

**TARGET AUDIENCE:** Physicians, Psychologists, Psychiatric Nurse Specialists, Nurses, Social Workers, Residents & Fellows, Medical Students, Allied Mental Health Providers, and all other Healthcare providers. Grand Rounds course content is at Intermediate level.

**DATE:** Thursday, April 4<sup>th</sup>, 2024 (3 RESIDENT PRESENTATIONS)

\*HYBRID\* (In Person Option – 713 Harrison St (TU3) 2<sup>nd</sup> floor Grand Rounds Area)

**TIME:** 12:30- 2:00 PM

**TITLE:** The Upstate Bias Checklist as a Tool for Improving Psychiatry Didactic Material

**SPEAKERS:** Cody Civileto, MD, [PGY IV Psychiatry Resident, SUNY Upstate Medical University](#) and EJay Kao, MD, [PGY III Psychiatry Resident, SUNY Upstate Medical University](#)

**DESCRIPTION:** The Upstate Bias Checklist is a tool designed to assist educators with identifying potential bias in health professional learning content. Use of the checklist can allow for self-reflection, improved quality of educational material, and reduced harm from bias. The goal of this project was to determine the utility and function of the checklist when applied to the Psychiatry clerkship as well as to identify any potential barriers to its use.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Describe use of the Upstate Bias Checklist as a quality improvement measure for psychiatry didactic material
2. Identify average time to complete the checklist and the consistency in responses between trainee and faculty checklist users
3. Discuss how the checklist can facilitate greater inclusivity in learning material

**TITLE:** Contraceptive Primer for Psychiatrists

**SPEAKER:** Raveena Gill, MBBS, [PGY IV Psychiatry Resident, SUNY Upstate Medical University](#)

**DESCRIPTION:** In this grand round, we will be reviewing the neurobiology of the hypothalamic-pituitary-gonadal (HPG) axis as it relates to hormonal contraceptives and psychiatric medications. In doing so, we will be discussing several psychiatric diagnoses (Premenstrual Dysphoric Disorder, Premenstrual Syndrome, Postpartum Depression) and their corresponding psychoneuroendocrinology related treatments, potential side effects, and other considerations. This lecture will include rationale and criteria for using oral contraception medications for multiple psychiatric disorders.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Discuss contraceptive measures with psychiatric patients
2. Identify criteria for eligibility
3. Treat premenstrual dysphoric disorder

**TITLE:** Revisiting Diagnostic Formulations: Bipolar Disorder

**SPEAKER:** Michael Lynskey, MD, [PGY IV Psychiatry Resident, SUNY Upstate Medical University](#)

**DESCRIPTION:** We will review diagnostic formulations for patients that have a psychiatric history of bipolar disorder. Several cases will be presented that will bring attention to delineating and overlapping symptomatology among different psychiatric diagnoses. This lecture will explore how to develop skills relating to critical appraisal of information gathered and interpretation of patient report. The purpose of this lecture is to recognize limitations of the diagnostic evaluations and develop awareness to the importance of critical appraisal and reasoning in developing a differential.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Discuss how to critically appraise historical diagnoses and review diagnostic criteria for several psychiatric conditions
2. Identify limitations within the current healthcare system
3. Summarize how to develop heuristics for considering differentials

**Faculty disclosure:** Drs. Civileto, Gill, Kao, and Lynskey have no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME credit Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**DATE:** Thursday, April 11<sup>th</sup>, 2024

**TIME:** 12:30-2:00 PM

**NO CME credit**

**Department Faculty Meeting**

**Open only to members of Faculty**

**PSYCHOPHARMACOLOGY GRAND ROUNDS\* \*HYBRID\* (In Person Option - TU4 Room 122 (719 Harrison St)\*)**

**DATE:** Friday, April 12<sup>th</sup>, 2024

**TIME:** 3:00- 4:00 PM

**TITLE:** General, Social, and panic disorder, biological underpinnings, diagnostic dilemmas, guidelines, and new treatments

**SPEAKER:** Thomas Schwartz, MD, SUNY Distinguished Teaching Professor & Chair, Dept of Psychiatry, Norton College of Medicine at SUNY Upstate Medical University

**DESCRIPTION:** Psychopharmacology Rounds is a new educational series open to faculty and trainees who wish to get together in an open, in-person seminar format to discuss treatment guidelines with a hint of neurobiology and psychopharmacology approaches to a variety of psychiatric disorders. The hope is that by organizing and leading a discussion, we as a group can ensure we are up to date and ideally on the cutting edge of medication management approaches regarding DSM disorders.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Diagnose psychiatric disorder and describe theoretical causes of psychiatric symptoms
2. Follow treatment guidelines and be aware of newer treatments available
3. Review some hypothetical cases

**Faculty disclosure:** Dr. Schwartz has no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/96298679116>

**Link for CME credit Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**\*Please note CME credits are free for SUNY Upstate Faculty and \$20 for external attendees. ONLY CME CREDITS OFFERED\***

