

Introduction to Psychopharmacological Treatments

Jonathan Bolton MD
University of New Mexico

Overview of Series: Syndromes and Clinical Problems

Syndrome

Diagnosis

Symptoms

Screening

Differential Diagnosis

Treatment

Psychotherapy

Somatic therapies

Classes

Algorithm

Effectiveness

Risks

Monitoring

Special situations

Example: Depression

Symptoms: Depressed mood, neurovegetative symptoms, anhedonia,

Screening: SIGECAPS

Clinician-administered: Hamilton Depression Scale

Pt-completed: Beck Depression Inventory,

Differential: Major Depressive Disorder, Dysthymia, Bipolar Depression,
Depression due to General Medical Condition, Drug
intoxication/withdrawal, Demoralization,

Treatment: Psychotherapy: Interpersonal, Cognitive,
Somatic therapy: Medications (SSRI, SNRI, TCA, MAOI, etc)
Phototherapy, ECT, DBS, VNS

Effectiveness: Moderate to High

Risks: Side effects (sexual, weight gain, etc.)
'Switching' into mania; suicide; stigmatization

Objectives:

Learn how to identify common psychiatric syndromes in clinical settings

Learn the differential diagnosis for each syndrome

Learn the first and second line treatments

Learn how to prescribe common psychotropic medications

Learn the common-but-not-serious and the uncommon-but-serious side effects and risks

