

# INDO-AMERICAN PSYCHIATRIC ASSOCIATION NEWSLETTER

Summer 2023 Edition



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# **Congratulations to the incoming IAPA Board and Committee Members!**

## **Executive Committee (EC)**

Tarak Vasavada, MD President

Manan Shah, MD, President-Elect

Tanuja Gandhi, MD Secretary

Sachin Mehta, MD, Treasurer and Corporate Liaison

## **Extended EC (EEC)**

Rohit Chandra, MD (Councilor)

Karuna Poddar, MD (Councilor)

Tapan Parikh, MD (Councilor)

Dhruv Gupta, MD (Early Career Psychiatrist Representative)

Zeeshan Mansuri, MD (Early Career Psychiatrist Representative)

Rikin Patel, MD (Member-In-Training Representative)

## **Board of Trustees (BOT)**

Vani Rao, MD (Chair)

Ashwin Patkar, MD

Dilipkumar Patel, MD

Meena Ramani, MD

Bhagi Sahasranaman, MD

## **Ethics Committee**

Manoj Shah, MD (Chair)

## **Mentoring Committee**

Rohit Chandra, MD (Chair)

## **Publication/Media Committee**

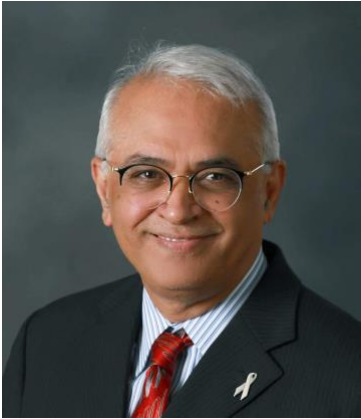
Sudhakar Shenoy, MD

Pooja Shah, MD

Vanita Sahasranaman, MD

# President's Message

Dear members of IAPA,



It brings me great pleasure and pride to assume the presidency of IAPA from 2023 to 2025. Since its establishment in the late 1970s, our organization has been at the forefront of representing Indian-origin psychiatrists and their interests in the USA. Our organization is vibrant, particularly during the APA annual meeting, where many of our members and potential members present their research on various topics. The 2023 IAPA annual meeting organized by my predecessor, Dr. Bhagi Sahasranaman, in San Francisco renewed the sense that we are eager to meet and collaborate.

To secure a bright future, we must remain united and continuously enhance our membership while emphasizing the value of being a member.

- Let us begin by encouraging more medical students and resident applicants, including 2nd Generation and IMG, to become psychiatrists and learn how to navigate the challenging path toward securing a competitive residency.
- Residents and fellows require mentorship and resources to look beyond residency and select a future practice setting, and early career psychiatrists need more opportunities and guidance to establish a solid career path.
- IAPA has established a mentorship program, and we must encourage our MIT and ECP members to take advantage of it.
- We should celebrate the accomplishments of our mid-career members and find ways to acknowledge their work and leadership.
- Seasoned psychiatrists like myself believe that socializing and continuing our legacy is the key to happiness and life satisfaction.
- IAPA is focused on representing our rights while highlighting our heritage and working cohesively with APA and other sister organizations.

I am grateful to the IAPA board for entrusting me with the leadership role. My committee is young and enthusiastic, and eager to effect change. It gives me tremendous joy and pride to represent you, our members, without whose support we cannot move forward.

You can look at my bio [here](#).

If you have any ideas, feel free to email me at [tarak@vasavada.us](mailto:tarak@vasavada.us). I am always happy to discuss and help however I can.

Sincerely,

**Tarak Vasavada, MD**

# **IAPA 44<sup>th</sup> Annual Meeting Highlights:**

## **May 21<sup>st</sup>, 2023; San Francisco, CA**

IAPA's 44<sup>th</sup> Annual Meeting was held at Marine's Memorial Hotel on May 21, 2023, in San Francisco, California. The morning session included a scientific poster competition, awards, and educational presentations from nationally renowned academicians.

