

Agenda

FRIDAY, September 29, 2023

17th Annual Pacific
Psychopharmacology
Conference







TIME	PRESENTATION TITLE	SPEAKER
0715	Registration Opens Hot Breakfast Available	
0810	Welcome & Opening Remarks	Derek Thomson - <i>Thlaapkiituup</i> Randall White, MD, FRCPC
0830	New Treatments for Psychosis* <i>(In-person & Virtual)</i> — Harbourfront Ballroom <ul style="list-style-type: none">Understand the need for new treatments for psychosis.Examine promising new candidate treatments for psychosis.Learn more about prevention in psychosis.	 Philip McGuire, BSc, MB ChB, MD, PhD, FRCPsych, FMedSci <i>Professor of Psychiatry, Department of Psychiatry, University of Oxford</i> <i>*Dr. McGuire is delivering this lecture virtually from Oxford, UK.</i>
0915	Diagnosing & Treating Bipolar Spectrum Disorders <i>(In-person & Virtual)</i> — Harbourfront Ballroom <ul style="list-style-type: none">Articulate the essential diagnostic criteria for bipolar spectrum disorders, including the distinction between different types (e.g., bipolar I, bipolar II, cyclothymic disorder) and their associated features.Gain familiarity with evidence-based assessment tools used in diagnosing bipolar spectrum disorders, such as structured clinical interviews and validated rating scales. Learn how to effectively incorporate these tools into clinical practice to enhance diagnostic accuracy and support measurement-based care.Explore a range of evidence-based treatment modalities for bipolar spectrum disorders, including pharmacological interventions, psychotherapy options, and psychosocial strategies.	 Andrew Nierenberg, MD <i>Director, Dauten Family Center for Bipolar Treatment Innovation; Thomas P. Hackett, MD Endowed Chair in Psychiatry, Massachusetts General Hospital, Professor of Psychiatry, Harvard Medical School</i>
1000	15-MIN REFRESHMENT BREAK	
1015	Practical Prescribing for Insomnia in Older Adults <i>(In-person & Virtual)</i> — Harbourfront Ballroom <ul style="list-style-type: none">Identify negative consequences of insomnia in older adults.Discuss and compare medication options to manage insomnia in older adults, including melatonin, benzodiazepines, and related drugs, antihistaminergic agents, and dual orexin receptor antagonists (DORAs).	 Elliott Lee, MD, FRCPC, F. AASM, F. APA <i>Sleep Medicine Specialist, Royal Ottawa Mental Health Center, Medical Director, Sleep Disorders Clinic, ROMHC; Assistant Professor, Department of Psychiatry, University of Ottawa</i>
1100	Recent Advances in the Psychopharmacology of ADHD <i>(In-person & Virtual)</i> — Harbourfront Ballroom <ul style="list-style-type: none">Review recent innovations in stimulant medications.Review recent innovations in non-stimulant medications.Discuss clinical strategies for medication management of complex and/or co-morbid ADHD	 Margaret D. Weiss, MD, PhD <i>Associate Professor, Harvard University Department of Psychiatry; Director of Clinical Research at Cambridge Health Alliance</i>
1145	75-MIN LUNCH BREAK	
1300	CONCURRENT SESSION 1:	
1A)	ADHD Lived Experience: From 6 to 26 <i>(In-person & Virtual)</i> — Ballroom 2/3 <ul style="list-style-type: none">Discover the journey of an individual diagnosed with ADHD in early childhood who is now navigating adulthood, shedding light on the distinctive experiences related to their diagnosis and treatment.Extract valuable insights from their lived experience, offering a unique perspective on the path they've taken in managing their ADHD.Evaluate the effectiveness of ADHD interventions over time, critically analyzing their strengths and weaknesses, and identifying opportunities for clinicians to enhance patient care to achieve better outcomes.	 Margaret D. Weiss, MD, PhD <i>Associate Professor, Harvard University Department of Psychiatry; Director of Clinical Research at Cambridge Health Alliance</i>  Ridge Frank-White, BA <i>Patient Perspective Guest</i>
1B)	The Challenges of Delivering Evidence-Based Mental Health Treatment <i>(In-person Only)</i> — Port of Vancouver <ul style="list-style-type: none">Review the brief history of the evidence-based medicine (EBM) movement and how it applies to psychiatry.Critique the strengths and limitations of EBM.Discuss how to apply EBM, including its uncertainties.	 Andrew Nierenberg, MD <i>Director, Dauten Family Center for Bipolar Treatment Innovation; Thomas P. Hackett, MD Endowed Chair in Psychiatry, Massachusetts General Hospital, Professor of Psychiatry, Harvard Medical School</i>

