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Indo-American Psychiatric News

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Editor's Greeting:

Welcome to the spring edition of the IAPA newsletter.

In this issue, we are very excited to commemorate the extraordinary achievements of several of our members. Followed by this is news from our thriving chapters. Finally, we look forward to seeing all of you at our annual IAPA Scientific Session and Banquet in Manhattan, New York on Sunday May 6th, 2018. Please register online at: <http://www.myiapa.org/events/2018-scientific-session-banquet/>

Sincerely,

Lily Arora, MD

Disclaimer: The views expressed in the different articles are solely those of the authors based on literature review and their clinical experience and not necessarily those of the Indo-American Psychiatric Association.

Outstanding Academician Award

The Indo-American Psychiatric Association is proud to announce Dr. Rameshwari Tumuluru of Pennsylvania as the recipient of the Outstanding Academician Award. Dr. Tumuluru (or "Dr T" as she is called by patients, families, and trainees) is a highly respected and sought-after child and adolescent psychiatrist at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center in Pittsburgh, PA. She is a dedicated clinician and educator with strong leadership qualities. She provides direct clinical care to patients and supervises therapists and fellows. She is the medical director of intensive outpatient and acute partial hospitalization programs for adolescents which she developed. She has integrated case management services for youth and developed and obtained foundation grant funding for an innovative virtual school consultation program.

Dr. T is passionate about teaching. She has been deeply involved in curriculum development, classroom and bedside teaching, and mentoring of trainees. She teaches first year medical students and has developed a cultural diversity training Initiative for residents and fellows. She also serves as an ombudsperson for medical students in their psychiatry rotations.

Aside from her role as a clinician-educator, Dr. T has made strong and sustaining contributions to research on childhood depression, autism, and Down's syndrome culminating in 13 conference presentations and 11 co-authored publications.

On the national platform, Dr. T has served as an ABPN examiner, participated in the APA's vetting process for the International Medical Graduate Caucus, and served on the Inpatient, Residential, Acute Partial Hospital Committee of the AACAP (American Academy of Child and Adolescent Psychiatry).

In summary, Dr. T is a Child and Adolescent Psychiatrist who is well-rounded, creative, energetic, and resourceful as well as widely admired and regarded as a role model by trainees and junior faculty.

Congratulations on your accomplishments, Dr. Tumurulu.

Outstanding Service Award

The Indo-American Psychiatric Association is proud to announce Dr. Piyush Patel of Georgia as the recipient of the Service Award. Since Dr. Patel has taken office, he has worked hard to retain the interest of its current members and has encouraged others to join our organization.

Dr. Patel hails from India having graduated from Smt. N.H.L. Municipal Medical College, Ahmedabad, India in 1996. He completed his residency and a fellowship in child and adolescent psychiatry in the United States. He has an influential presence in Georgia organizing educational programs to bring his colleagues up to speed with numerous changes that have occurred in our field over the past few years. These include but are not limited to changes in healthcare laws, CPT coding and the DSM-5. He has proven himself to be both a consummate leader and a collegial team player.

Dr. Patel is a dedicated psychiatrist, proud of his Indian heritage and our place in American psychiatry. The IAPA cannot thank nor praise him enough for his contributions to our organization.

Congratulations on your accomplishments, Dr. Patel.

Outstanding Public-Sector Award

The Indo-American Psychiatric Association is proud to announce Dr. Prabir Mullick as the recipient of the Outstanding Public-Sector Award. Dr. Prabir Mullick is of long-standing and fine repute in the Pittsburgh psychiatric community. His 30-year career in psychiatry began at St. Francis Medical Center in Pittsburgh, PA. He later served as a Clinical Assistant Professor at UPMC's Western Psychiatric Institute and Clinic.

Dr. Mullick is known for multiple publications on topics related to schizophrenia and other mental illnesses. In 1996, the National Alliance for Mental Illness (NAMI) presented him with an award in recognition of his years of exemplary service, support, and compassionate care.

