

The PsychList

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



A Note from the Chair...



Dr. Steven Dubovsky, MD,
Department Chair

~ Unsung Heroes ~

Our latest Comprehensive Review was one of the best yet. Those who attended had the experience of participating in a unique educational experience in a spirit of fellowship that was undiluted by restrictions on interaction and that included establishing new relationships and rekindling old relationships with a group of outstanding national experts. I only wish that everyone in the department could have been able to hear such outstanding discussions.

We come away from seminal events like this entranced by the level of intellectual discourse and interactions, often without recognizing the effort that went into organizing such a seamless event. In the case of the conference, Kathy, Angela, Amy, and Katie spent months securing the venue, tracking down guest speakers, harassing faculty to complete posters, setting up for the poster session only to take down the posters and store them a few hours later, ensuring that equipment glitches were corrected promptly, arranging meals, and otherwise ensuring a quality experience for everyone.

Just as the success- and even the existence- of the conference would not have been possible without their energy, dedication and tireless activity, the department itself would not succeed (or even function) without the people who keep the academic and clinical wheels turning, and who ensure that we can keep supporting our diverse activities. If not for Amy and Katie, we would not be able to staff our clinical or academic services, work constructively with university, medical school, hospital and community administrators, or carry out our most basic operations.

None of us would have clinical privileges, maintain licensure and certification, or be paid, without Aggie, Angela, Janet, and Jennifer. Our outpatient practice would not have gotten off the ground without Sally, and our outpatient practice would not be operational or profitable without Allison, Ryan, Jacquolin, and LaTonya. Thanks to Margaret, we are able to schedule meetings, organize events, and keep our equipment operational. The success of our medical student and postgraduate education programs is completely dependent on Leanne, Carol, Liz, and Julie. Even though Devin is technically a member of the UBIT staff, he works extensively with us and not a single computer would be up and running without him.

Several of our conference speakers commented that our department seemed like a family, and that's what we are- an increasingly robust and successful family. Let's never forget all of the members of our family who work together to make this a robust and successful enterprise.

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Special points of interest

- Program Accreditation
- Psychiatry Conference
- CAP News

"No one is useless in this world who lightens the burdens of another." ~ Charles Dickens



Quarterly Coding Tip

Submitted By: Agnes Macakanja, BA, CPC



The COVID-19 pandemic has caused an increasing number of patients an overwhelming feeling of fear and anxiety, affecting all age groups from children to teens to adults. Experiencing some anxiety is normal, but it becomes a problem when it is intense, excessive, and persistent.

Signs/Symptoms of anxiety may include:

- ◆ Restlessness or nervousness, difficulty sleeping, feelings of impending danger, panic, or doom, feeling weak or tired.
- ◆ Intestinal distress, rapid heartbeat, rapid breathing.
- ◆ Sweating, trembling, trouble concentrating.



ICD-10 anxiety disorder coding:

There are several types of anxiety disorders, including: Generalized Anxiety Disorder (GAD), panic disorder, and phobia-related disorders.

GAD exhibits as persistent, uncontrollable worry about aspects of a person's life. GAD is diagnosed when anxiety symptoms last for more than six months, with the anxiety present the majority of the days in that time frame. (ICD-10 code F41.1)

Panic disorder without agoraphobia is thought to be a malfunction of the fight or flight response. The patient suffers unexplained bouts of intense fear or anxiety accompanied by symptoms such as elevated heart rate, sweating, trembling, dizziness, and/or shortness of breath. The reimbursable code is F41.0 (Panic disorder{paroxysmal anxiety}).

Agoraphobia is an anxiety disorder that occurs when a person feels embarrassed, trapped, or helpless in a certain place or situation.

ICD-10 reimbursable codes for agoraphobia include:

- ◆ F40.00 (Agoraphobia, unspecified)
- ◆ F40.01 (Agoraphobia, with panic disorder)
- ◆ F40.02 (agoraphobia, without the panic disorder)



There are also social phobias, claustrophobia, arachnophobia, separation anxiety disorder of childhood, etc.