Introductory Webinar

Present an overview of somatic treatments of mental illness

Overview of the history of psychopharmacology

Recent trends in prescribing psychotropics

Controversies in Psychopharmacology

First issue: to prescribe or not to prescribe

Somatic Therapies

Mechanical

Electrical

Hydrotherapy

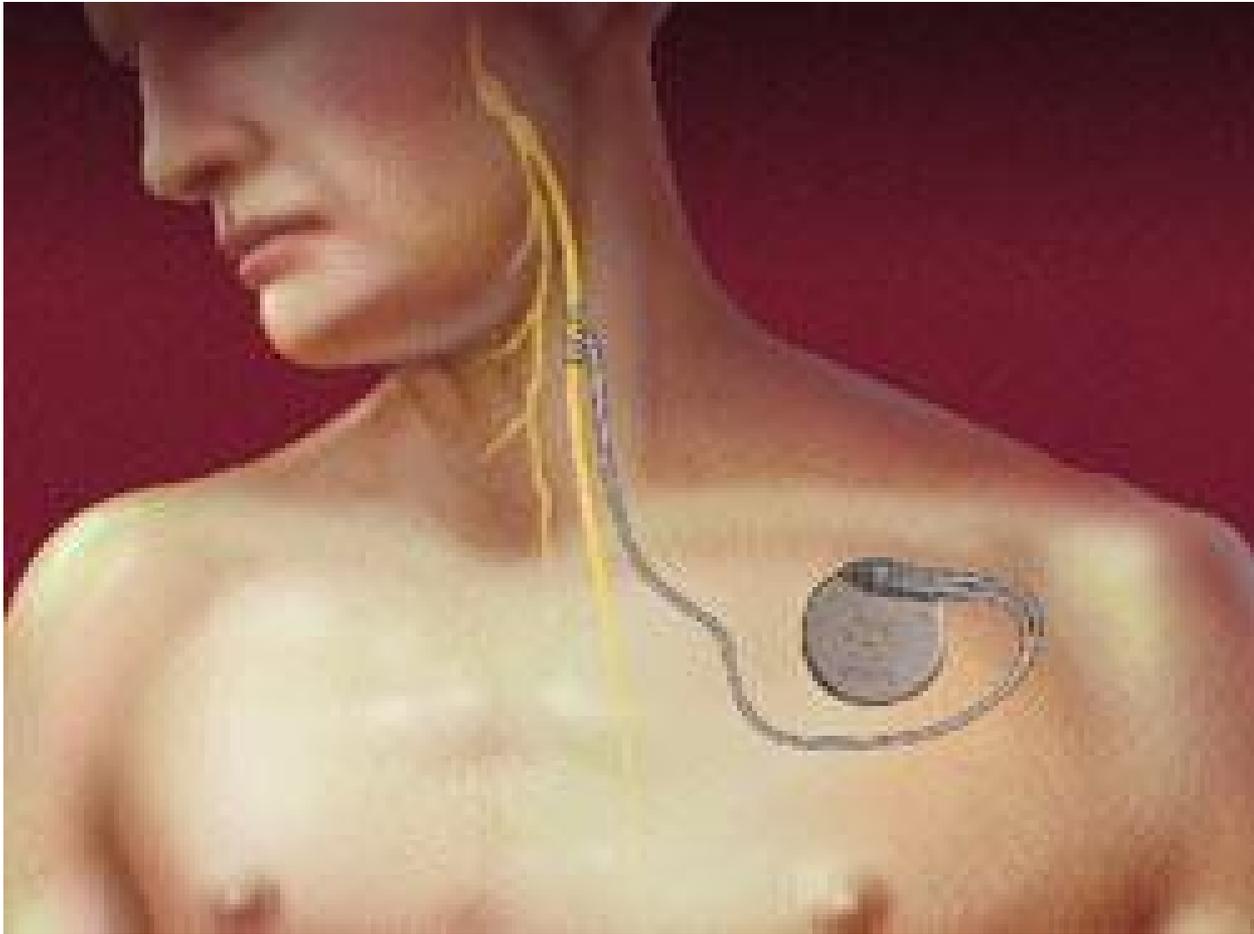
Sleep therapy

Injections

'Shock' therapies

Surgery

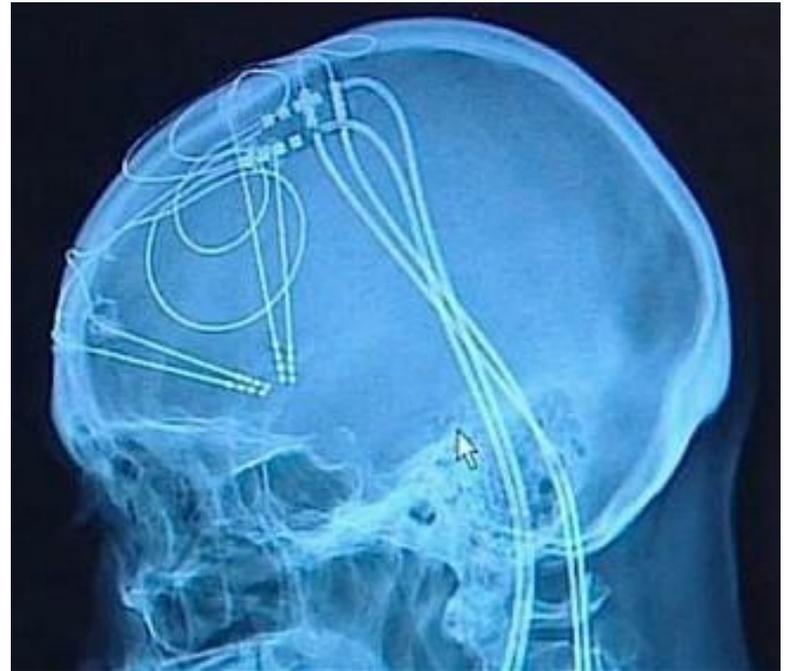
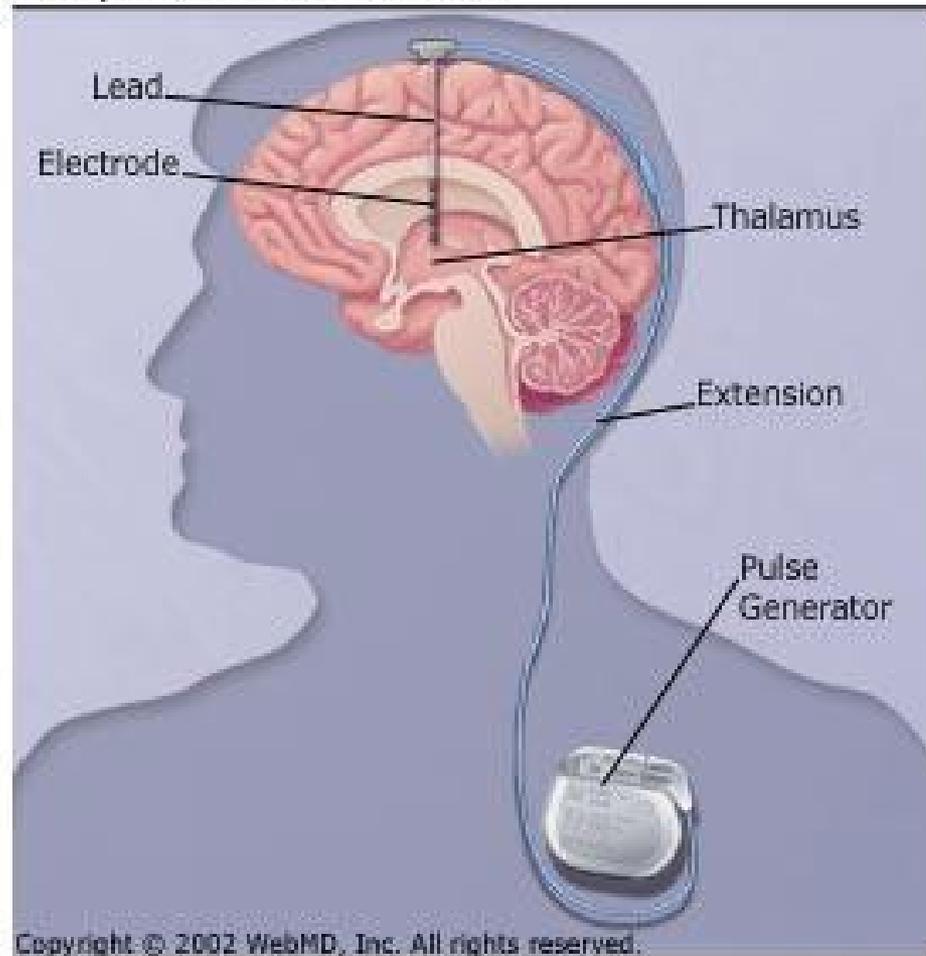
Medications

