

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

Andrew A. Nierenberg, MD

Thomas P. Hackett, MD, Endowed Chair in Psychiatry at MGH

Director, Dauten Family Center for Bipolar Treatment Innovation

Co-Director, Center for Clinical Research Education, Division of Clinical Research

Massachusetts General Hospital

Professor of Psychiatry, Harvard Medical School

# Andrew A. Nierenberg, MD

## 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

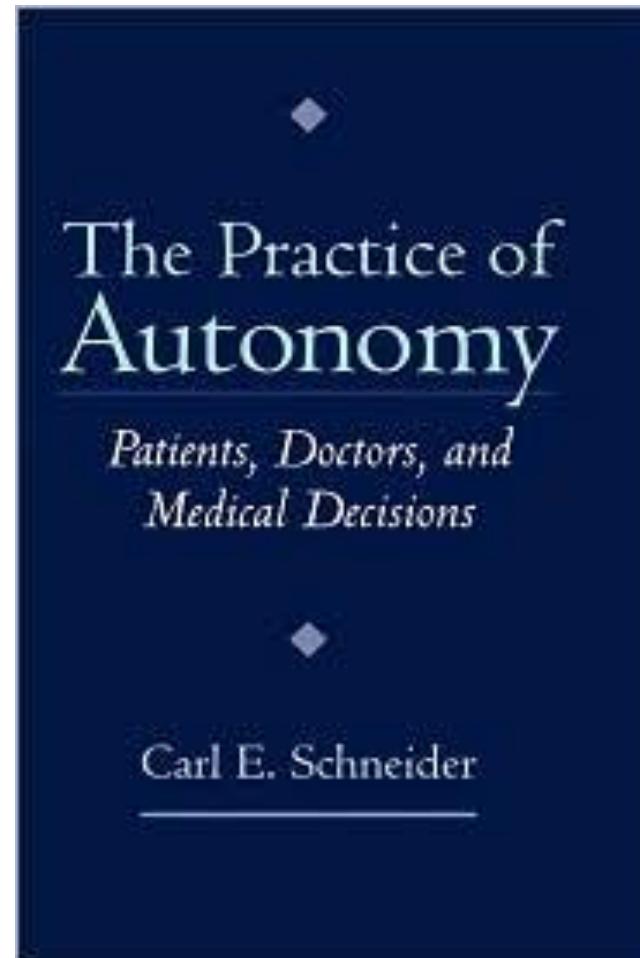
- Psychiatrist and patient
  - Trusting relationship
  - Manage meds
  - Provide psychiatric care
  - Coordinate care
- Psychologist
  - Expert psychosocial treatments
- Primary Care Physician
- Case Manager
- Inpatient team



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

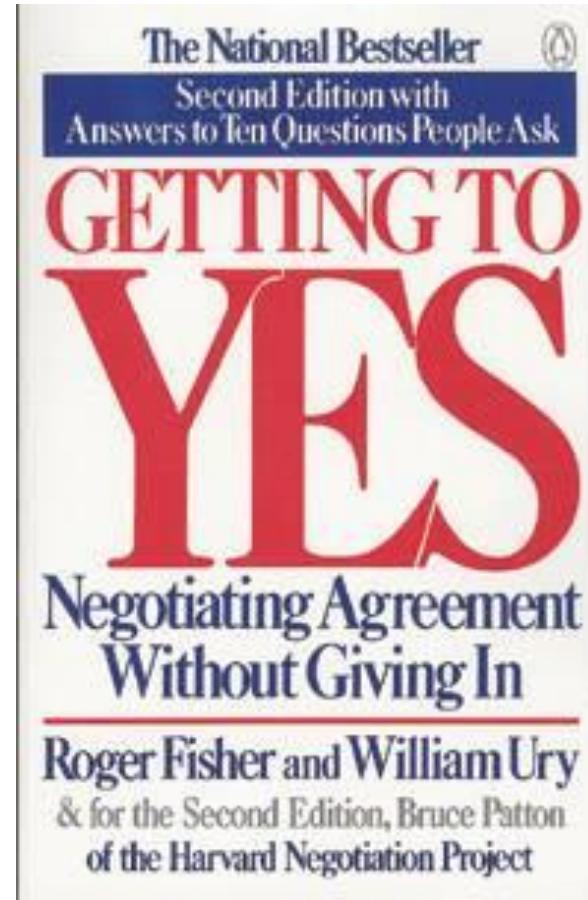
Lecture by Francis W. Peabody to Harvard students on  
October 21, 1925

# 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





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# Your mother was right.



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# Get a good night's sleep.



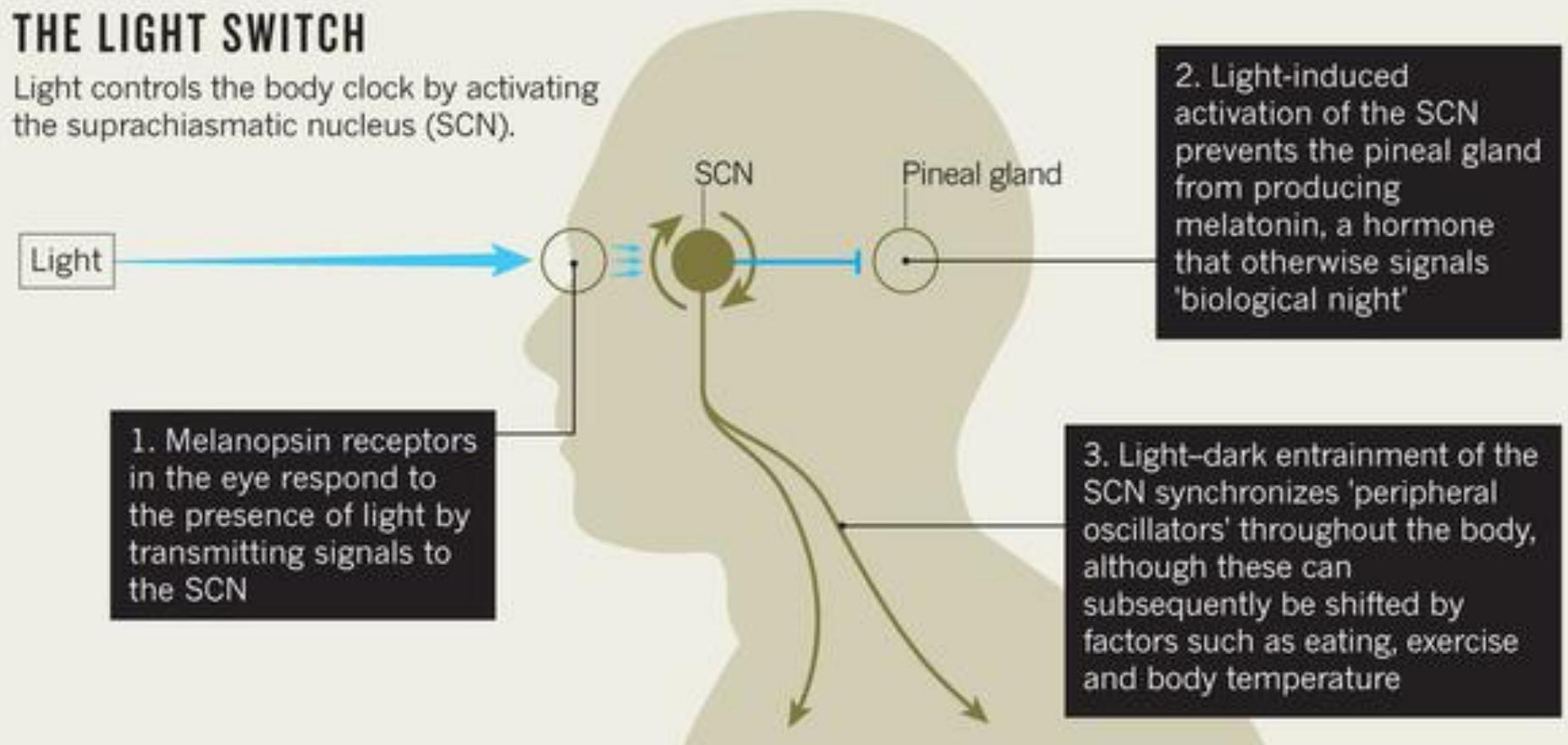
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## THE LIGHT SWITCH

Light controls the body clock by activating the suprachiasmatic nucleus (SCN).

