

The PsychList

~A modern "spin" on UBMD Psychiatry news and events~

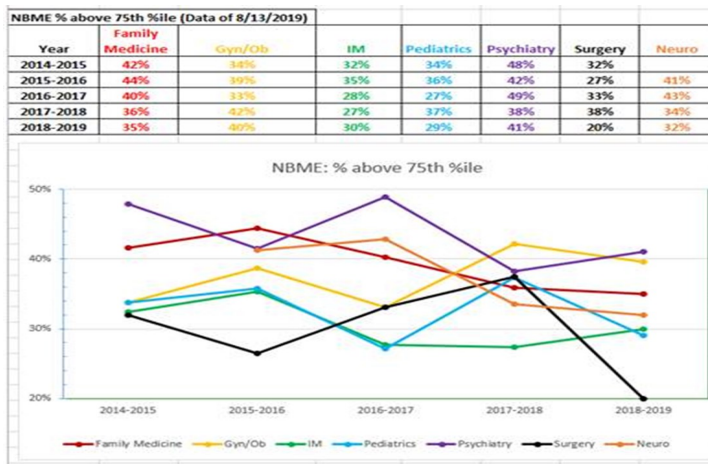


A Note from the Chair...



In spite of increased class size, curriculum changes, an intensive accreditation visit and other stresses, the Department of Psychiatry's medical student education program, under Sergio Hernandez', MD, excellent leadership and with Leanne Hatswell's oversight, continues to perform at an exceptional level. The following two tables were sent by Dan Sheehan, the Associate Dean for Medical Curriculum. As can be seen from his comments, and the numbers, we outperform all other departments!

Department Chair, Steven Dubovsky, MD



Over 40 % of medical students score above the national 75th percentile on the psychiatry shelf (NBME exam)... demonstrating the true potential for our students and faculty!

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	10th Percentile	25th Percentile	50th Percentile	75th Percentile	90th Percentile	Buffalo-Jacobs
GQ Report Item #10: Quality of Clerkships						
Emergency medicine	73.1	83.2	89.2	93.9	96.6	87.2
Family medicine	72.2	79.8	85.7	88.9	93.0	80.0
Internal medicine	84.3	87.6	92.3	94.8	97.2	88.7
Neurology	57.1	70.0	80.0	86.3	91.9	77.6
Obstetrics-Gynecology/Women's Health	65.3	73.7	81.1	86.1	90.0	79.1
Pediatrics	75.2	82.7	87.9	92.3	95.0	85.2
Psychiatry	78.4	83.9	89.2	92.9	95.4	96.5
Surgery	73.8	78.8	82.8	86.6	90.0	88.7

Percentiles are based on the ordered data from 142 schools. The 10th percentile = the data from school number 15 of 142; 25th percentile = school 36; 50th percentile = average of schools 71 and 72; 75th percentile = school 107; and 90th percentile = school 128.

2019 AAMC Graduation Questionnaire: > the 90%ile nationally!

Special points of interest

- Employee Spotlight
- Important Reminders

Employee Spotlight



Sally Brunetto, Office Manager, CAP

Quick facts:

Establishment Date: July, 2007

Location: Initially, the Department took over the private practice of Judith Feld, MD, located at 4043 Maple Road, with three provider offices. The current Center is located at 4955 North Bailey, Suite 130, in Amherst.

Office Hours: General office hours are Monday—Friday from 9:00 AM to 5:00 PM and Saturdays from 11:00 AM—4:00 PM. Providers may also come in during off hours to accommodate their patients.



Sally Brunetto, Office Manager of the Center for Advanced Psychiatry, got candid about her position within the Practice, as well as about the Center itself. She explains below:

Q: What was your date of hire?

A: I worked in the private office of Gary N. Cohen, MD and Sebastian S. Fasanello, MD, since 1983. In May of 1992, Gary Cohen, Division Chief of Child and Adolescent Psychiatry, joined the Practice Plan. He brought his private practice, and me, with him. Please don't do the math! I worked part-time, splitting my time between the Practice Plan offices at Cary Hall and at WCHOB Child Psychiatry Offices on Franklin Street. I became full-time in 2000. When the Center opened in 2007, I split my time between UPP offices at ECMC and the Center, until 2014 when I was named Office Manager.

