



The American College of Psychiatrists

2021 Virtual Annual Meeting Recording

February 19, 2021

President: Laura Roberts, MD, MA, FACPsych **Program Chair:** Petros Levounis, MD, MA

Target Audience

This program is intended for Members of The American College of Psychiatrists, present and former Laughlin and PRITE Fellows, and invited guests.

Accreditation Statement

The American College of Psychiatrists is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation Statement

The American College of Psychiatrists designates this enduring material activity for a maximum of *3.00 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

COVID-19 and the Role of Telepsychiatry in the Transformation of Psychiatric Care

Jay H. Shore, MD, MPH, FACPsych (University of Colorado)

Moderator: George A. Keepers, MD, FACPsych (Oregon Health & Science University)

Learning Objective: At the conclusion of this activity, participants will be able to: understand how telepsychiatry and technology have supported behavioral health during the COVID pandemic and understand how these will shape the future of psychiatric care delivery.

Structural Racism and Social Injustice in Psychiatry

Ruth S. Shim, MD, MPH (University of California, Davis)

Moderator: Laura Roberts, MD, MA, FACPsych (Stanford)

Learning Objective: At the conclusion of this activity, participants will be able to: define key concepts associated with social injustice in psychiatry, evaluate the evidence base of the impact of social injustice on mental health inequities, and identify solutions to achieve social justice in psychiatry

Preventing a Parallel Pandemic: Clinician Well-Being in the Time of COVID-19

Darrell G. Kirch, MD, FACPsych (Association of American Medical Colleges)

Moderator: Petros Levounis, MD, MA (Rutgers)

Learning Objective: At the conclusion of this activity, participants will be able to apply the growing knowledge base regarding clinician burnout and mental distress to their own organizations.

Disclosures

Pursuant to ACCME guidelines, The American College of Psychiatrists requires faculty members and all those involved in planning the Annual Meeting to identify any potential conflicts of interest prior to the Annual Meeting. The following table lists all these individuals and the names of proprietary entities producing, marketing, reselling, or distributing health care goods or services consumed by or used on patients (with the exception of non-profit or government organizations and non-health care related companies) with which they or their spouses/partners have, or have had, a financial relationship within the past 12 months.

To resolve any potential conflicts of interest, Members of The American College of Psychiatrists with appropriate subject matter expertise have reviewed all relevant presentations to ensure they are free from commercial bias.

Name	Role	Commercial Interest	What Was Received	For What Role?
Balon, Richard	Scientific Program Committee	Nothing to disclose		
Beresin, Eugene	Scientific Program Committee	Nothing to disclose		
Brenner, Adam	Scientific Program Committee	Nothing to disclose		
Coverdale, John	Scientific Program Committee	Nothing to disclose		
Dunn, Laura	Scientific Program Committee	Nothing to disclose		
Guerrero, Anthony	Scientific Program Committee	Nothing to disclose		
Keepers, George	Scientific Program Committee, Moderator	Nothing to disclose		
Kirch, Darrell	Speaker	Nothing to disclose		
Levounis, Petros	Scientific Program Committee, Moderator	Nothing to disclose		
Louie, Alan	Scientific Program Committee	Nothing to disclose		
Roberts, Laura	Scientific Program Committee, Moderator	Nothing to disclose		
Shim, Ruth	Speaker	Nothing to disclose		
Shore, Jay	Speaker	Nothing to disclose		

Post Program Questions

COVID-19 and the Role of Telepsychiatry in the Transformation of Psychiatric Care

Jay H. Shore, MD, MPH, FACPsych (University of Colorado)

1. (True/False) Telepsychiatry, in the form of videoconferencing, has been shown to be equally as effective as in-person care.

2. The requirement for a physician to be licensed where a patient is located during a videoconferencing session due to the COVID Public Health Emergency has:
 - a) Not changed
 - b) Been waived by the Federal Government
 - c) Granted certain exemptions on a state-by-state basis
 - d) Does not apply to established doctor patient relationships
 - e) Only applies for the prescription of controlled substances.

Structural Racism and Social Injustice in Psychiatry

Ruth S. Shim, MD, MPH (University of California, Davis)

1. Differences in health that are the result of systemic, avoidable, and unjust social and economic policies and practices that create barriers to opportunity are:
 - a) Health Inequities
 - b) Health Disparities
 - c) Social Determinants of Health
 - d) Social Injustices

2. A system in which public policies, institutional practices, cultural representations, and other norms work in various often reinforcing ways to perpetuate racial group inequity is:
 - a) Systemic Inequity

- b) Structural Racism
- c) Cultural Incompetence
- d) Social Norms

Preventing a Parallel Pandemic: Clinician Well-Being in the Time of COVID-19

Darrell G. Kirch, MD, FACPpsych (Association of American Medical Colleges)

1. Which of the following is not included in the Maslach definition of “burnout”?

- a) Emotional exhaustion
- b) Depersonalization
- c) Memory loss
- d) Low sense of personal work accomplishment

2. (True/False) The fact that there has been greatly increased appreciation for clinicians and their heroic efforts appears to have had a protective effect against clinician burnout.

Answer Key

COVID-19 and the Role of Telepsychiatry in the Transformation of Psychiatric Care

Jay H. Shore, MD, MPH, FACPpsych (University of Colorado)

- 1. True
- 2. c

Structural Racism and Social Injustice in Psychiatry

Ruth S. Shim, MD, MPH (University of California, Davis)

- 1. a
- 2. b

Preventing a Parallel Pandemic: Clinician Well-Being in the Time of COVID-19

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1. Answer: c (See reference 1)

2. Answer: False. The “hero effect” among first responders to a crisis often is followed by worsened burnout and other forms of mental distress.

Bibliography

COVID-19 and the Role of Telepsychiatry in the Transformation of Psychiatric Care

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Structural Racism and Social Injustice in Psychiatry

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Reference 2: Shim RS, Compton MT. The Social Determinants of Mental Health: Psychiatrists’ Role in Addressing Discrimination and Food Insecurity. *Focus*, 18(1):25-30, 2020

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Preventing a Parallel Pandemic: Clinician Well-Being in the Time of COVID-19

Darrell G. Kirch, MD, FACPsych (Association of American Medical Colleges)

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About The College

Founded on May 8, 1963, in St. Louis, Missouri, The American College of Psychiatrists (The College) is a not-for-profit honorary association dedicated to providing continuing education to its Members, promoting the latest advances in the specialty, and supporting the highest standards in psychiatry.

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