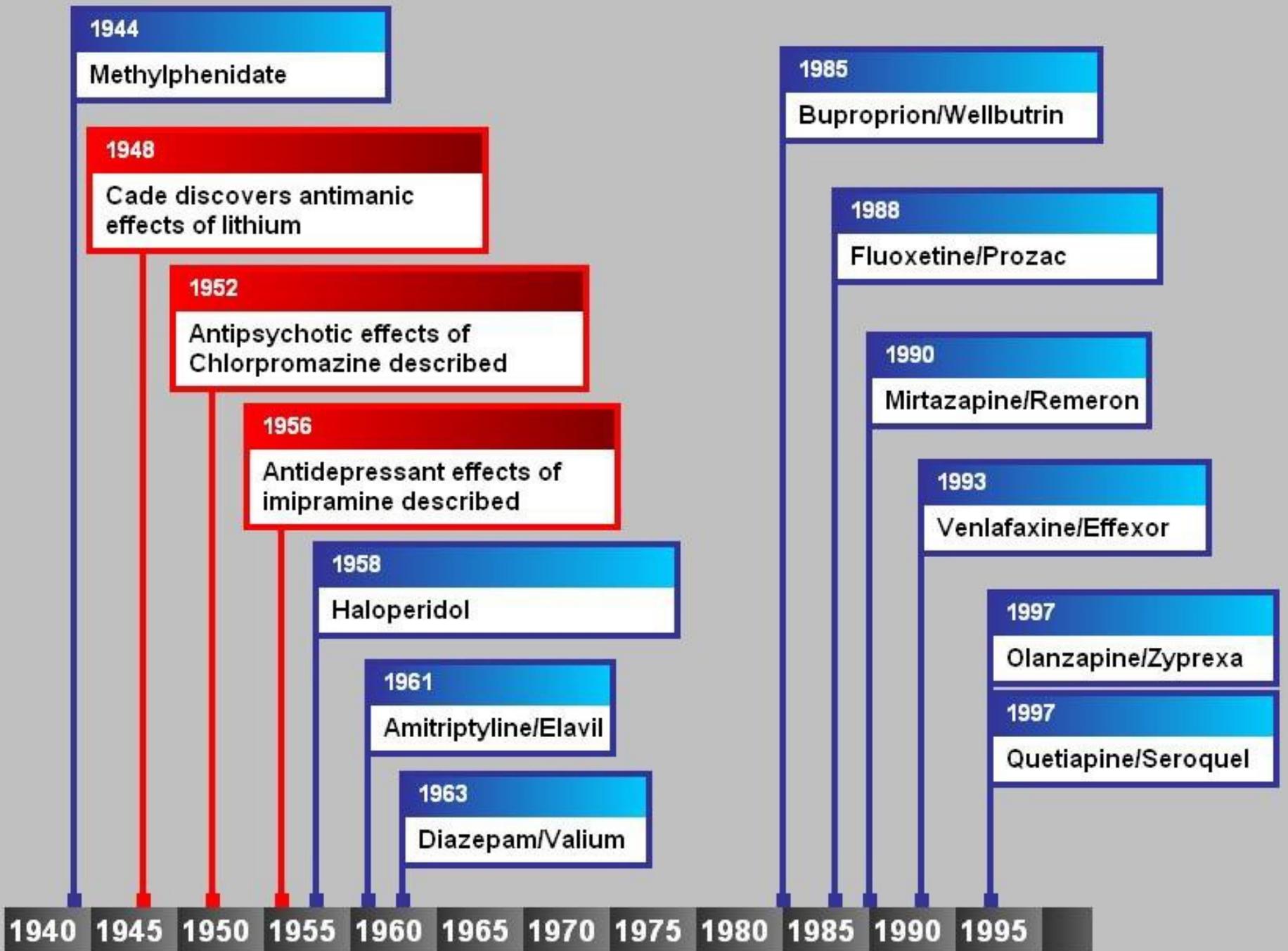


Vagal Nerve Stimulation



Deep Brain Stimulation





Psychotropic Classes

- Antidepressants
- Anti-manic medications ('mood stabilizers')
Antipsychotic medications
- Anxiolytics
Sedative/Hypnotics
Psychostimulants

Uses of Psychotropic Medications

Depression

Panic

Generalized Anxiety

Obsessive Compulsive Disorder

Bulimia

Premenstrual Dysphoria

Trichotillomania

Pseudobulbar Affect

Pain/Headaches

Insomnia

Smoking Cessation

PTSD

Enuresis

Uses of Psychotropic Medications

Antipsychotics

Psychosis

Bipolar Depression

Mania

Anxiety

Delirium

Agitation

Dyssomnia

Hyperemesis gravidarum

Tics

Depression (adjunctive)

Eating Disorders

Trends in Psychotropic Medication

Increased rate of treatment for mental illness: 12% to 20% (1990-2003)

Increased use of psychotropic medications

11% of Americans over 12 yo take antidepressants
(Second only to statins, 2010)