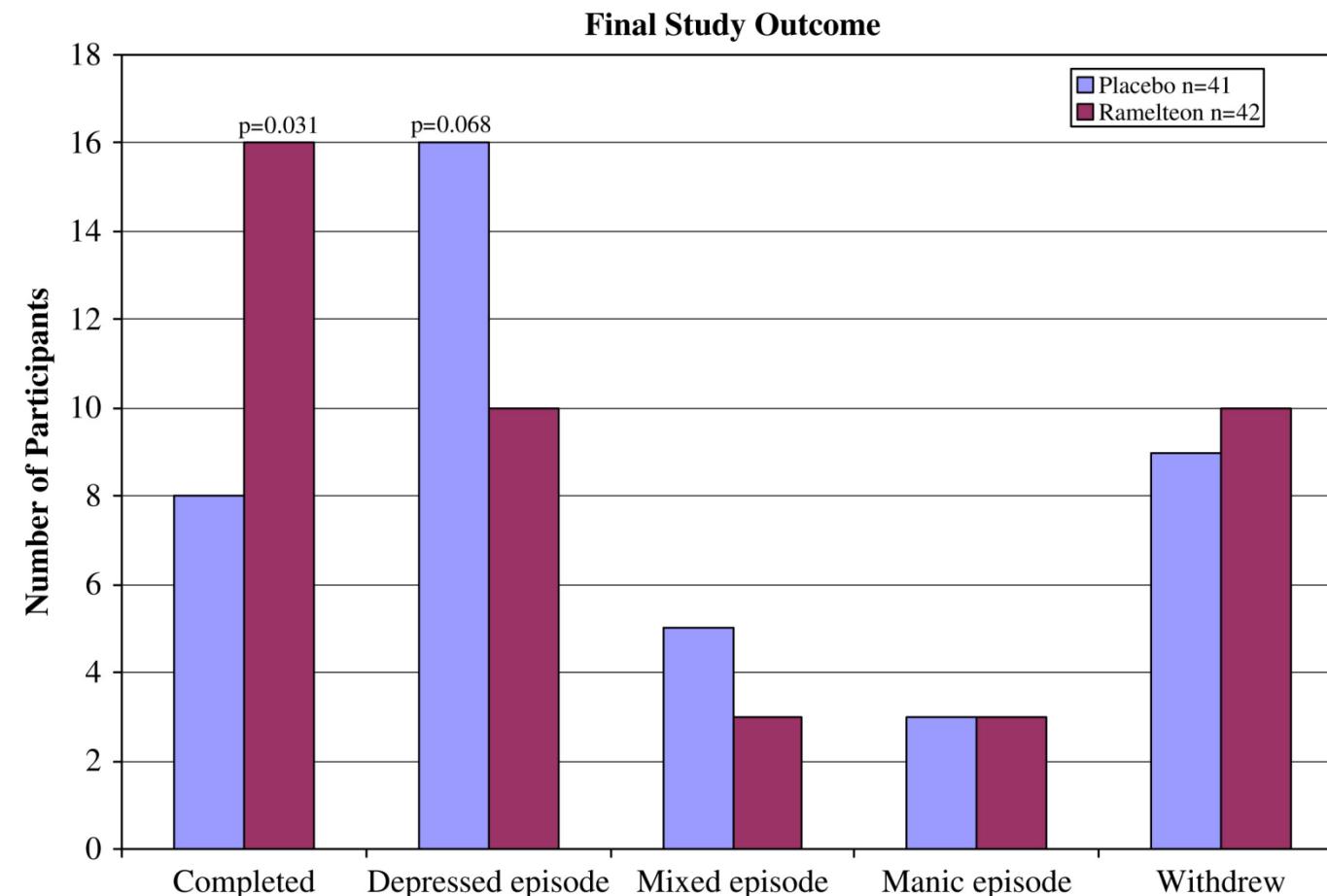


# Sleep Hygiene

- 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?



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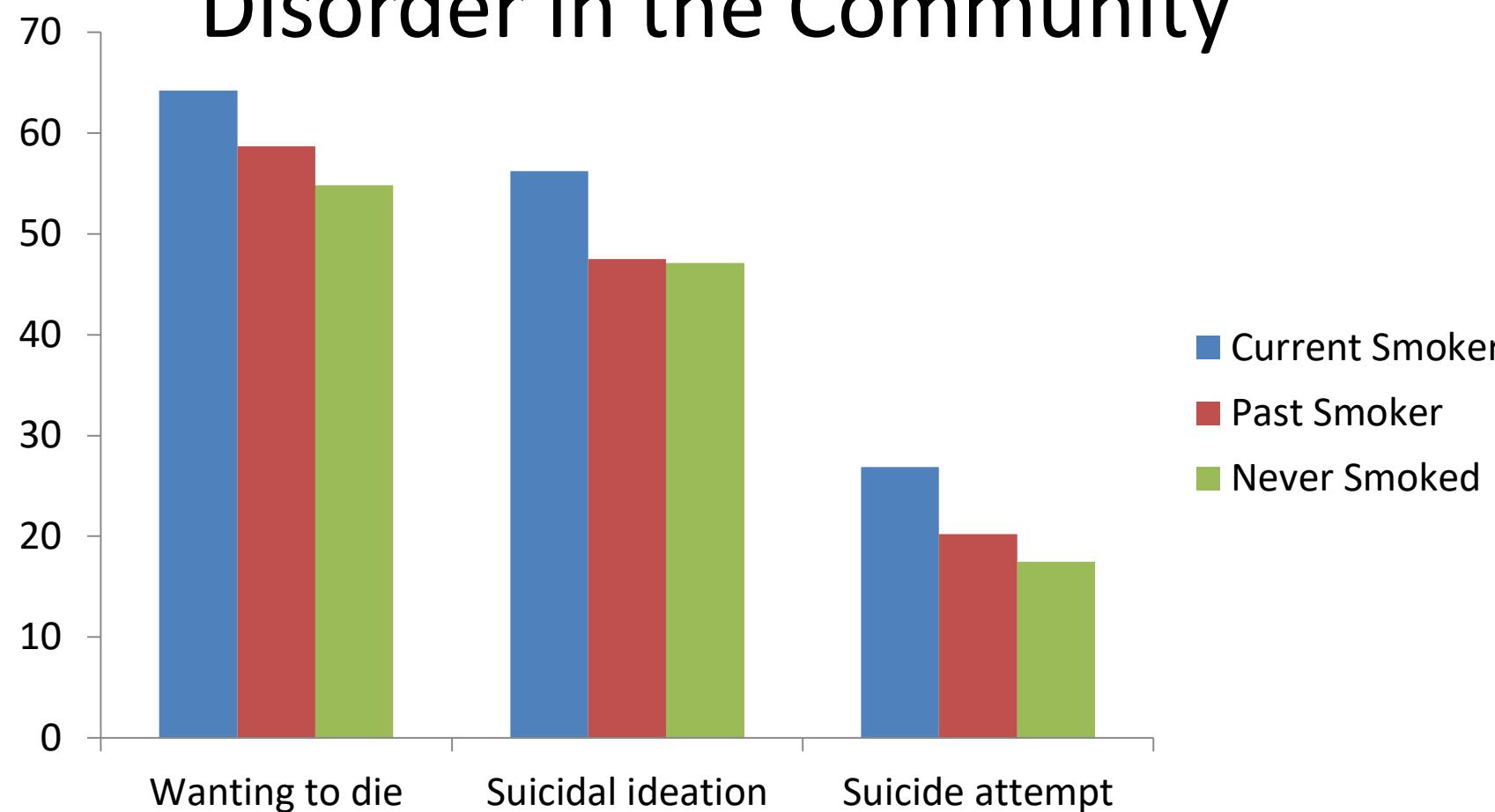
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Don't smoke.

