

# Overview of the Institutional Treatment Team and Their Role in Treating Patients With Schizophrenia and Bipolar Disorder

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## Disclosure Statement

Employee Of	Massachusetts General Hospital
Consultant For	Abbott Laboratories, Astra Zeneca, Basilea, BrainCells Inc., Bristol-Myers Squibb, Cephalon, Clintara, Corcept, Eli Lilly & Co., Forest, Genaissance, Genentech, GlaxoSmithKline, Innapharma, Janssen Pharmaceutica, Jazz Pharmaceuticals, Lundbeck, Medavante, Merck, Novartis, PamLabs, PGx Health, Pfizer, Roche, Sepracor, Schering-Plough, Shire, Somerset, Sunovion, Takeda, Targacept, Teva
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## Disclosure Statement

Other Income	MBL Publishing for past services as Editor-in-chief of CNS Spectrums; Slack Inc. for services as Associate Editor of Psychiatric Annals; Editorial Board, Mind Mood Memory, Belvior Publications
Patents and Copyrights	Copyright joint ownership with MGH for Structured Clinical Interview for MADRS and Clinical Positive Affect Scale
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# Outline

- Institutional Treatment Team
- Treatment settings
- Phases of Illness
  - Schizophrenia
  - Bipolar Disorder
- Staging of Illness
  - Schizophrenia
  - Bipolar Disorder
- Transitions



# Institutional Treatment Team

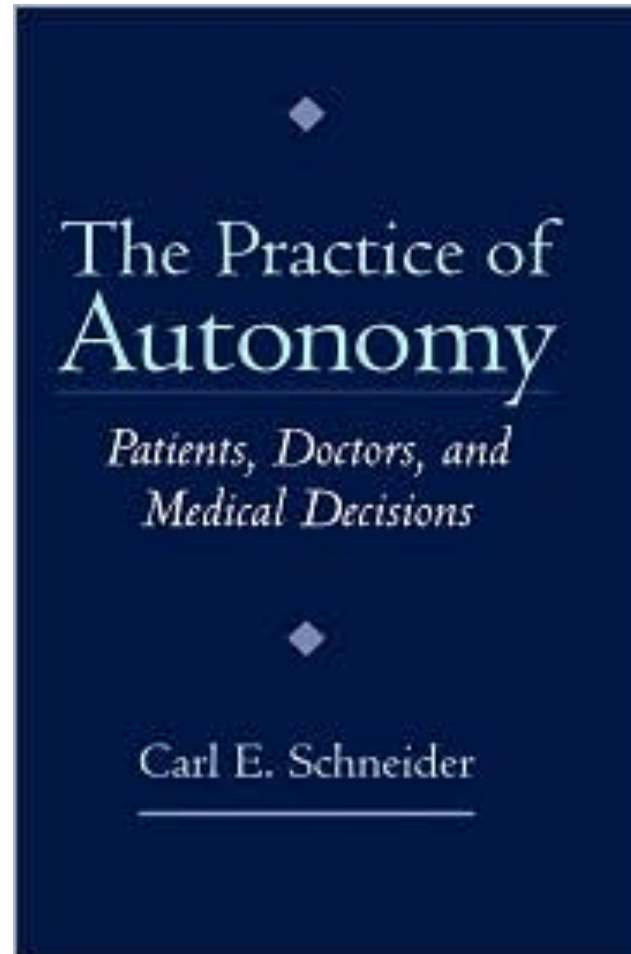
- Psychiatrist and patient
  - Trusting relationship
  - Manage meds
  - Provide psychiatric care
  - Coordinate care
- Psychologist
  - Expert psychosocial treatments
- Primary Care Physician
- Case Manager
- Inpatient team



“ . . . For the secret of the care of the patient is in caring for the patient.”

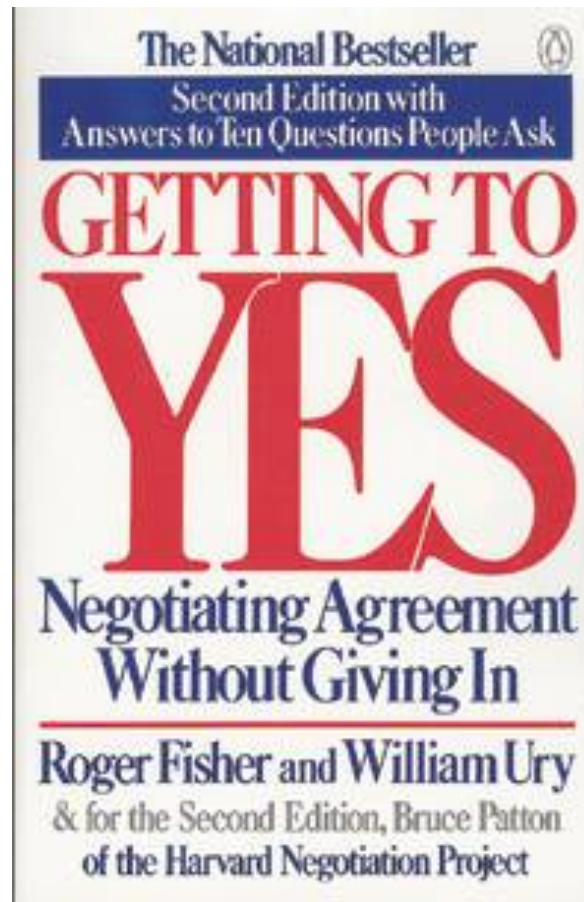
Lecture by Francis W. Peabody to Harvard students on October 21, 1925

# Patient Autonomy vs. Physician Authority



Majority of treatment is outside  
of the treatment settings.

Negotiate, collaborate, reach concordance,  
and share decisions



# Self-management of chronic illness

# Listen to Your Mother



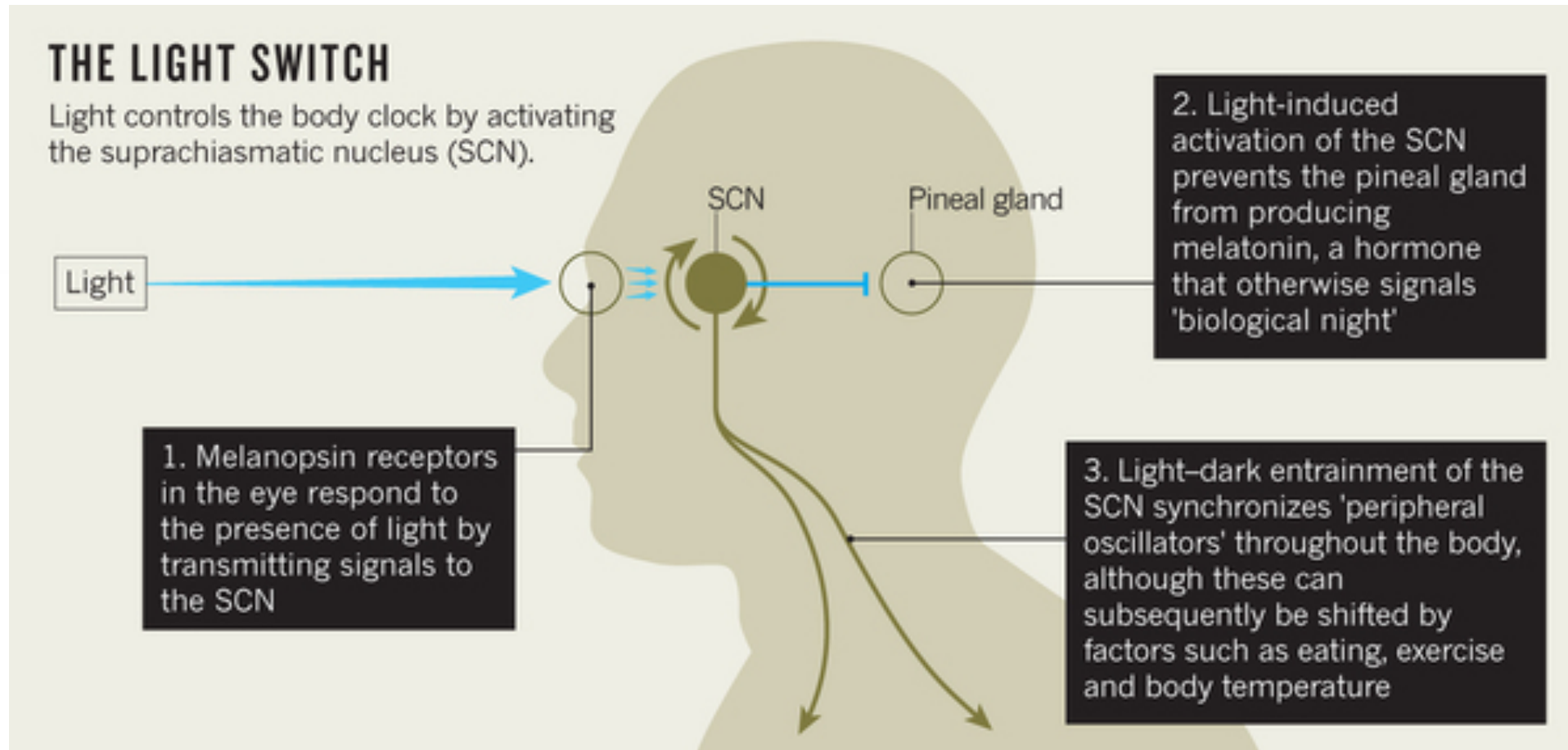
Your mother was right.



