

CLINICAL TRANSLATION OF EVIDENCE-BASED MEDICINE IN BIPOLAR DISORDER: INTERACTIVE SESSION OF PATIENT CASE-BASED LEARNING

Chair: Alfredo B. Cuéllar-Barboza, México

- 9:30–9:45 WELCOME & OVERVIEW OF AUDIENCE RESPONSE SYSTEM (ARS) TECHNOLOGY
Alfredo B. Cuéllar-Barboza MD and Mark A. Frye MD
- 9:45 –10:15 MANIA MATTERS: CASE-BASED REVIEW
Mark A. Frye MD
- 10:15–10:45 REAL WORLD TREATMENT OF BIPOLAR DEPRESSION
Susan L. McElroy MD
- 10:45–11:15 LONG ROAD TO RECOVERY - MAINTENANCE PHASE OF BIPOLAR DISORDER
Alfredo B. Cuéllar-Barboza MD
- 11:15-11:45 DIAGNOSTIC BOUNDARIES BETWEEN BIPOLAR AND UNIPOLAR DEPRESSION:
IMPLICATIONS IN REAL LIFE TREATMENT
Manuel Sánchez de Carmona MD

BACKGROUND: Evidence-based medicine (EBM) is individualizing treatment recommendations in clinical practice based on well designed, controlled research. The translation of EBM to everyday, community based psychiatric care, however continues to be a challenge. This is, in part, related to the rigor of regulatory trial design and translational difficulties in dissemination to community based practitioners. Case-based presentations, will present clinical cases from the Mayo Clinic Depression Center, the Linder Center of Hope, the Universidad Autónoma de Nuevo Leon’s Center of Affective Health, and the International Society of Bipolar Disorder. We will review the evidence base for managing mania, bipolar depression, maintenance phase bipolar disorder, and differential diagnosis with unipolar depression; with a focus on how best to individualize treatments for patients. The presented cases will evolve in real life scenarios, unfolding with complex comorbidity, subsyndromal symptoms, medical interactions and adverse effects.

AIMS: This course is designed for the clinical practicing psychiatrist and mental health professional. Focused continuing medical education that is case-based, resembling practice, will enhance EBM guiding optimal psychiatric care. Utilizing audience response system (ARS) technology and in-depth discussion with the presenters will ensure an excellent opportunity to discuss EBM with experts in the field.

INTENDED AUDIENCE: The intended audience are clinicians devoted to the treatment of complex and comorbid mood disorders that are often challenged with treatment resistance and adverse effects. Also, general psychiatrists that want to better understand the clinical complexity of mood disorders and update their evidence-based practice. Finally, researchers and policymakers who are interested in a deep understanding of some of the most complex mood disorders clinical dilemmas.

FORMAT: Utilizing ARS technology, participants will provide an initial treatment recommendation based on clinical experience, and as each case progress with a review of the EBM, they will make subsequent treatment decisions and a final recommendation. Live discussion is also promoted during the presentations. This exercise will

provide active learning during the course to enhance the clinician's ability to critically review evidence-based medicine with a translation into their clinical practice.

Chair Organizer:

Alfredo B. Cuéllar Barboza, MD
Professor of Psychiatry and Vice-Chair of Education
Universidad Autónoma de Nuevo León
Monterrey, México
Adjunct Assistant Professor of Psychiatry, Mayo Clinic
alfredo.cuellarb@uanl.mx

Faculty:

Mark A. Frye, MD
Professor & Chair
Department of Psychiatry & Psychology
Director, Mayo Clinic Depression Center
Mayo Clinic, Rochester MN, USA
mfrye@mayo.edu

Faculty:

Susan L. McElroy, MD
Professor of Psychiatry & Neuroscience
Chief Research Officer, Lindner Center of HOPE
University of Cincinnati College of Medicine
Cincinnati, Ohio USA
Susan.mcelroy@lindnercenter.org

Faculty:

Manuel Sánchez de Carmona, MD
President of the International Society for Bipolar Disorders
Professor of Clinical Psychiatry
Universidad Anáhuac
Ciudad de México, México
isbdmexico@gmail.com