### **Scientific and Poster Session**

#### **Thank you to our Scientific Program Presenters:**

**Rajnish Mago, MD**- Winner of the 2023 Outstanding Academician Award and Editor of Simple and Practical Medical Education: **Outstanding Academician Lecture: "Simple and Practical Strategies for the Prevention and Management of Common Side-Effects"**

**Rajiv Radhakrishnan, MD** – Assistant Professor of Psychiatry, Radiology, and Biomedical Imaging, Yale School of Medicine: **"Medical Cannabis—Promises and Perils"**

**Sandeep Vaishnavi, MD, Ph.D.** – Adjunct Associate, Department of Medicine; Faculty, Duke Institute for Brain Sciences: **"Transcendental Meditation for Healthcare Provider Resilience"**

### **Congratulations to the 2023 Poster Competition Winners!**



**1<sup>st</sup> place: Dr. Jeena Kar**

**2<sup>nd</sup> place: Dr. Savita Bhakta**

**3<sup>rd</sup> place: Dr. Parameshwaran Ramakrishnan and Urja Shah (Medical Student)**



*Thank you to all the 2023 Poster Session participants for their hard work and contributions to the IAPA Poster Session!*



*Authors present their posters to judges during the morning IAPA poster session.*

### **IAPA 44<sup>th</sup> Annual Meeting Poster Competition Submissions:**

#### **From Roots to STEM: How Supporting Increased Diversity in Science is Creating the Change We Want to See**

Isabella Caldwell, M.D., Jeena Kar, D.O., Carol Matthews, M.D., Ph.D., Ludmila De Faria, M.D., David Julian, Ph.D.

University of Florida

#### **Using Osteopathic Principles in Psychiatric Practice: Indications, Contraindications, Current Literature, and Evidence-Base**

Jeena A. Kar D.O. , Liliam R. Santiesteban D.O. , David Boesler D.O., FAO, Mala Iyer, M.D. University of Florida

#### **Rat poison through a cultural lens – A unique case of warfarin overdose in an Asian woman with a history of untreated depression**

Irani, Meher, Jamaica Hospital Medical Center, MD Resident Physician in Psychiatry Lima, Ateaya, Jamaica Hospital Medical Center, MD Director of Consultation-Liaison Psychiatry



## **Behavioral Disturbance in a Patient with Frontotemporal Dementia as a Neuropsychiatric Sequela of Neurosyphilis**

Irani, Meher, Jamaica Hospital Medical Center, M.D. Resident Physician, Psychiatry Peteru, Sachidanand, Jamaica Hospital Medical Center, M.D., DFAPA, Consultation-Liaison Psychiatry Attending

## **Effect of Alcohol Use on Progression to Mild Cognitive Impairment and Dementia**

Pallavi Joshi, Yi Su, Yinghua Chen, Eric Reiman

Pallavi Joshi, D.O., M.A., Geriatric Psychiatrist, Banner Alzheimer's Institute Clinical Assistant Professor of Psychiatry, University of Arizona College of Medicine, Phoenix

## **Late-Onset Bipolar Disorder in an Elderly Woman: Considerations for Diagnosis and Treatment**

Anna McKenzie, B.S.<sup>1</sup>; Rishab Chawla, B.S.<sup>1</sup>; Bhargav Patel, M.D.<sup>2</sup>; Reddy Shashank, M.D. <sup>2</sup>

<sup>1</sup> Medical College of Georgia at Augusta University, Augusta, GA

<sup>2</sup> Department of Psychiatry and Health Behavior, Medical College of Georgia, Augusta, GA

## **Mechanism of Change Through 12-step Programs in Substance Use Recovery**

Raju Bhattarai, PGY4, Jamaica Hospital Medical Center

## **Under Pressure: A Case of Psychosis in a Patient with Idiopathic Intracranial Hypertension that Challenges Conventional Clinical Wisdom**

Sarvatit Patel, PGY-4, East Tennessee State University, Department of Psychiatry

## **The Challenges of Communication in a Patient with Treatment-refractory Psychosis Undergoing ECT**

Anu Stephen, M.D., Psychiatry Resident, University of Florida Health

## **Prolonged Grief Disorder: Assessment and Diagnosis During COVID-19**

Urja Shah, M.A.<sup>1</sup>; Mandeep Kaur, M.D., FAPA, DFAACAP<sup>2</sup>

<sup>1</sup>Department of Psychiatry, Campbell University School of Osteopathic Medicine, Buies Creek, North Carolina

<sup>2</sup>Department of Psychiatry and Behavioral Health, Cape Fear Valley Medical Center, Fayetteville, North Carolina

## **Escitalopram Induced Gynecomastia in an Adolescent**

Rajesh K Mehta, MD. Mitchell McDaniel, MD. Chander Shekhar Aggarwal, MD

## **Treatment-Resistant Schizophrenia in an Immigrant Adolescent**

Omaymah, Al-Otoom, M.D., Rajesh K Mehta, M.D.