Get a good night's sleep.



Eisenstein. *Nature* 497, S10–S12 (23 May 2013)

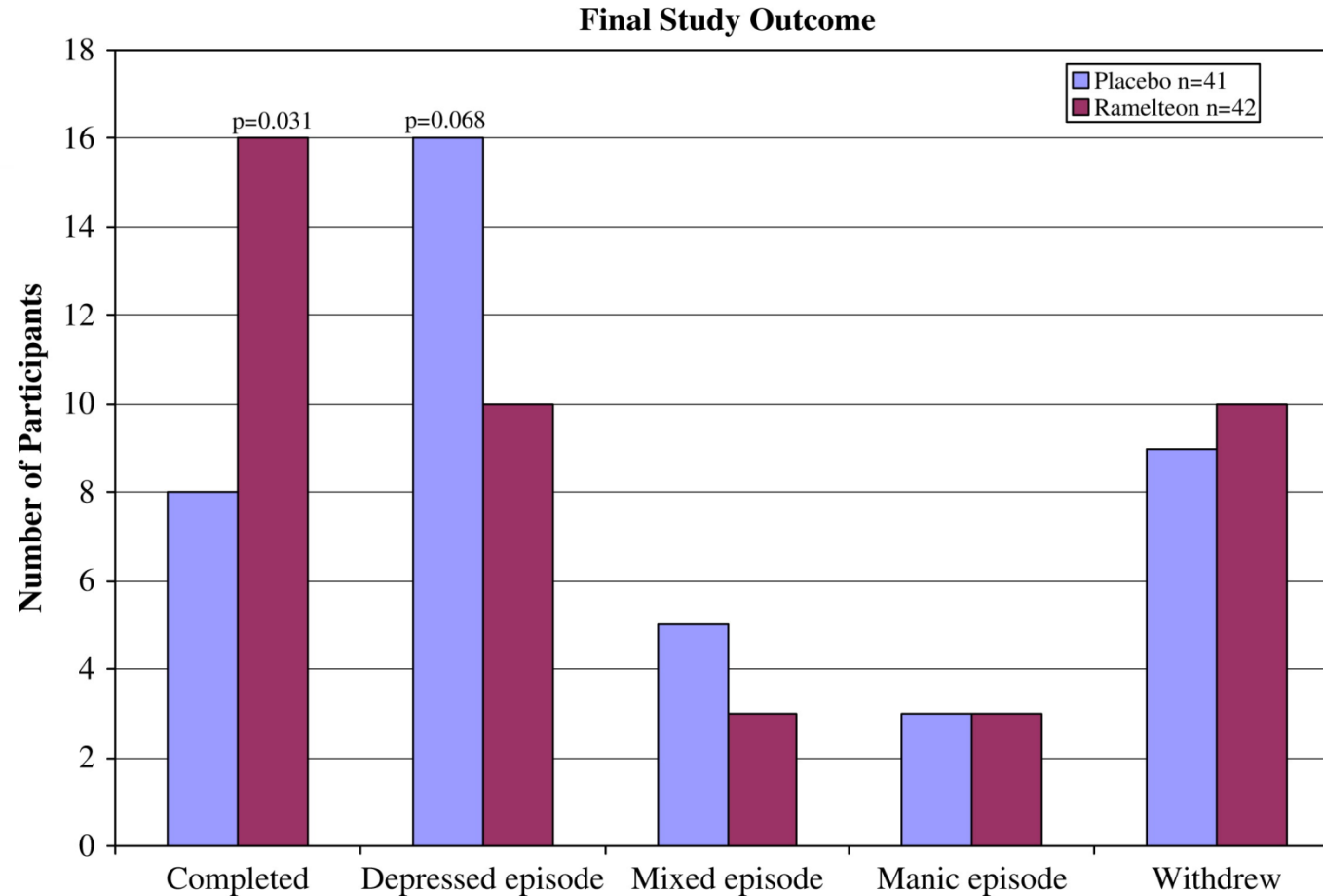


# Sleep Hygiene

- Use the bed and bedroom only for sleeping
- Go to bed only when feeling tired
- Get out of bed and leave bedroom when unable to fall asleep within 30 minutes
- Return to bed when tired
- Wake up and get out of bed at the same time every day

# Ramelteon for Insomnia in Euthymic Bipolar Disorder

- 8 mg
- 24 weeks



"Eat food. Not too much.  
Mostly plants."

Michael Pollen. Food Rules: An Eater's Manual 2009

## People with bipolar disorder eat a less healthy diet.

- Higher glycemic index
- Higher “Western Diet”
- Higher “Modern Diet”
- Lower “Traditional Diet”
- Associative or causal?
- Source of increased inflammatory load?
- Will a better diet lead to better outcomes?