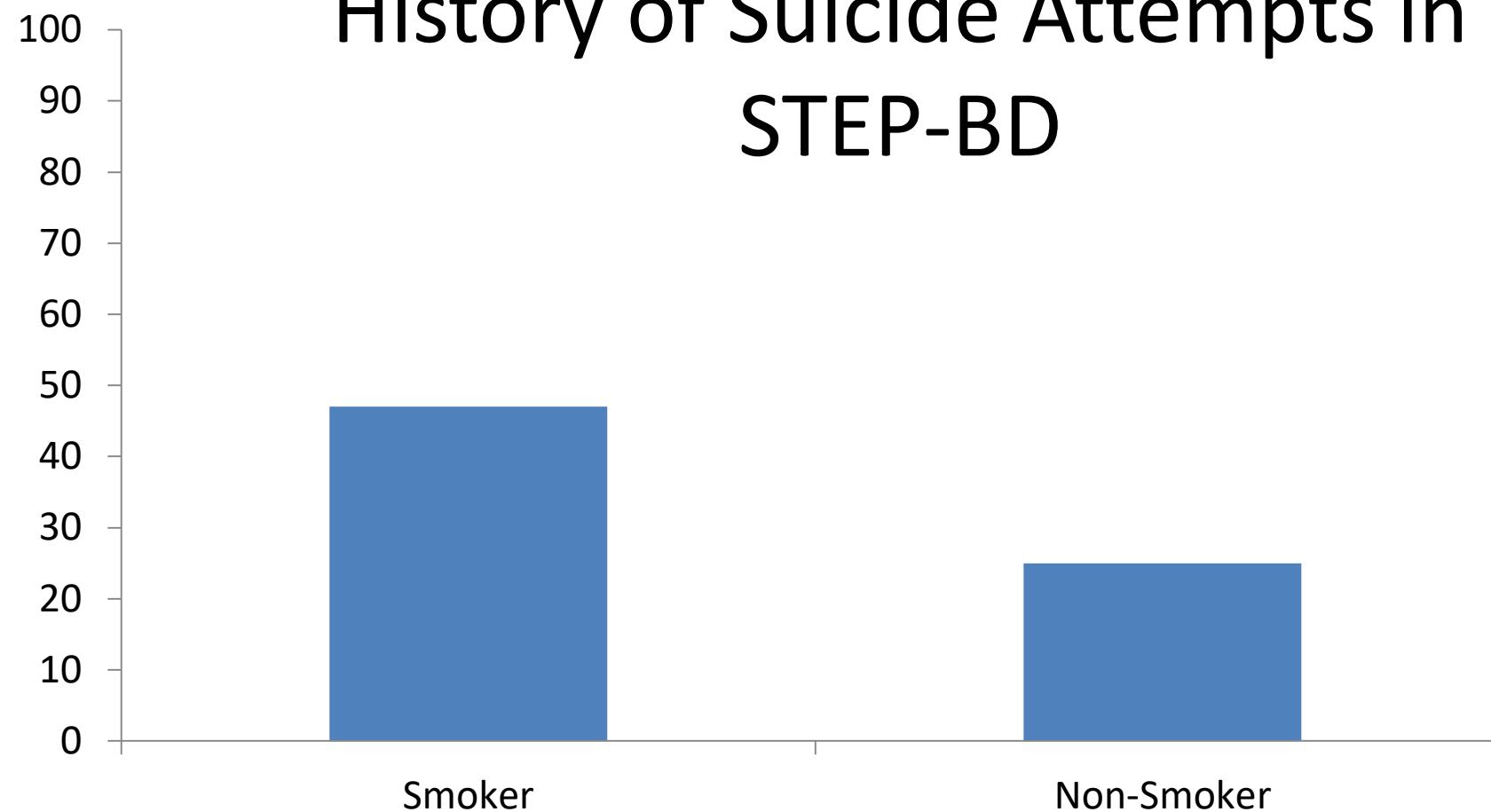
# Smoking increases inflammation

- 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

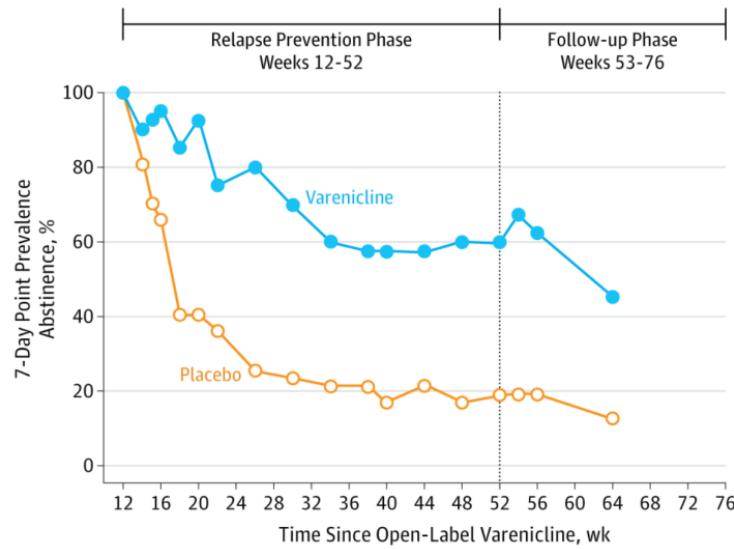
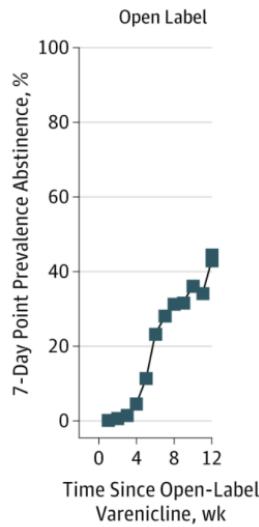


# Smoking with Higher Lifetime History of Suicide Attempts in STEP-BD

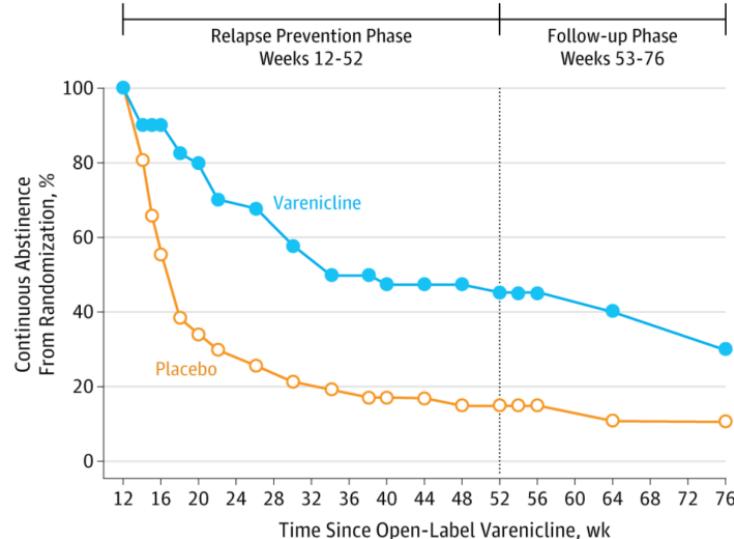


# Varenicline helps stop smoking.

**A** 7-Day point prevalence abstinence



**B** Continuous abstinence





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# Get organized.