Dr. Mullick is active in various medical societies and organizations. He is a delegate of the Pennsylvania Medical Society and works tirelessly with other organizations including the American Association of Physicians of Indian Origin (AAPI) and Tri-State Physicians of Indian Origin (TAPI). He is also a board member of the AAPI Charitable Foundation. Dr. Mullick previously served as the president of TAPI in addition to multiple terms as treasurer of the organization. He is the current president of the Pittsburgh chapter of the Indo-American Psychiatric Association (IAPA).

We recognize and wish to highlight Dr. Mullick's true passions; two charitable clinics he runs in India. These clinics have been recognized and supported by both AAPI and the Mullick Charitable Foundation for many years. The first clinic is in Sant Kabir Nagar and the second in Uttar Pradesh. These clinics focus on a family practice model of care treating patients with a variety of medical issues including hypertension, diabetes, mental health, and even certain infectious diseases.

Congratulations on your accomplishments Dr. Prabir Mullick.

Outstanding Resident Award

The Indo-American Psychiatric Association is proud to announce Dr. Jai C Gandhi as the recipient of the Outstanding Resident Award. Dr. Gandhi is currently a psychiatry resident at the University of Washington, Seattle.

Dr. Gandhi has an impressive curriculum vitae. He has won the admiration of faculty and peers. Beyond active involvement in his residency program, he was selected to serve as American Psychiatric Association's (APA) Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellow. He is also a fellow of the APA Council on Minority Mental Health and Health Disparities. He is passionate about issues that challenge contemporary psychiatry. In his role as a fellow, he has led an effort in writing a position statement addressing substance use disorders, criminal justice, and treatment disparities suffered by minorities.

Dr. Gandhi has been immersed in efforts to reduce the stigma of mental illness in the South Asian community. He has been involved in the creation and dissemination of a podcast titled "Mind Matters" which aims to address this issue. He has produced a video to educate the South Asian community about mental illness. In addition, he has consulted with "Mann Mukti", an internet resource that addresses mental health concerns in the South Asian community. His interest in the health disparities propagated by racial bias has led to creation of a workshop titled "Black and White" which was presented at the Association of Academic Psychiatry in 2017 and a workshop on the topic of microaggressions and their impact on mental health which has been accepted for presentation at the Society for the Study of Psychiatry and Culture. In short, Dr. Gandhi epitomizes the future of the Indian-American contribution to the field of psychiatry.

Congratulations on your accomplishments, Dr. Gandhi.

Outstanding Chapter Award

The Indo-American Psychiatric Association is proud to announce the Florida chapter of the IAPA as the recipient of the Outstanding Chapter Award. This chapter came into existence towards the latter part of 2013. Dr. Babu Rankupalli presided as president followed by Dr. Bhagi Sahasranaman. As of January 2018, constituents include 22 life members and 5 members in training.

In addition to regional meetings hosted at local restaurants, The Florida IAPA chapter routinely holds meetings each year in conjunction with the Florida Psychiatric Society's spring and fall meetings. In September of 2017, the University of Florida Department of Psychiatry, the Florida Chapter of IAPA, NAMI Florida, and the Florida Medicaid Drug Therapy Management Program hosted the 8th Annual Indian Global Psychiatric Initiative in Orlando featuring speakers and attendees from around the world.

Since its inception, the Florida chapter is proud to have IAPA members Dr. Sundar Pasem Reddy as past-president and Dr. Rajiv Tandon as current president of the Florida Psychiatric Society (FPS). Dr. Tandon is also president of and on the board of directors of the Florida chapter of NAMI. Other IAPA members who are making significant contributions to the FPS include Dr. Krithika Iyer, current councilor and Dr. Pushkar and Dr. Sahasranaman who participate on FPS committees.

Extensive volunteer work in the US and India is being done by Florida IAPA members. Dr. Reddy provides guardianship trainings. Dr. Pushkar provides instruction to teachers in India and is a member of his county's crisis response team. In the past year, IAPA members have also been recipients of awards and recognitions for their contributions to the field and to the community.

Florida Chapter is proud to be recognized as an outstanding IAPA chapter!