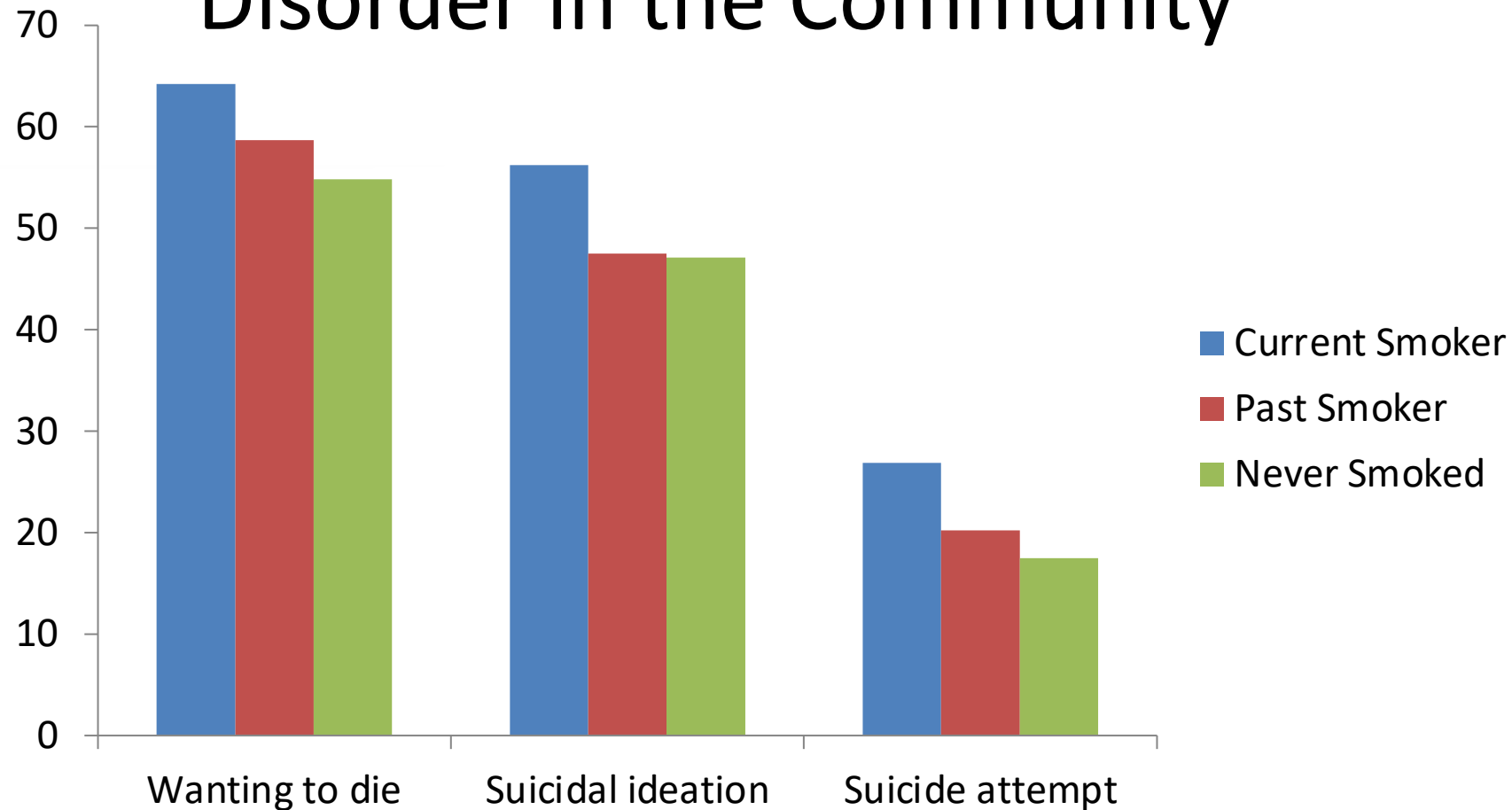
Don't smoke.



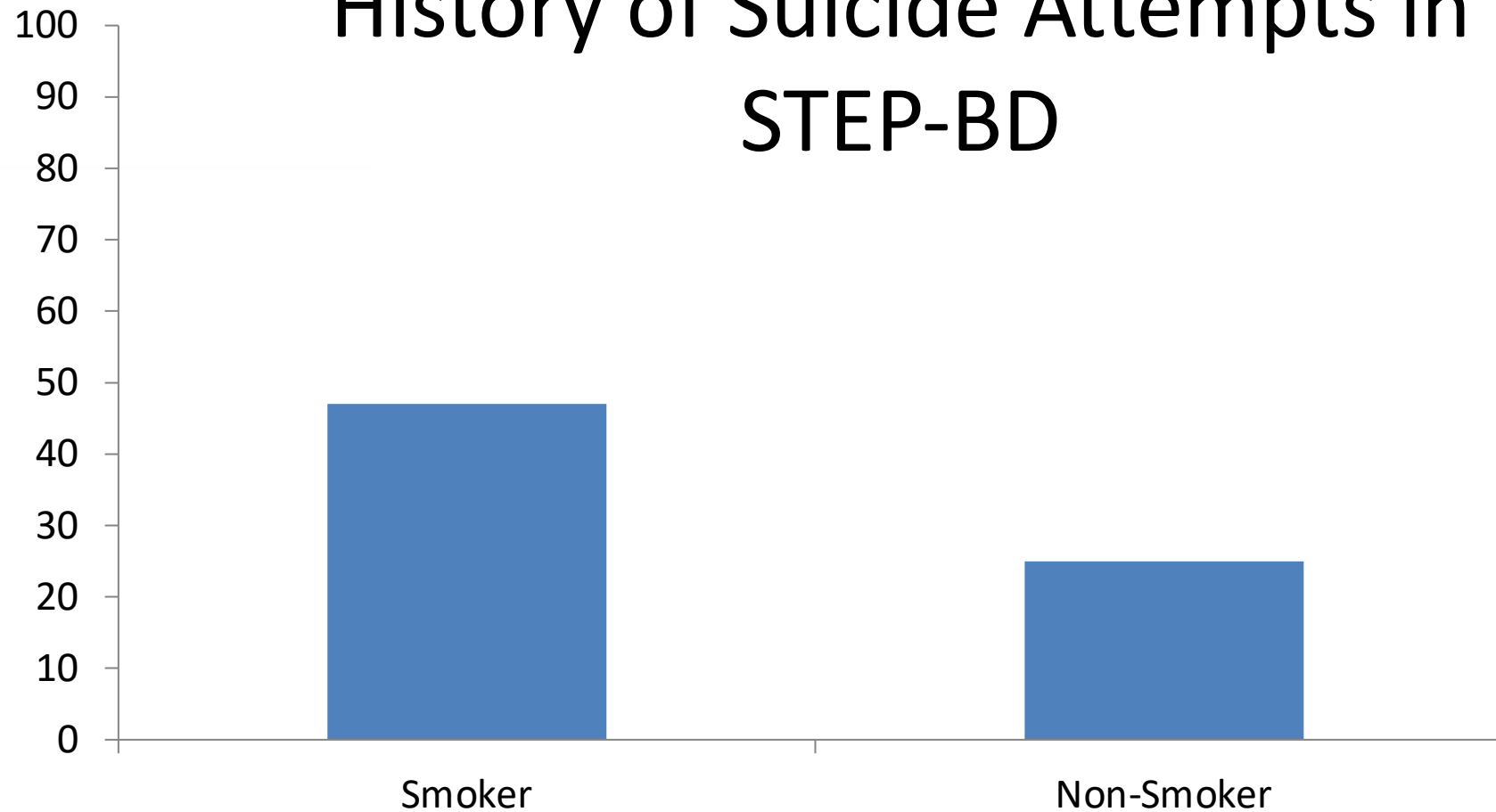
# Smoking increases inflammation

- increased levels of acute phase proteins
  - CRP
  - pro-inflammatory cytokines
  - IL-1 $\beta$ , IL-6 and TNF- $\alpha$ ,
- direct effects in activation of microglia and astrocytes

# Smoking Associated with Increased Suicide in Bipolar Disorder in the Community



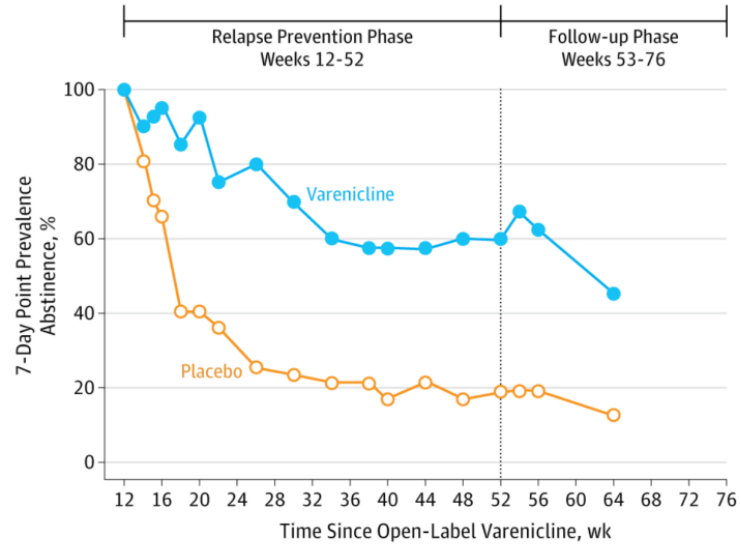
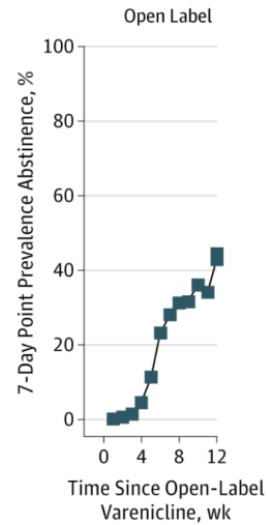
# Smoking with Higher Lifetime History of Suicide Attempts in STEP-BD