Q: Please describe the Center.

A: The Center was envisioned to provide faculty with office space and support in a private office setting outside of a hospital or clinic. It has grown from **4** providers to **15** providers over **12** years. Upon opening in 2007, there were **3** provider offices. Present day, there are **10** provider offices, conference room, several waiting areas, kitchen/lunch room, and reception area in the current office.

Q: Who is treated at the Center, and how many patients are seen per year?

A: The Center treats children, adolescents and adults for ADHD, Anxiety & Depression, Bipolar, and postpartum depression, to name a few. Through collaboration with JSMBS, Drs. Adragna and Haak see medical students through the PASS (Psychiatry and Student Support) program, and the ReST (Resident Support Team) with Drs. Mikowski, Nagra, Schaeffer, and Singh.

Q: What is your favorite part of the job?

A: My favorite part of the job is interacting with patients, physicians, and staff. I find it rewarding to leave the office knowing that I have done what I could to help patients, and to support the staff and the physicians.

Q: What are your greatest accomplishments?

A: Aside from my family being number one, I have been a proud member of the distinguished Department of Psychiatry for the past **27** years. I have made many friends and colleagues working with the University, Kaleida, and ECMC personnel. I would have to say "growing" the Center is a major accomplishment; From the start of developing policies, to physically moving the entire office three times, as well as the transition to EMR. We have in place a great group of efficient and dedicated staff whose mutual respect of one another creates a great work environment that I believe comes through to the patients and providers we serve!

Quarterly Coding Tip

Submitted By: Agnes Macakanja, BA, CPC



How to use the correct code(s) for maximum reimbursement

It is not always easy to determine if the required elements have been met to assign a CPT code appropriately. It helps to break the process down into steps for new and established patients:

- ◆ Evaluation and Management (E/M) Codes
- ◆ Psychiatric Evaluation Codes

Some guidelines include:

E/M

Use E/M codes when evaluating a new medical issue. To bill for E/M, you must provide three documentation elements: history, examination, and medical decision-making.

The *history* section must include the history of present illness (HPI), review of systems (ROS), and past family and social history (PFSA).

The *examination* section includes the type of exam performed based on your judgment and will need one to 14 elements depending on the level of exam.

The *medical decision-making* section includes the number of diagnoses or treatment options documented during encounter, complexity of data, and the risk of complications.

Psychiatric Evaluation

Use psychiatric evaluation codes for a diagnostic assessment. You may need to use these codes more than once if more time is needed to complete the initial evaluation.

For established patients, you are allowed to bill an E/M service with every psychotherapy visit, but it is not required for every encounter. E/M services are only to be billed if there is a separate medical issue that was addressed and documented during the encounter. However, if a patient has been stable on the same medications for years and attends a psychotherapy visit, you can only bill for the psychotherapy session. To bill for E/M, your documentation must prove your active management or discussion of a medical or medication problem that is distinct from the psychotherapy service. The time associated with the E/M service cannot count toward the time of the psychotherapy service.

To sum things up, if you provide psychotherapy with an E/M service, bill the E/M service based on the three major components (history, examination, and medical decision-making) with a psychotherapy code, and document both the E/M and psychotherapy work separately.

And to complicate things even more? Be on the lookout for MAJOR changes to E/M service coding and documentation set to take place in 2021!

UPP is Going GREEN!

Submitted By:
Frances Ralabate,
Accounting Associate, Payroll



On November 1, 2019, we will no longer print and mail out paystubs. They will be available online only. Remember to go to www.paychexflex.com and register. For instructions, refer to the September 6, 2019 email from Amy Berek. If you need further assistance, contact Amy Berek or Fran Ralabate at 716-898-5940.

