Volume 3 Number 2 June 2005

Farewell . . .

This year, I am one of approximately 900 psychiatry residents to graduate, but not all of us graduate from the program that we start in. My mind scans back over the last four years to see what makes a resident want to stay in a program**.** My observation is we stay because we are satisfied with our training.

When I was looking at residency programs, in addition to the basic board certification requirements, I was looking for opportunities for professional growth, teamwork, appreciation, and a good work-life balance. I found them here in the Psychiatry Residency Program. As chief resident, I have turned these personal goals into my vision of what to do for the Psychiatry residents.

In the program, I found several opportunities to grow. One of the opportunities was being involved with the psychopharmacology fellowship, which we have the chance to participate in during the 4th year. I started working with Dr. Preskorn, our chairman and the director of the fellowship, in my first year on some projects that I added to my clinical workload. My work with Dr. Preskorn is one of the most rewarding educational experiences I have had.

My interest in publishing has been fulfilled this past year. I have worked with several physicians and have published several interesting case reports. I have honed my basic writing skills by doing these case reports and other articles.

In addition to looking for opportunities within my program, I looked for other resources and asked for the support to pursue them. I have attended several psychopharmacology and APA meetings. Dr. Preskorn nominated me to attend the Workshop on Clinical Trials in Psychopharmacology in New York City. At the workshop, I actively participated in workshops to design clinical trials for the main psychopharmacological compounds. As chief resident, I encourage residents to be proactive with their career planning.

I believe teamwork is a desirable goal as it increases cohesion between residents and between the residents and physicians to increase productivity. I worked with Dr. Bober and Dr. Preskorn on outside activities for the residents. The activities have included the department picnic, after hours monthly dinners and meetings. These activities have helped the residents bond with each other and have facilitated the residents and faculty working together.

During my four years in Psychiatry, I have felt appreciated. I received continuous positive feedback and the department encouraged me to do more. It meant a lot to me to receive several awards during my residency: the 2002 Star of the Moment Award for competence and community, 2003 The Ralph Bharati Award For Excellence in patient care and the 2004 Excellence in Research Award.

I feel the Psychiatry Department faculty and staff recognize the residents' hard work and when they go beyond their regular job duties. This year, several of the residents received the department's Psych Star Award for going beyond the call of duty. I find the attendings to be approachable and available to foster our intellectual and emotional growth.

I always try to have a reasonable work-life balance with my family and personal responsibilities. I found the workload to be manageable and the number of calls was not excessive. Thank you for four wonderful years.

THIS IS YOUR NEWSLETTER

Let us hear from you!

Contact: Mary Spachek
Call: 316-293-2669
Write: 1010 N. Kansas,
Wichita, KS 67214
E-mail: mspachek@kumc.edu

COMMUNICATOR ON LINE

Share the Communicator without giving up your copy. It can viewed at: http://wichita.kumc.edu/psych/ Archived issues can also be viewed.

Presentations abound

Laurie Coyner, MD, gero fellow, presented a poster, "Opiate Use Among Geropsychiatry Inpatients" at the annual meeting of the American Association of Geriatric Psychiatry in San Diego, Calif. March 3-6. Co-authors were: Mark Stewart, DO, 2nd year resident, and Connie Marsh, MD, director of the Senior Behavioral Health Unit, Via Christi - St. Joseph Campus and clinical associate professor, KU School of Medicine-Wichita.

Sheldon H. Preskorn, MD, professor and chair, was one of four presenters in a symposium on "Advances in Psychiatric Drug Development" at the annual meeting of the American Society of Clinical Pharmacology and Therapeutics, March 3-5. The other presenters were David Goldstein, MD, professor of psychiatry at the University of Indiana; Juilo Licino, MD, professor of psychiatry at the University of California Los Angeles, and William Potter, MD, PhD, former head of the intramural clinical psychopharmacology program at the National Institute of Mental Health and now vice president of Central Nervous System (CNS) drug development for Merck Pharmaceutical Co. Dr. Preskorn's presentation was on the rationale design of new investigational CNS drugs as a result of improved under-standing of the neurobiology of psychiatric illnesses as a result of brain imaging and genetic research.