The three time-based stand-alone psychotherapy codes—90832, 90833, 90834—or add-on codes—90836, 90837, 90838 + E/M code—can be billed with the ICD-10 anxiety codes, and are reimbursable if properly documented.

Many health professionals prescribe medications to treat signs and symptoms of anxiety. The health provider should record the medications prescribed in the documentation which serves to support the diagnosis code(s), and the decision to prescribe.

Employee Spotlight



Name: **Dr. Cynthia Pristach, MD**

Date of Hire: **1987**

Current Roles: **Director of General Psychiatry Residency Program**
Professor of Clinical Psychiatry



Dr. Cynthia Pristach, MD

Dr. Cindy Pristach, MD, describes her many roles in the Practice Plan, and how they have transformed throughout her tenure within the Department.

Q: When was your date of hire, and what are your specific job titles?

A: I began working for the University at Buffalo Department of Psychiatry in 1987; I started out as a "float" working on inpatient and C/L before becoming an inpatient psychiatrist. I initially worked as an Assistant Program Director with Dr. SK Park who was the Director. I currently serve as Director of the General Psychiatry Residency Program, as well as Professor of Clinical Psychiatry.

Q: Can you explain your position as Resident Training Director, and how it has changed over the span of your career?

A: The job of Program Director has changed greatly over the years. There are now 6 Core Competencies and Milestones that must be met by graduating residents, along with resident progress and program performance, all of which are closely monitored by the ACGME.

Q: How do you balance the challenge of teaching and precepting students?

A: Despite challenges, it is incredibly rewarding to watch the progress made by residents during the course of their training, and witness that "training works". I also appreciate how important the faculty becomes to residents during their training, and how they shape and support them to become independent practitioners.

Q: Please explain your involvement in mental health in the community.

A: I enjoy volunteering, both in work-related activities and outside of work. I participate in UB Heals (street medicine for homeless individuals) and the Human Rights Initiative (psychiatric evaluations for asylum seekers who are victims of torture). I also volunteer for Buffalo-Niagara Waterkeepers and the League of Women Voters.

Q: What are your interests outside of work?

A: I love gardening (compost!), dogs, reading, and spending time with my family.



Thank you, Dr. Pristach, for all of your involvement and contributions to the Department!



Western New York New American and Refugee Health Summit

Submitted By: Dr. Beth Smith, MD

UB hosted its 8th annual Western New York New American and Refugee Health Summit on September 10th. The focus of this year's conference was moving toward whole health for New American and refugee youth, which included a panel on mental health of refugee youth. Dr. Jennifer Haak was invited to present and serve as a panelist given her work within our community. The panel presentation was entitled "Shifting Focus from Stereotypes to Reality: Mental Health Among Refugee Youth". This event highlighted challenges faced by refugee youth, effects on whole health, and the importance of learning about and joining forces with the patients and families we treat from their individual perspectives. As we are a diverse community, the goal of the summit was to bring people from all disciplines together to think innovatively and improve practice and policies for New American and refugee youth.



Thank you, Dr. Haak, for all of your work done in helping to promote wellness in our community!

Doctoral Psychology Internship

Submitted By: Dr. Alex Cogswell, PhD



Our department's Doctoral Psychology Internship has welcomed in our fourth cohort, two talented trainees: Nisha Bhatt from Lehigh University and Kitzia Moreno-Garza from Texas Woman's University. Our new interns are already making obvious contributions and we hope everyone has the opportunity to get to know these folks. And if you have any tips for thriving in a Buffalo winter, please consider sharing with Kitzia and Nisha!

In addition to the excitement surrounding our new class, the program has two bits of news that we wish to share. We were recently notified that the American Psychological Association decided to fully accredit the internship for the maximum three years offered to new programs. We are very proud of this achievement, and hope that everyone involved in our training program deservedly takes some of the credit! Our second notable update is that we were awarded a federal grant that will support expansion of the training program, with a specific focus on treating substance use disorders. Corey Leidenfrost took the lead on developing this proposal, which will allow us to add three additional positions over the next three years. We are so excited to grow our program, more than doubling the size of our cohort, as well as to do our part to meet the needs of our community. Our program leadership continues to be so appreciative of our ongoing support from the Patrick Lee Foundation, as well as the dedication and support offered by all of our faculty, staff, and other trainees.

