

# OKLAHOMA PSYCHIATRY

January, February, March 2019

## REGISTRATION IS NOW OPEN! CME CONFERENCE & COLLABORATIVE CARE WORKSHOP APRIL 5-6

The *Oklahoma Psychiatric Physicians Association* will hold its annual continuing medical education conference and annual meeting on **Saturday, April 6th** at the RAPP Foundation Conference Center, St. Anthony Hospital Medical Plaza, 535 NW 9th Street, 4th Floor, Oklahoma City (*directly east of the main hospital*).

The program titled, *"New Twists & Trysts in 2019 Psychiatry: Pills, Pot, Parasomnias, Privilege, Pregnancy and Peripartum Issues"* is jointly provided by the American Psychiatric Association and will provide physicians with a maximum of **6.5 AMA PRA Category 1 Credit™**.

The **Friday, April 5th** optional pre-conference *Collaborative Care Training Workshop* is sponsored by the American Psychiatric Association and features **Ramanpreet Toor, MD**, psychiatry consultant for the Behavioral Health Integration Program, University of Washington. This workshop will be held from 1:00 to 5:00 p.m. at the RAPP Foundation Conference Center. The APA designates this live activity for a maximum of **4 AMA PRA Category 1 Credits™**. For additional information and a registration link, please see the workshop flyer on Page 4.

**Saturday** the program begins at 7:30 a.m. with registration and breakfast buffet. Exhibits also open at 7:30 a.m.

Following a welcome by OPPA President, Dr. Jay Lensgraf, **Vijay Ekambaram, MD** will speak on *"Learn the Art of Sleeping-Concise Form of Sleep for Psychiatrists."* This program will help psychiatrists understand the com-

mon sleep disorders and address sleep physiology and sleep wake mechanisms.

Dr. Ekambaram is an Assistant Professor at the University of Oklahoma College of Medicine, Department of Psychiatry and Behavioral Sciences, Oklahoma City. She specializes in adult, child and adolescent mental health services and sleep medicine.

The morning program continues with a presentation by **Marsi Thrash**, Regional Field Director with the State Government Affairs-South, Department of Government Relations at the American Psychiatric Association. She serves Oklahoma and the OPPA.

Ms. Thrash will share a *"Legislative Update on Medical Marijuana in the States"* as there is no single model legislation and every state has their own variables from outright recreational use to CBD for select medical ailments to medical cannabis for medical treatments.

This program is followed by *"An Ethics Update: From Confidentiality to Supervision of Other Mental Health Professionals"* presented by **Britta Ostermeyer, MD**. She will review confidentiality, privilege and Tarasoff as essential areas of the physician-patient relationship. Applications will be demonstrated using interactive clinical vignettes.

Dr. Ostermeyer is Professor and Chairman of the Department of Psychiatry and Behavioral Sciences at the University of Oklahoma College of Medicine. She holds the Paul and Ruth Jonas Chair in Psychiatry.

SEE SCIENTIFIC CONFERENCE ON PAGE 3

### What's inside?

Burnout in the 21st Century	2
Membership Update	2
Collaborative Care Flyer	4
Executive Council Scoop	5
APA Action Paper	7
OCCAP Dinner Invitation	8
You Could Be a Winner!	8
OPPA CME Registration	

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## BURNOUT IN THE 21<sup>ST</sup> CENTURY

An Editorial by Harold M. Ginzburg, M.D., J.D., M.P.H.  
Editor, *Oklahoma Psychiatry*  
President-Elect, Oklahoma Psychiatric Physicians Association

'Burnout' is an evolving concept which I do not recall being in the medical literature a half-century ago. As many of you may be aware, I have been practicing medicine for more than ½ a century. Medical school days were longer, notes were taken in long-hand – writing words on pieces of paper, and socialization skills evolved by talking face-to-face with friends and colleagues. You could meet family and friends at the airport gates, there was no security to check you before you approached a departure gate.

Insurance companies openly discriminated between mental and medical illnesses. Internships, in medicine had 'on site, on call' requirements of every two or three nights. There was radiology with X-ray film imbedded with silver and after several years, the film would be burned to reclaim the silver, the silver would be sold, and the hospital would be paid for the silver. Mental health and ancillary medical personal appeared to stay in their lane and their scopes of practice were consistent with their actual education and training.