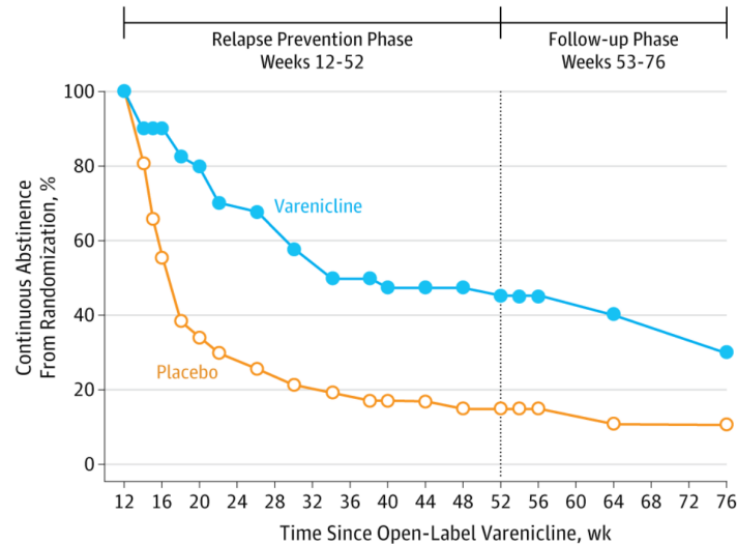
Ostacher. 2006;67:1907-11

# Varenicline helps stop smoking.

**A** 7-Day point prevalence abstinence



**B** Continuous abstinence



Get organized.

# Cognitive Rehabilitation

- Tasks done at work to improve performance
  - Organization
  - Time management
  - Priorities
- Improved
  - Presenteeism
  - Total lost work days
  - Executive functioning

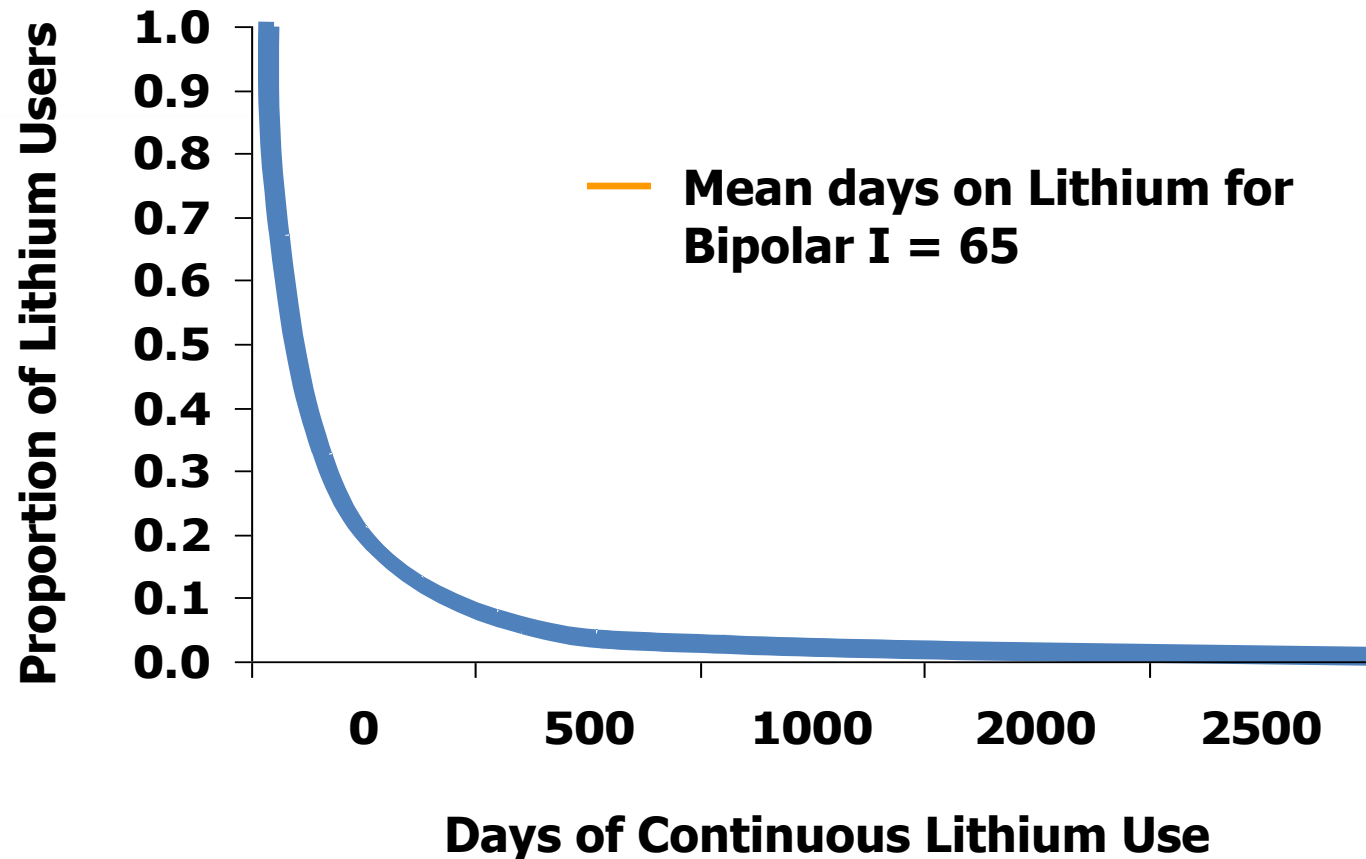
Drink moderately.

Don't abuse drugs.



Listen to your doctor and take your  
medicine.

# Time on Lithium Following Initial Prescription



Johnson JG et al, *Am J Psychiatry* 1995

Count to 10 before you get angry.