Congratulations!



Medical Education



Submitted By:

Dr. Charles Camp, MD, Director of Medical Education
Dr. Michael DiGiacomo, MD, Assistant Director of Medical Education
Leanne Hatswell, Medical Education Coordinator

Mike and Charles have had an enjoyable and productive first couple of months in medical student education! They have hit the ground running and embarked on a few different improvement projects with the help of their colleagues.



CPEP: With the help of Dr. Tori Brooks, Dr. John Improtta, and our psychiatric residents, we have been piloting a new system for medical student education in CPEP. We have called this “The Preceptor Model” in which medical students will be assigned to a daily preceptor in CPEP who they will report to for shadowing, observed interviews, and patient presentations. We are also in the process of modifying the CPEP call schedule to ensure that students are rotating for their call shifts at optimal times for student learning.



VA Inpatient: We have been working with the psychology faculty at the WNY VA, Dr. Ursuline Bankhead and Dr. Denise Mercurio-Riley, to initiate a pilot where medical students rotating on the VA inpatient unit will have the opportunity to shadow for a half day per week on a psychology service. This may include geropsychology, the PRRC (Psychosocial Rehab and Recovery Center), and the VA substance abuse treatment program. We are hoping to enrich the student learning experience at the VA and increase collaboration with our psychology colleagues.



Buffalo Psychiatric Center: With the help of Dr. Steven Dubovsky, Dr. Josie Olympia, Dr. George Burnett, and the BPC administration, we have been able to re-establish the Buffalo Psychiatric Center as a clerkship site for the third-year medical students! We are greatly appreciative to our colleagues there, as students consistently find this site to be an interesting and robust learning environment.



In addition, we would like to welcome the following brand-new medical student preceptors. We are grateful for their contribution to teach and contribute to the growth of the medical education program.

- Dr. Alia Syed and Dr. Julia Ringel have joined the growing list of inpatient preceptors at ECMC. And as mentioned, rejoining us from BPC: Dr. Josie Olympia, Dr. George Burnett, Dr. Kulwant Buttar, and Dr. Ginger Xu.
- Three new outpatient preceptors have joined the team as well: Dr. Vincent Croglio from WNY Psychiatry and Counseling Associates, Dr. Biswarup Ghosh from IOP in ECMC’s outpatient adult clinic, and Dr. Elizabeth Lucaj will be joining us from ECMC’s MICA clinic starting in January.

Lastly, we are excited to announce a new elective placement for our 4th year medical students to continue to pursue their interest in psychiatry. Dr. Yogesh Bakhai will be supervising and teaching a rotation that is a mix of the MAP Clinic and the EOB at ECMC. This is greatly appreciated, as the need for elective placements for the students continues to grow.

We are excited about our early experiences in medical student education and want to thank everyone who has been working with us. We are looking forward to the future, especially running the MS2 psychiatry module for the first time in January of 2023!



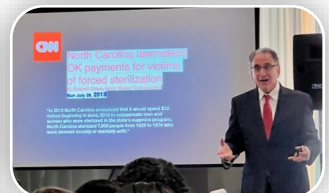
The 17th Annual Comprehensive Review of Psychiatry

Submitted By: Amy Berek, Associate Chair of Operations



The 17th Annual Comprehensive Review of Psychiatry was held September 8-9, 2022, at The Mansion on Delaware in Buffalo. The conference was attended by approximately 100 people including psychiatrists, nurse practitioners, social workers, psychologists, and other health care professionals. We also had a record-breaking number of 8 pharmaceutical companies attend! The program directors—Dr. Steven Dubovsky and Dr. Josie Olympia—did a fantastic job putting this year's conference together, with a new format to include a formal poster presentation, followed by cocktails and conservation. I'd also like to acknowledge the work of our staff members, Angela, and Kathy, who worked vigorously to make this conference a success – thank you! We will see you all again in September 2023 for year number 18!