Fast forward.

At present, social isolation rather than social interaction commences in Medical School where many medical students avoid attending classes, preferring to view videos or on-line course material. Spare time is not spent with classmates rather it is spent on 'blue screen' activities, playing on-line games with avatars; identities are anonymous. Internship and residency hours are fewer. The need to make decisions, by oneself, in the middle of the night, appears to have decreased.

Professional independence appears to be diminishing as fewer medical school graduates after completing their multi-year specialty training are going into individual private practice. Group and institutional practices create the illusion of camaraderie.

Ancillary personnel spend more time with the patients and actual face-to-face patient visits with physicians are now more often than not less than ten minutes. Primary care physicians are often referred to as "fifteeners," referring to the 15-minutes allotted per patient. Those psychiatrists who primarily do pain management may need to be dubbed "twentyers or thirtys." Tele-medicine and tele-psychiatry may be a boon to isolated medical facilities and prisons, but they also isolate the health care providers.

While it is hard to appreciate that the battle with insurance companies for mental health and substance abuse treatment has worsened over the past decades; it appears that it has. The United States District Court for the Northern District of California has determined that United Behavioral Health, (doing business as OPTUM), the country's largest managed behavioral health care organization, illegally denied mental health and substance use coverage based on Court determined flawed medical necessity criteria. They are noted to have violated what the court determined to be their fiduciary duty to their insureds by illegally denying mental health and substance use coverage based on flawed medical necessity criteria which did not meet the recognized care as defined by such organizations as the American Psychiatric Association.

The burden of student debt when balanced against fee-for-service, now known as RDUs, increases anxiety and depression when superimposed on those with less medical/mental health training wanting to be called physicians, such as the psychologists of Oklahoma. Scope of practice incursions also demean the value of physician-psychiatrists. Why incur huge personal debt, make social sacrifice through medical school and residency, when a lesser trained professional can command the same reimbursement rate, and public accolades, without the accompanying burdens?

Maybe that's part of why practicing Medicine is now perceived as less of a 'calling' and more of 'a job'! ❖

## OPPA MEMBERSHIP UPDATE

JANUARY 2019 - FEBRUARY 2019

### Welcome New Members

**Kara Foster, MD**, General Member, Tulsa  
**Stephen Brasseur, MD**, General Member, Tulsa  
**Maheen Abbasi, MD**, Resident Fellow, Norman

### Reinstatements: Welcome Back!

**Seth Migdalski, MD**, Resident Fellow, Tulsa  
**Mark Medlin, MD**, General Member, Tulsa  
**Amar Kirti Dadwal, MD**, General Member, Midwest City  
**Andrew Liew, MD**, General Member, Tulsa  
**Joseph Kennedy, MD**, General Member, Tulsa  
**Camisa Stewart, MD**, General Member, Oklahoma City

### New Life Membership: Congratulations!

This year, four members have attained Life Membership status. Honored with Life Status in 2019 are:

**Satwant Tandon, MD**, Life Member, Tulsa;  
**Willis Holloway, MD**, Life Member, Oklahoma City;  
**Deanna Storts, MD**, Life Member, Oklahoma City;  
**Marian Gutierrez, MD**, Distinguished Life Fellow, Norman; and  
**Rebecca Susan Daily, MD**, Distinguished Life Fellow, Tulsa.

The OPPA Executive Council congratulates each of these outstanding psychiatric physician members on their accomplishments and sends sincere appreciation to each for their hard work and dedication done on behalf of the health and safety of the citizens of Oklahoma. ❖

## SCIENTIFIC CONFERENCE

CONTINUED FROM PAGE 1

The annual meeting and awards luncheon will be held beginning at 12 Noon. The new OPPA officers will be installed and the 2019 Benjamin Rush Award recipients will be announced.