Candid



Summer Picnic



Psychology Doctoral Interns



15th Annual Psychiatry Conference

Smile
PRETTY

Resident News

Submitted By: Cynthia Pristach, MD

Summer Picnic

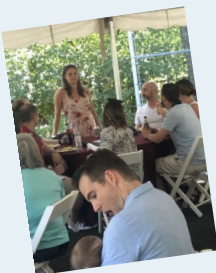
Submitted By: Amy Berek,
CFO, Practice Plan Administrator

On August 3rd, Dr. Dubovsky hosted the Annual New Faculty Welcome Picnic for all full-time faculty and staff.

Drs. Ficarro, Green, and Puca were all formally introduced (unfortunately, Dr. Hicks was unable to attend).

It was a lovely, sunny afternoon get together with over 60 faculty/staff and their families in attendance.

We look forward to seeing everyone in August 2020 to welcome another group of new faculty/staff members to the department!



The new academic year is under way, and many great things are on tap! The new neuroscience curriculum was introduced; It included many challenges such as Pecha Kucha style presentations by the PGY 3 and PGY 4 residents, National Neuroscience Curriculum Initiative talks by some key faculty members for the PGY-2 residents, and reading of neuroscience articles with reflections by all (now everyone knows about Habenula!).

We are introducing “One Minute Preceptor” exercises focused on neuroscience topics, like autism and addictive disorders. Our goal is to have faculty and residents engage in teaching neuroscience in the clinical setting to patients, families, and medical students. PGY 2 residents are starting up their Quality Improvement Projects, and will be participating in the Research Curriculum, so they will be identifying potential topics for their scholarly projects.

All residents are finishing up the PRITE review which was organized and run by Drs. Camp, Leitch, and Salem, and used Board Vitals questions as part of the process. Thus far, Dr. Leitch has been the frontrunner for completing questions. Looking forward to the PRITE exam in October!



Medical Education

Submitted By: Leanne Hatswell, Medical Education Coordinator



Did you hear the latest “buzz”?



A message from the Jacob’s School of Medicine Office of Accreditation and Quality Improvement:

LCME Standard 9.7 FORMATIVE ASSESSMENT AND FEEDBACK

The medical school’s curricular governance committee ensures that each medical student is assessed and provided with formal formative feedback early enough during each required course or clerkship to allow sufficient time for remediation. Formal feedback occurs at least at the midpoint of the course or clerkship. A course or clerkship less than four weeks in length provides alternate means by which a medical student can measure his or her progress in learning.

LCME Standard 9.8 FAIR AND TIMELY SUMMATIVE ASSESSMENT

A medical school has in place a system of fair and timely summative assessment of medical student achievement in each course and clerkship of the medical education program. Final grades are available within six weeks of the end of a course or clerkship.

New in Programming

Submitted By: Alex Cogswell, PhD, & Jennifer Haak, MD

The Children's Psychiatry Clinic at 1028 Main Street, part of Oishei Children's Hospital, is pleased to announce the opening of its **Obsessive Compulsive Disorder Intensive Outpatient Program (IOP)**. This program is the first of its kind in the Western New York area and serves children from the ages of 7 to 18 who have not progressed within standard outpatient care. The OCD IOP can also serve as a step-down program from residential treatment or hospitalization. OCD is a mental health condition with a well-established treatment recommendation, a form of cognitive-behavioral therapy termed Exposure and Response Prevention (ERP). The IOP program is made up of a specially trained team of psychologists (Drs. Alex Cogswell, Kristen Cercone, Chris Fitzgerald, Laura McCardell, and Chelsey McCabe), psychology interns (currently Marissa Peressotti and Mimi Stotsky), and a Board-Certified Child and Adolescent Psychiatrist (Dr. Jennifer Haak). Most of the team maintains faculty appointments in the UB Department of Psychiatry. The program uses an ERP approach, and consists of a family component, medical management, psychoeducation, as well as group and individual psychotherapy. The program runs three days per week for three hours a day and is covered by many insurance plans. Most patients will be enrolled in the program for 8-12 weeks.