Most (80%) prescriptions are written by non-psychiatrists

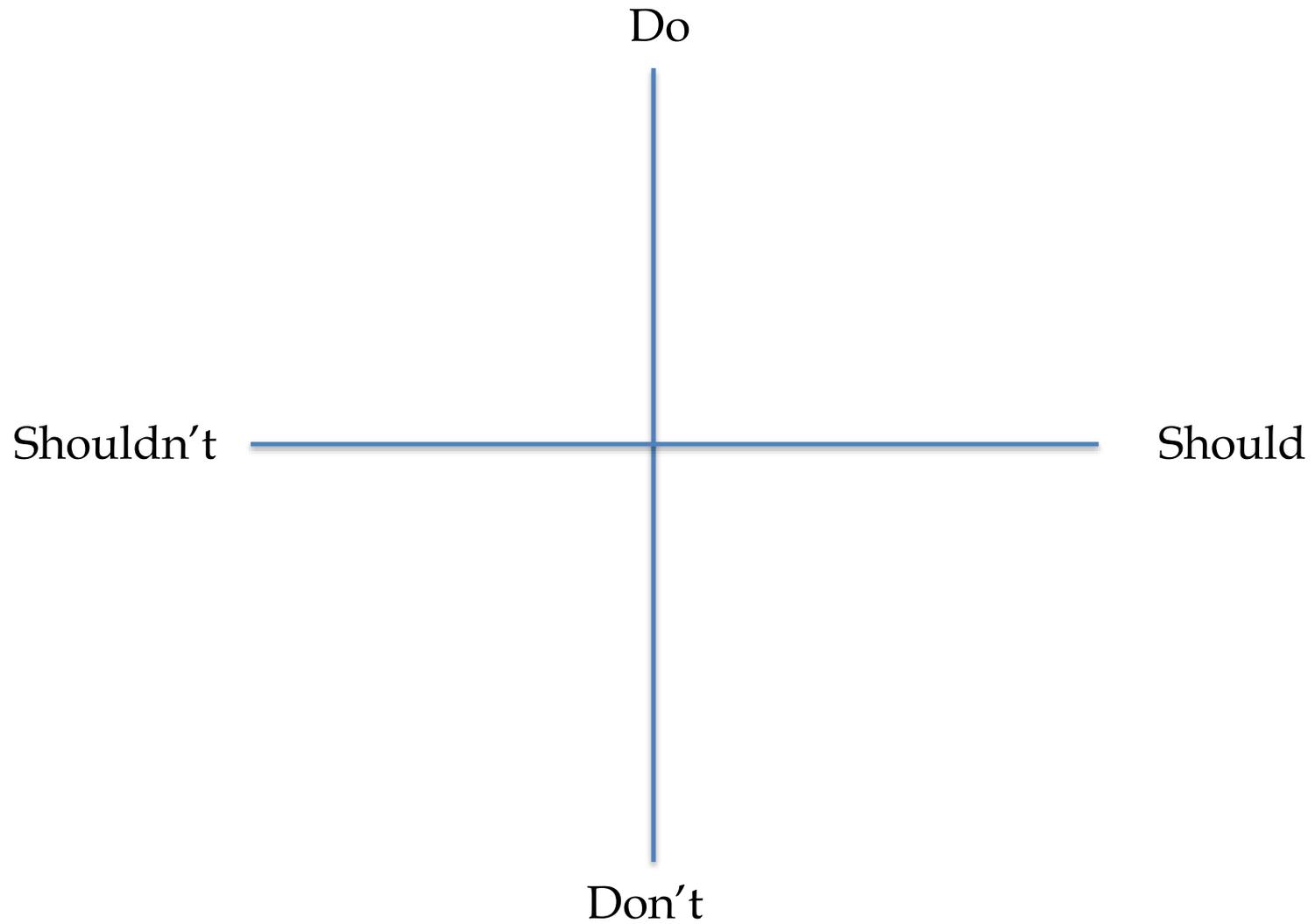
Concerns

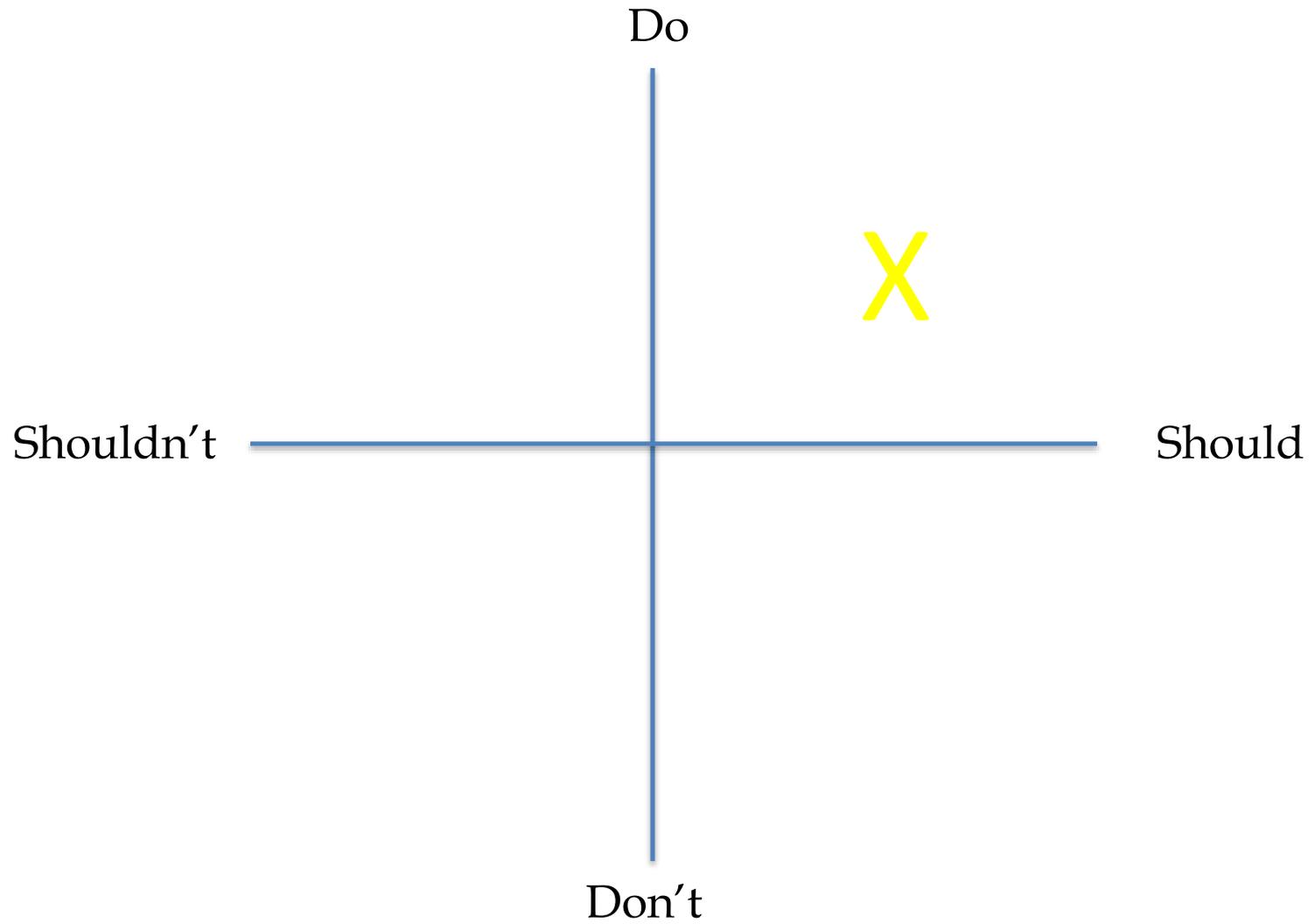
- Inappropriate Prescribing
 - Over-diagnosis of distress as mental illness
 - Over-reaction to mental distress
 - Use of inappropriate/less appropriate medications
- Polypharmacy
- Use by children
- Reduction in use of alternative approaches, e.g.,
Psychotherapy