## **Role of Omega-3 Fatty Acids in the Treatment of Depression in Children and Adolescents: A Literature Review**

Tanu Thakur M.D., Sukhmanjeet Kaur Mann M.B.B.S., Narpinder Kaur Malhi M.D., Raman Marwaha, M.D.

## **Outstanding Academician, Outstanding Service, and Outstanding Resident Awards**

### **Congratulations to our 2023 Award Winners!**

#### **Outstanding Academician Award: Dr. Rajnish Mago**



Dr. Rajnish ("Raj") Mago is the Founder and Editor of Simple and Practical Medical Education ([simpleandpractical.com](http://simpleandpractical.com)), a website that helps mental health clinicians to become expert Psychopharmacologists by providing advanced clinical tips to help with practical challenges that psychopharmacologists face regularly. He is also the author of the widely acclaimed book *Side Effects of Psychiatric Medications: Assessment, Prevention, and Management, Second Edition (2020)*. He is a clinical professor of psychiatry at SUNY Upstate Medical University, Syracuse, NY, and a clinical assistant professor of psychiatry at the University of Pennsylvania, Philadelphia, PA, where he directs the psychopharmacology curriculum. At the University of Pennsylvania in Philadelphia, PA, he designed and leads a four-year psychopharmacology curriculum for psychiatry residents. He is also actively involved in continuing medical education in his capacity as chair of the education committee of the Pennsylvania Psychiatric Society and as a member of the CME committee for the American Society of Clinical Psychopharmacology. Dr. Mago is also an associate editor of the periodical *Current Psychiatry*.

Dr. Mago has been widely recognized for being an exceptional teacher and has received many awards for his teaching.

#### **Outstanding Service Award: Dr. Dilip Patel**



Dr. Dilip Patel has been involved with the Indo-America Psychiatric Association (IAPA) for many years, both at the state and national levels. He was the founding President of IAPA's Georgia chapter in 2005, and along with other Georgia chapter leaders, he has made it an active and vibrant chapter. Dr. Patel has been in various leadership positions at the national level and served as President of IAPA from 2017 to 2019. Several years ago, Dr. Patel volunteered to manage IAPA's accounts and membership data, which he has continued to do. He has made significant contributions to IAPA, such as revising by-laws and working with IAPA's webmaster to convert the membership list to a web-based database. He remains a support and guide to incoming IAPA presidents, executive committee members, and chapter leaders and continues to serve IAPA as a board member. Besides his outstanding service to IAPA, Dr. Patel has been a fierce leader as past president of the Georgia Association of Physicians of Indian Heritage (GAPI). Currently, he is the first psychiatrist of Indian heritage to be President of the Georgia Psychiatric Physicians Association (GPPA).

## **Outstanding Resident Award: Dr. Dhruv Gupta**



Dr. Dhruv Gupta completed his undergraduate and graduate education at Tulane University in New Orleans, after which he began medical school at St. George's University in Newcastle, England. He completed his psychiatry residency training at the Icahn School of Medicine at Mount Sinai/Elmhurst Hospital in New York City, where he served as Chief Resident during his third and fourth years of training. He is currently a forensic psychiatry fellow at the University of Pennsylvania. He is a former APA Diversity Leadership Fellow. Currently, he serves as the Representative to the Caucus of International Medical Graduates, a Corresponding Member on the Scientific Program Committee, a M/UR Representative on the Assembly Executive Committee Workgroup on Social Determinants of Mental Health, a Resident Fellow Member of the Council on Psychiatry and Law and the Indo-American Psychiatric Association. On completing his fellowship training, he will start a position with the NY State Office of Mental Health at the Mid-Hudson Forensic Psychiatric Center.

## **IAPA 2023 Banquet Highlights**

The IAPA 44<sup>th</sup> Annual Meeting concluded with an evening banquet that included a sponsored lecture given by Dr. Rakesh Jain, recognition of the outstanding achievements and leadership of psychiatrists of Indian origin; speeches by APA dignitaries including APA CEO and Medical Director Dr. Saul Levine and APA President-Elect Dr. Viswanathan; transitioning leadership from IAPA's previous President Dr. Bhagi Sahasranaman to the current IAPA President Dr. Tarak Vasavada; and a night of live music, catered food from Jalsa Catering, and fun. Thank you to all those who participated in the scientific program, poster session, and banquet to make our 44<sup>th</sup> Annual IAPA Meeting a success!