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



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PSYCHIATRY ACADEMY

Drink moderately.



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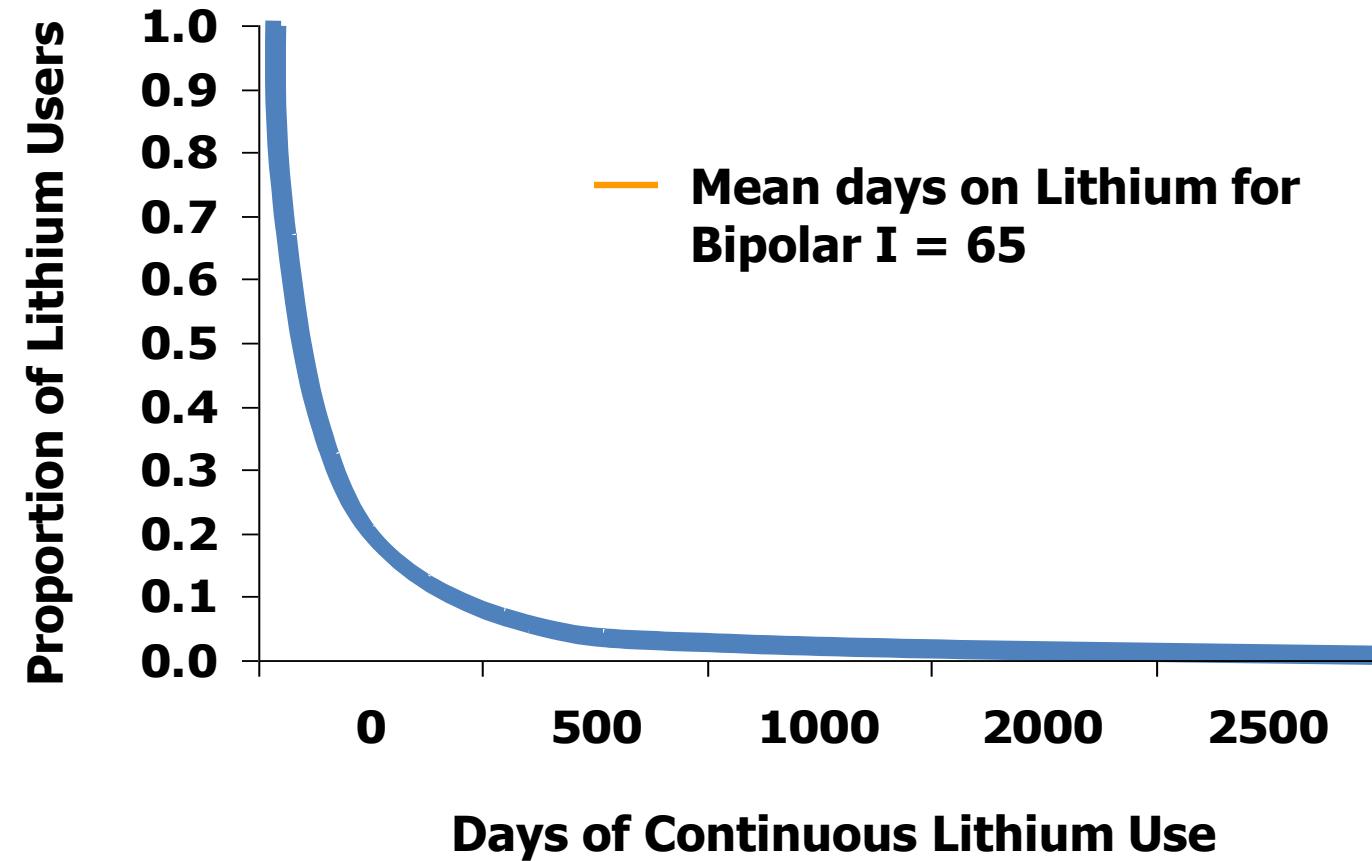
PSYCHIATRY ACADEMY

# 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

[www.mghcme.org](http://www.mghcme.org)



Count to 10 before you get angry.



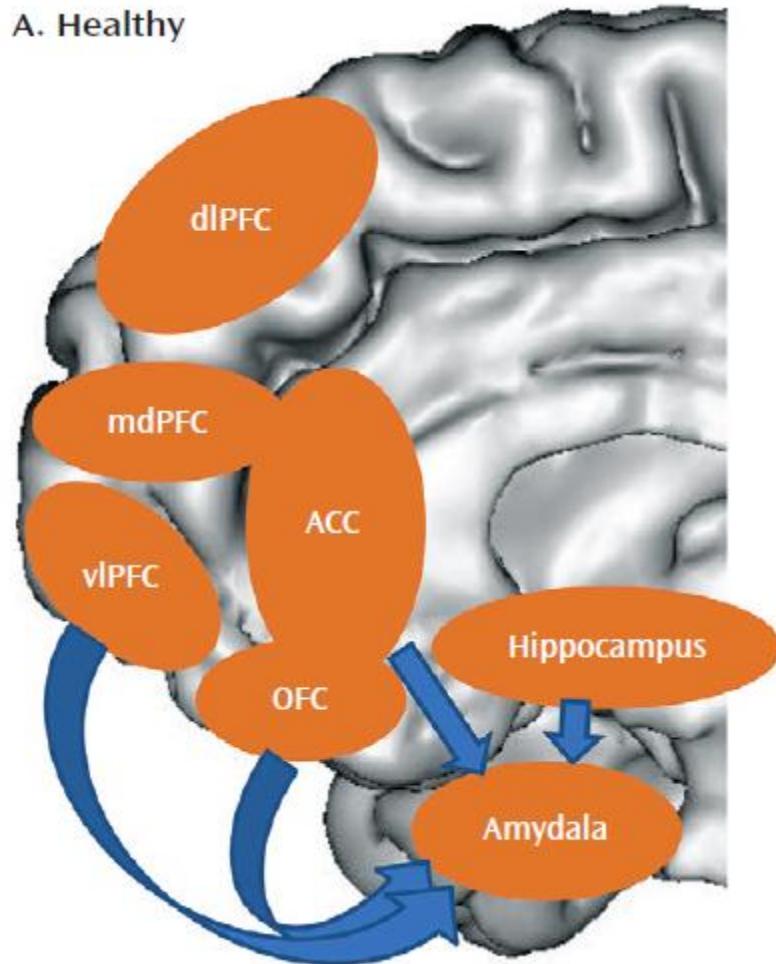


breathe.  
step back.  
think.  
then react.