This year, the OPPA is pleased to be able to host a special luncheon program and documentary film screening by **Julia "Jill" Warnock, MD**. Women who are pregnant or who have just delivered a baby are at risk for a mood episode. Dr. Warnock will discuss risk factors for a peripartum mood episode in her presentation, *"Mood Disorders in Women: Issues Related to Pregnancy and Post-Partum."*

To highlight this issue, Dr. Warnock's documentary film, *"Out of the Shadows: Postpartum"* will be screened. This film depicts a young mother sharing her struggles with the consuming depression that followed the births of her first two children. Revisiting her journey through the pregnancy and birth of her third child, Jennifer courageously and candidly reveals her experiences with this common and potentially deadly illness.

Dr. Warnock is a former Professor of Psychiatry, University of Oklahoma Health Sciences Center, Tulsa. She is currently a consultant with the Indian Health Care Resource Center in Tulsa.

After the luncheon presentation, **Jason Beaman, DO** will bring participants up to date on how Oklahoma fits into the nationwide *"Opioid Epidemic."* Dr. Beaman will review the history of the opioid crisis and the use of opioids for chronic pain including CDC Guidelines and how physicians may treat opioid addictions using current treatment strategies.

Dr. Beaman is Chair of the Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences. Tulsa.

*(This program by Dr. Beaman has been approved for the one-hour pain management training as required for medical licensure renewal by Oklahoma Senate Bill 1446.)*

The afternoon program concludes with the traditional presentation of research papers by residents in Oklahoma's psychiatric residency training programs. Beginning at 3:00 p.m., a representative from each of the four training program will present their research projects including:

*"Could It Be Neurosyphilis?"* will be presented by **Katrina Lin, DO**, PGY-1, University of Oklahoma Health Sciences Center, Tulsa;

*"Association Between Medical and Psychiatric Comorbidities and Suicidal Behaviors in 232,915 Patients with Bipolar 1 Disorder"* will be presented by **Shirin Vartak, DO**, PGY-1, Griffin Memorial Hospital, Norman;

*"Osteopathic Manual Medicine: An Innovative Treatment for Generalized Anxiety"* will be presented by **David Peyok, MD**, PGY-2, Oklahoma State University Center for Health Sciences, Tulsa; and

*"Idle Hands Are the Devils Workshop: A Case of Neuroleptic-Induced Catatonia"* will be presented by **Parostu Rohanni, MD**, PGY-2, University of Oklahoma Health Sciences Center, Oklahoma City.

Advance registration for the event is \$180 for OPPA members and \$200 for non-members if received by March 29th. Psychiatry residents will be charged a \$25 registration fee, however it will be reimbursed upon conference attendance. Onsite registration is available the day of the conference for an additional \$20.

**Advance registration may be made by email completing the Conference Registration form included in this newsletter or by email to [oklapsychiatry@gmail.com](mailto:oklapsychiatry@gmail.com).** If you wish to pay the registration fee by credit card, please call the OPPA office at **405-360-5066**.

Once again, evaluations will be processed online by the APA. At the conclusion of the conference, participants will be provided with a website and a **Group ID Number**. Once the online evaluation is completed, participants may print their certificate. CME credit must be claimed within 60 days of the conference. No certificates will be issued to conference participants after June 5, 2019. ❖

### FREE RESOURCES FOR RESIDENT FELLOW MEMBERS FROM APA'S DIVISION OF DIVERSITY AND HEALTH EQUITY

APA's Division of Diversity and Health Equity (DDHE) offers free resources for Resident-Fellow members on [psychiatry.org](http://psychiatry.org).

[Navigating Psychiatry Residency in the United States](#) is a guide for international medical graduates who are transferring to the U.S. medical system. Resident-Fellow members also have free access to a [CME Module on Transgender Mental Health](#), which provides a basic overview of transgender mental health, introduces core concepts of working with gender-variant patients, and offers a roadmap to providing gender-affirming care.

You can find more resources from DDHE [here](#). ❖

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Transforming Clinical  
Practices Initiative

Join us for this **FREE Training:**  
**Applying the Collaborative Care Approach:  
 Practical Skills for the Consulting Psychiatrist**

Faculty: *Ramanpreet Toor, MD*

**Date:** Friday, April 5, 2019  
**Time:** 1:00 pm – 5:00 pm  
**Location:** RAPP Foundation Conference Center  
 St. Anthony Hospital  
 535 NW 9th Street, 4th Floor  
 Oklahoma City, OK 73102

*Space is limited. Register by **March 15, 2019!** Questions? Email [oklapsychiatry@gmail.com](mailto:oklapsychiatry@gmail.com)*

Psychiatrists are in a unique position to help shape mental health care delivery in the current rapidly evolving healthcare reform landscape using integrated care approaches, in which mental health is delivered in primary care settings. In this model of care, a team of providers, including the patient's primary care provider, a care manager and a psychiatric consultant, work together to provide evidence-based mental health care.