*Pictured above (L-R): Drs. Rakesh Jain giving a sponsored presentation; APA President-Elect Dr. Viswanathan addressing IAPA members; APA dignitaries Dr. Levine, Dr. Jeste, and Dr. Viswanathan with IAPA leaders.*





*Pictured L-R: Attendees arriving for IAPA Banquet; Dr. Tanuja Gandhi and Dr. Dilip Patel with Dr. Dhruv Gupta, Outstanding Resident Award Winner; Dr. Dilip Patel receiving the Outstanding Service Award presented by IAPA leadership.*



*Pictured L-R: Then IAPA President Dr. Bhagi Sahasranaman presenting the Outstanding Academician Award to Dr. Ranjish Mago; Dr. Bhagi Sahasranaman receiving recognition for her work as IAPA President and transitioning the IAPA Presidency to Dr. Tarak Vasavada; IAPA leadership recognizing State Chapter Presidents for their hard work and contributions to help make IAPA a success.*



*Pictured L-R: IAPA Banquet attendees and food Catered by Jalsa Catering.*

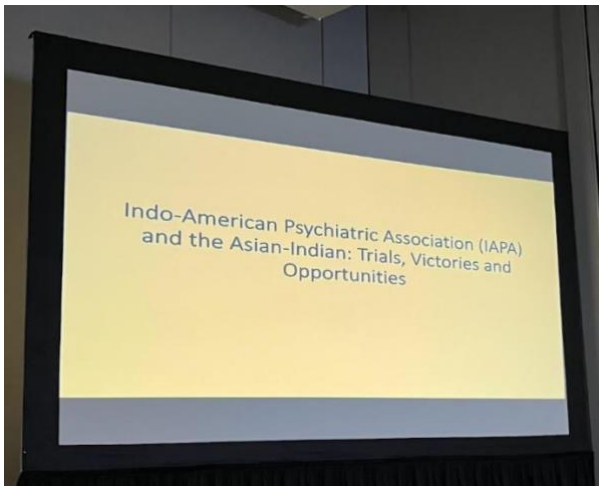




*Pictured: Representatives from sponsors for the IAPA Annual meeting. Thank you to our 2023 IAPA Meeting sponsors: Shepard-Pratt, Genesight, Idorsia, IDgenetix, Abbvie, Corium, and PRMS.*

## **Indo-American Psychiatric Association Invited to Present at 44<sup>th</sup> Annual American Psychiatric Association Conference**

### **INDO-AMERICAN PSYCHIATRIC ASSOCIATION AND THE ASIAN INDIAN: TRIALS, VICTORIES AND OPPORTUNITIES**



*Pictured Above: IAPA's invited presentation at the 2023 American Psychiatric Association conference in San Francisco and presenters (L-R): Dr. Ravi Chandra, M.D., Dr. Tarak Vasavada, M.D., Dr. Tanuja Gandhi, M.D., Dr. Bhagi Sahasranaman, M.D., and Dr. Vani Rao, M.D.*

Although South Asians are a fast-growing minority in the United States, there is still a paucity of resources to meet the mental health needs of Asian Indians. During APA's 2023 Annual Meeting, the Indo-American Psychiatric Association presented a presidential session titled *The Indo-American Psychiatric Association and the Asian Indian: Trials, Victories and Opportunities*. Through individual presentations followed by a panel discussion, the presenters facilitated a discussion on the challenges of being Asian Indian in the United States. Dr. Bhagi Sahasranaman, M.D., President of the Indo-American Psychiatric

Association (IAPA) described the origins and growth of IAPA as an organization. In a narrative format, Dr. Tanuja Gandhi, M.D., described her journey to becoming an Asian Indian psychiatrist in the United States. Dr. Vani Rao, M.D. described some challenges, barriers, and opportunities to providing mental health treatment in Asian Indian communities. Dr. Tarak Vasavada, M.D., discussed the importance of wellness from an Asian

Indian perspective through yoga, meditation, and alternative treatments. Dr. Ravi Chandra, M.D., presented a historical perspective and facilitated a discussion exploring some of the barriers to accessing mental health care and ways to address some of the challenges experienced by Asian Indian communities in the US.