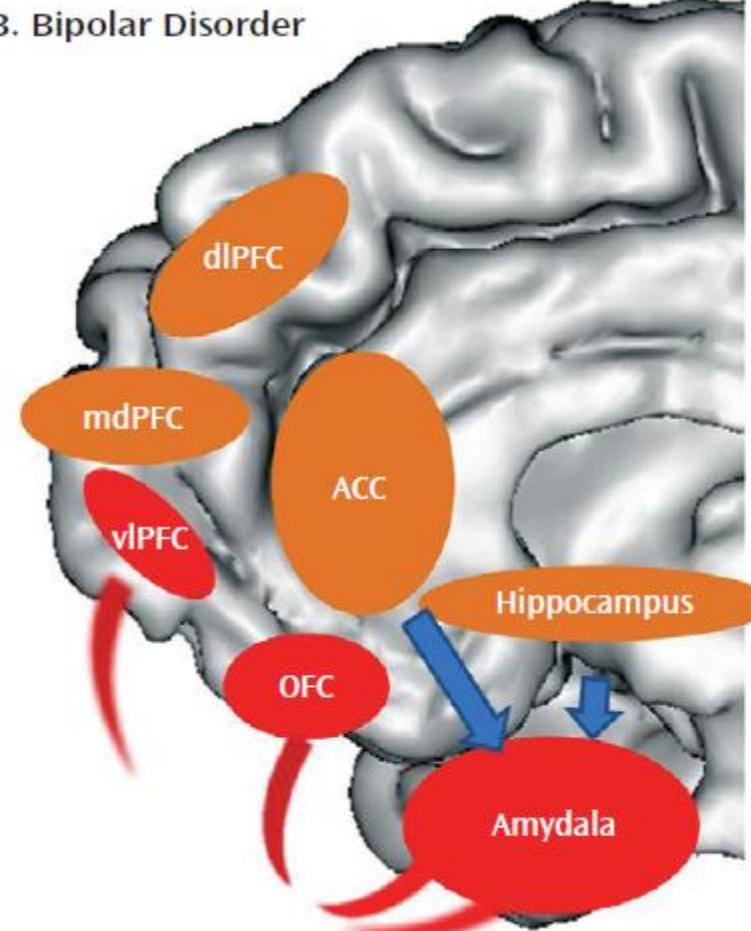
# Key Nodes Emotional Processing



A. Healthy



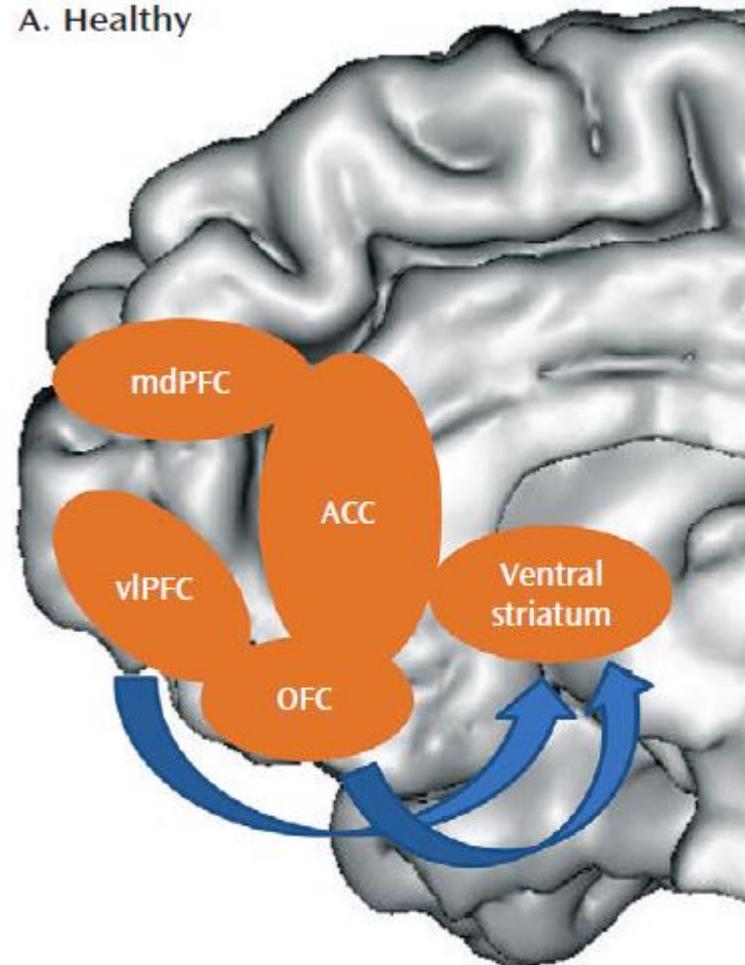
B. Bipolar Disorder



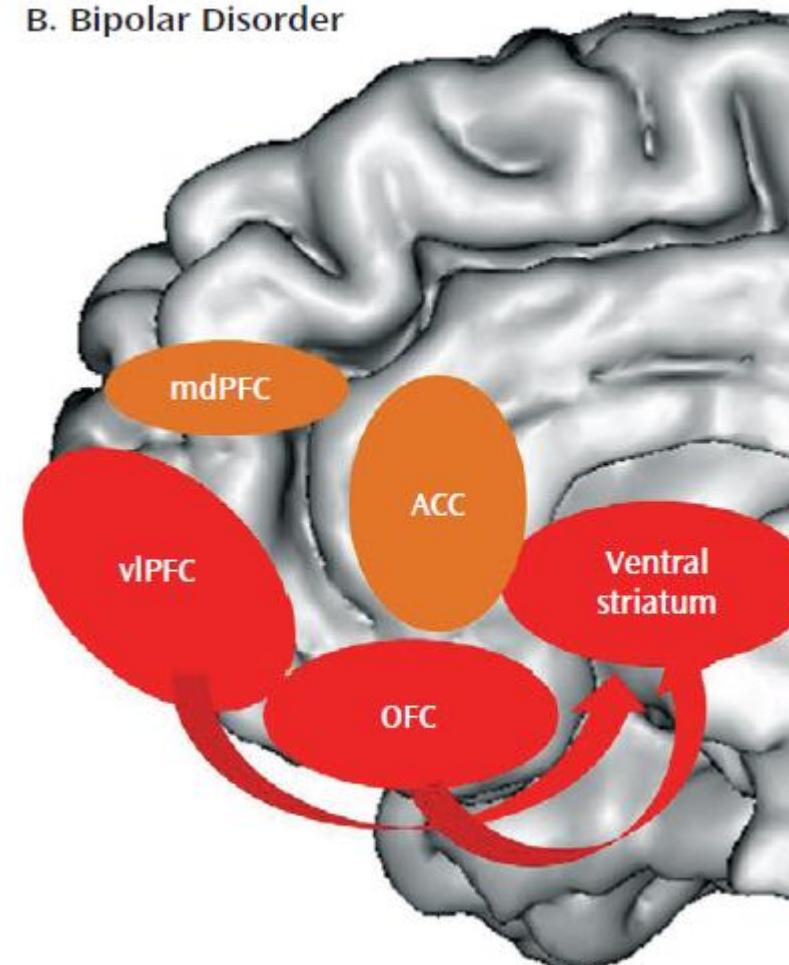
# Key Nodes in Reward Processing



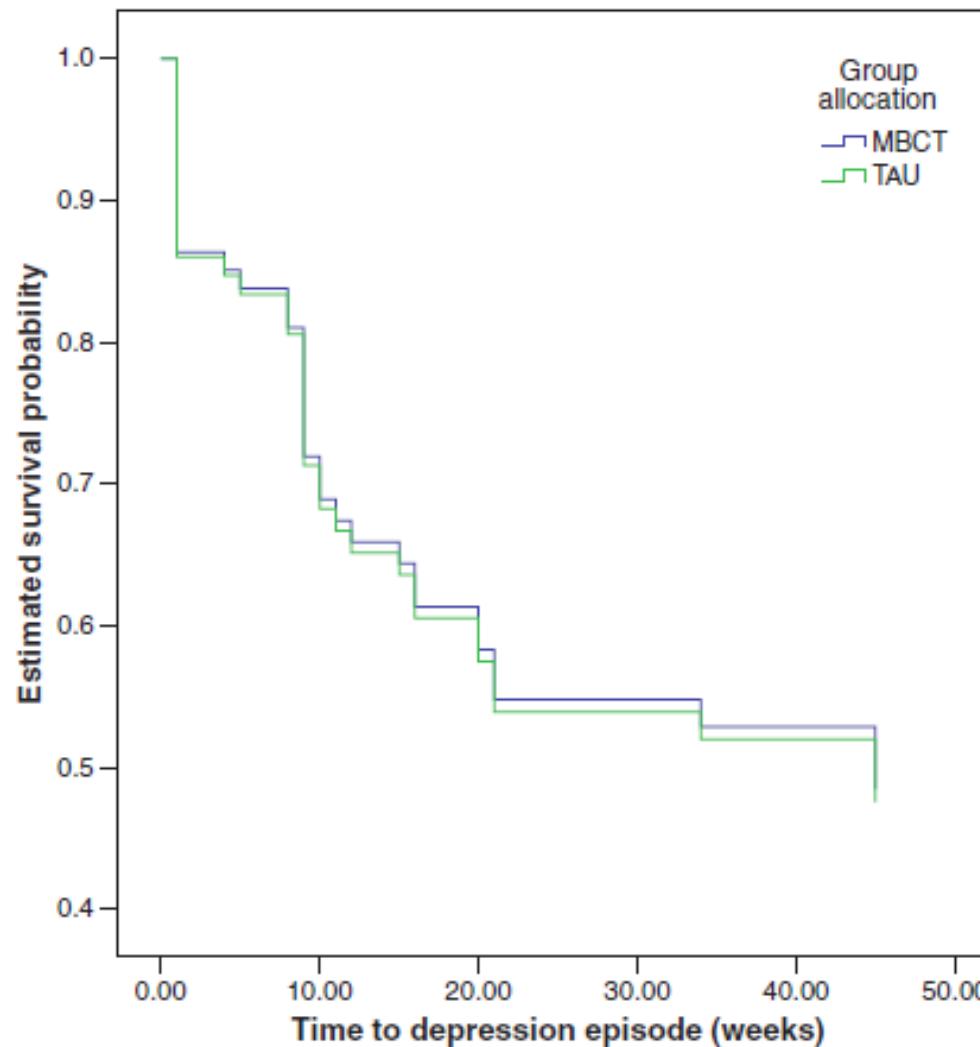
A. Healthy