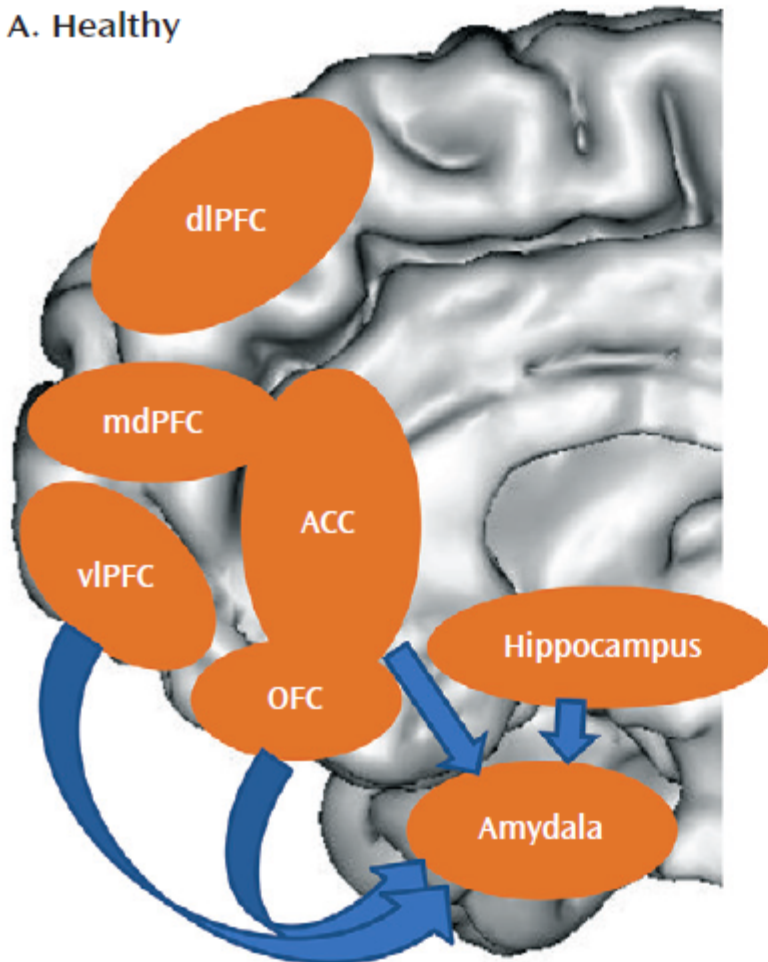




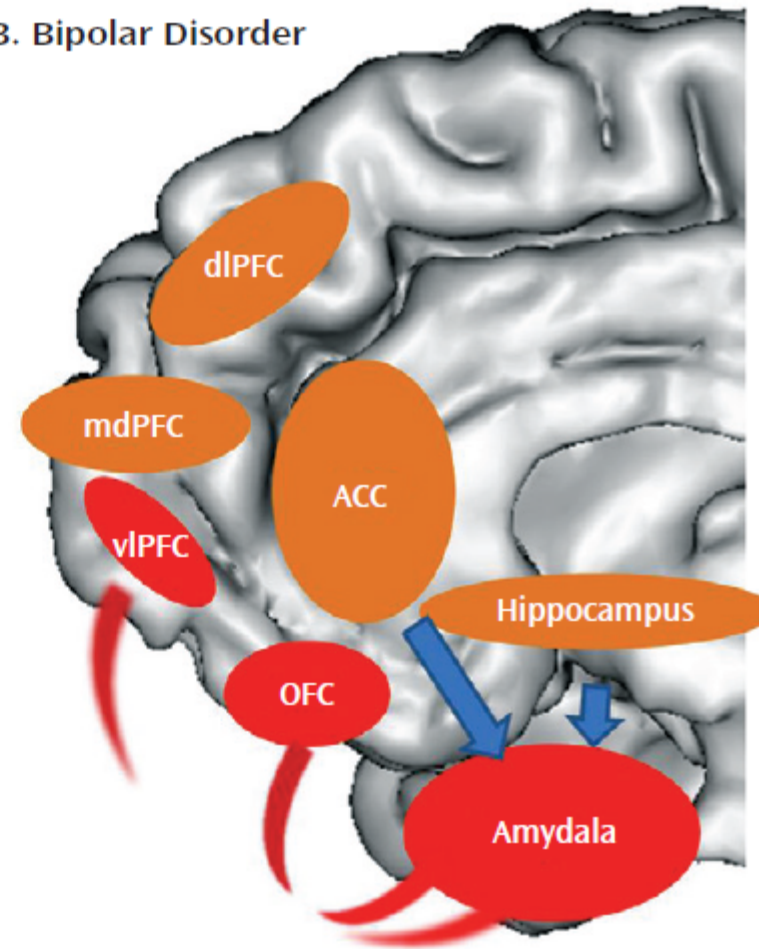
breathe.  
step back,  
think,  
then react.

