

INDO-AMERICAN PSYCHIATRIC ASSOCIATION NEWSLETTER

Spring/Summer 2022 Edition



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President's Message



Dear colleagues,

On behalf of the Indo-American Psychiatric Association (IAPA), I want to extend my sincere thanks for your overwhelming support of our organization. Our 43rd Annual Meeting, which was held on Sunday, May 22nd, 2022 in New Orleans, LA was very well attended. We had the Scientific Session and poster competition in the morning, and an evening banquet. It was such a delight to see many of our psychiatrists in training participate in all the annual meeting activities. We had delicious Indian food throughout the day, and a live jazz band during the banquet, befitting the spirit of New Orleans. Drs. Saul Levine and Rebecca Brendel from the APA graced our banquet. We are so grateful that after three long years, we were able to come together for an in-person meeting. Thanks to our IAPA team, who worked very diligently to put this meeting together. Thanks to everyone for your attendance and support of IAPA.

Over the past year, IAPA has had several accomplishments. We have many new life and resident/fellow members. Dr. Rama Rao Gogineni, our IAPA-IPS (Indian Psychiatric Society) Liaison, along with other IAPA members, presented at the 2022 Annual National Conference of Indian Psychiatric Society (ANCIPS). Under the leadership of Dr. Manoj Shah, IAPA has created an ethics committee. Drs. Ranna Parekh and Rohit Chandra have established a mentoring program. Dr. Parekh and Dr. Viswanathan mentored our young IAPA members, who presented this past April at the annual meeting of the Society for the Study of Psychiatry and Culture (SSPC) and presented at the 2022 American Psychiatric Association's annual live and virtual meetings.

As you know, the Covid-19 pandemic affected all of us in different ways, including our IAPA chapters. Although some chapters have managed to remain active, we have some others that have not. The good news is that many of our members have a revived interest in activating the chapters, such as Illinois and the Tri-state chapters. Stay tuned for upcoming events from these chapters!

Finally, I thank you all for the opportunity to serve you and I look forward for your continued support over the coming year!

Sincerely,

Bhagi Sahasranaman, MD, DLFAPA, DFAACAP

President, IAPA

IAPA 43rd Annual Meeting Highlights: May 22nd, 2022; New Orleans

Scientific and Poster Session

Thank you to our Scientific Program Presenters:

Vishal Madaan, MD - Tenured Associate Professor, Department of Psychiatry, University of Virginia Health System: **Outstanding Academician Lecture: “Elephants, Curry and a Monsoon Wedding: The IMG Experience”**

Ravi Chandra, MD - Winner of 2022 Outstanding Service Award, Private Practitioner in San Francisco: **“Megalomania and Vulnerabilia: A Tale of Two Worlds”**

Rama Rao Gogineni, MD - Professor of Psychiatry, Cooper Medical School of Rowan University: **“Gratitude-Self Reflection”**

IAPA officers with our Scientific Session Presenters



Standing L-R: Drs. Sachin Mehta, Rachna Raisinghani, Manan Shah, Tanuja Gandhi, Tarak Vasavada, Dhruv Gupta, Dilip Patel, Karuna Poddar, Vani Rao, Rohit Chandra.

Sitting L-R: Drs. Bhagi Sahasranaman, Vishal Madaan, Ravi Chandra, Rama Rao Gogineni.

Congratulations to our Poster Competition Winners!

1st place: Drs. Rikinkumar Patel and Sanobar Jaka, **“Psychiatric Comorbidities and Hospitalization Outcomes in Acute Medical Inpatients: A Call for Collaborative Care Model”**

2nd place: Dr. Jeena Kar, **“PHQ-2 Scores in Broward County’s Homeless: Prevalence, Barriers, and Proposed Solutions to Mental Health Disparities”**

3rd place: Dr. Meher Irani, **“A Case of Cotard Syndrome and Neurosyphilis”**



Morning Scientific Session (left) and Poster Competition (right) pictures.

IAPA 43rd Annual Meeting Poster Competition Presentations:

The Relevance of Mahatma Gandhi's Teachings to Physical and Mental Health in the 21st Century

Kerala Ria Saugh, MD, Texas Tech University Health Sciences Center, Lubbock, Texas

This piece explores the relevance of Mahatma Gandhi's teachings on Ahimsa, thoughts, passive violence, and Satyagraha, to health.

