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Pennsylvania Chapter of the American Psychiatric Association

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**PaPS-PITTSBURGH CHAPTER**

# 2024 Spring Symposium

## TRENDING TOPICS IN PSYCHIATRY

SATURDAY, MARCH 2, 2024

7:30 AM - 1:00 PM

Pittsburgh Marriott North  
 Cranberry Twp, PA  
 16066

### 2024 PaPS-Pittsburgh Chapter Spring Symposium

7:30-8:00 AM

Check in; Breakfast; Visit Exhibitors

**PRESENTER**

**PRESENTATION TITLE**

8:00-9:00 AM

Mayank Gupta, MD  
 Medical Director, Southwood  
 Psychiatric Hospital

*Advances in Suicide Prevention:  
 Critical Overview of the Gaps in  
 Suicide Risk Assessments, Multimodal  
 Strategies, Medicolegal Risks and the  
 Emerging Evidence*

9:15-10:15 AM

Aileen Oandasan, MD  
 Chief Medical Officer/Medical Director,  
 Nulton Diagnostic & Treatment Center,  
 Allegheny Health Network

*Conundrums in the management of  
 adult ADHD. Is Tik Tok to blame?*

10:15-10:45 AM

Break; Visit Exhibitors

10:45-11:45 AM

Kavita Fischer, MD DFAPA  
 Medical Director, Community Care  
 Behavioral Health Organization,  
 University of Pittsburgh Medical Center

*The Rise of Gambling Disorder:  
 Significance, Assessment, and  
 Treatment in an Era of Exploding  
 Access*

12:00--1:00 PM

Emily Cottrell, MD  
 Vice Chair, Psychiatry & Behavioral  
 Health Institute, Allegheny Health  
 Network

*Management of Obesity in the  
 Context of Managing Psychiatric  
 Illness*

**Accreditation and Designation Statement**

In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and the **Pennsylvania Psychiatric Society (PaPS.)** APA is jointly accredited by the American Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. The APA designates this live activity for a maximum of 4 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**8:00-9:00 AM - Advances in Suicide Prevention: Critical Overview of the Gaps in Suicide Risk Assessments, Multimodal Strategies, Medicolegal Risks and the Emerging Evidence**

*Presenter: Mayank Gupta, MD*



*Mayank Gupta, MD*

**Session Overview:**

This session offers a comprehensive exploration of suicide risk assessment in clinical practice, a critical component for clinicians across diverse settings. Over the past decade, critiques and emerging evidence have revealed gaps in assessment tools and clinical evaluations. The discussion emphasizes the importance of critically appraising these gaps to foster a global understanding of challenges, diagnostics and long-term risk mitigation. Key topics include ongoing debates, critical questions and the barriers to the incorporation of extensively researched empirical evidence in clinical practice. The session covers changing terminologies, a review of suicide risk assessment tools, guideline implementation, documentation and the development of effective risk management strategies with a focus on medical-legal considerations. Addressing clinical dilemmas, emerging research, current policies, strategies for risk assessments, utilizing diverse resources and thorough documentation are integral aspects of this comprehensive session.

## 9:15-10:15 AM - Conundrums in the management of adult ADHD.

### Is Tik Tok to blame?

*Presenters: Aileen Oandasan, MD*



Dr. Oandasan received her medical degree from Texas A&M College of Medicine. She completed general adult psychiatry training at Georgetown University and subsequently, completed Child Psychiatry Fellowship at the Johns Hopkins Hospital. Dr. Oandasan started began her career in academic psychiatry at the University of Texas Medical Branch in Galveston, reaching the stature of Clinical Associate Professor prior to her move to Pennsylvania. In Pennsylvania, Dr. Oandasan has attended various institutions including Conemaugh Memorial Medical Center, The Children's Institute of Pittsburgh, Nulton Diagnostic and Treatment Center and Allegheny Health Center. She currently provides leadership and clinical support as the Chief Medical officer at Nulton Diagnostic and Treatment Center and as a medical director at Allegheny Health Network's Jefferson Outpatient Clinic.

*Aileen Oandasan, MD*

### **Session Overview:**

As there are no formal guidelines in the treatment of Adult Attention Deficit Disorder, clinicians are often left extrapolating from their experiences in treating children. Guidance from current literature will be provided to the audience in reviewing current prevalence rates, diagnostic and treatment challenges. In addition, a review of current factors responsible for the increase in written stimulant prescriptions will be discussed.

## 10:45-11:45 AM - The Rise of Gambling Disorder: Significance, Assessment, and Treatment in an Era of Exploding Access

*Presenter: Kavita Fischer, MD*



Dr. Fischer attended the University of Rochester School of Medical School and Dentistry and completed her training in general and child and adolescent psychiatry at Western Psychiatric Hospital of University of Pittsburgh Medical Center. She is the upcoming president-elect of the Pennsylvania Psychiatric Society (PaPS). She serves as a regional medical director with Community Care Behavioral Health Organization in affiliation with University of Pittsburgh Medical Center/Health Plan where she works on projects involving quality and substance use identification and treatment. She has been interviewed by local and state radio shows as well as nationally renowned journalists for her expertise in child and adolescent psychiatry, the science surrounding marijuana use in medicine, and on concerns related to the increased availability of online gambling.

Dr. Fischer is also board certified in general psychiatry and child and adolescent psychiatry and delivers care to the emergency room at Western Psychiatric Hospital.

*Kavita Fischer, MD DFAPA*

### **Session Overview:**

Limited studies and data exist on the extent of gambling disorder in the setting of legalization and the explosion of online casinos and sports betting platforms in Pennsylvania. However, available research including international research is disturbing and suicide rates are extremely high in this population. The importance of screening, assessment, and potential treatment options in our patients will be discussed as well as important considerations across the age spectrum and among genders.

## 12:00-1:00 PM - Management of Obesity in the Context of Managing Psychiatric Illness

*Presenter: Emily Cottrell, MD*



*Emily Cottrell, MD*

Dr. Cottrell is board-certified in Psychiatry and Family Medicine, having completed combined residency training at UPMC in 2019. She currently provides outpatient psychiatric medication management for adolescent and adult primary care patients referred by their primary care providers utilizing collaborative and co-located behavioral health models.

She specializes in the assessment and short-term psychiatric stabilization of patients with depressive, anxiety, trauma, somatic, personality, chronic pain, neurocognitive, and neurodevelopmental disorders in interdisciplinary teams with behavioral health therapists and medical providers.

Dr. Cottrell also practices outpatient family medicine one day per week. Her special clinical interests include integrating behavioral health treatment into primary care and other medical settings and psychiatric care for patients with complex medical needs.

She was appointed Vice Chair of the Psychiatry Behavioral Health Institute at Allegheny Health Network in 2023 and also serves as the Institute's Clinical Director of Integrated Behavioral Health.

### **Session Overview:**

Primary care, obesity medicine, and bariatric surgical providers commonly treat obesity, metabolic syndrome, and their sequelae. As patients with obesity often display highly co-occurring psychiatric comorbidities, psychiatric providers increasingly benefit from developing expertise in the pharmacologic obesity treatment modalities employed by primary care and medical specialist colleagues.