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	<p>1C) Optimizing Long-acting Injectable Antipsychotics by Understanding Basic Pharmacokinetic Principles <i>(In-person & Virtual) — Ballroom 1</i></p> <ul style="list-style-type: none">• Examine variables that affect absorption, onset of action, and duration of action of long-acting injectable antipsychotics.• Discuss how to optimize and monitor a switch from paliperidone palmitate once-monthly to the 3-month formulation.• Discuss different ways of initiating aripiprazole once monthly: the pros and cons.	 <p>Ric Procyshyn, BSc(Pharm), MSc, PharmD, PhD <i>Clinical Professor, Department of Psychiatry, UBC; Clinical Research Psychopharmacologist, BC Mental Health and Substance Use Services Research Institute</i></p>
1345	15-MIN REFRESHMENT BREAK	
1400	CONCURRENT SESSION 2:	
	<p>2A) Working with Youth Who Use Substances and the Management of the Associated Complexities <i>(In-person & Virtual) — Ballroom 1</i></p> <ul style="list-style-type: none">• Review epidemiology of adolescent addiction and co-occurring psychiatric disorders.• Emphasize the importance of using a validated screening tool to assess for youth substance use and apply results to guide next steps in treatment.• Discuss principles for working with adolescents, young adults and families with addiction and co-occurring disorders and an overview of psychosocial and psychopharmacologic interventions for adolescent addiction and co-occurring disorders.	 <p>Martha Ignaszewski, MD, FRCPC, DiplABPN <i>Clinical Lead, Psychiatrist, Substance Use Response and Facilitation (SURF), BC Children's and Women's Hospital; Clinical Instructor, Department of Medicine UBC</i></p>
	<p>2B) Contraception Counselling and Provision for Women with Serious Mental Illness <i>(In-person Only) — Port of Vancouver</i></p> <ul style="list-style-type: none">• Discuss the importance of appropriate contraception counselling and provision for women with serious mental illness (schizophrenia-spectrum disorders, bipolar disorder and severe major depressive disorder).• Identify the important characteristics of current options for prescription contraception with a focus on long-acting reversible contraceptives (LARCs).• Review practical suggestions for how to better incorporate patient-centered contraceptive counselling into their practice.	 <p>Aalia Sachedina Parhar, MD, FRCSC <i>Gynaecologist, Vancouver General Hospital; Paediatric & Adolescent Gynaecologist, BC Children's Hospital; Obstetrician, BC Women's Hospital; Clinical Assistant Professor, Department of Obstetrics & Gynaecology, UBC</i></p>  <p>Rebecca Zivanovic, BSc, MD, FRCPC <i>Inpatient Psychiatrist, Vancouver General Hospital, Vancouver BC</i></p>
	<p>2C) Depression Management: A Deep Dive Into Assessing and Managing "Difficult-To-Treat" Unipolar Depression <i>(In-person & Virtual) — Ballroom 2/3</i></p> <ul style="list-style-type: none">• Review the definition of difficult-to-treat depression and explore the general principles that are involved in treating "difficult-to-treat" depression in adults.• Examine the treatment algorithms for patients with mild to moderate unipolar major depression who do not respond to initial treatment with an optimally dosed antidepressant medication.• Provide an overview of novel medication and non-medication treatment options for moderate to severe "difficult-to-treat" depression.	 <p>Monika Hooper, MD, FRCPC <i>Assistant Professor, Department of Psychiatry, University of Saskatchewan; Clinical Psychiatrist, Saskatoon SK</i></p>
1445	15-MIN REFRESHMENT BREAK	
1500	<p>Mental Health and Indigenous Community Care <i>(In-person & Virtual) — Harbourfront Ballroom</i></p> <ul style="list-style-type: none">• Describe culturally safe care for Indigenous Peoples.• Examine the toxic drug crisis in the context of Indigenous Peoples.	 <p>Nolan Hop Wo, MD, FRCPC, BN, BSc <i>Psychiatrist and Medical Officer, Mental Health & Wellness, First Nations Health Authority OCMO</i></p>
1545	Closing Remarks Conference Ends <i>Please complete the online evaluation forms before you depart. Thank you for joining us!</i>	Jacky Siu , PharmD, ACPR, BCPP