Methadone-Induced Hyperhidrosis: Mechanism, Presentation, and Management: A Literature Review

Effie M. Mathew MS41, Kathleen J. Finn MS41, and Karuna Poddar, MD, MS

Thomas Jefferson University Hospital and Sidney Kimmel Medical College

This review summarizes current knowledge on the epidemiology, mechanism, assessment, and treatment of methadone-induced hyperhidrosis.

Bipolar Disorder progression in Tourette syndrome

Abhiram Chilakamarri, Student at Northview High School (11th Grade), Atlanta, GA; Jagan Chilakamarri MD, Medical Director, Atlanta Psychiatric Institute, Atlanta, GA; Jorge Juncos MD, Attending Physician MS Center of Atlanta. Professor, Emeritus Neurology and Movement Disorders, Emory University School of Medicine

We evaluated 10 children with bipolar diagnosis and Tourette syndrome. Conclusions: It is critical to think of bipolar diagnosis in Tourette patients to assist in treatment.

Psychiatric Comorbidities and Hospitalization Outcomes in Acute Medical Inpatients:

A Call for Collaborative Care Model

Rikinkumar Patel MD, MPH, Oklahoma State University, Norman, OK; Archana Patel MD, Primary care practice, Washington, DC; Sanobar Jaka MD, MPH, Essen Healthcare, Bronx, NY

Psychiatric comorbidities worsen the severity of illness leading to poor quality of life in patients with acute medical conditions. A collaborative approach should be followed for high-complexity patients to improve long-term outcomes.

A Case of Cotard Syndrome and Neurosyphilis

Sachidanand Peteru, Jamaica Hospital Medical Center, MD, DFAPA, CL Psychiatry Attending; Meher Irani, Jamaica Hospital Medical Center, MD Resident Physician in Psychiatry; Melanie Orr, NY Institute of Technology College of Osteopathic Medicine Medical Student; Emmanuel Katehis, MD, Jamaica Hospital Medical Center, Resident Physician in Psychiatry; Matthew Green, Ross University School of Medicine, Medical Student

We present a 49-year-old male with a history of alcohol use disorder, depression and history of COVID-19, 6 months prior who presented to the ED for recent changes in behavior. He was diagnosed with neurosyphilis and MDD with psychosis with Cotard syndrome.

A Case of Autosarcophagy in Pediatric Patient with Depression

Sachidanand Peteru, Jamaica Hospital Medical Center, MD, DFAPA, CL Psychiatry Attending ; Meher Irani, Jamaica Hospital Medical Center, MD Resident Physician in Psychiatry; Melanie Orr, NY Institute of Technology College of Osteopathic Medicine, Medical Student ; Arsen Askandaryan, Jamaica Hospital Medical Center, MD Research Coordinator

Autosarcophagy, or self-cannibalism, is an extremely rare form of self-mutilation. We present a 14-year-old female who presented to the pediatric ED with oral bleeding after eating $\frac{1}{3}$ of her tongue over the course of a month.

Title: Legal Technologies in Substance Use Disorders

Sanya Virani, MD

I hope to describe several policy aspects of implementation of legal technology in substance use, while highlighting the scenarios/population groups that might most utilize and benefit from them.

Hindu Hyper-religiosity: A Spiritual Experience or a Manic Episode? A Case Study of a Hare Krishna Priest with Bipolar Disorder

Jeena Kar, DO, PGY-2, Tessy Korah, MD, Anshul Daga, MS1

It is difficult to discern between appropriate religious belief and hyper-religiosity. This case is about a male Hindu priest placed under involuntary hold for concerns of mania.

Increasing Medication Adherence in SMI and Geriatric Populations: A QI Proposal

Jeena Kar, DO, PGY-2

Celeste Yergin, MS3, Srinath Gopinath, MD

This project will use PDSA cycle to provide Severe Mental Illness and Geriatric Populations with pillboxes at discharge and explores possibility of SMART pillboxes as a solution to medication nonadherence.