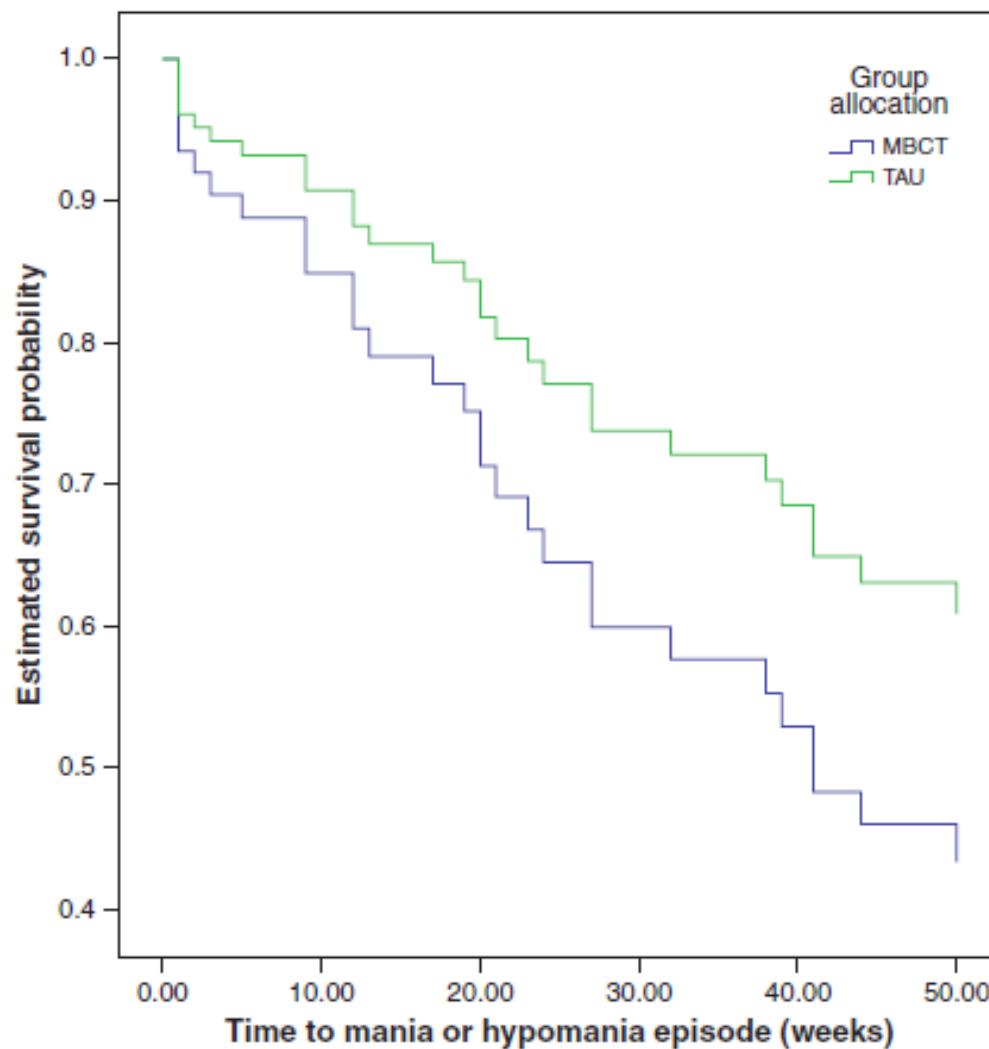
B. Bipolar Disorder



# Mindfulness CBT for Bipolar Disorder: Depressive Relapse



# Mindfulness CBT for Bipolar Disorder: Manic or Hypomanic Relapse



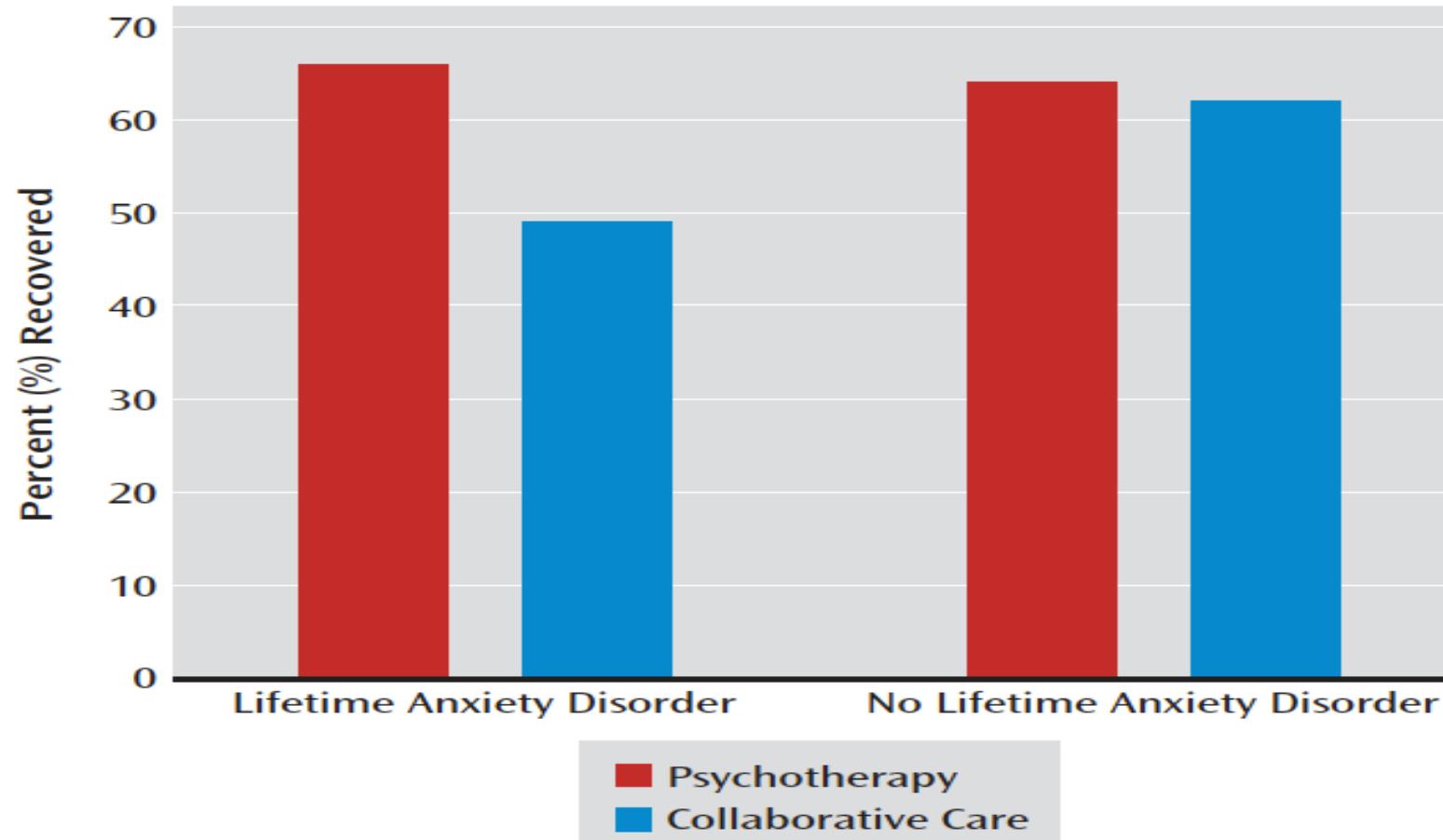


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# Don't be so nervous.