2017 Indian Global Psychiatric Initiative (IGPI) Conference

On behalf of the IAPA it was my honor and privilege to support the 8th IGPI conference in Orlando, Florida from September 22nd -24th, 2017. This event was initiated by our own Dr. Rajiv Tandon who not only conceptualized but also initiated and organized this meeting with tireless hours of challenging work. His efforts included arranging the Scientific/Educational program agenda, schedule, registration, local hotel and other venues, CME, and most importantly financial support and assistance. Anyone in any leadership position who has done similar work in the past would know that such an event requires hours of commitment. Dr. Tandon engaged in this while juggling his ongoing role as president of the Florida Psychiatric Association, his work responsibilities at the University of Florida, and the upcoming wedding of his daughter just a week after the conference. Hats off to Dr. Tandon!

The event was supported by the University of Florida, Department of Psychiatry in conjunction with the Indo-American Psychiatric Association (both the national and the Florida Chapter), NAMI Florida, and Florida Medicaid Drug Therapy Management Program. Registration for meeting was a mere \$125.00, which included dinner on 22nd, continental breakfast and lunch for both 23rd and 24th and CME of up to 14 hours.

The meeting began with the evening reception dinner on 22nd at local Indian restaurant (Saffron Indian Cuisine) at Hotel "B Resort". Dr. Russell D'Souza, President of IGPI opened the evening by providing certificates of appreciation to attendees and recognizing some guests for their psychiatric and organizational contributions to the IGPI.

The educational program was rich in its diversity and contained exceptional educational content. The schedule included the following 3 segments:

The first segment was titled "The cutting edge of Psychiatry" and included:

- (1) rTMS in Psychiatry: Today and Tomorrow by Anand Pandurangi, MBBS, MD, Professor Medical Director & Chairman, Inpatient Psychiatry Director, Schizophrenia and ECT Programs Department of Psychiatry, Virginia Commonwealth University.
- (2) Medication-assisted Treatment in Substance Use Disorders by Jamie Robert Smolen, MD, Associate Professor of Psychiatry, University of Florida College of Medicine.
- (3) Paul Broca Revisited: How Does Neuroanatomy Matter by Mohandas Warriar, MBBS, MD, Chief Consultant in Psychological Medicine, Sun Medical and Research Centre, Kerala
- (4) A Stitch in Time Saves Nine - Focus on Perinatal Psychiatry by Raju Lakshmana, MBBS, MD, Senior Lecturer, University of Melbourne
- (5) Addressing Metabolic Problems in Psychiatric Practice by Rohan Ganguli, MD Professor, Medical Director, University of Pittsburgh Medical Center

The second segment was titled "Treatment of Bipolar Disorders- Circa 2017" and included:

- (1) Diagnosis of Bipolar Disorder by Rajiv Tandon, MD, Professor of Psychiatry, University of Florida College of Medicine.
- (2) Treatment of Bipolar Mania by MS Reddy, MD, Director of Schizophrenia and Psychopharmacology Division Asha Hospital, Hyderabad. President, Indian Association of Private Psychiatry.
- (3) Treatment of Bipolar Depression by Prasad Rao, MD, Director of Bipolar Division, Asha Hospital, Hyderabad. Immediate Past President, Indian Psychiatric Society.
- (4) Maintenance Treatment of Bipolar Disorder by Lakshmi Yatham, MBBS, FRCPC, MRCPsych (UK) Professor of Psychiatry, Associate Head of Research and International Affairs, Department of Psychiatry, University of British Columbia.
- (5) Treatment of Comorbid Anxiety in Bipolar Disorder by Arun Ravindran, MBBS, PhD, FRCPC, FRC Psychiatry Professor, Director of Global Mental Health Affairs and the Office of Fellowship, University of Toronto

The third segment was titled “Global Psychiatry: Big Problems and Technological Solutions” and included:

