state custody with learning disabilities and severe mental health issues that will somewhat mirror the ICFMR model used for adults. The first program will be at the Laura Dester location in Tulsa.

Delegate (Dr. Jenny Boyer) – Dr. Boyer reported the APA was discussing the rule of 95 and non-dues paying members. Since some district branches are in financial distress, the idea is to continue payments of those members who have reached life status but are still working. This would continue to provide dues income to the branch. However, this idea will need to be discussed in the Assembly. She also announced there was an action paper written to eliminate the MOC altogether. The MOC is a permanent committee of the Assembly. Physicians who must take the MOC drop out earlier. The APA may take on MOC in the next 10 years.

Early Career Psychiatry (Dr. Shannon Thomas) – Dr. Thomas urged Council to work toward increasing the membership of early career psychiatrists and continue membership of the resident fellows once they graduate.

Legislative (Dr. Art Rousseau) – Dr. Rousseau reported the OSMA did support a $1.50 tax increase per pack on tobacco to held raise revenue for a teacher pay raise. Regarding the opioid epidemic, the Attorney General Mike Hunter set up an Opioid Commission to write legislation to control the epidemic and regarding “pill limits” and pain management clinics, there is a need to limit the number of pills prescribed, however it needs to be flexible due to the difference between chronic pain and acute pain. Pain management clinic ownership is still moving through the legislature. Anyone currently can run a pain management clinic, but if passes, must be owned an MD or DO.

The Good Samaritan bill passed the Senate and in now in the House Judiciary Committee. HB 1013 is the nurse practitioner bill and it is still in committee. The Physicians Assistants were ready to make a push for total independent practice but withdrew instead. The Tobacco Settlement Trust Fund did not support diverting money to assist residency training programs. Medical marijuana will be on the ballot as State Question 788 for voters to decide if Oklahoma physicians may prescribe. The state question will allow for the treatment of any complaint and there is no dosage recommended. There has been a lot of literature on the subject and Dr. Schwartz has been reviewing a document, “The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research.” The APA has a published a position paper.

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- **15% Child and Adolescent Psychiatrist Discount** (for those whose patient base is more than 50% children and adolescents)
- **50% Part-time Discount** (for up to 20 client hours a week or less)
- **5% Risk Management Discount** (for 3 hours of CME)

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*Where allowable by law and currently not available in AK or NY. (Above Discounts and Coverage Features are subject to individual state approval.)*

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The Tulsa Psychiatric Association cordially invites you to attend a special showing of a documentary film which looks at the science of adverse childhood events and ways in which we can increase resilience and prevention of toxic stress.

"Resilience" will be shown at the next TPA meeting scheduled for Thursday, December 6th at the Reserve at Grogg’s Green Barn, 10105 East 61st Street, Tulsa. The program will begin at 6:30 pm with heavy hors d’oeuvres and drinks served.

This program is provided FREE to all members of TPA. All non-members and guests are welcome to attend at a cost of $50 each. Please RSVP to Renee Mixon via email to: tulsapsychiatricassociation@gmail.com

CENTRAL OKLAHOMA PSYCHIATRIC SOCIETY

The next dinner meeting of the Central Oklahoma Psychiatric Society will be held on Thursday, December 6th at 1492 New World Latin Cuisine, Casady Square, 9213 N. Penn Place, Oklahoma City from 6:00 to 9:00 pm. A Fajita buffet will be served.

Speaking will be Drs. Jay Lensgraf and Heather Geis who will report on the recent Advocacy Conference they attended in Utah hosted by the American Psychiatric Association. The conference brought together members of district branches from across the US to discuss state health care policies which play a fundamental role in guaranteeing our patients receive the highest quality of mental health care. State legislation affects our patients directly, from mental health parity implementation, to physician involvement in mental health (scope of practice), to access to prescription drugs, among other crucial issues.

Also speaking on "Methamphetamine" will be Dr. Jed Perdue. He will discuss the basic science research exploring the neurobiology of persistent psychiatric effects.

This program is provided FREE to all members of COPS. All non-members and guests are welcome to attend at a cost of $50 each. Please RSVP to Renee Mixon via email to: oklapsychiatry@gmail.com

WEBSITE: HTTPS://OKLAHOMA.PSYCHIATRY.ORG

The new website of the Oklahoma Psychiatric Physicians Association continues to evolve. The website is hosted by the American Psychiatric Association.