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





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PSYCHIATRY ACADEMY

# Send thank you notes.



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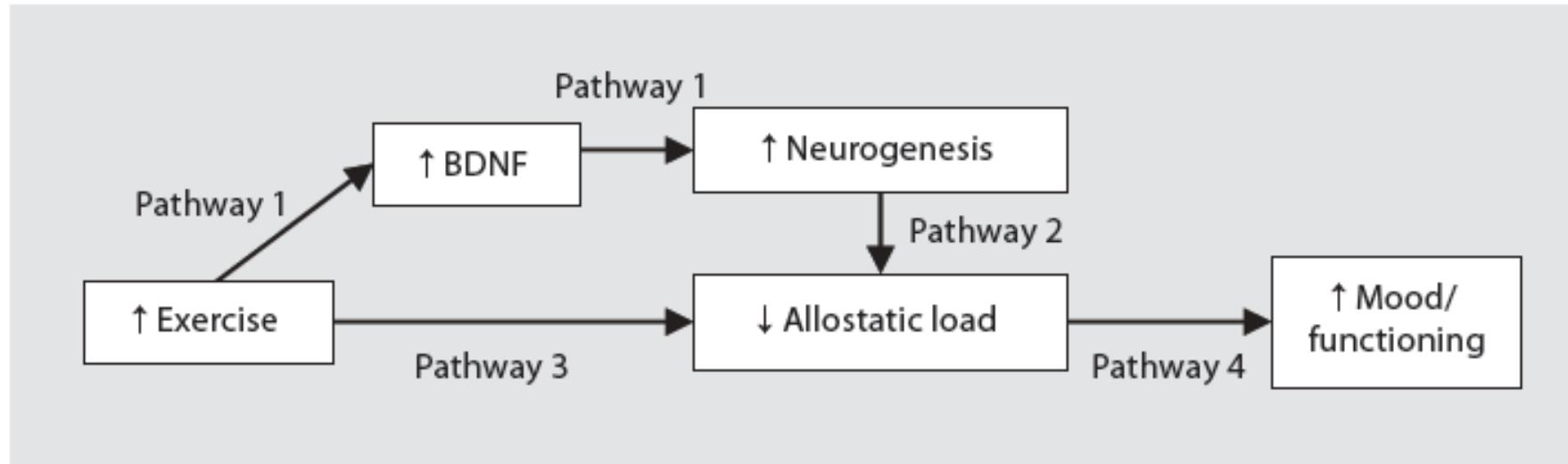
PSYCHIATRY ACADEMY

Be kind.