- (1) Aging Populations and End of Life Issues by Uma Suryandevara, MD Professor of Psychiatry University of Florida College of Medicine.
- (2) Veterans’ Suicide in the USA: The Zero Suicide Initiative by Joseph Thornton, MD Associate Chief of Staff for Mental Health, North Florida South Georgia Veterans Health System, Adjunct Assistant Professor, Psychiatry, University of Florida College of Medicine.
- (3) Stigma of Mental Illness: A Global Challenge by JS Bamrah, MBBS, FRCPsych Reader, University of Manchester National Chairman, British Association of Physicians of Indian Origin.
- (4) Technology and Practice of Geriatric Psychiatry by Anand Ramakrishnan, BSc, MBBS, DPM, MMedSc, MSc, FRCPsych, RCPsych Council Member & Chair, Trent Division. President, British Indian Psychiatric Association, International Distinguished Fellow, American Psychiatric Association, Secretary General, IGPI.
- (5) Global Mental Health: Innovative Solutions by Meera Narasimhan, MD, Professor and Chairman, Department of Neuropsychiatry and Behavioral Science, University of South Carolina School of Medicine
- (6) Mental Health: APA Perspective on Diversity and Health Equity by Sejal Patel, Sr. Program Manager, Division of Diversity and Health Equity, APA

The Scientific Program was held at the University of Florida Research & Academic Center at Lake Nona in Orlando. IAPA members from Florida and Georgia attended the meeting in addition to the international speakers and attendees. It was a very successful event overall.

Dilip Patel, MD
President, Indo-American Psychiatric Association

Georgia Chapter Report

As the current president of the IAPA, Georgia chapter, I, Dr. Kalpana Prasad take pride in reporting the progress it has made in 2017. The Georgia chapter was established in 2005. It is the most active and vibrant chapter of the IAPA. It consists of more than 50 life members and several non-members who actively participate in monthly meetings. During Dr. Rudra Prakash's chapter presidency in 2011, the Georgia chapter was the first recipient of the Outstanding Chapter of the Year Award.

The Georgia chapter hosted a very successful annual banquet on September 16th, 2017. There were over 100 attendees including IAPA participants, sponsors, guests and the entire executive committee of the national IAPA. The event was spirited as all attendees engaged in educational activities and networking.

The Georgia chapter meetings consist of monthly dinner meetings sponsored by hosts providing educational talks. After the talks, round table discussion of psychiatric topics of interest such as new medications for Attention deficit disorder, interesting cases and the mandatory implementation of the prescription drug monitoring programs in Georgia ensues. In conjunction with monthly meetings, members participate in community events such as a recent "Out of the Darkness Suicide Awareness" walk in November 2017.

Dr. Dilip Patel, our national President was honored as the Psychiatrist of the Year in 2017 by the Georgia Psychiatric Physicians Association. I look forward to working with this organization and its past presidents to meet the goals of the IAPA and thanks them for entrusting me with this responsibility.



September 16th, 2017 meeting- IAPA GA members and the National IAPA executive committee



Georgia chapter presidents from left to right:

Drs. Piyush Patel, Harshad Patel, Kalpana Prasad, Ajita Joglekar, Dilip Patel and Mahendra Shah

Kalpana Prasad, MD

President, Georgia Chapter, Indo-American Psychiatric Association

The Bhagavad Gita as Seen Through the Lens of Psychoanalysis

The Cross-Currents between Religion and Psychotherapy event took place on Sunday, October 8th, 2017 in Philadelphia, PA. It was organized by the Psychoanalytic Center of Philadelphia in collaboration with Alliance for Psychoanalytic Thought, the South Asian American Forum, and the Indo American Psychiatric Association. Psychoanalytic Reflections on The Bhagavad Gita: The Bhagavad Gita as Seen Through the Lens of Psychoanalysis was presented by Satish Reddy, MD. Below is a summary of his presentation.

The Bhagavad Gita (Gita) is one of the most sacred texts of Hinduism. It is a terse outline of the essential teachings of Hinduism consisting of only 700 stanzas. It occurs during the epic fratricidal battle between the Pandavas and the Kauravas recounted in The Mahabharata. A conversation takes place between Arjuna (the Pandava hero), Krishna (his charioteer and God incarnate). Arjuna becomes despondent and paralyzed prior to the battle, unaware of Krishna's divinity, he pleads for help to resolve his crisis. Krishna's advice to Arjuna constitutes the core teaching of the Gita.