# Key Nodes Emotional Processing

A. Healthy

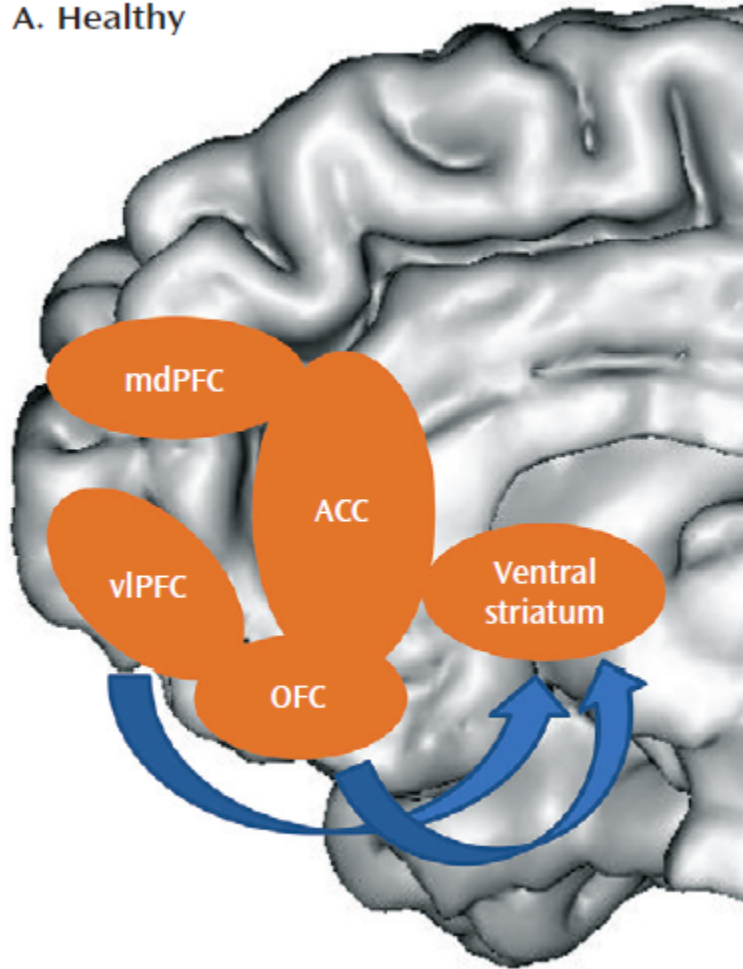


B. Bipolar Disorder

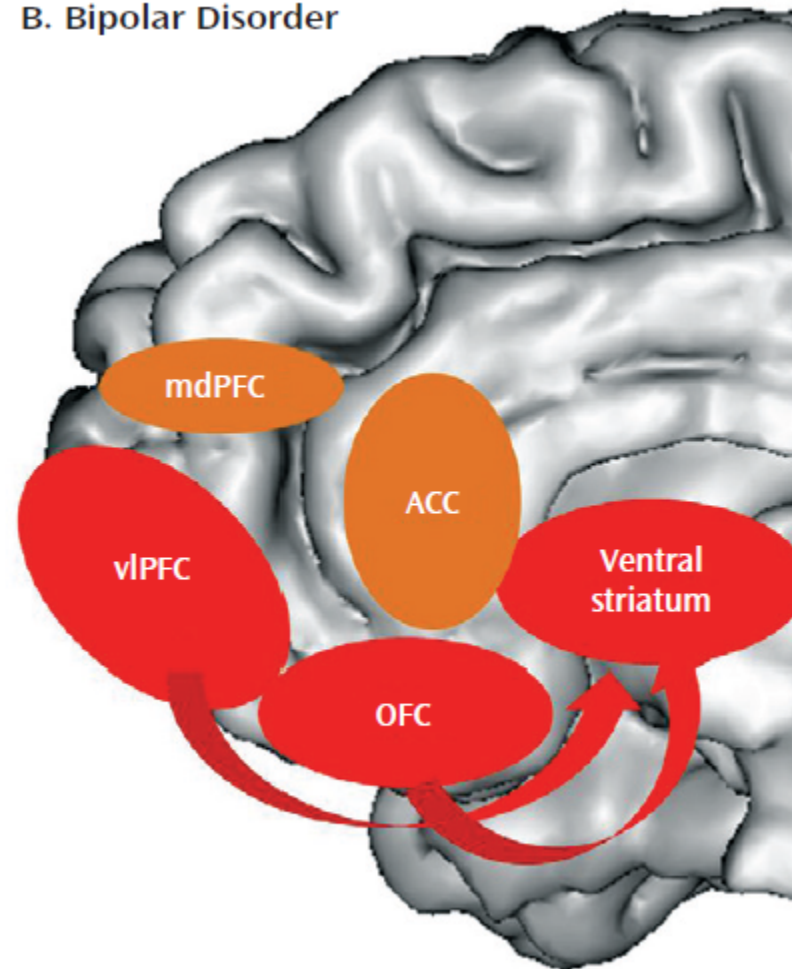


# Key Nodes in Reward Processing

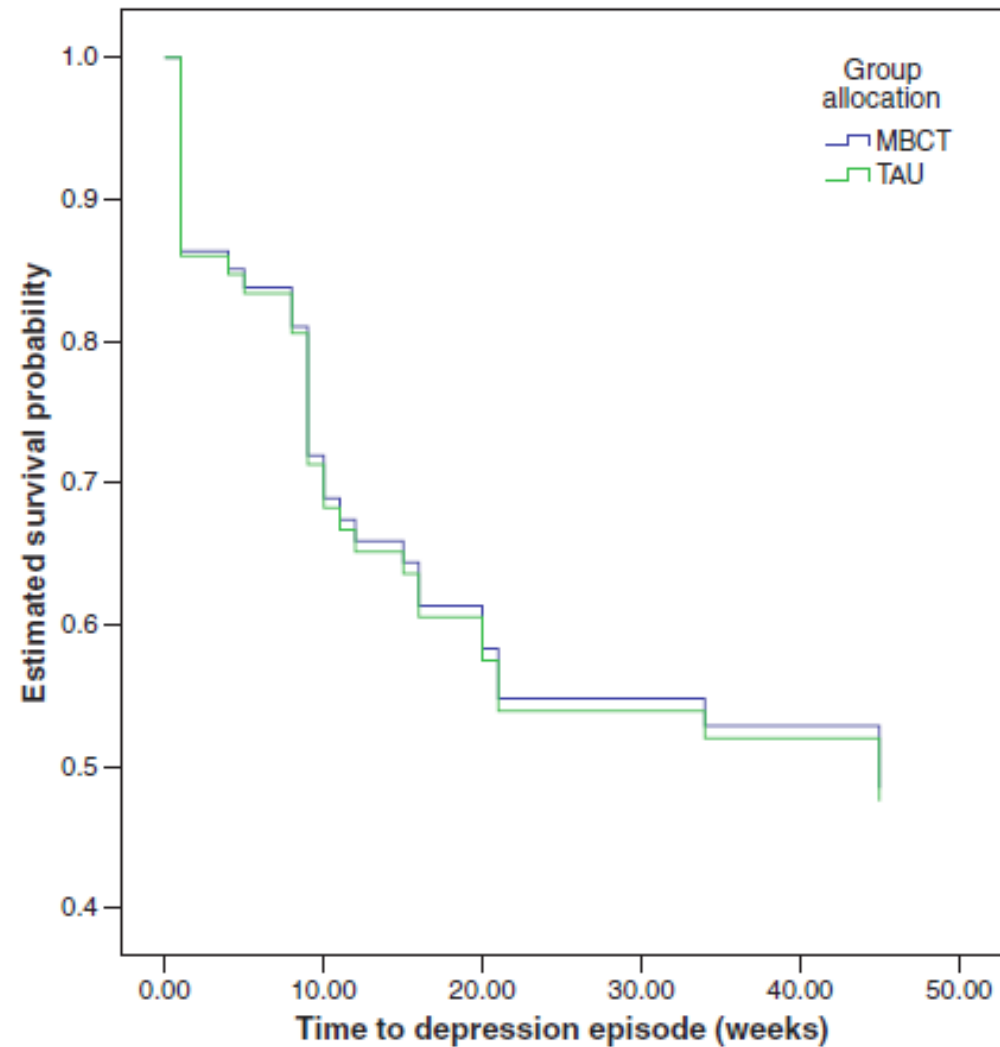
A. Healthy



B. Bipolar Disorder

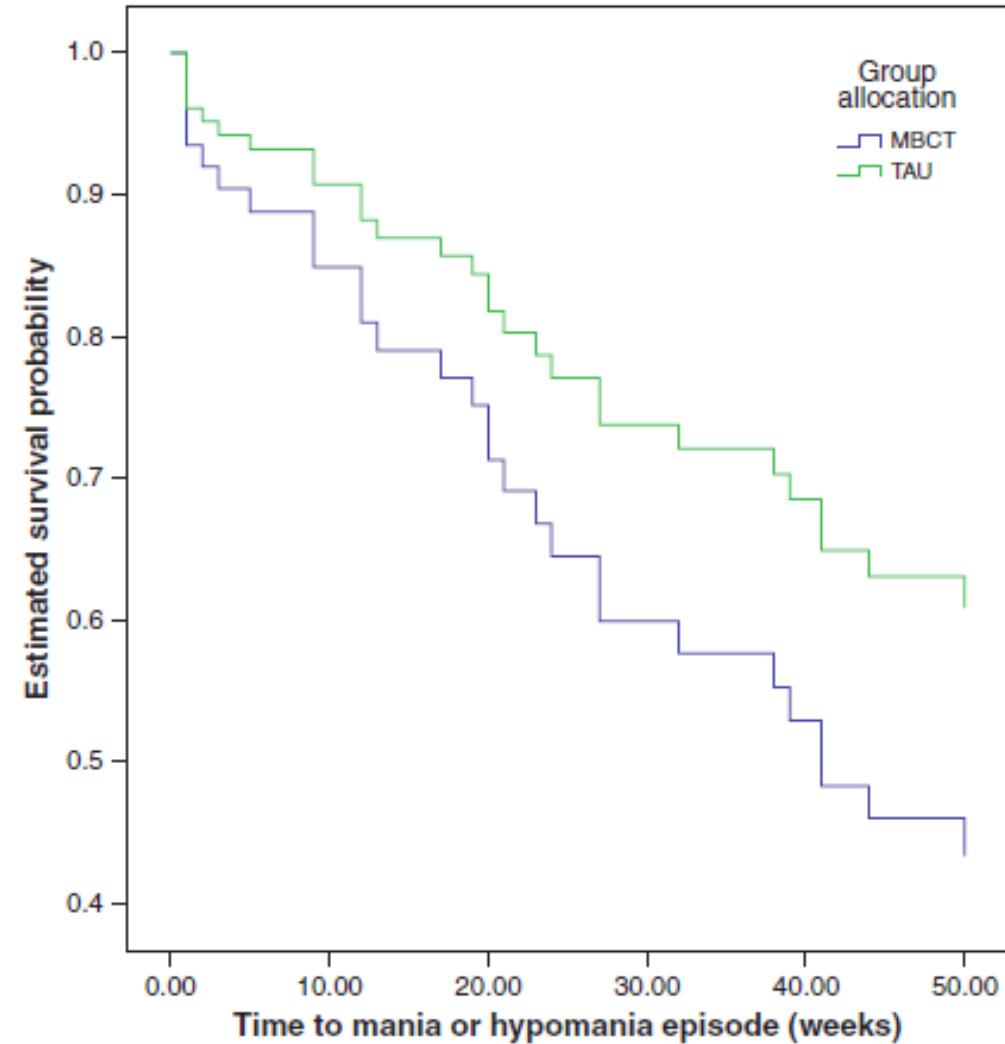


# Mindfulness CBT for Bipolar Disorder: Depressive Relapse



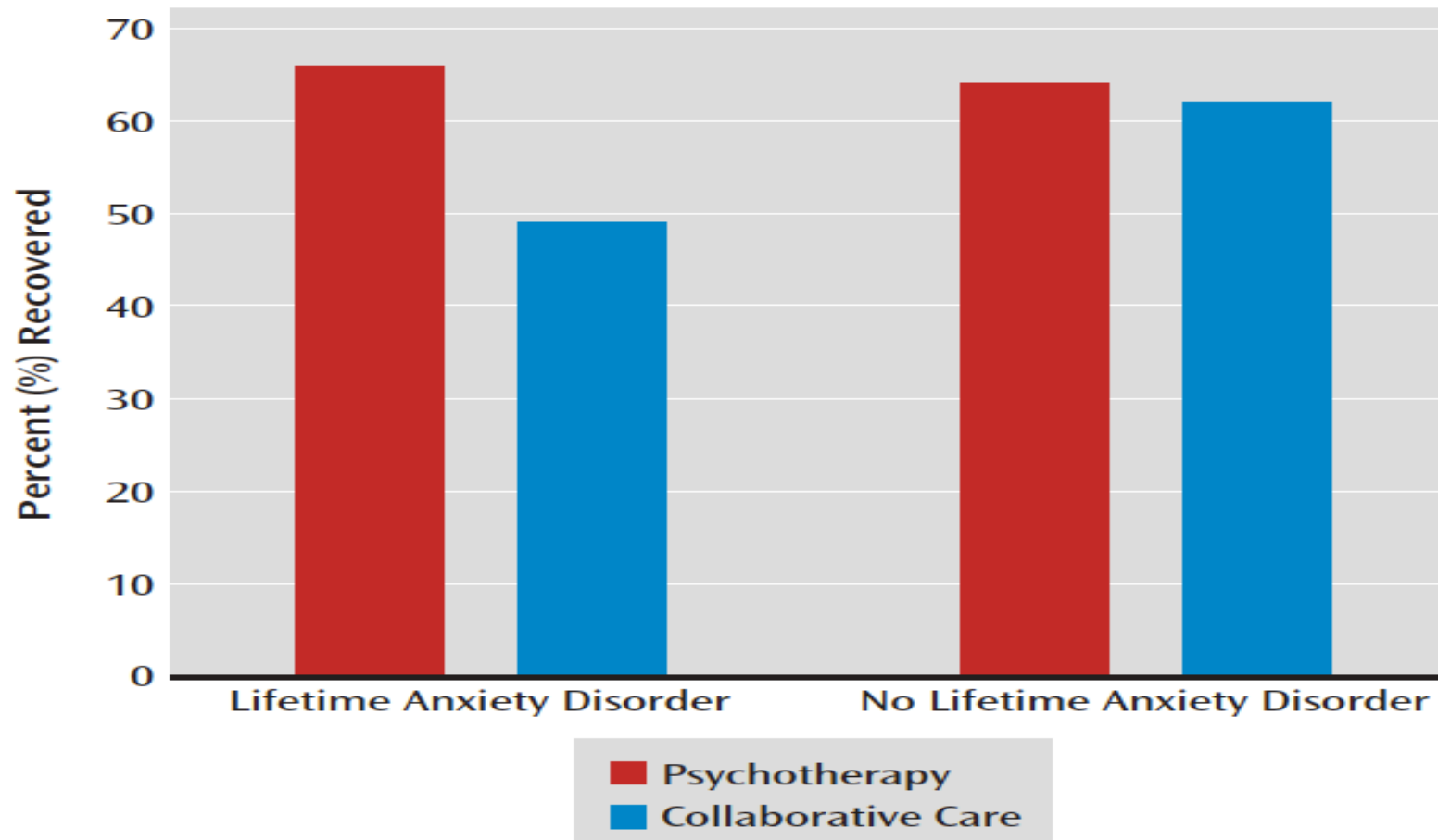