Sheldon H. Preskorn, MD, presented the plenary lecture at the Fifth Annual Neuropsychiatry Conference in Turkey sponsored by the Turkish equivalent of our professional associations for neurology and psychiatry, March 18-20. Dr. Preskorn presented on his research and those of others in a lecture titled: "Antidepressants: 50 years of progress."

Glenn Veenstra, PhD, associate professor, presented a workshop titled: "When the heart speaks to the head: Neuroscience insights on emotion," April 9, at the Christian Association for Psychological Studies National Convention in Dallas.

Brian Schmidt, medical student education coordinator, attended the Association of American Medical Colleges Central Group on Educational Affairs Spring 2005 conference, April 7-10. Brian presented the results of a curriculum assessment project in completion of the Coordinator Career Enhancement Program, April 8. He was one of five presenters in Innovations in Medical Education Small Group Discussion, "Ensuring Compliance with LCME Accreditation Standards ED-1 and ED-2," April 9. The presentation covered KU's process for meeting LCME accreditation standards ED-1 and ED-2.

Susan Carr, MD, clinical assistant professor, was the coordinator for the Kansas Psychiatric Society spring meeting "Advocacy 101 for Psychiatry and Mental Health," April 22. Guest speaker was Jeremy A. Lazarus, MD, chair, American Psychiatric Association Council on Advocacy and Public Policy; American Medical Association Task Force on Medicare/Health System Reform Board of Trustees and a private psychiatrist from Denver, Colo., and Barbara Huff, founder and former executive director of Keys for Networking, the Kansas State Organization for the Federation of Families for Children's Mental Health and participant in the President's New Freedom Commission for Mental Health.

Susan Carr, MD, presented "The Aging Brain" to the community seniors group at Central Church of Christ, May 2 in Wichita, Kan.

Connie Marsh, MD, clinical associate professor, presented "Trying to Remember-Memory Loss and Personality Change" at the 2005 Governor's Conference on Aging Services, May 4, in Topeka, Kan.

Glenn Veenstra, PhD, presented "The Neural Basis of Ego Functioning" at the Psychiatry and Behavioral Sciences Grand Rounds, May 10, in Wichita, Kan.

Posters, posters everywhere . . .

Out of fifty-five posters presented at the Thirteenth Annual Research Forum, Saturday, April 9, the Department of Psychiatry and Behavioral Sciences had six posters.

Mohamed Ramadan, MD, chief resident, presented "Comparison of the Formal Published Human Clinical Trial Databases for the Six Serotonin Selective Reuptake Inhibitors." Co-authors of the poster include Jane Griffith, MSLS, biomedical librarian, George J. Farha Medical Library, **Ahsan Khan, MD**, assistant professor, **Sheldon Preskorn, MD**, professor and Citai, R.

Susan Carr, MD, clinical assistant professor, presented "Suicide Rates and Causes in Sedgwick County, Kansas Compared to the United States 2001-2004" along with Doren Fredrickson, MD, PhD, FAAP, FACPM; Joyce Webb, PhD; Beverly Baalman and Kevin Bomhoff, PhD.

Connie Marsh, MD, clinical associate professor, presented "Is Resection of Epileptic Focus Effective Method for Controlling Seizures? Outcome Data from Wichita, KS," along with Josh Anderson, BS, Nazih Moufarrij, MD, John Gorecki, MD, Mitchell Wolsterdorf, PhD and Kumar Reddy, MD.

Sheldon Preskorn, MD, presented three posters "Multiple Medication Use and Cytochrome P-450-Based Drug Interaction Patterns in Patients on Antidepressants in a Regional Veterans Affairs Health Care Network" along with Beryl Silkey, ScM, Rozina Shah, MD and Melissa Neff, PharmD; "A Multi-Site Study of Outpatient Multiple Medication Use in Relation to Age and Antidepressant Drug Use" along with Beryl Silkey, ScM, Amanda Golbeck, PhD, and Rozina Shah, MD, and "Effect of Escitaplopram Versus Sertraline on Cognitive Function, Driving Performance, and CYP 2D6 Function" along with Steven Werder, MD, Sara Friesen, Kathy Sifrit, Alex Chaparro and Keith Wesnes.

