The Research Institute of Lindner Center of HOPE Update

Recruitment continues for a prospective, double-blind, randomized, parallel-group, sham-controlled feasibility trial of multi-coil Transcranial Magnetic Stimulation (TMS) for the treatment of major depressive disorder. Lindner Center of HOPE is participating in this trial. Visit thedepressiontrial.com to learn more.

Currently the Research Institute at Lindner Center of HOPE is recruiting for bipolar research studies, binge eating disorder studies, and an anxiety study.

For more information visit www.LCOH.info.

The Source

OCTOBER 2013

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

Lindner Center of HOPE Welcomes New Clinician

Nicole Marie Gibler, MD
Lindner Center of HOPE, Staff Psychiatrist

Dr. Gibler serves as a staff psychiatrist for Lindner Center of HOPE and provides care to adult, child and adolescent patients through the Center’s Harold C. Schott Foundation Eating Disorders Team, the Adult Partial Hospitalization program team, and the outpatient department. Dr. Gibler completed her adult psychiatry residency and her child and adolescent psychiatry fellowship at Vanderbilt University in Nashville, Tennessee. She served as Chief Fellow for Child and Adolescent Psychiatry during her final year of fellowship.

For more information visit lindnercenterofhope.org.

The Source

Novel Psychopharmacology for the Treatment of Refractory Depression

By Anne Marie O’Melia, MT, MD, Medical Director of Harold C. Schott Eating Disorders Program at Lindner Center of HOPE

Ketamine: An old drug with new use?

Despite over 50 years of research into the discovery of treatments for mood disorders, treatment resistant depression remains a major public health problem. Depression affects around 120 million people worldwide, yet less than 25 percent of those affected have access to adequate treatment.

The list of Major Depressive Disorder (MDD) treatment options is significant, including antidepressant medications, augmentation strategies, and nonpharmacological therapy including devices and psychotherapy.

When treating depression, remission, not just response, is the goal. Typical process: should the first treatment fail, either switching or augmenting is a reasonable next step. For most patients, remission requires repeated trials of “sustained, vigorously-dosed” antidepressant medication. Unfortunately, the likelihood of remission substantially decreases after two adequate treatment trials, suggesting the need for more complicated regimens and psychiatric consultation.

Response = > 50% reduction in symptoms scores
Remission = Function restored, minimal to no residual symptoms
Recovery = Remission > 6 months

Nonetheless, the mission is remission, and stopping before reaching that target can increase the risk of relapse.

Compared with patients who achieve full remission, those with residual symptoms have:
- Greater risk of relapse and recurrence
- More chronic depressive episodes
- Shorter duration between episodes
- Continued professional and social impairment
- Increased overall mortality
- Increased morbidity and mortality from comorbid medical disorders
- Ongoing increased risk of suicide.

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As the third leading cause of burden of disease worldwide with poor quality of life and negative economic impact, it is imperative that more treatment options be sought to bring more depressed patients to remission.

Ketamine was first synthesized in 1962 in an attempt to find a safer anesthetic alternative to PCP, which was more likely to cause hallucinations and seizures. It was first administered to a human subject in 1964. In 1970, the FDA approved Ketamine as a dissociative anesthetic. It was first use on American soldiers during the Vietnam War. It was placed in the Schedule III category of Controlled Substances in 1999. Ketamine is a core medicine in the World Health Organization's Essential Drugs List. It has a well established safety record and is quite inexpensive.

Ketamine has shown robust and rapid antidepressant effects when given intravenously at subanesthetic doses (0.5mg/kg) infused slowly over 40 minutes. The antidepressant effect is observed within 24 hours and is maintained up to seven days post infusion. Studies have also suggested that when repeated Ketamine infusions are given in treatment-resistant major depression, it results in rapid and longer-term antidepressant effects. These studies showed that there were few non-responders in these scenarios.

Intranasal Ketamine is safely and effectively used for:
- Pediatric sedation and pain control in Emergency Departments and NICUs
- Dentistry
- Analgesia for migraine headaches
- Acute pain
- Breakthrough chronic pain
- Bronchodilation
- Neuronal protective agent in prolonged seizures

As with most pharmacologic treatments, there is risk of side effects or untoward medical and psychiatric problems. More research and longer-term antidepressant effects. These studies showed that there were few non-responders in these scenarios.

On Wednesday, October 9, 2013 at the Mason Community Center, Tracy Suzanne Cummings, MD, Lindner Center of HOPE Staff Psychiatrist, presented “Bullying in Youth”. The presentation was open to the public and at no charge. During this presentation, attendees received an overview of the various risk factors of bullying and they learned about signs and symptoms that bullying is identified.

This presentation was the third in a series being offered as part of Lindner Center of HOPE’s five-year anniversary. Lindner Center of HOPE has partnered with the City of Mason to offer a free special educational speakers series to members of the public. The series, “Evening with the Experts,” is open to the public and is held on Wednesday evenings at Mason Community Center. The series began August 14, 2013 and continues through August 13, 2014. Details about the schedule can be found at lindnercenterofhope.org/experts.

Lindner Center of HOPE Psychiatrist Discusses Bullying in Youth as Third Topic in a Series of Evening with the Expert Talks

Lindner Center of HOPE Clinicians Present at Symposium 2013 Links to Learning

Three Lindner Center of HOPE clinicians presented at the Symposium 2013 Links To Learning, a continuing education event for healthcare professionals. The 2013 Symposium: Annual Fall Learning Event was Saturday, October 12, 2013 (8am to 4pm) at Sharonville Convention Center; 11355 Chester Road, Sharonville.

The day included four presentations, three of which were presented by Lindner Center of HOPE staff.

Lindner Center of HOPE Clinicians Present at Symposium 2013 Links to Learning

As Tri-State School Representatives Learn Response Strategies for Dealing with Anxious Students at Lindner Center of HOPE and OCD Midwest Panel Discussion

Lindner Center of HOPE Chief Research Officer presents at "IX International Symposium on Psychopathology and Clinical Psychiatry" in Santiago, Chile

In The News

National Alliance on Mental Illness (NAMI) Hamilton County announced the award winners highlighted at the NAMI Annual Celebration. Todd N. Palumbo, MD, MBA, Lindner Center of HOPE Staff Psychiatrist was named Exemplary Psychiatrist, among seven other winners. Exceptions from the nominations for Dr. Palumbo stated, he “has genuine concern and compassion for everyone he sees at Lindner Center of HOPE and its Sibcy House... he always has something legitimately positive to say... he has been a savior to many and a friend to more... it is his never-ending pursuit to bring hope to those who need it.”

Lindner Center of HOPE’s Dr. Palumbo Honored as Exemplary Psychiatrist by NAMI Hamilton County

Tri-State School Representatives Learn Response Strategies for Dealing with Anxious Students at Lindner Center of HOPE and OCD Midwest Panel Discussion

Anxiety disorders are among the most common mental disorders experienced by Americans. The nation’s youth are no exception. Those regularly interacting with young people are certainly familiar with anxiety and anxious behaviors in children and adolescents. School staff are on the front lines when it comes to handling anxiety situations that arise in the classroom.

Lindner Center of HOPE and OCD Midwest teamed up to offer, “Anxious Kids in School: Rethinking Response Strategies” on Tuesday, October 15, 2013 at Lindner Center of HOPE, 4075 Old Western Row Rd., Mason, OH 45040. More than 175 participants were in attendance.