This workshop provides participants with the practical skills needed to work in collaborative care. The course describes the delivery of mental health care in primary care settings with a focus on the evidence-base, guiding principles and an introduction to implementation strategies.

**Workshop Objectives:**

- Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care
- Discuss principles of integrated behavioral health care
- Describe the roles in an integrated care team
- Apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations

*As a Support and Alignment Network (SAN) in the CMS Transforming Clinical Practice Initiative (TCPi), APA is partnering with the AIMS Center at the University of Washington to train 3,500 psychiatrists over 4 years in the clinical and leadership skills needed to support primary care practices that are implementing integrated behavioral health programs. This training is supported as part of the TCPi.*

**Accreditation**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the American Psychiatric Association (APA). The APA is accredited by the ACCME to provide continuing medical education for physicians.

**Designation**

The APA designates this live activity for a maximum of 4 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

[Click here](#) to register.



*The following information is highlights from the approved minutes of the OPPA Executive Council meeting held via Skype on August 25, 2018 in Oklahoma City at the office of Dr. Art Rousseau and in Tulsa at the OSU Center for Health Sciences.*

**Treasurer's Report** (Dr. Shannon Thomas) – Dr. Thomas reported membership dues income for the third quarter of 2018 is at 70% of budget and an **APA Expedited Grant** was written and approved in the amount of \$2,830.18 for the program "Ground Zero: Oklahoma's Shocking Opioid Epidemic." The raffle at the CME conference to increase donations to the Resident Fund was a success. \$1,030 was raised for 2018 grants making the total contributions to this program \$1,230.

**Resident Assistance Grant Ticket Raffle** – As previously stated, the raffle to raise funds for the Resident Assistance Grants was successful. This year five grants were awarded; three to OU Oklahoma City residents; one to a resident from Griffin Memorial Hospital; and one to the OSU Center for Health Sciences in Tulsa. Each program was awarded \$400 for grants. Each of the three OU Oklahoma City residents received \$133 and the OSU and Griffin residents each received \$400 for a total expenditure of \$1,199.

**2018-2019 APA Expedited Grant** – This grant was written and submitted in May by Mrs. Mixon with the assistance of Dr. Phebe Tucker. It was approved in July and the OPPA has subsequently received grant funding for the project, "Ground Zero: Oklahoma's Shocking Opioid Epidemic." The program will be presented at meetings of the Tulsa Psychiatric Association on September 12<sup>th</sup> and the Central Oklahoma Psychiatric Society on September 13<sup>th</sup>. The program, "Risk Management Considerations when Practicing Addiction Psychiatry," will be presented by Doris Fischer-Sanchez, DNP, APN-BC, Assistant Vice President, Healthcare and Psychiatry Risk Management, AWAC Services, a member of Allied World. The program is free to all APA, OPPA, TPA and COPS members.

**Benjamin Rush Award** (Dr. Art Rousseau) – Dr. Rousseau reported that the OPPA has been remiss in presenting a Benjamin Rush Award to a fourth-year student at the Oklahoma State University College of Osteopathic Medicine in Tulsa. The criteria for this cash award which began in 1967, is a demonstrated excellence and interest in psychiatry during medical school training. The student does not need to have chosen psychiatry as a residency nor remain within the State of Oklahoma for future training. The award simply recognizes that if the student chooses to peruse a career in psychiatry, the capacity for and talent in the unique skills required by the practice of psychiatry is a special gift and not evenly distributed among the population of future physicians. Each medical school may choose how to select the recipients, whether by committee or faculty recommendations. Dr. Rousseau moved to add the OSU College of Osteopathic Medicine to the Benjamin Rush Award program. Dr. Beaman noted that in the near future, Oklahoma State University will be opening another medical school on the Tahlequah campus. This was noted and

when the program is open and graduating 4<sup>th</sup> year medical students, it will be included in the Benjamin Rush Award program as well. Motion approved.