# Mindfulness CBT for Bipolar Disorder: Manic or Hypomanic Relapse



Don't be so nervous.

# Intensive psychotherapy better than psychoeducation *only* if bipolar patients have comorbid anxiety.

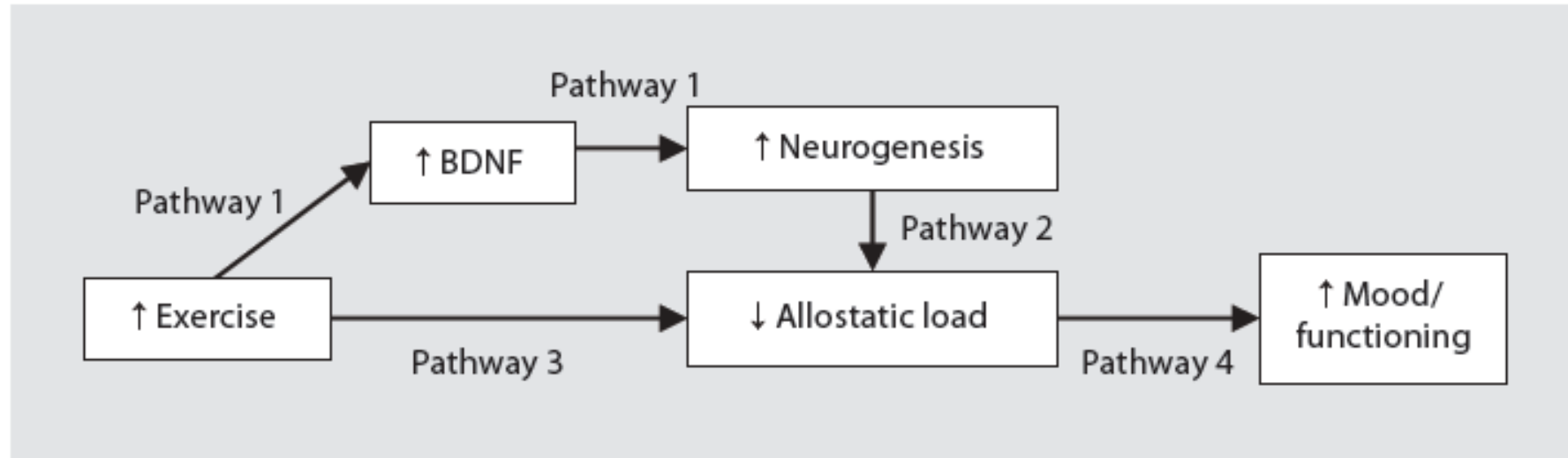


Send thank you notes.

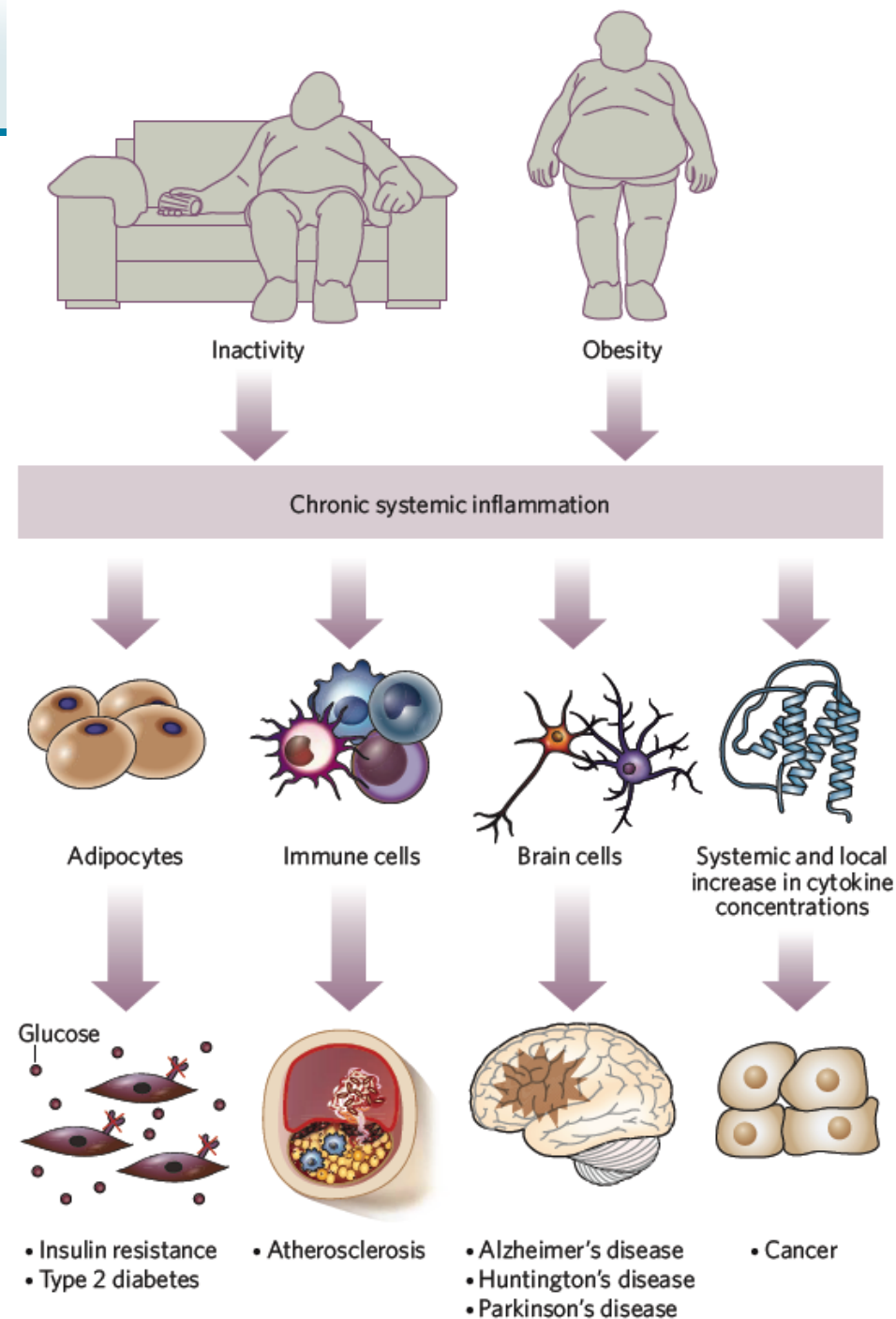
Be kind.