## **Professional Risk Management Services (PRMS) Webinar:**

IAPA and PRMS jointly organized a CME webinar for IAPA members, which was held on June 26, 2023. Charles D. Cash, JD from PRMS, presented *Risk Management Updates: Driving Cases and Emotional Support Animals*. The talk highlighted current malpractice lawsuit trends against practicing psychiatrists and approaches to handling patient requests for emotional support animals.

## **IAPA Chapter Updates:**

**Do you have any updates on your IAPA state or local chapter activities? If you want your state or local IAPA chapter activities featured in the IAPA newsletter, contact IAPA at [IAPAnewsletter@gmail.com](mailto:IAPAnewsletter@gmail.com).**

- **Illinois Chapter** is getting active and had its first meeting in May. It was organized by Dr. Tapan Parikh and Dr. Sudhakar Shenoy. Dr. Bhagi Sahasranaman, then IAPA president, attended the meeting.
- **Tennessee Chapter** had its meeting in May. They plan to have another meeting in August 2023 (the date to be announced).
- **Maryland Chapter** is organizing an educational webinar on *Microaggressions and Strategies to Address Prejudice in the Workplace and Life*, presented by Dr. Rana Parekh, which will be held on July 27, 2023, from 6 to 7:30 p.m. Eastern Standard Time (EST).
- **Pittsburgh Chapter** is having its annual in-person meeting at Spice Affair restaurant on August 18, 2023. Dr. Amit Chopra from Massachusetts General Hospital/Harvard Medical School will present the *Management of Insomnia in Major Depressive Disorder*. Registration/dinner is \$20.00 per person. RSVP to Dr. Prabir Mullick by August 11, 2023. See IAPA's email for more information about this event.
- **Pennsylvania/Philadelphia Chapter** will organize an event celebrating a new book by Dr. Salman Akhtar on September 23<sup>rd</sup>, 2023. Stay tuned for the details.
- **Georgia Chapter** is planning its annual meeting in late October 2023.

## Member in Spotlight:

**In this section, we will highlight the recent achievement of our members. Do send us information on members in the recent limelight.**

### **Vishal Madaan, MD, DFAPA, DFAACAP**



Dr. Vishal Madaan was recently appointed as **Chief of Education & Deputy Medical Director at the American Psychiatric Association (APA)**. In this role, Dr. Madaan leads content development and innovation related to educational programs that the APA offers, including those offered through its annual meetings, online learning, educational grants, and accreditation efforts. Dr. Madaan was a tenured Associate Professor in Psychiatry and Neurobehavioral Sciences at the University of Virginia Health System in Charlottesville, Virginia. There, he also served as Training Director UVA Child Psychiatry Fellowship Program. He was inducted into the University of Virginia's Academy of Distinguished Educators.

Dr. Madaan has co-authored several articles and book chapters for peer-reviewed scientific and medical journals. Dr. Madaan served as specialty chief editor for the journal *Frontiers in Child and Neurodevelopmental Psychiatry* for 5 years.

Dr. Madaan has been honored as a Distinguished Fellow American Psychiatric Association and as a Distinguished Fellow American Academy of Child & Adolescent Psychiatry.

Dr. Madaan has also received the APA's Nancy Roeske Award for excellence in medical student education and the APA's Irma Bland Award for excellence in resident education from two separate university programs. Dr. Madaan has also served as Editor for the PRITE and Child PRITE exams for several years.

## Member's Book Publications

**We are starting to include information about recent books published by our members. If you have authored a book in 2023, please send us the information.**

**1. [Akhtar, S., Fallon, A, and Gogineni, R.R. \(2023\). eds. Besides Family: Extending the Orbit of Psychic Development. Bicester, UK: Phoenix Publishing](#):** This wide-ranging collection sheds light on the influence of those outside the family circle: nannies, neighbors, school teachers, friends and playmates, clergy, adolescent peers, lovers, and professional mentors.

**2. [Akhtar, S. \(2023\).Selected Papers of Salman Akhtar \( Volumes I-X\). Bicester, UK: Phoenix Publishing](#):** Ten stunning hardback volumes that bring together the best of the hundreds of papers written by psychoanalyst, scholar, and poet Dr. Salman Akhtar in a fitting tribute to his long and illustrious career.