**APA Advocacy Workshop** (Drs. Jay Lensgraf and Heather Geis) – Dr. Geis reported she and Dr. Lensgraf recently participated in an Advocacy Workshop hosted by the American Psychiatric Association in Park City, Utah. Both agreed the workshop provided excellent training and will be sharing their information and experiences by presenting at the December meeting of the Central Oklahoma Psychiatric Society and at a Tulsa Psychiatric Association program next year.

**Medical Marijuana Coalition Meetings** (Dr. Art Rousseau) – In response to the passage of State Question 788, the medical marijuana bill, the medical community has been meeting to discuss issues surrounding this issue. Physicians will be responsible for certifying patients for a two-year medical marijuana license. Physicians must be board certified to participate. With the OSMA, OOA, and other medical specialty groups including the OPPA, a presentation will be made to the Coalition on Wednesday, August 29 at the Oklahoma State Capitol. Dr. Jason Beaman will present for the OPPA. The medical community has issues which they believe need to be addressed including patients with a license being listed on the PMP, a pharmacist in the dispensary, opposition to smoking or vaping the product, ability for the physician to revoke a patient's license and advocate for more use of CBD. If the DEA would move medical marijuana from Schedule I to Schedule II many of the problems we are facing in Oklahoma would be resolved.

**Continuing Education** (Dr. Shree Vinekar) – Dr. Vinekar reported the APA CME Committee which used to meet at the annual convention now only meets via webinar since a new Director of CME has been appointed at the APA central office. Funding for our CME conferences remains a problem as our sources of income are not reliable. This year we received assistance from the Donahue-Shadid Psychiatric Alumni Society. OPPA needs to find new revenue streams.

**Delegate** (Dr. Shree Vinekar) – Dr. Vinekar reported the APA did not have an official position statement regarding psychologist prescribing until the psychologists released a statement to the effect that their profession was the only profession qualified to treat in depth mental health issues and therefore should be able to use psychotropic medications. This prompted the APA Assembly to create a position statement against psychologist prescribing. Also, approval of referendums must be by a 2/3 vote of the membership. One solution was to send ballots for voting with the annual membership dues mailing, but the Assembly voted against this idea. Maintenance of Certification is still a major political issue.

**Early Career Psychiatry** (Dr. Shannon Thomas) – Dr. Thomas suggested the MOC issue could possibly be eased if members participated in the ABPN pilot project. Reading 30 articles and passing a test can be a shortcut, however it is expensive to purchase the articles. If the APA could assist in obtaining the articles for members at a discounted cost or for free, it may increase APA membership and be a membership benefit.

SEE EXECUTIVE COUNCIL SCOOP ON PAGE 6

## COUNCIL SCOOP

**Ethics Committee** – A question was raised regarding the ethics of a psychiatrist participation in the medical marijuana prescriptive process. Dr. Rousseau explained physicians are not prescribing marijuana, only certifying a patient for a two-year license. Dr. Rousseau noted there are **four medical conditions** in which research has shown there is a medical benefit:

1. Multiple sclerosis (spasticity);
2. Chemotherapy-induced nausea and vomiting;
3. Chronic pain (inflammation); and
4. Severe appetite/weight loss due to HIV/AIDS.

Dr. Beaman stated that the VA has studies ongoing regarding the benefit for PTSD, but results are not available. But up to this point in time there are no psychiatric indications for the use of THC.

**Legislative** (*Dr. Art Rousseau*) – Dr. Rousseau reported the *Oklahoma Patients Coalition* has been active this summer. The nurse practitioner issue will be back next session. Dr. Beaman told Council the answer to the nurse practitioner issue may be **Project ECHO**. Project ECHO (*Extension for Community Health Care Outcomes*) is a collaborative model of medical education and care management that empowers clinicians in rural and

## CONTINUED FROM PAGE 5

underserved communities to provide specialty care to more people right where they live. Through the use of technology, Project ECHO connects an interdisciplinary team at the OSU Center for Health Sciences with community providers to discuss treatment for chronic and complex medical conditions.