**Credit Designation**

SUNY Upstate Medical University designates this live activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**DATE: Thursday, April 18<sup>th</sup>, 2024 (2 RESIDENT PRESENTATIONS)**

**\*HYBRID\*** (In Person Option – 713 Harrison St (TU3) 2<sup>nd</sup> floor Grand Rounds Area)

**TIME: 12:30- 2:00 PM**

**TITLE:** Upstate Frame of Mind: Developing a podcast on mental health

**SPEAKERS:** Faiz Kidwai, MD, [PGY IV Psychiatry Resident, SUNY Upstate Medical University](#) and Gerson Nunes, BMed, [PGY III Psychiatry Resident, SUNY Upstate Medical University](#)

**DESCRIPTION:** *Upstate Frame of Mind* was conceived because as mental health professionals, our objective is to promote a higher quality of life in our community. From our doctoral training, we become skilled with triaging and symptoms, but this is an incomplete solution. The other part involves education and community. Loneliness, lack of social support, family dynamics, trauma, financial stress, and beyond, play a significant role in well-being. Understanding the interplay between these elements and how they contribute to mental health is crucial to finding the path of better quality of life and happiness.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Discuss the importance of identifying a target audience
2. Describe the importance of collaboration in developing a podcast
3. Identify the basics of podcast production and how to market and popularize podcast episodes

**TITLE:** Case Report: New onset persistent psychosis following COVID-19 infection

**SPEAKER:** Anna Mechling, MD, [PGY IV Psychiatry Resident, SUNY Upstate Medical University](#)

**DESCRIPTION:** Case report on a 36-year-old patient with no known history of psychosis who developed persistent psychosis following COVID-19 infection. The presentation will focus on the possible differential diagnosis as well as potential mechanisms of disease, prevention, and treatment.

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Identify potential rare mental health manifestations of COVID-19 infections
2. Discuss possible mechanisms, prevention, and treatment of psychiatric presentations of COVID-19

**Faculty disclosure:** Drs. Kidwai, Mechling and Nunes have no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME credit Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**\*Journal Club\* \*HYBRID\*** (In Person Option – 713 Harrison St (TU3) 2<sup>nd</sup> floor Grand Rounds Area)

**DATE: Thursday, April 25<sup>th</sup>, 2024**

**TIME: 12:30- 2:00 PM**

**TITLE:** Experiences of Psychotherapists with Remote Psychotherapy During the COVID-19 Pandemic: Cross-sectional Web-Based Survey Study

**SPEAKERS:** Andrew Hao, MD, and Jack St. Jean, MD, **PGY III Psychiatry Residents, SUNY Upstate Medical University**

**ATTENDING:** Richard O'Neill, PhD, **FAclnP, ABPP, Psychologist and Professor, Volunteer Host and Co-Producer, WCNY-TV Cycle of Health, Volunteer Host and Producer, WCNY Community-FM Checkup from the Neckup, SUNY Upstate Medical University**

**LEARNING OBJECTIVES:** Following this activity, the participants should be able to:

1. Assess the perceived limitations and benefits of remote psychotherapy amongst different psychotherapists and modalities during the COVID 19 pandemic.
2. Discuss the implications regarding remote psychotherapy as an effective medium compared to in-person sessions

**Faculty disclosure:** Drs. Hao, St. Jean and Hess have no relevant financial relationships with ineligible companies.

**Link to join Zoom session:** <https://upstate.zoom.us/j/824931563>

**Link for CME credit Registration:** (opens 10am day of Grand Rounds through following Monday) <https://www.upstate.edu/cme/online-register.php>

**NOTE:** In an effort to save paper, we will no longer be mailing our schedule.

You can email Marcy Guzik and ask to be added to our email distribution list: [guzikm@upstate.edu](mailto:guzikm@upstate.edu)

**\*\*SCHEDULES can also be found online:** <https://www.upstate.edu/psych/education/grandrounds-calendar.php>

**Planner Disclosures**

Drs. Radonjic, Flynn, Schulze, Sperry and Schwartz have no relevant financial relationships with ineligible companies.

**Accreditation**

SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation**

SUNY Upstate Medical University designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Commercial Support:** No commercial support was received for any of the above sessions.

**Instructions to join Grand Rounds via Zoom:**

**SUNY Upstate Medical Psychiatry Grand Rounds**

**is inviting you to a scheduled Zoom meeting:**

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to start or join. <https://upstate.zoom.us/j/824931563>

**Or,**

Go to <https://upstate.zoom.us/join> and enter meeting ID: **824 931 563**

Join from dial-in phone line:

Dial: [+1 646 558 8656](tel:+16465588656) or [+1 408 638 0968](tel:+14086380968)

Meeting ID: 824 931 563

Participant ID: Shown after joining the meeting

**Participants:** this meeting automatically begins recording as soon as anyone joins it, so **please mute your microphone.**

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