**3. [Sandeep Vaishnavi, MD, Ph.D., Vani Rao, MBBS, MD.: Healing the Traumatized Brain. Coping after Concussion and Other Brain Injuries](#)** Recovering from a brain injury can be a challenging and prolonged process. Learn how to maximize your recovery from the effects



of brain injuries with the guidance of Sandeep Vaishnavi, MD, Ph.D., and Vani Rao, MBBS, MD, two leading medical experts with extensive experience helping patients recover from concussions and other brain injuries. *Healing the Traumatized Brain* explains how the brain works, how injuries affect the brain, and how to use your brain's own power to recover.

## Education Corner

**We are starting an Education section. In this first article, Dr. Rajesh Tampi explains the Neuropsychiatric Symptoms of Dementia.**

### Neuropsychiatric Symptoms (NPS) of Dementia

**Rajesh R Tampi, MD, MS, DFAPA, DFAAGP**

Professor and Chairman, Department of Psychiatry  
Inaugural Bhatia Family Endowed Chair in Psychiatry  
Creighton University School of Medicine, Omaha, Nebraska  
Past President, American Association for Geriatric Psychiatry

Neuropsychiatric symptoms of dementia (NPS) include a group of symptoms and behaviors that occur in >90% of individuals with dementia.<sup>1</sup> Apathy is the most common NPS seen among individuals with Alzheimer's disease (AD), and depression is the most common NPS observed in individuals with vascular dementia (VD). Anxiety is the most common NPS identified among people with dementia with Lewy bodies (DLB), and agitation and aggression are the most common NPS seen among individuals with frontotemporal dementia (FTD).

NPS is associated with a faster progression of dementia and is a common reason for placing individuals with dementia in acute care hospitals and nursing care facilities.<sup>1</sup> NPS is associated with one-third of the cost of caring for people with dementia due to the greater utilization of health resources and services. NPS also significantly increases caregiver distress and depression. Finally, NPS increases the morbidity and mortality rates among individuals with dementia.

NPS occurs due to a complex interaction between various biological, psychological, social, and environmental factors.<sup>2</sup> NPS can be precipitated or exacerbated by illnesses like hypothyroidism, urinary tract infection, pneumonia, constipation, and pain.<sup>1</sup> Among the psychological factors, higher levels of neuroticism were associated with faster progression of affective symptoms, apathy/appetite symptoms, sleep disorders, and overall NPS symptoms. Social factors include mismatched caregiver expectations due to their lack of understanding of the symptoms of the illness, which can result in negative communication styles of harsh tone, anger, and yelling, and these interactions can either precipitate or exacerbate NPS.<sup>1</sup> An under or overstimulating environment and changes to the individual's daily routine with dementia can result in or worsen NPS.

The assessment of individuals with NPS should include a thorough history, including collateral information from caregivers of these individuals.<sup>2</sup> Collateral information will assist with determining the onset, the course, and the differential diagnosis for NPS. It will also help with identifying risk and prognostic factors for NPS. During the assessment, environmental triggers and psychosocial stressors that precipitate or worsen NPS must be identified and managed. Comorbid medical illnesses must

also be identified and treated, including pain syndromes, urinary tract infections, or metabolic derangements. The use of standardized and validated assessment tools like the Neuropsychiatry Inventory (NPI), the Behavioral Pathology in Alzheimer's Disease Rating Scale (BEHAVE-AD), and the Consortium to Establish a Registry for Alzheimer's Disease-Behavior Rating Scale for Dementia (CERAD-BRSD) will assist in identifying the types of behaviors involved and rate their severity. They can also assist in tracking their progression over time and monitor their response to management strategies.

Current evidence indicates efficacy for both non-pharmacological and pharmacological treatments for NPS.<sup>2</sup> Pharmacotherapy is usually reserved for those individuals who have had an inadequate response to non-pharmacological interventions and is often used in combination with non-pharmacological interventions.

Evidence indicates that caregiver and residential care staff education and possibly cognitive stimulation in individuals with dementia appear to have lasting effects on the treatment of NPS.<sup>2</sup> Behavioral management techniques that are centered on an individual's behavior are often successful in the reduction of NPS. The availability of support systems for individuals with dementia and their caregivers, with greater 'time for self' and providing education and training to the caregivers, reduces caregiver burden and burnout. Additionally, these interventions positively impact the individual's behaviors, thus delaying institutionalization.