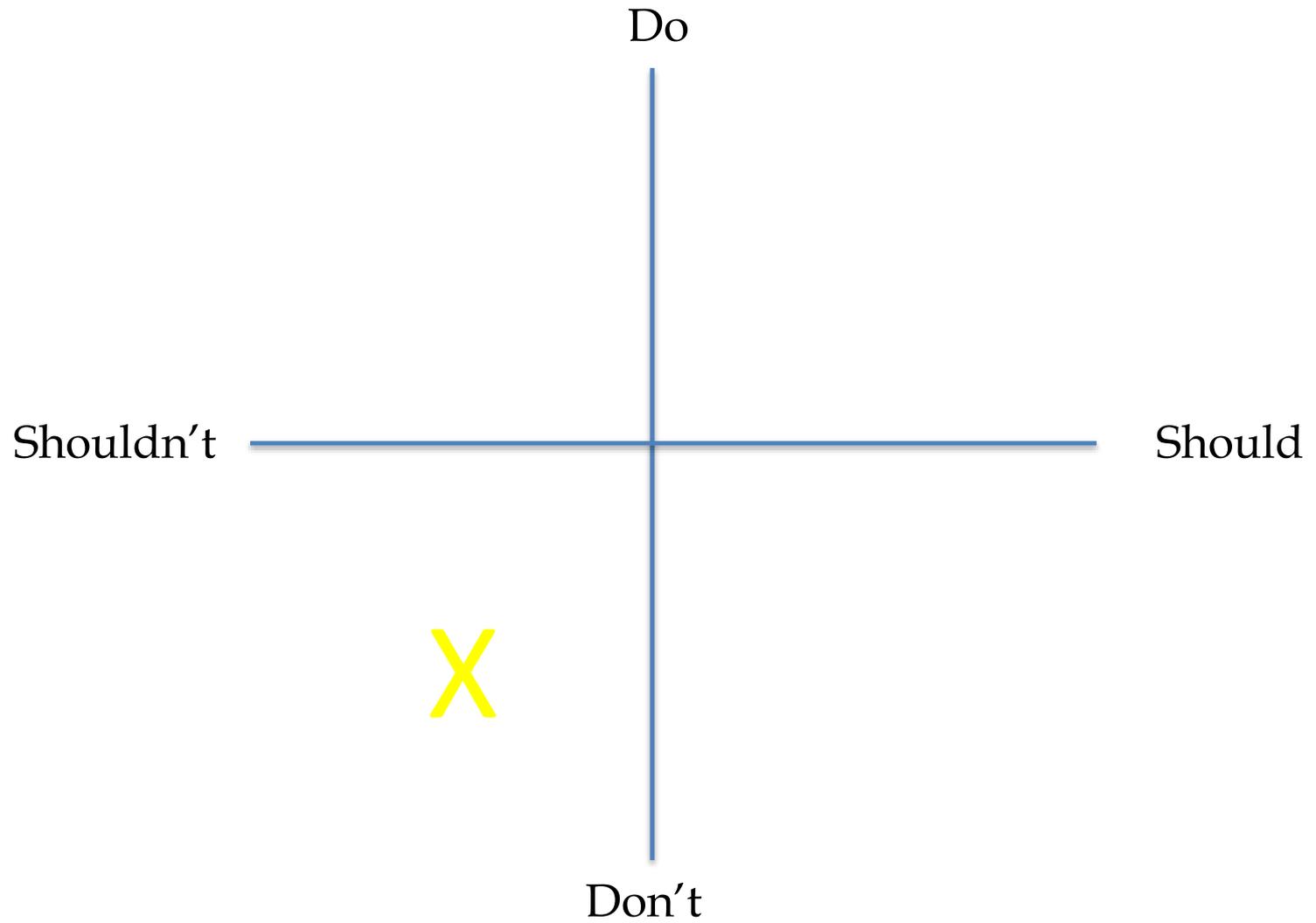
Pharmacological Calvinism

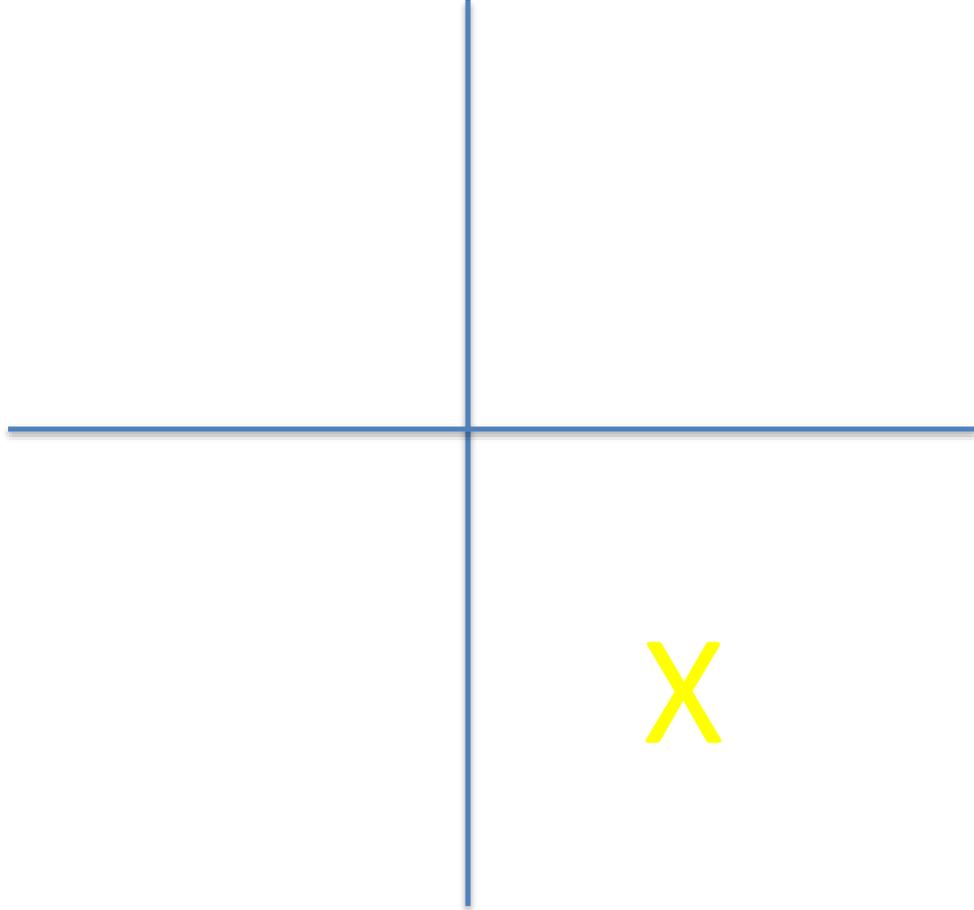


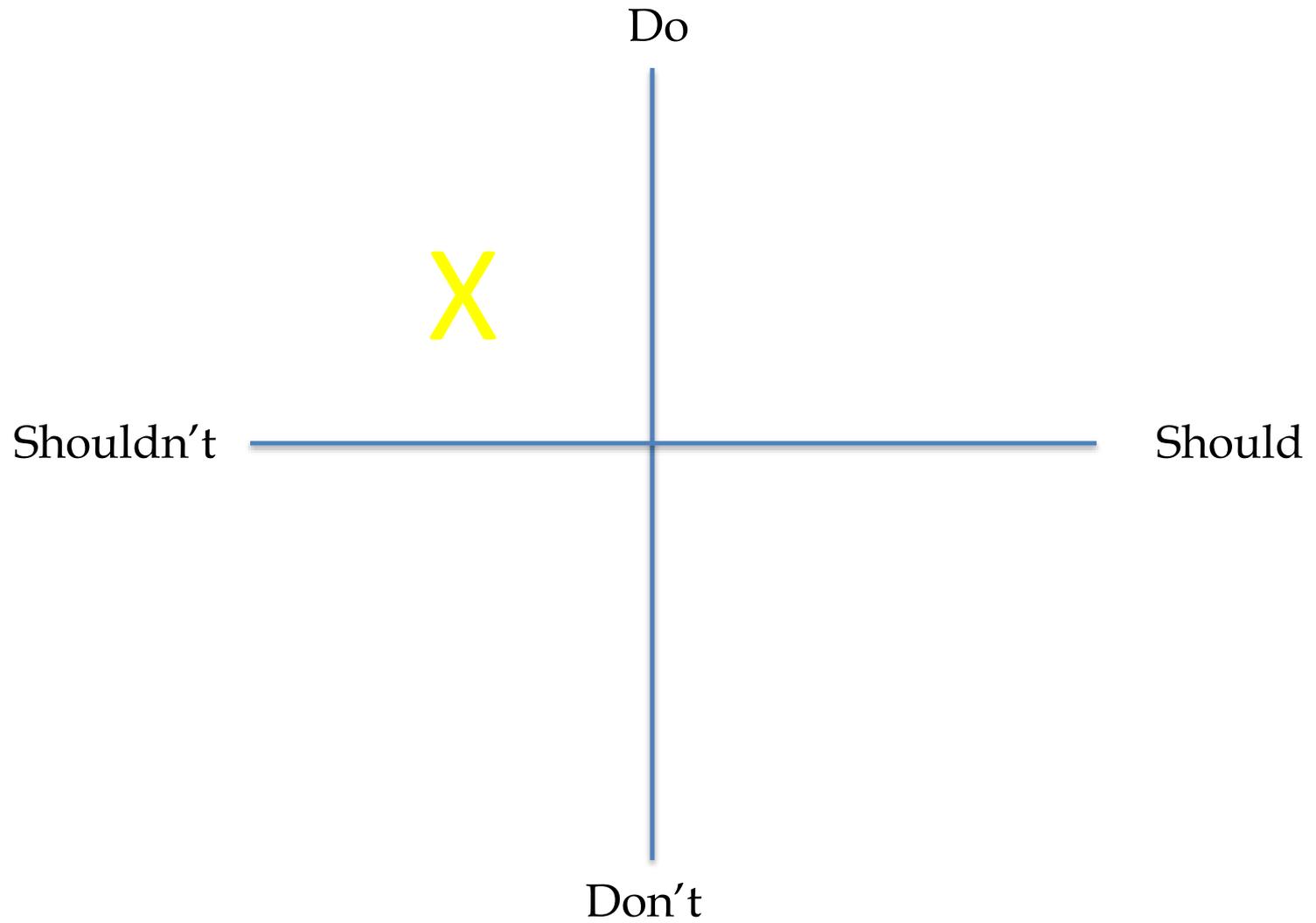
Psychotropic Hedonism











A brain = 10^{12} neurons

Each neuron connects to 7000 other neurons

Total number of neural connections in the brain:

10,000,000,000,000,000