**Membership** (*Dr. Jay Lensgraf*) – So far in 2018, the OPMA has gained eight new members including transfers in from Washington, DC, Texas and Colorado. Five members have reinstated their memberships and three upgrades to General Member. OPMA has three new Fellows and one new Life Fellow. Dr. Jeff McIlroy passed away in January. 25 members were dropped due to non-payment of dues this year.

**Resident Programs** – **Dr. Ashley Walker** has replaced Dr. Bryan Touchet as the Residency Program Director for the OU-TU School of Community Medicine. She will be invited to attend the next Council meeting.

**Resident Program Directors** – Dr. Beaman reported OSU's third year match was 100%. He reported the highest interest in psychiatry as 13 of the OSU medical school class are entering psychiatry. He also reported the Addiction Fellowship has been approved and the final ACCGME visit is upcoming hoping for a 10-year approval. Work has begun on approval of a Forensic Fellowship program. Meeting adjourned. ❖

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## SCOPE OF PRACTICE ACTION PAPER

*The following Action Paper is an example of what delegates to the APA Assembly prepare, submit, discuss and vote on to assist the APA leadership in developing professional position statements. Action Papers evolve from local concerns and initiatives and can be initiated by any member and developed through their District Branch. — Harold Ginzburg, M.D., J.D., M.P.H.*

### SCOPE OF PRACTICE FOR PRESCRIPTION OF MEDICATIONS TO PSYCHIATRIC PATIENTS

**Whereas,** In a rush to have some position statement on safe prescribing, the APA BOT and then the APA Assembly passed what all agreed was a weak position statement alluding to who can prescribe medications to psychiatric patients. Here's what official APA policy is currently:

- 1) The treatment with medication of patients with mental illness requires a foundation of medical education, training, supervision, and care of patients with a broad range and severity of medical problems.
- 2) The safety of patients and the public must be the primary consideration of each state's licensing agencies and legislature.

**Whereas,** When this was passed there appeared to be consensus that the Assembly would revisit the matter and replace this place-holder with a stronger position statement.

**Whereas,** APA needs a clearer, more definitive Position Statement, the following is proposed:

*The use of medications is one component of the treatment of persons with mental illness. Mental illness and psychotropic medications affect the brain from development through aging. Psychiatrists obtain a four year medical education with a focus in anatomy, physiology and pharmacology. During the subsequent period of no less than four years in residency and fellowship training, psychiatrists receive extensive clinical supervision in evidence-based treatment and management of medications and side effects. In any consideration of who can prescribe medication to psychiatric patients, the safety of patients and the public must be the primary consideration of each state's licensing agencies and legislature.*

*The American Psychiatric Association insists on safe prescribing of all medications to psychiatric patients. This means, to prescribe medications to psychiatric patients, any member of a professional group 1) has education that is the same as, or more extensive than, that required of psychiatrists or 2) is a physician of another specialty with the ability to consult with a psychiatrist as necessary or 3) is a Nurse Practitioner, Clinical Nurse Specialist or Physician's Assistant being supervised by a psychiatrist. Such education, training and supervision are essential for the appropriate and safe prescription of medications.*

**Whereas,** this position statement is in line with the recently promulgated position statement of the American Academy of Emergency Medicine—see attached reference document.

**Be it resolved:**

1. The American Psychiatric Association sunset the current Position Statement on Safe Prescribing.
2. The American Psychiatric Association adopts the position statement: SCOPE OF PRACTICE FOR PRESCRIPTION OF MEDICATIONS TO PSYCHIATRIC PATIENTS as stated above.

**Cost:** None

**Author:** Jeffrey Geller, ACROSS Rep

**Co-sponsors:** Rahn Bailey

Steve Buie, NC Rep

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Robert Feder, NH Rep

Leslie Gise, HI Rep

Judith Glass, Quebec Rep

Heather Hauck, Society of Uniformed Services Rep, Area 5

Sarit Hovav, Area 4 Assembly Rep, Dep Rep for IMG caucus

Mark Komrad, Southern Psychiatric Association Rep

Vicenzo Di Nocola, Quebec Rep

## Oklahoma Psychiatry

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Harold Ginzburg, M.D., J.D., M.P.H., Editor

Renée Davenport Mixon, Executive Director

The Oklahoma Psychiatric Physicians Association, a district branch of the American Psychiatric Association, is a medical specialty society recognized world-wide. Our member physicians specialize in the diagnosis and treatment of mental and emotional illnesses and substance abuse disorders.