This program sprung from what initially was an effort to improve and organize the standard outpatient treatment being provided to youth with OCD. A grant was awarded that allowed for a group of several psychologists with previous training and experience treating OCD to attend an intensive weekend training designed to provide a higher level of expertise. This training sparked both enthusiasm and the related development of a more structured OCD outpatient clinic, with Dr. Jennifer Haak serving as the Medical Director and Dr. Alex Cogswell as its Clinical Director. This program has generated substantial interest in the community, which has led to a steady increase in referrals and ultimately led to nearly 75 patients and families being served to date. Drs. Haak and Cogswell were able to secure additional funding to visit a highly regarded OCD IOP in Pittsburgh, which facilitated the aim of bringing a version of that program to Western New York. After over a year of planning, meetings with insurance companies, and financial negotiations, and in concert with the invaluable support from Drs. Laura Benedict and Beth Smith, the program was launched in July 2019.

Referrals are welcome by calling the Intake Coordinator at 716-859-5460, and are accepted from families, pediatricians, therapists, and psychiatrists within the community. Our team will conduct a comprehensive evaluation to help determine if the program is appropriate and will make treatment recommendations. The program accepts referrals on a continual basis and patients are admitted as spaces become available.

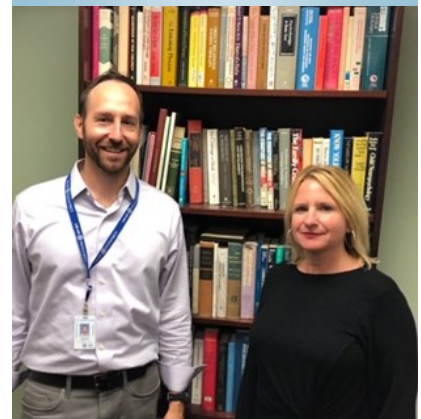
!!! Reminder !!!



New York State has enacted legislation requiring employers to ensure that all of their employees receive annual sexual harassment prevention training. Under this legislation, employers **MUST** ensure that employees complete sexual harassment prevention training **by the end of October, 2019!** This requirement applies to **ALL** employees, regardless of classification or funding source.

All employees will take the training via UBlearns. If you have difficulties accessing the training, please call the Office of Equity, Diversity & Inclusion (EDI) at 716-645-2266.

Obsessive Compulsive Disorder Intensive Outpatient Program (IOP)



Alex Cogswell, PhD, Clinical Director
Jennifer Haak, MD, Medical Director

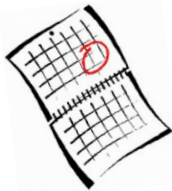
Greetings, from Academic Affairs

Submitted By: David Kaye, MD

The academic year is off to a great start with a full complement of general psychiatry residents, child psychiatry residents, and our inaugural psychology internship class. Congratulations to Daniel Antonius, PhD, Alex Cogswell, PhD, and others for getting this off the ground! Also kudos to Josie Olympia, MD, for once again marshalling through a very successful Annual Review in Psychiatry Conference—the largest attendance in years and another blockbuster group of speakers.

Other academic activities coming up include:

- ◆ Orientation will be held for New Faculty on Thursday, October 3. This has become a biannual program to efficiently provide information about the nuts and bolts of being a faculty member in the Department.
- ◆ JEEP (Jacobs Educator Excellence Program) is the successor to the Royal College of Physicians educator development program that many of you have taken. The JEEP is a modified version of this program and will be overseen by Jennifer Meka, PhD, who is the new Assistant Dean for Medical Education. The program starts October 24 and registration is still open—but closing fast! Dr. Dubovsky has generously had the Department pay for tuition for faculty to attend. Let David Kaye, MD, know if you would like to participate.
- ◆ Lifelong Learning Institute Fall Program is a bimonthly Journal Club that will be led by Dr. Dubovsky and will cover current, cutting edge articles as well as important recent reviews. There is no charge for faculty and includes dinner! See below for future dates, and if interested in participating, contact Dr. Kaye or Margaret Uebler-Otoka at mmu3@buffalo.edu.
- ◆ Academic Mentoring: Dr. Kaye has been meeting with several faculty to promote academic development broadly and is happy to do so with others. If you do not already have a mentor and would like to discuss your academic trajectory, email Dr. Kaye at dlkaye@buffalo.edu to set up a date and time to discuss.
- ◆ Save the Date: On May 1, the Grand Rounds speaker will be Joel Yager, MD. He will be focusing on academic development for faculty and is a compelling speaker who you will enjoy!