Mohamed Ramadan, MD, presented "Comparison of the Formal Published Human Clinical Trial Databases for the Six Serotonin Selective Reuptake Inhibitors," May 26, at the American Psychiatric Association 2005 Annual Meeting in Atlanta. Co-authors of the poster include Jane Griffith, MSLS, biomedical librarian, George J. Farha Medical Library, Ahsan Khan, MD, and Sheldon Preskorn, MD.

A report on the American Psychiatric Association Assembly of District Branches meeting *By Donald R. Brada, MD*

May 20-22 found the American Psychiatric Association (APA) Assembly of District Branches meeting before the American Psychiatric Association annual meeting in Atlanta, Ga.

The members present heard from President-Elect Steven Sharfstein, MD and Treasurer Carolyn Robinowitz, MD. Dr. Robinowitz described the continuing increase in APA membership and the positive financial balance held by the association. Medical Director James (Jay) Scully, Jr., MD, gave his report underlining the federal and state legislative activities of the Association and emphasizing the fact that the APA is the national voice for psychiatry and for our patients.

The Assembly then focused on the debate and adoption or non-adoption of action papers previously submitted by various representatives and/or state psychiatric societies. The action papers had been assigned to one of the committees for discussion prior to being brought to the Assembly. Some of the papers that were discussed included: *Independent Appeals Mechanisms for Disputed Managed Care Denials of Treatment* - approved; *Initial Psychiatric Evaluation of Children and Adolescents Before the Prescription of Medication* - not approved (referred); *Public Education About Medical Treatments for Psychiatric Disorders* - approved; *Psychotherapy by Psychiatrists (to make it possible for psychiatrists participating in managed care plans to practice psychotherapy)* - approved; *Forming an APA Directed Network of U.S. and Canadian Medical School Psychiatry Interest Groups* - approved and *Educating Our Patients and Our Profession Regarding Privacy and Confidentiality* - approved.

The final action of the Assembly was to elevate Joseph E.V. Rubin, MD to the office of speaker and to elect Michael Blumenfield, MD as the speaker-elect. The Assembly will reconvene in November 2005.

Farewell to our residents

By Mary Spachek

The graduation ceremony for Mohamed Ramadan, MD, and Kevin Sterk, DO, was Saturday, June 25. Dr. Ramadan and his family will be leaving Wichita and moving to Arizona as Dr. Ramadan begins his career as an outpatient general psychiatrist at the Mohave Mental Health Clinic. Dr. Sterk will be leaving Wichita and going into a Forensic Psychiatry Fellowship at the University Hospital/University of Cincinnati College of Medicine, Cincinnati, Ohio.

We also say goodbye to Kaleem Syed, MD, a 3rd year resident who is going into child and adolescent psychiatry at University of Missouri-Columbia, Columbia, Missouri.

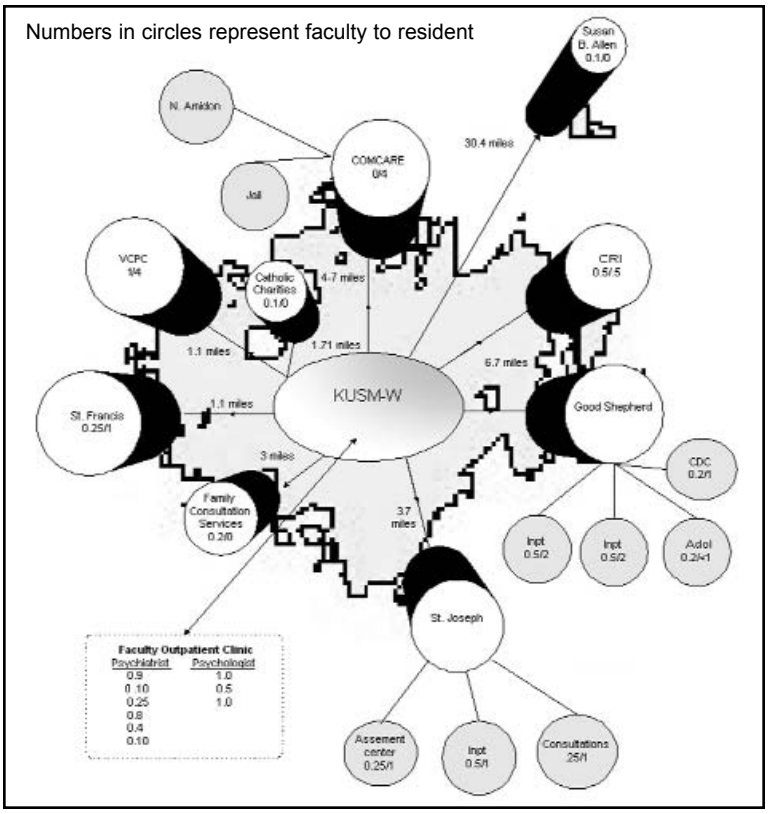
So many places, so little resources *By Janice McAdam, MPA*