Thank You



A lot has been happening in the General Psychiatry Residency over the summer! In June, seven (7) PGY-1 Psychiatry Residents started their training in Internal Medicine and Neurology after a Welcome/Goodbye Picnic. The summer curriculum was interesting and challenging! Residents participated in workshops about Creating Welcoming Practices for LGBTQ Diverse Patients, and Patient Safety Events (Breaking Bad News). Once again, we all visited the Burchfield-Penney Art Center for our annual Art in Psychotherapy Workshop, which is always fun and inspiring. As an added bonus, all residents were given a free 6-month membership to the gallery! PGY-3 and -4 residents presented to each other in Pecha Kucha style format (look it up!) on the topic of Schizophrenia, with Dr. Jane Elberg serving as moderator.



Perhaps the highlight of the summer curriculum was the Allyship workshop on August 25th. This was arranged by members of our Allyship Committee, and involved visits to three (3) different sites in the community: Friendship Missionary Baptist Church, The International Institute, and People Inc. We learned a lot about challenges their members/clients face on a daily basis, as well as when navigating the mental health system. Our goal is to become more sensitive, informed, and engaged practitioners in our local community. Looking forward to next summer's retreat!



Congratulations



Jaskiran Nagra

Congratulations to
Dr. Suzy Asikhia,
Jaskiran Nagra,
and Devin Sanford
—all whom recently wed!
Thank you to all for sharing
pictures from your special
day!



Dr. Suzy Asikhia, MD



Devin Sanford



Summer 2022 Picnic

Submitted By: Amy Berek,
Associate Chair of Operations



This year's new faculty & staff welcome was held on July 16, 2022. We would like to thank Dr. Dori Marshall for being such a gracious host and inviting all full-time faculty and staff to attend a picnic at her home to celebrate. It was a lovely day for everyone to come together and meet our new employees. Dr. Dubovsky always orders the perfect summer day with lots of sunshine for this to take place!



Please join us for the **CAP Journal Club, Tuesday, 10/25, @3pm** (zoom) - *Are Psychotherapies Less Effective for Black Youth in Communities With Higher Levels of Anti-Black Racism?* (JAACAP Aug 2021). The link will be mailed out to the listserv, but is also available below:

<https://buffalo.zoom.us/j/99144225618?pwd=MDINVy8wVWpaNkg3b0R0L3FhS2Fldz09>

Child & Adolescent Psychiatry Fellowship News

Submitted By:
Dr. Sourav Sengupta, MD, MPH

You are also invited to attend the UB Child and Adolescent Psychiatry AACAP Reception, Thursday, October 20, 5-7pm, in Toronto (location TBA). If you're attending the first in-person Annual Meeting since 2019, please join us as we celebrate our colleagues presenting, and to connect with alumni and associates from all corners!

Quotable Quotes

"Good advice is something a man gives when he is too old to set a bad example."

-Francois de La Rochefoucauld

"Light travels faster than sound. This is why some people appear bright until they speak."

-Author Unknown



Comic Corner



Calling For Photos...



Did you complete a triathlon over the summer or go sky-diving for the first time? Perhaps you're a master wood-worker, skilled seamstress, talented musician, or avid coin collector? Please consider sharing any of your special talents or hobbies by submitting a photo for an upcoming issue of our quarterly newsletter! Please, no formal write-ups, but rather just a picture that can be used to display your work or talent. All photos can be sent directly to Julie Mikula at juliemik@buffalo.edu. Thanks, in advance, for personal sharing with your colleagues!

Active Shooter Training

While not mandatory, UBMD team members are highly encouraged to watch [this active shooter training video](#) to help ensure your safety and the safety of those around you in case the situation arises.

[This training](#) helps prepare you both mentally and physically for an active shooter situation and what you should do before law enforcement arrives on the scene.

This video was recorded on June 22, 2022 and presented at a UBMD site by a member of the UB University Police force.

Future Submissions

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 16, 2022 to be included in the next edition, published in January 2023. Thanks, in advance, for your input!