Keep watching for continued updates and additions. We hope to have a registration page on the website ready for the spring conference in Oklahoma City.

If you have suggestions for content, please send us an email to oklapsychiatry@gmail.com

FIND A PSYCHIATRIST

One of the features available for the OPPA website is a Find A Psychiatrist link for the general public. This is an "opt in" feature for members of the APA.

If you are interested in having your name and practice office information listed when someone is searching for a psychiatrist in your area, please go to the APA website at www.psychiatry.org and "opt in" to this program.

2019 APA ELECTION

The APA Nominating Committee, chaired by Anita Everett, MD, reports the following slate of candidates for the 2019 Election. This slate is considered public, but not official, until the Board of Trustees approves it at their December 2018 meeting. The deadline for petition candidates is November 15, 2018. Voting will begin on January 2, 2019 and the voting concludes on January 31 at 11:59 p.m. ET. The results will be announced in mid-February.

President-Elect: Jeffery Geller, MD and Philip Muskin, MD.

Secretary: Jeffery Akaka, MD; Sandra DeJong, MD and Ramaswamy Viswanathan, MD.

Minority/Underrepresented Trustee: Rahn Bailey, MD and Robert Cabaj, MD.

Resident-Fellow Member Trustee-Elect: Lisa Harding, MD; Daniel Hart, MD and Michael Mensah, MD.

COMMENT PERIOD NOW OPEN ON PROPOSED CHANGES TO DSM-5

The DSM Steering Committee has received a proposal requesting that changes be made to DSM-5 Criterion A and the 'Diagnostic Features’ text for avoidant/restrictive food intake disorder. The comment period ends November 29.

PSYCHIATRY ONLINE HAS A NEW HOME

American Psychiatric Publishing has a new look online. Psychiatry Online includes digital versions of the DSM-5, the American Journal of Psychiatry, Psychiatric News, Psychiatric Services and other APA journals. Users can also access APA’s library of educational programs for CME opportunities.

Take advantage of these resources today by visiting www.psychiatryonline.org.?
DR. PHEBE TUCKER SELECTED AS NEW EDITOR FOR OSMA JOURNAL

The recent issue of OSMA News reports, “Dr. Phebe Tucker has a passion for writing and teaching, has published in the area of trauma and biological stress measures, as well as medical education.” “She is excited to begin and is already hard at work. Look for her first column in your November issue of The Journal.”

Selected as the new editor of the OSMA Journal, the award-winning official publication for members of the Oklahoma State Medical Association, Dr. Tucker does have a passion for writing as she has chaired the CME Committee and written the CME applications for the Central Oklahoma Psychiatric Association since its reformation in 2011. She is also involved with the psychiatric residents at OU and co-authors or assists with their posters for competition through the American Psychiatric Association. As editor, Dr. Tucker replaces long-time Editor-in-Chief, J. Michael Pontious, M.D.

Dr. Tucker is a Distinguished Life Fellow in the American Psychiatric Association and has faithfully served on the Executive Committee of the Oklahoma Psychiatric Association, including a term as President in 1999-2000. She is active in many professional organizations, working with the Oklahoma County Medical Society Physician Wellness Program, and is on the editorial board for Psychiatric Times. Prior to completing medical school and residency at University of Oklahoma Health Sciences Center in Oklahoma City, she received her B.A. in English literature from University of California, Berkeley. Currently Dr. Tucker is Professor and Vice Chair of Education, Arnold and Bess Ungerman Endowed Chair in Psychiatry, Department of Psychiatry, University of Oklahoma College of Medicine, Oklahoma City.

She and her husband met in the Peace Corps in Cote d’Ivoire, and they love to travel in their spare time. Among their favorite trips have been to the Amazon, Cuba, Machu Picchu and Australia, the OSMA News said.

APA 2019 ANNUAL MEETING SET FOR SAN FRANCISCO

The American Psychiatric Association will celebrate its 175th Anniversary at the 2019 Annual Meeting in San Francisco from May 18-22. Make your reservations now and don’t miss one of the country’s most popular convention locations and don’t miss out on staying in your first-choice hotel!

A gala reception is being planned for Monday, May 20th in one of the city’s most beautiful buildings, San Francisco City Hall.

See you there!