Arjuna's despondency and paralysis-his "neurotic inaction" are understood through Oedipal guilt. The relationship between his instructor, Krishna and the student, Arjuna is paradigmatic of the analyst-analysand relation (Guru-Sishya). Krishna functions as Arjuna's friend and advisor/analyst. Krishna's analytic function is more as an object that facilitates Arjuna's psychic development than interpretive. The cardinal analytic techniques of neutrality, abstinence and anonymity are both observed and violated in the Gita. Indeed, it is the pivotal violation of the principle of anonymity, in the form of the human Krishna displaying his divine nature as God, that leads to Arjuna's transformation.

Dr. Satish Reddy is Assistant Professor of Clinical Psychiatry & Medicine at Weill Medical College of Cornell University, Adjunct Assistant Clinical Professor of Psychiatry at College of Physicians & Surgeons, Columbia University, and Faculty at Columbia University Center for Psychoanalytic Training & Research

Update on the Treatment for Psychotic Disorders

Psychosis is a symptom experienced commonly in younger populations. Around 1% of the population carry a diagnosis of schizophrenia. It is also seen in patients with bipolar disorder and substance abuse. Contrarily, psychosis in the elderly population may suggest various etiologies including organic causes. Psychosis is known to be the disruption of a person's thoughts and perceptions often experienced as visual or auditory hallucinations and/or delusions. A steady rise in psychotic symptoms has been found in South Asians in USA since 2000 however not enough research has been done on its prevalence in this growing population. Individuals with mental illness suffer stigma in this ethnic group generating internalization of negative beliefs and low self-esteem. Early management of psychosis with antipsychotic medication is known to diminish the effects of psychosis. However, it has both short-term and long-term side effects including movement disorders such as extrapyramidal symptoms and tardive dyskinesia, metabolic disorders and an increased risk of stroke and death in the elderly. The incidence of adverse effects is rising due to an increase in use of antipsychotic medication for other conditions including bipolar disorder, depression, dementia, borderline personality, autism, insomnia and anxiety.

Tardive dyskinesia (TD) is defined as an irregular, spasmodic, dysrhythmic, choreiform, athetoid movements that worsen with voluntary motion or anxiety. Due to upregulation of dopamine receptors TD is chronic and potentially irreversible. Discontinuing antipsychotic medication will not reverse TD. Antipsychotics such as haloperidol have long half-lives and remain in the circulation for up to 4-6 months after discontinuation. Withdrawal dyskinesia has been noted in cases where low potency antipsychotics are started after discontinuing high potency antipsychotics due to partial receptor blockage. Other risk factors for TD are treatment with benzotropine, increased age and substance use.

The Indo-American Psychiatric Association worked collectively with the adolescent and aging population from the South Asian Diaspora to conduct a meeting to discussing updates on treatment for psychotic disorders. This was held on January 20th, 2018 in Philadelphia, PA at the Belmont Behavioral Hospital outpatient location with the help of Dr. Sachin Mehta. The meeting was attended by 35 people including renowned psychiatrists, residents in psychiatry training programs, and applicants to psychiatry residency programs. The meeting was co-sponsored by Neurocrine Bioscience.

The meeting began with a highly informative session about valbenazine by Dr. Cherian Verghese, MD; Medical Director Keystone Clinical Studies, LLC; Asst. Professor of Psychiatry and Behavioral Science (Adjunct), Temple University. His talk was titled: Ingrezza (Valbenazine): A Novel Once-Daily Treatment for Adults with Tardive Dyskinesia (TD). He eloquently explained mechanisms of TD and the challenges and societal impacts of TD. Valbenazine is the first drug developed for TD. It is thought to work by selective inhibition of VMAT2 in presynaptic neurons providing reversible reductions of dopamine release into the synaptic cleft thereby reducing the amount of dopamine available to hypersensitive D2 receptors. It has no appreciable binding affinity for VMAT1, D2, 5HT2B, adrenergic receptors, histaminergic receptors or muscarinic receptors. KINECT 3 is a 6-week study design on valbenazine. Its primary efficacy was assessed using the AIMs test values from baseline to 6 weeks. 80 mg/day of Ingrezza provided rapid and significant improvement in 6 weeks with at least a 50 % reduction in TD severity in 40 % of participants. Participants were maintained on a stable treatment regimen for 48 weeks. At the end of this period, discontinuation of valbenazine resulted in re-emergence of symptoms of TD. Side effects included somnolence, Qtc interval prolongation in patients with preexisting arrhythmia, anticholinergic effects, balance /falls, headache, arthralgia, vomiting/nausea, and akathisia.