PHQ-2 Scores in Broward County's Homeless: Prevalence, Barriers, and Proposed Solutions to Mental Health Disparities

Jeena Kar, DO (PI), Ariba Hashmi, DO, Reeja Raj, DO, Sandra Hossain, DO, Joshua Berko, MS-4, Patrick C. Hardigan Ph.D., Nova Southeastern University, Joseph DeGaetano, D.O., MsED, Nova Southeastern University KPCOM

The Community Based Participatory Research model was employed in this project. Participants completed an 18-question survey and standardized depression screening tool.

Cultural Considerations in Psychiatric Treatment of Children and Adolescents of Immigrant Parents

Mandar Jadhav, MD & Esther Lee, MD

In an inner-city academic center, the growing numbers of immigrant & refugee families has been correlated with an increase in children and adolescents being treated for psychiatric concerns. Some factors such as cultural differences were examined.

Pain Management Education and Training during Psychiatry Residency: A National Survey

Ali A. Ali, MD, Muhammad H. Majeed, MD, Ahmar M. Butt, MD, Dhruv R. Gupta, MD, MS

An 11-item web-based survey was administered to all psychiatry residency program directors to assess the current status of didactic and clinical experiences in pain management, barriers to training and the interest of psychiatry residents in pain management education.

Mental Health Crisis and ACT Teams Serving Culturally Diverse Neighborhoods in Queens, New York: Experience and Recommendations

Mark Nathanson, MD, Dhruv R. Gupta, MD, MS

This poster describes the clinical and administrative experiences, lessons learned and recommendations for improvement of two mental health community-based teams.

Outstanding Academician, Outstanding Service, and Outstanding Resident Awards

Congratulations to our 2022 Award Winners!

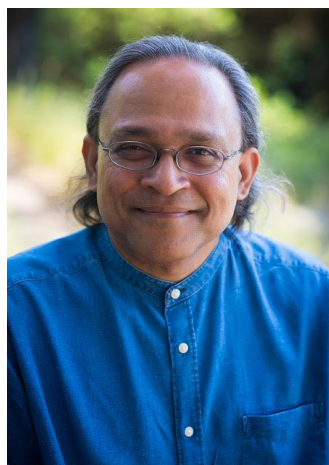
Outstanding Academician Award: Vishal Madaan, MD, DFAPA, DFAACAP



Vishal Madaan, MD, is tenured Associate Professor in Child Psychiatry at University of Virginia, Charlottesville. He serves as Training Director for the UVA CAP fellowship program and is the founding Director for the Center for Psychopharmacology` Research in Youth at UVA. Dr. Madaan began his career in Psychiatry 24 years ago in India and has been the recipient of several honors and awards through the APA, AADPRT and AACAP. He is passionate about issues related to IMGs and has brought these issues to the forefront at AADPRT and APA. He has served as a mentor for several IMGs and guided them through various stages of their careers. Dr. Madaan has co-authored several articles and book chapters for peer-reviewed scientific and medical journals. He has served as editor for the PRITE and Child PRITE exams, the

ASCP Pediatric Psychopharmacology curriculum, and the APA's journal, Focus.

Outstanding Service Award: Ravi Chandra MD, DFAPA



Ravi Chandra, M.D. is a psychiatrist, writer, and compassion educator in San Francisco, and a Distinguished Fellow of the American Psychiatric Association. He writes for Psychology Today and East Wind eZine, where his longform essays are written “at the intersection of Black and Asian lives.” His debut documentary, The Bandaged Place: From AIDS to COVID and Racial Justice won Best Film at the 2021 Cannes Independent Film Festival. Facebuddha: Transcendence in the Age of Social Networks is his full-length nonfiction debut and is the winner of the 2017 Nautilus Silver Book Award for Religion/Spirituality of Eastern Thought. He also teaches Mindful Self-Compassion and Compassion Cultivation Training Workshops through his non-profit organization SF Love Dojo. Information on his other books, workshops, films and performances is available at www.RaviChandraMD.com.

Outstanding Resident Award: Sanya Virani MD, MPH



Sanya Virani received her medical degree from K. J. Somaiya Medical College and Research Centre in Mumbai, India and a Master's in Public Health (Administration and Policy) from the University of Minnesota. She completed her Psychiatry residency training at Maimonides Medical Center in Brooklyn, New York and an Addiction Psychiatry fellowship at Yale University. She is now graduating from the Forensic Psychiatry Fellowship at Brown University's Warren Alpert Medical School. She served as the Resident-Fellow Member Representative for Area II on the APA Assembly and RFM Trustee on the Board of Trustees. She was appointed to both Presidential Task Forces on Social Determinants of Mental Health and Structural Racism.