Evidence indicates that atypical antipsychotic medications, risperidone, aripiprazole, and brexpiprazole have some benefits in treating NPS.<sup>1</sup> Available data also indicates limited benefits for olanzapine and quetiapine for the treatment of these behaviors. The use of atypical antipsychotics is limited by their side-effect profile and is associated with direct and indirect costs of caring for individuals with NPS. Brexpiprazole became the first medication to be approved by the United States Food and Drug Administration (FDA) for the treatment of agitation among individuals with Alzheimer's disease (AD) dementia.<sup>3</sup>

There are concerns about the use of antipsychotics in treating NPS, including the increased risk of cerebrovascular adverse events and death.<sup>2</sup> Available evidence indicates that the risk is similar for the different antipsychotics. The risk for these adverse effects appears greatest within the first month of treatment initiation, and the risk remains for up to two years. The risk for these adverse events is higher in older patients and those with vascular dementia, more severe stages of dementia, and patients with cardiovascular risk factors and functional impairments.

The data on using anticonvulsants like carbamazepine, valproic acid, and gabapentin in treating NPS is disappointing.<sup>1,2</sup> Selective serotonin reuptake inhibitors (SSRIs) like citalopram and sertraline have shown some benefit in treating NPS and are well tolerated.<sup>2</sup> Benzodiazepines have a minimal role in the treatment of NPS. Cholinesterase inhibitors and memantine have limited data in treating NPS, although they may delay the emergence of these symptoms by slowing down cognitive decline. Emerging evidence indicates the efficacy of cannabinoids in the management of NPS. There is also some evidence that prazosin and propranolol may be beneficial in treating NPS among individuals who have failed other treatments.<sup>4,5</sup> There is growing evidence that repetitive transcranial magnetic stimulation (rTMS) and electroconvulsive therapy (ECT) are promising options in the treatment of severe and refractory NPS.<sup>6,7</sup>

In summary, NPS occurs commonly among individuals with dementia and is associated with worse outcomes and a greater burden of care among these individuals. NPS occurs due to complex biological, psychological, social, and environmental interactions. The evaluation of NPS should include a comprehensive assessment of comorbid conditions, environmental factors, and psychosocial stressors. The management of NPS should always start with non-pharmacological interventions. The possible benefits of using pharmacotherapy to treat NPS, should always be weighed carefully against the potential risks of using these agents. Future management strategies for NPS should include the use of technology for the provision of non-pharmacological strategies and the judicious use of cannabinoids and interventional procedures rTMS and ECT for the management of severe and/or refractory symptoms.

## **Conflict of interest**

None.

## **References**

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7. Bachu AK, Kotapati VP, Kainth T, Patel R, Youssef NA, Tampi RR. Electroconvulsive therapy in individuals with dementia/major NCD presenting with behavioral symptoms: a systematic review. *Int Psychogeriatr*. 2023 May 12:1-16.

## **Upcoming Events:**

- **August 5, 2023:** Celebrate the First South Asian Mental Health Day, organized by IAPA and PAPANA in collaboration with IPS and PPS
- **August 18, 2023:** Pittsburgh Chapter Annual Meeting at Spice Affair Restaurant

- **August 2023:** Tennessee chapter meeting (date to be announced)
- **September 11:** Psychiatry Residents and Applicant's virtual poster session.
- **September 23, 2023:** Pennsylvania/Philadelphia chapter event to celebrate Dr. Akhtar's new book
- **October 28<sup>th</sup>, 2023:** Georgia chapter meeting
- **Chapter Support:**

IAPA leadership would be delighted to support chapter activities, reviving existing chapters and creating new chapters. Please get in touch with the IAPA president or any EC/EEC members if interested.

**Live!!!! Now IAPA is on Instagram and Facebook. See the link below.**

**Thank you to our IAPA family for your support!**

**We encourage our readers to join IAPA. Please spread the word among your colleagues to be part of this growing organization!**

**Please get involved!**

Contact us:

**Indo-American Psychiatric Association**

[president@myiapa.org](mailto:president@myiapa.org)

[www.myiapa.org](http://www.myiapa.org)

<https://www.facebook.com/myiapa>

<https://www.instagram.com/indoamericanpsychiatricassoc/?next=%2F>

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