

INPATIENT TO OUTPATIENT STATUS: CLINICAL CONSIDERATIONS IN THE TRANSITIONAL TREATMENT OF SCHIZOPHRENIA

Accreditation Statement

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Mount Sinai School of Medicine and MBL Communications, Inc. The Mount Sinai School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

The Mount Sinai School of Medicine designates this educational activity for a maximum of 2 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Faculty Disclosure Policy Statement

It is the policy of the Mount Sinai School of Medicine to ensure objectivity, balance, independence, transparency, and scientific rigor in all CME-sponsored educational activities. All faculty participating in the planning or implementation of a sponsored activity are expected to disclose to the audience any relevant financial relationships and to assist in resolving any conflict of interest that may arise from the relationship. Presenters must also make a meaningful disclosure to the audience of their discussions of unlabeled or unapproved drugs or devices. This information will be available as part of the course material.

All psychiatrists may participate in the CME program. To receive credit for this activity, complete the answer form provided on the following page as directed and return it to **CME Director, CNS Spectrums**, 333 Hudson Street, 7th Floor, New York, NY 10013; or fax it to 212-328-0600. This quiz is also available at www.cnsspectrums.com. Termination date: December 31, 2009. Early submission of this posttest is encouraged. Please submit this posttest by December 1, 2009 to be eligible for credit.

To obtain credit, you should score 70% or better.

CME QUESTIONS

- Factors contributing to poor adherence include all of the following except:**
 - Impaired judgment and insight
 - Monotherapy
 - Side effects
 - Substance abuse
- In first-episode schizophrenia patients, the rate of relapse following successful treatment is:**
 - <10%
 - ~20%
 - ~40%
 - >50%
- Which pairs of antipsychotics are not metabolized primarily by the cytochrome P450 system?**
 - Olanzapine and clozapine
 - Risperidone and paliperidone
 - Ziprasidone and paliperidone
 - Ziprasidone and quetiapine
- The Consensus Development Conference on Antipsychotic Drugs and Obesity and Diabetes recommended:**
 - Baseline monitoring including weight, height, fasting plasma glucose, and fasting plasma lipids prior to or shortly after initiation of antipsychotic medication
 - Nutrition and physical activity counseling for all overweight or obese patients
 - Consider switching a patient from an antipsychotic that has been associated with a $\geq 5\%$ increase in weight
 - All of the above
- Which side effects could be rebound when patients are switched abruptly from a more antihistaminergic or anticholinergic medication to one with less antihistaminergic or anticholinergic activity?**
 - Agitation
 - Anxiety
 - Akathisia
 - Akinesia
- Which strategy is the least appropriate step in the management of a female treated with an antipsychotic who has a prolactin level of 92 ng/dL (normal: <25 ng/dL) and has experienced amenorrhea for the past 4 months?**
 - Lower the antipsychotic dose
 - Wait and recheck the prolactin level in 3 months
 - Switch to a lower risk antipsychotic
 - Add a full dopamine agonist
- Which side effects will not be reduced by a decrease in antipsychotic dose?**
 - Orthostatic hypotension
 - Sedation/somnolence
 - Weight gain
 - Prolactin elevation
- Antipsychotic side effects that may affect adherence to treatment include:**
 - Weight gain and diabetes
 - Tardive dyskinesia
 - Anticholinergic symptoms
 - All of the above

REGISTRATION

DECEMBER 2007 CME QUIZ

Fax
212-328-0600

Mail
CME Director, CNS Spectrums
333 Hudson Street, 7th Floor, New York, NY 10013

Web
www.cnsspectrums.com

ANSWER FORM

Expert Roundtable Supplement – Inpatient to Outpatient Status: Clinical Considerations in the Transitional Treatment of Schizophrenia

TERMINATION DATE: December 31, 2009

To receive credit, you should score 70% or better (participants will receive certification for their records in approximately 4–6 weeks). Early submission of this posttest is encouraged. Please submit this test by December 1, 2009, to be eligible for credit. If you have any questions about this, or any of our other CME materials, please e-mail CME@mblcommunications.com.

Please circle your answers

1. A B C D 2. A B C D 3. A B C D 4. A B C D 5. A B C D 6. A B C D 7. A B C D 8. A B C D

EVALUATION SECTION (please provide the information below and print clearly)

1. Was this activity relevant to your practice? Yes No
2. Were the following objectives met? Yes No
 - A. Evaluate the pharmacologic treatment options for schizophrenia in acute care and in the stabilization phase. Yes No
 - B. Discuss the role of side effects and compliance and their impact on the course of illness in schizophrenia. Yes No
 - C. Compare the available treatments options to individualize treatment for patients. Yes No
3. Did this activity increase your knowledge and/or skills in delivering patient care? Yes No
4. Does the information you received from this CME activity confirm the way you presently manage your patients? Yes No
5. Will the information you received from this CME activity change the way you will manage your patients in the future? Yes No
 If you answered yes, what change(s) do you intend to make in your practice? _____
6. Did this CME activity provide a balanced, scientifically rigorous presentation of therapeutic options related to the topic without commercial bias and influence? Yes No
7. Do you feel these topics should be repeated/updated in future CME activities? Yes No
 If you answered yes, what suggestions would you make to improve this activity? _____
8. Was the format of this activity appropriate for the content being presented? Yes No
9. Please rank your preferred formats for CME activities from 1 to 6 (with 1 being your most preferred format).
 Print media (eg, journals, supplements, newsletters) ___ Internet text ___ Internet multi-media ___ CD-ROM slides ___
 Live meeting ___ Podcast ___
10. Please list three clinical topics you would like to be addressed in future educational activities:
 Topic 1: _____
 Topic 2: _____
 Topic 3: _____

11. Additional comments: _____

Name _____ Affiliation _____

Street _____

City _____ State _____ Zip Code _____

Tel: _____ Fax: _____ E-Mail _____

Medical Specialty _____

I certify that I completed this CME activity (signature) _____ Date _____

I have read the CME article and completed this activity in _____ hours