IAPA 2022 Banquet Highlights

IAPA's 2022 Annual Meeting in New Orleans concluded with an evening banquet that included presentations by Dr. Sachin Mehta and Dr. Rohit Chandra, IAPA award presentations, delicious Indian food catered by Nirvana Indian Restaurant, and New-Orleans style entertainment by Dr. Jazz. Dr. Saul Levin, APA CEO and Medical Director and Dr. Rebecca Brendel, APA President also visited IAPA's evening banquet to show their support. Shown below are pictures from the 2022 IAPA Banquet. A big thank you to all who attended IAPA's 2022 Annual Meeting and made it a success!



IAPA officers at the banquet.



L-R: Drs. Saul Levin, APA CEO & Medical Director; Rebecca Brendel, APA President Elect; Tarak Vasavada, IAPA President Elect; and Bhagi Sahasranaman, IAPA President.



IAPA Banquet attendees listening to presentations while enjoying appetizers during the first part of the evening.



L to R: Dr. Rebecca Brendel, APA's President; Dr. Saul Levin, APA CEO and Medical Director; and Dr. Dilip Jeste, past APA president addressing banquet attendees.



L to R: Dr. Sachin Mehta, IAPA Corporate Liaison presenting; Dr. Rakesh Chadda, Secretary General, World Association of Social Psychiatry (WASP) addressing IAPA; Dr. Gautam Saha, immediate past president, IPS; and Dr. Rohit Chandra speaking about IAPA's mentoring program during IAPA's evening banquet.



Drs. Karuna Poddar and Tanuja Gandhi at reception desk.



Live jazz entertainment provided by Dr. Jazz during the second part of the evening.



Delicious Indian cuisine catered by Nirvana Indian Restaurant.

IAPA Mentorship Program Updates

IAPA's Mentorship Program actively strives to foster the growth of trainees and early career IAPA members as psychiatrists and leaders in organized medicine. In addition to actively establishing mentor-mentee relationships, the program encourages members to engage in scholarly pursuits.

A recent initiative was led by IAPA Mentorship Program's Chair, Dr. Ranna Parekh, and Dr. Ramaswamy Viswanathan in which they mentored three IAPA members—Dr. Dhruv Gupta, Dr. Karuna Poddar, and Dr. Manan Shah—through the process of writing and submitting an abstract, as well as presenting on South Asian microaggressions at the 2022 Annual Meetings for the Society for the Study of Psychiatry and Culture (SSPC) and American Psychiatric Association (APA). The process began back in August 2021 and comprised of regular planning meetings with one another with substantial oversight from Dr. Parekh and Dr. Viswanathan. Initial discussions on researching important topics and synthesizing ideas progressively transitioned to preparing engaging slides and rehearsing to deliver material effectively. In addition to learning from each other and furthering our efforts at fostering diversity, equity, and inclusion, the experience was particularly meaningful as Dr. Parekh and Dr. Viswanathan relentlessly coached their mentees on not only what to present, but also *how* to present an important and less understood topic, a skill that is often overlooked.

The presentation provided an overview of the underpinnings of Asian-American hate in the United States and covered the various forms of microaggressions, health and mental health consequences of microaggressions, and strategies for South Asian communities to overcome prejudice. The presentation was well-attended and received at both conferences, was selected for APA's Virtual Program, and was featured on APA On Demand. The team hopes to continue its efforts by writing a manuscript on microaggressions experienced by South Asian communities within the United States.



Pictured L-R: Drs. Karuna Poddar, Ramaswamy Viswanathan, Manan Shah, Dhruv Gupta, and Ranna Parekh at the APA doing their presentation, “Microaggressions in South Asian Americans: Mental Health Consequences and Community Strategies.”

IAPA sincerely thanks Dr. Ranna Parekh for her service as the mentoring committee's chair over the past year. Dr. Rohit Chandra who was co-chair, will be taking over as Chair of the Mentorship Committee for this upcoming year, while Dr. Parekh will remain active in the program. Thanks Drs. Parekh and Chandra!