This diagram was prepared to show the many sites the Department of Psychiatry and Behavioral Sciences faculty and residents visit and provide services. The department's presence at each site is a result of a contractual agreement either for patient care, graduate medical education, or both.

The diagram helps illustrate the inefficiencies of being a community-based medical school. As the department spreads to the different sites, travel time becomes loss revenue and increases expenses in the way of mileage reimbursements.

Other issues are the inadequacy of coverage at some sites. Faculty and residents must meet patient care needs while still following the accreditation rules for resident work hours. Last year, a decision was made by the Accreditation Council for Graduate Medical Education to cap the hours of resident working hours to 80 hours per week. While this alone presents a problem for work getting completed and providing unassigned call coverage at the hospital, the decrease in residents from 22 to 16 has added to the problem of covering services. As the resources of time and manpower dwindle, the needs in the community continue to increase.

To end on an upbeat note, the Psychiatry Department impacts the community positively by its presence. Our service provides much needed mental health care in the areas shown. Many of our graduates remain in the community to continue to help meet the growing needs, but that is another article.



FACULTY, STAFF, RESIDENT AND STUDENT NOTES . . .

CONGRATULATIONS

Janice McAdam, associate director, Psychiatry, for being elected to a two-year term as Treasurer and member of the board for the Administrators of Academic Psychiatry at the Spring 2005 Education Conference, April 15-16, in New York.

John Bober, MD, on his recent promotion to associate professor, Department of Psychiatry and Behavioral Sciences.

John Bober, MD, for being the recipient of the Nancy C.A. Roeske, MD, Certificate of Recognition for Excellence in Medical Student Education on May 22.

Jeremy Tan, MD, third-year resident, and his wife, Jacque Suter-Tan, had twin boys. Isaiah Zachary Suter-Tan (5 lbs. 14 oz. and 18 in.) and Samuel Jacob Suter-Tan (5 lbs. 15 oz. and 18 in.) were born April 25.

Ahsan Khan, MD, assistant professor, for being the recipient of the Irma Bland Award for excellence in teaching residents at the American Psychiatric Association in May. This award recognizes Dr. Khan's outstanding and sustaining contributions made as a faculty member at the university. The award was established in honor of Irma Bland, MD, and serves as a tribute to her unique and creative contributions to psychiatric education.

Kay Brada, Dr. Brada's wife, on being elected President-Elect of the American Psychiatry Association Alliance in May.

WELCOME

Sherry Copenhaver, RN. Sherry joined the department in May as the department's part-time nurse.

GOODBYE

The department has said goodbye to the following: Kerri Kamm, billing department; Robin Kerby, part-time nurse; Michelle Hertel, clinic supervisor, and Jeannine Anderson, ARNP.

PRESENTATIONS

Preskorn SH. The difference between the formal and the functional dose: The case of the patient of thioridazine and fluvoxamine. *J Psych Prac* 2005; 11(3):192-196.

Ramadan M, Khan AY, Preskorn SH. D2-Blockade and possible ziprasidone-induced galactorrhea. *J Clin Psychopharm* 2005; 20:000.

Ramadan M. Getting Psychiatrists Where Needed. *Psychiatr. News*, Jan 2005; 40: 39.