# Exercise

# Bipolar Disorder and Exercise



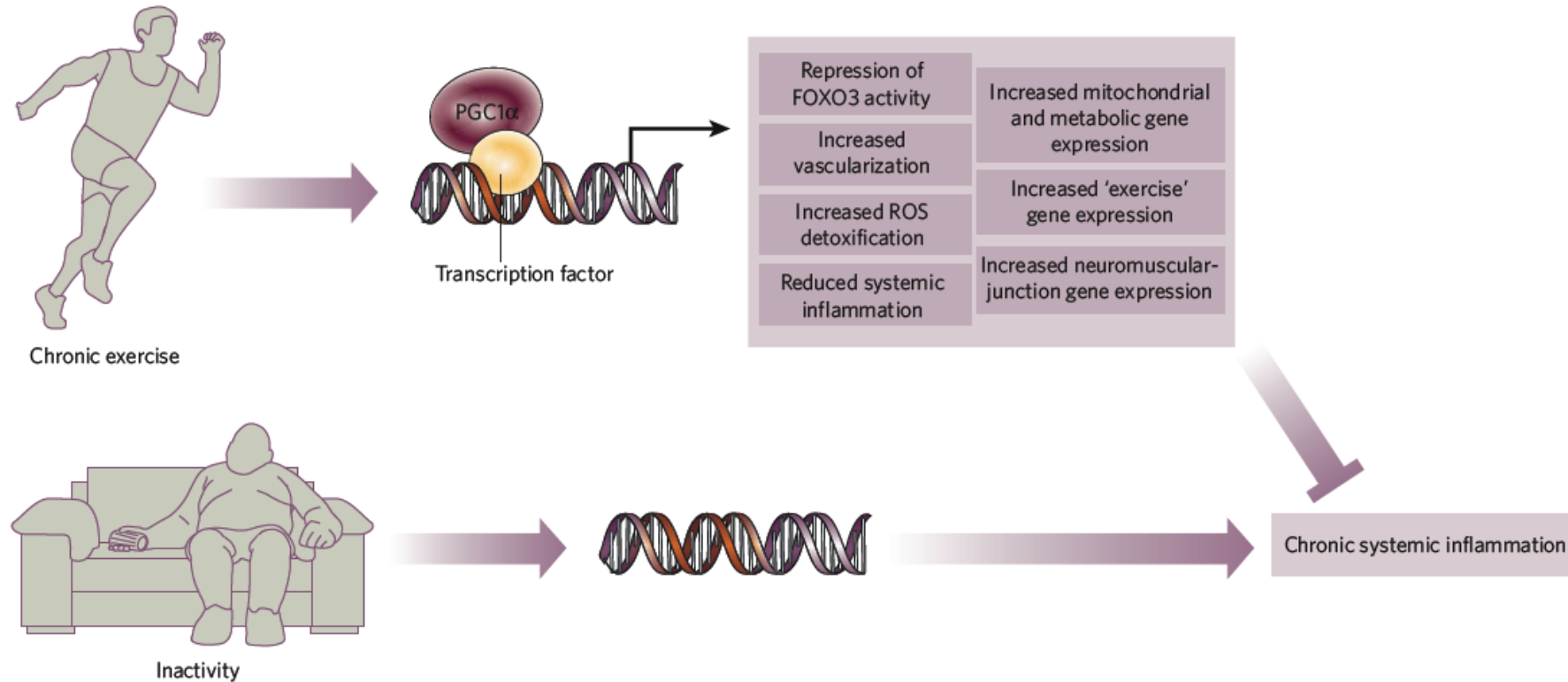
# Inactivity increases inflammation



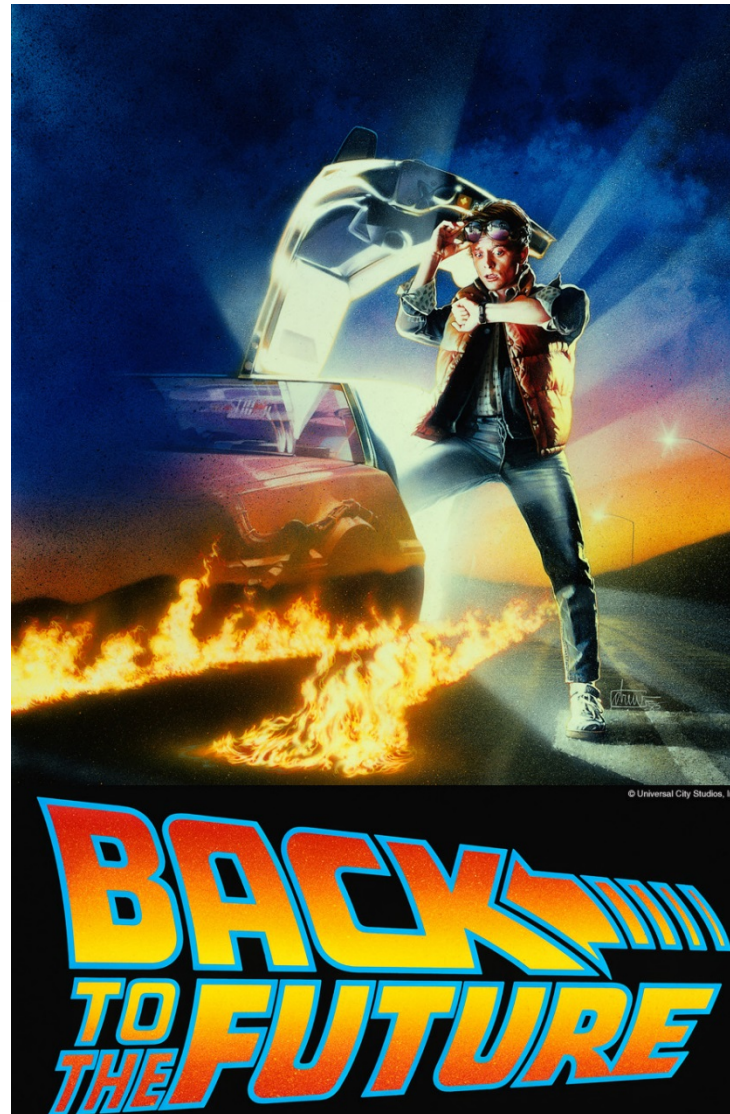
Handschin and Spiegelman.  
NATURE | Vol 454 | 24 July 2008



# Exercise decreases inflammation.



# A Memory of the Future



# Phases of Illness

# Phases of Illness

- Acute
  - Schizophrenia
    - Psychosis
    - Unable to care for self
  - Bipolar
    - Manic
    - Depressed
    - Mixed
    - With or without psychosis
    - Suicidal

# Chronic and Subchronic

- Residual symptoms
- Functioning
  - Interpersonal
  - Work
  - Activities of daily living
  - Variable insight
- Salience of internal vs external stimuli
- Shared goals

# Stages of Illness

- Prodromal
  - Nonspecific dysregulation
  - Time limited
  - Social difficulties
- Active
  - In full episode
  - Repeated episodes more chronic
- Residual
  - Subthreshold symptoms more dysfunction

# Transitions

- Living situation
- Emergency rooms
- Inpatient
- Outpatient
- Thresholds for transitions tailored

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