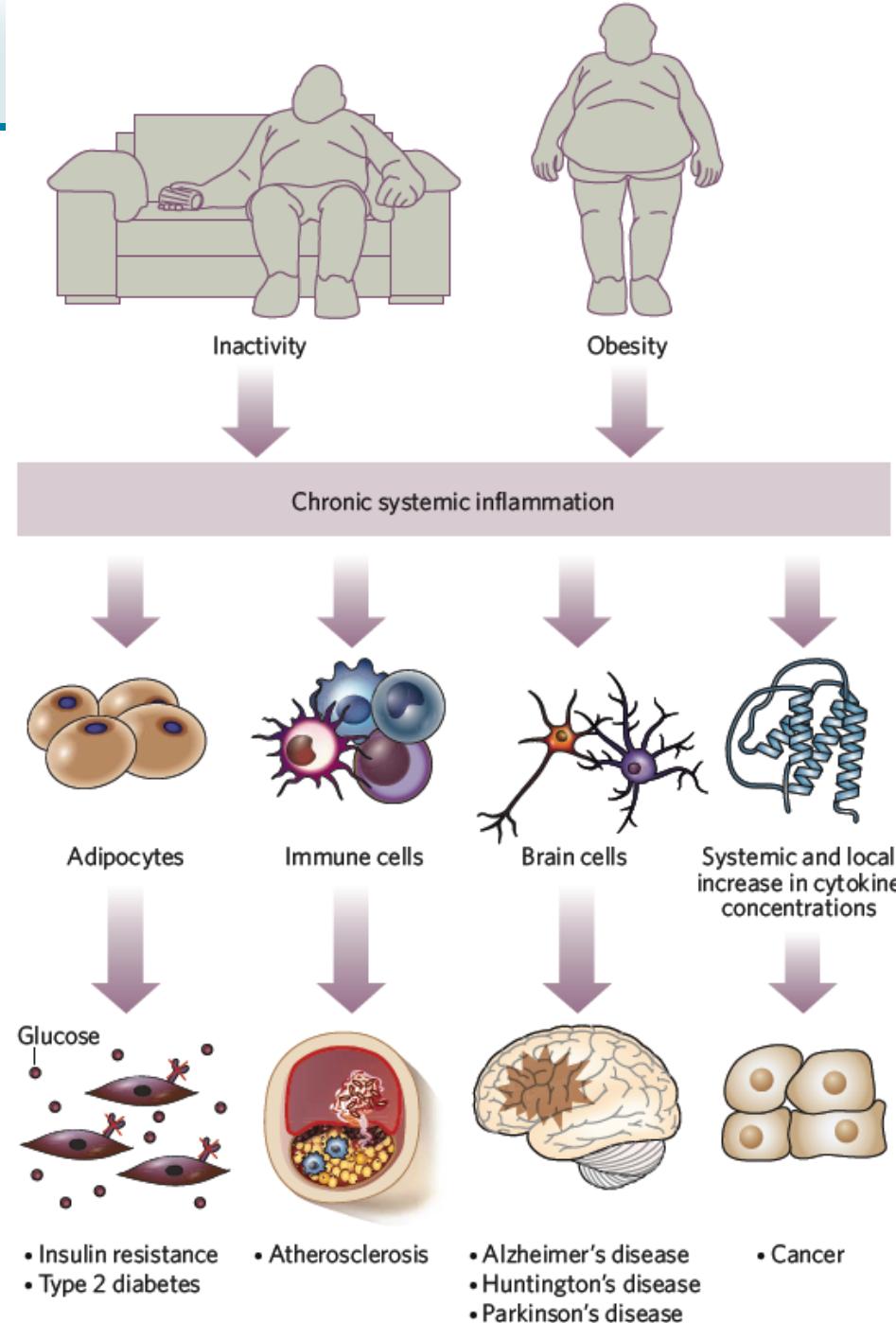


# Exercise

# Bipolar Disorder and Exercise



# Inactivity increases inflammation



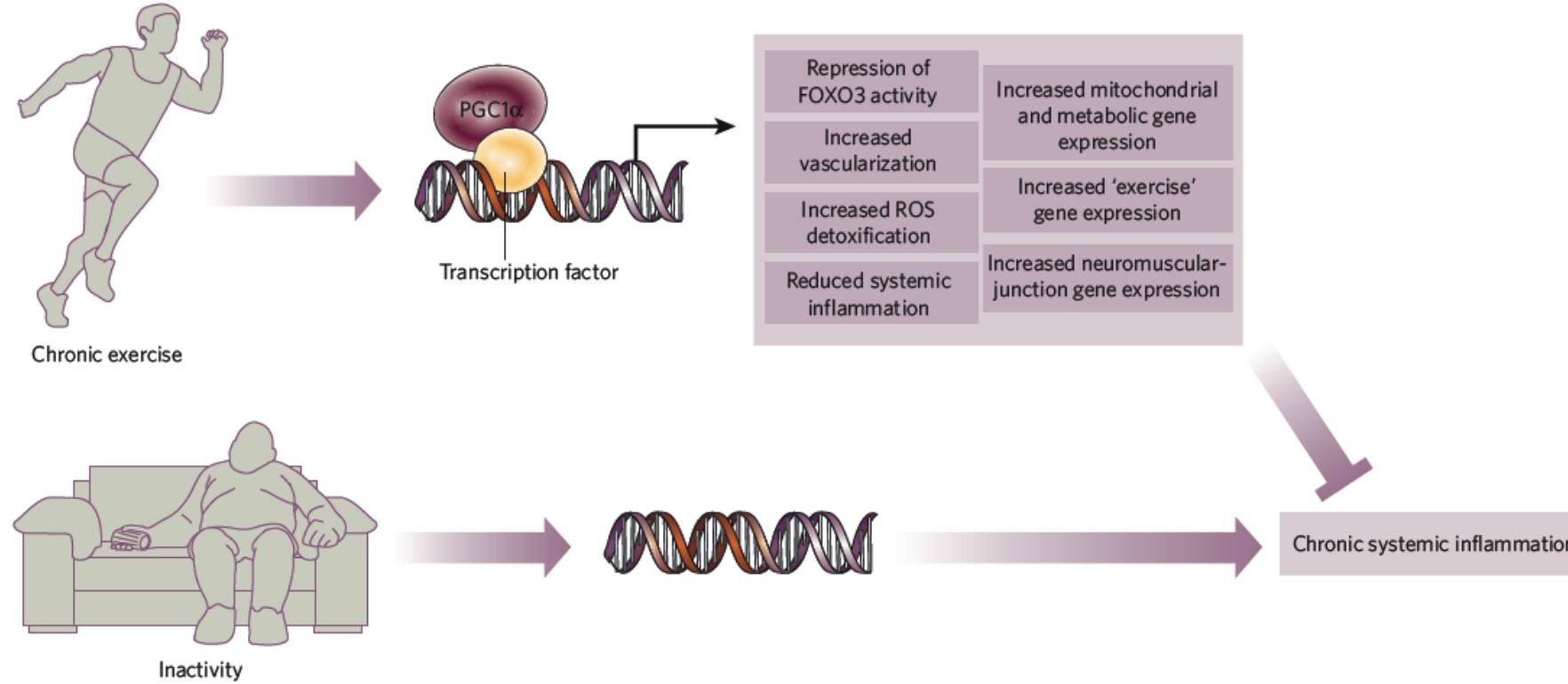
Handschin and Spiegelman.  
NATURE | Vol 454 | 24 July 2008

# Exercise decreases inflammation.

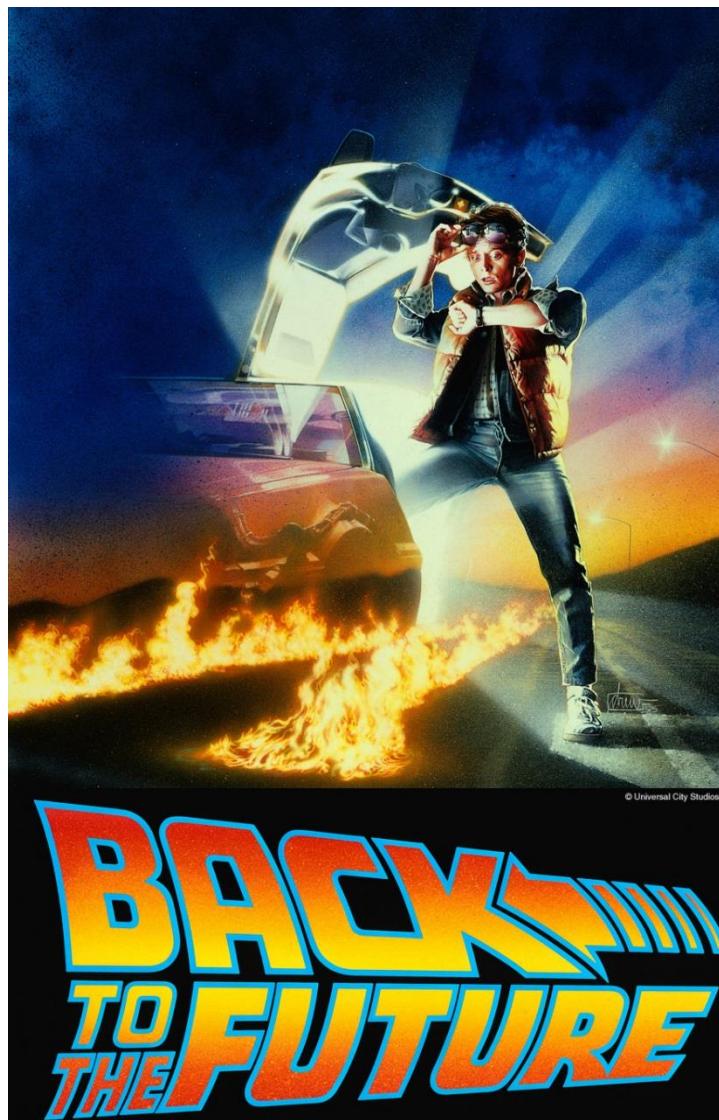


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# A Memory of the Future





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# Phases of Illness

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

- 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

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

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