You are invited to join us for cocktails, dinner & socializing with your friends & colleagues...

**SATURDAY, APRIL 6TH**

**6:30 TO 9:00 PM**

HOME OF DRs. JAY LENSGRAF AND  
HEATHER GEIS

6118 RIVIERA DRIVE, OKLAHOMA CITY

An Italian buffet dinner will be served from the Oklahoma City local favorite



A donation of **\$15 per person** to OCCAP is suggested to help offset the cost of the meal. **Your donation is tax deductible.**

Please RSVP to [oklacap@gmail.com](mailto:oklacap@gmail.com)

Hosted by the  
Oklahoma Council of Child and Adolescent Psychiatry

## YOU COULD BE A WINNER!

**Do you feel lucky??** For the second year, CME conference attendees will have the opportunity to buy a raffle ticket and if you are the lucky winner of the drawing held Saturday afternoon, you will receive a full refund of your CME Registration Fee plus a \$25 gift certificate to Panera Bread!

So bring your money (cash, check or credit card accepted) to the OPPA annual CME conference Saturday, April 6th and buy a \$20 raffle ticket....or more! Dr. Heather Geis bought "more" last year and she was our lucky winner!

**What are we doing with this raffle money you ask?** Again we are putting all proceeds of the raffle into the **Resident Assistance Fund** in order to increase the amount awarded each year to residents to help pay expenses to the APA annual meeting. Last year, the raffle raised \$1,030 and along with a \$200 donation we raised \$1,230 and spent \$1,199 leaving a \$31 balance in the fund. The more we make, the more we can award.

The Resident Assistance Fund was originally created in 2012 to help residents pay for expenses, including registration, travel and hotel, associated with their participation in the APA annual conference. As participation in the poster competition by Oklahoma's residents has increased during the past seven



years, the formula for selection of the resident receiving the funding has been revised. Instead of the OPPA making the selection of the resident who will receive the assistance, the opportunity for funding has been given equally to each residency training program. Last year each residency program was allowed \$400 to be awarded to residents selected by the program.

By accepting the grant, each resident must agree to specific criteria including: 1. Attending the APA conference and presenting a poster; 2. Present the poster at the OPPA CME Conference or a quarterly COPS or TPA meeting; 3. Attend one OPPA Executive Council

meeting during the coming year; and 4. Be a member in good standing of the APA/OPPA for one year.

The Resident Assistance Fund is in need of **tax deductible donations** to help the program grow. The raffle is just one way the OPPA Executive Council is trying to make additional funding available this year.

However, anyone wishing to help by donating additional money may do so by sending a check made payable to the OPPA and mail it to PO Box 1328, Norman, OK, 73070. Please be sure to include *Resident Assistance Fund* on the memo line of the check. ❖

Jointly provided by the  
American Psychiatric  
Association and the  
Oklahoma Psychiatric  
Physicians Association

# New Twists & Trysts in 2019 Psychiatry: "Pills, Pot, Parasomnias, Privilege, Pregnancy & Peripartum Issues"

**April 6, 2019**

RAPP Foundation Conference Center  
St. Anthony Hospital, Oklahoma City

2019 CME  
Conference and  
Annual Meeting

## Registration Form

Name \_\_\_\_\_  MD  DO  Other \_\_\_\_\_

Preferred Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Preferred Email Address \_\_\_\_\_

**Registration includes 6.5 AMA PRA Category 1 Credits™, conference materials, meals and breaks.**

- Advance OPPIA Member Registration Fee - \$180.00** (payment received by March 29th)
- Advance Non-member Physician Registration Fee - \$200.00** (payment received by March 29th)
- Other providers: PA, NP, RN, Ph.D. - \$200.00** (payment received by March 29th)
- Psychiatric Resident/Medical Student - \$25.00** (reimbursed upon conference attendance)
- Guest Luncheon - \$20.00**

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