2019-2020 Lifelong Learning Institute Journal Club



The UB Department of Psychiatry Lifelong Learning Institute's Program will be a Journal Club Update on Psychiatry led by Steven L. Dubovsky, MD. This program is organized as a seminar for experienced clinicians who want to learn about the latest in the field as well as be up to date on important journal reviews. Each session will review three articles, two review articles and the other on a topic of cutting edge psychiatry.

Upcoming Dates (Tuesdays, 5-6:30 PM):

- * December 3, 2019
- * January 28, 2020
- * March 24, 2020
- * May 19, 2020

Location:

Erie County Medical Center
462 Grider Street
Buffalo, NY 14215
Room 1180A

Contact Information:

David L. Kaye, MD
Vice Chair for Academic Affairs
716-898-1064
dlkaye@buffalo.edu

Child and Adolescent Psychiatry Fellowship News

Submitted By: Sourav Sengupta, MD, MPH

We are gearing up in the Child and Adolescent Psychiatry Fellowship as we say goodbye to summer and hello to the school year! Congratulations to Drs. Kiran Khalid and Amber Parden, who have had a wonderful start to the academic year as our Co-Chief Fellows. We are also excited to welcome our three new Fellows, Drs. Nida Khawaja, San Kwak, and Salman Salaria.

Our Fellows have already been engaged in innovative education experiences this year, including Dr. Khalid completing an away elective at Brown University studying methods in neuroimaging and pediatric affective disorders research with Dr. Dan Dickstein. Dr. Parden has been working with Dr. Josh Morra, Medical Director of Horizon Village, in a new Motivational Interviewing elective. This is all while both studied for and sat for their General Psychiatry board exams!



Congratulations!



As always, we greatly appreciate all of those—from patients and family to colleagues and faculty and staff—who do so much to advance our training program!

15th Annual Comprehensive Review of Psychiatry

Submitted By: Amy Berek, CFO, Practice Plan Administrator

The 15th Annual Comprehensive Review of Psychiatry was held September 12-13, 2019 at Hotel Henry in Buffalo. The program directors—Dr. Steven Dubovsky, MD and Dr. Josie Olympia, MD, along with staff member Angela Bella, did a wonderful job coordinating this year's conference. Over 140 were in attendance, including psychiatrists, primary care physicians, nurse practitioners, psychologists, social workers, and other health care professionals.



Next year's conference will be held on September 10-11, 2020. We look forward to seeing everyone back next year!

Quotable Quotes

"A neurotic is one who builds a castle in the air. A psychotic is one who lives in it. A psychiatrist is one who collects the rent." - Jerome Lawrence

"Talking to yourself is okay. Answering back is risky."
- Brian Spellman

"I told my psychiatrist that everyone hates me. He said that I was being ridiculous – everyone hasn't met me yet."
- Rodney Dangerfield



Comic Corner



Grand Rounds

For up-to-date changes, cancellations, and additions to Grand Rounds, please remember to check the Department Website:

<http://medicine.buffalo.edu/departments/psychiatry/news/events-nc.html>

When permission is granted, past Grand Rounds presentations are posted. Check the link below and click on the event to view attachments.

<http://medicine.buffalo.edu/departments/psychiatry/news/events-nc/past.html>

Calling All Writers...

If you would like to contribute to future editions of the quarterly UBMD Psychiatry Newsletter, please contact Julie Mikula at juliemik@buffalo.edu or at (716) 898-3597. All submissions must be received on or before December 20, 2019 to be included in the next edition, published in January 2020. Thanks, in advance, for your input!

