

Diversity, Culture and Current Treatments in Psychiatry: An Educational Forum

Course No. 24D10

The OUHSC Department of Psychiatry and Behavioral Sciences
in collaboration with the Central Oklahoma Psychiatric Society and the Tulsa Psychiatric Association.

Thursday, June 13, 2024

5:30 – 6:30 p.m. Dinner

6:30 – 8:30 p.m. CME Programs

*Abuelo's Mexican Restaurant, El Presidente Room
17 East Sheridan Avenue, Oklahoma City (Bricktown)*

“The Use of NAC (N-acetylcysteine) in the Treatment of Substance Use, NSSI, and More”

Presented by:

Rachel Zettl, MD

Clinical Assistant Professor, Child and Adolescent Psychiatry
OU College of Medicine, University of Oklahoma Health Sciences Center

Professional Practice Gaps: This presentation will review n-acetylcysteine and its pharmacologic uses in the treatment of psychiatric patients with impulse control disorders and address possible gaps in pharmacotherapeutic knowledge of an alternative treatment option that is over the counter, cost effective, and low risk compared to alternative treatments for these disorders. Improvement of patient outcomes by providing alternative treatment options for patients wanting a more “natural” approach will be reviewed.

Learning Objectives: Upon completion of this session, participants will improve their competence and performance by being able to: (1) Review what NAC is and discuss the historical uses of NAC. (2) Identify the different methods of action NAC has and how it's MOA's lead to improvements in the disease process. (3) Discover the efficacy of using NAC in various mental health disorders.

“Opioid Use Disorder Treatment in the Age of Fentanyl: Challenges and Opportunities”

Presented by:

Jedidiah Perdue, MD, MPH

Medical Director
Integris Health Arcadia Trails Center for Addiction Recovery, Edmond

Professional Practice Gaps: Although rates of opioid use disorder have remained most stable across time, mortality rates have skyrocketed, primarily due to a change in use patterns towards fentanyl, a synthetic opioid that is highly potent and easily produced. This increased mortality heightens the need for clinicians to employ evidence-based treatments for the treatment of opioid use disorder. Both methadone and buprenorphine are associated with diminished mortality among patients with opioid use disorder, but both are underutilized. This presentation will focus on buprenorphine, an office-based option in treating OUD and principles of buprenorphine and strategies for starting this medication. The pharmacokinetics of fentanyl lead to unique challenges for the clinician utilizing buprenorphine in the treatment of opioid use disorder: the high potency and lipophilicity of fentanyl leads to greater mOPR receptor activation and a longer lead time required for induction. This presentation will explore strategies to successfully complete buprenorphine induction in a person with OUD using fentanyl, without causing precipitated withdrawal, and explore continuing treatment options to support ongoing recovery among this high-risk population.

Learning Objectives: Upon completion of this presentation, participants will improve their competence and performance by being able to: (1) Demonstrate an understanding of the unique risks posed by illicit fentanyl and the pharmacokinetic characteristics that complicate standard treatment. (2) Identify two strategies for buprenorphine induction among patients with opioid use disorder using illicit fentanyl. (3) Identify at least three harm reduction practices that have evidence in this high-risk population.

Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Oklahoma College of Medicine and the Central Oklahoma Psychiatric Society (COPS). The University of Oklahoma College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

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Accommodation Statement: For accommodations, please contact Renée Mixon, (405) 360-5066 oklapsychiatry@gmail.com.

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Role(s)	First Name	Last Name	Ineligible Company	Nature of the Financial Relationship
Presenter	Rachel	Zettl, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Presenter	Jedidiah	Perdue, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Course Director, Planning Committee, Moderator	Phebe M.	Tucker, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Planning Committee	Jason	Beaman, DO	I have no financial relationships or affiliations with ineligible companies to disclose.	
Planning Committee	Robyn L.	Cowperthwaite, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Resident Planning Committee	Jonathan	Stone, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Planning Committee, Moderator	Irina V.	Baranskaya, MD	I have no financial relationships or affiliations with ineligible companies to disclose.	
Course Contact	Renée	Mixon	I have no financial relationships or affiliations with ineligible companies to disclose.	