IAPA Chapter Updates

Florida:

The Florida chapter of IAPA plans to have a chapter meeting on the evening of Saturday, October 8 th 2022 from 6:30 pm at Palace Indian Restaurant, 11422 W State Rd 84, Davie Florida. Please contact Florida chapter president Dr. Krithika Iyer (Krithikaiyer@bellsouth.net) for more information.

Georgia:

The Georgia chapter of IAPA continues to have monthly meetings with unwavering commitment from their chapter president, Dr. Arun Munjal for organizing the meetings. Georgia chapter also got together for a fun-filled Holi Celebration on March 26th, 2022 at the Vedic Temple, in Lilburn Georgia. The day was filled with color, laughter, delicious food and loads of fun! Georgia members are now looking forward to the next educational and social event of 2022, celebrating Diwali, coming up soon.



*Georgia President
Dr. Arun Munjal
celebrating Holi with
his wife,
Dr. Deepti Munjal,
and with the Georgia
IAPA family.*

Illinois:

The national leadership is excited to share that Illinois chapter is looking forward to being more active again and planning an in-person meeting on August 27, 2022! Please look out for more details from Dr. Tapan Parikh (tapan0106@gmail.com) and Dr. Sudhakar Shenoy (dr.sudhakarshenoyk@gmail.com). Please feel free to reach out to them as well.

Tristate (Delaware, New Jersey, Pennsylvania):

Tristate IAPA is planning to have a fall meeting in November 2022, discussing the impacts of COVID on the Indian American Community and their families. Please contact Dr. Sachin Mehta, president of Pennsylvania chapter for additional information at imdshrink@gmail.com.

Additional Updates and Upcoming Events

Mentoring Program:

Dr. Chandra along with the Resident-Fellow Member and Early Career Psychiatrist committees will soon initiate regular Zoom meetings for members-in-training and early career psychiatrists.

Educational Activities:

Look out for an announcement for a virtual risk management lecture. Please contact IAPA's Executive Committee (EC) or Extended Executive Committee (EEC) for additional information.

Chapter Support:

IAPA leadership would be delighted to support chapter activities, revival of existing chapters, and creation of new chapters. Please contact the IAPA president or any of the EC/EEC members if interested.

**IAPA would love to hear about future chapter events and activities!
Please send any chapter news and updates for the next newsletter to president@myiapa.org.**

Thank you to our IAPA family for your support!

**We encourage our readers to join IAPA if you are not members already,
and please spread the word among your colleagues to be part of this
growing organization!**

Please get involved!

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FACT vs. FICTION

Written by Professional Risk Management Services® (PRMS®)

I understand that I should never try to respond on my own to a lawsuit but isn't it true that it's not really necessary to have an attorney represent you when responding to a medical board complaint? They are all medical professionals and can appreciate the frivolousness of most patient complaints. I don't think my malpractice carrier covers that sort of thing. Even if they do, I wouldn't want to report something and have my rates increased.

What do you think - fact or fiction?

Fiction!

You should never respond to a licensing board complaint on your own. While all physicians appreciate the seriousness of receiving notice of a lawsuit, physicians receiving notice of a board complaint do not always recognize the need for the same level of concern and the potential impact upon their professional license. In fact, a board complaint may be far more serious as penalties may include the loss of one's license. Unlike lawsuits, there is often no need to prove that damage has actually occurred (i.e., that a patient has been harmed) before a licensing board can discipline a physician. And licensing boards are not required to limit their inquiry to what's contained in the complaint. It is not unheard of for a board to find that a patient's complaint was completely without merit but then take action against the physician due to other things that were discovered in the investigation (for example records provided in response to the complaint did not meet regulatory requirements). Discipline imposed may include fines, public reprimands, suspension or revocation of a license. Physicians may also be required to receive special training or complete programs before returning to practice. Also, many plaintiff attorneys will encourage patients to file board complaints prior to the filing of a lawsuit. Negative findings by a licensing board may typically be used as evidence in a related malpractice lawsuit or even as leverage to persuade you to settle.

Many professional liability insurance carriers (such as PRMS) do provide administrative coverage and will hire an attorney to represent you in the event of a licensing board investigation. Insurers typically do not raise rates when they are called upon to defend physicians for frivolous actions. If your carrier does not have such coverage, it's prudent to seek legal representation on your own.

View more Fact vs. Fiction challenges at [PRMS.com/Facts](https://www.prms.com/facts).

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