Pharmacokinetics involve cytochromes CYP 2D6 and CYP 3A4. There are guided dosing recommendations for patients with complex medical histories.

The second session was led by Dr. Narsimha Pinninti, MD, Medical Director, CCBHC (The Clinic) and Professor of psychiatry, SOM, Rowan University. He focused on psychotherapy for psychotic disorders. He pointed out the need for psychiatrists to connect to patients during acute psychotic episodes and understand the distress related to their illness. He stated that there is now an evolving paradigm shift in how we view psychosis. Psychosocial stressors including childhood adversity and trauma are believed to play a significant role in its development. Individuals with psychosis deal with isolation, stigma, demoralization, and hopelessness. Interactions with psychiatrists should address these stressors by way of connecting with each individual, normalizing their experience and instilling hope. Dr. Pinninti emphasized techniques such as casual conversation, connecting with common interests, humor, and appropriate self-exposure to enhance the therapeutic alliance. He discussed Aaron Beck's use of cognitive therapy in treating delusions. He encouraged psychiatrists to utilize supportive, psychodynamic and cognitive behavioral therapy as well as YMCT/TIMBER for psychosis and detailed how these interventions can be incorporated into routine interactions with psychotic patients.

The last session was by Dr. Chand Nair (Chief Medical Officer, Brooke Glen Hospital) who talk was titled: Pitfalls and Challenges in Psychopharmacological Practice - an Inpatient Psychiatrist's Perspective. Dr. Nair's discussion expounded on the challenges of medical management of treatment resistant psychosis. He addressed the lack of comfort experienced by many psychiatrists in using drugs like clozapine or lithium. He pointed out the importance of monitoring clozapine levels and discussed side effects of clozapine including paralytic ileus and myocarditis. Dr. Pradhan discussed the epigenetic causes of depression and how it differs from psychosis. Management of bipolar symptoms with lamotrigine and carbamazepine was touched upon. Dr. Nair discussed antiepileptic drugs and their role in bipolar disorder specifically for impulse control and the use of divalproex sodium in management of patients with traumatic brain injury and aggressive behavior. Regarding attention deficit hyperactivity disorder there was a general discussion of how overprescribing stimulants could potentiate an opiate-like crisis in the future.

The meeting ended with a robust question-answer session regarding challenges in management of psychosis in treatment-resistant patient. It was a very good learning experience for all who attended. Much appreciation goes to all speakers and Neurocrine Bioscience member, Dr. Mehta, for his help in arranging the meeting at the Belmont outpatient center.

Karuna Poddar, MD, MS
PGY2 Psychiatry Residency
Cooper University Hospital

Annual National Conference of the Indian Psychiatric Society (ANCIPS)

The 70th ANCIPS conference took place from February 5-8th, 2018 at the Central Institute of Psychiatry in Ranchi, Jharkand, India. The title of the conference was A Journey in Psychiatry, From Morals to Molecules. Our very own Dr. Jagannathan Srinivasaraghavan represented the IAPA and presented a talk on Ethics in Psychiatry. He also took photos of the conference which can be seen at the following link:

https://www.facebook.com/JagVan/media_set?set=a.10214118163561525.1073741937.1035997751&type=3

2018 IAPA Scientific Session and Banquet

We invite everyone to participate in the upcoming Annual Scientific Session and Banquet on Sunday May 6th, 2018. For details and registration, please click on the following link:

<http://www.myiapa.org/events/2018-scientific-session-banquet/>