



# Long Term Management Of Relapse Prevention In Schizophrenia

**February 15<sup>th</sup> 2014 - Hotel Pride, Pune**

**February 16<sup>th</sup> 2014 - Hotel Sofitel Mumbai**



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**Long Term Management Of Relapse Prevention In Schizophrenia conference** was in Association with Jansen's India with Asian Society of Continuing Medical Education. The CME was designed to get all the psychiatrists on one platform for exchanging their views and sharing their clinical experiences with each other about the challenges in treating Schizophrenia. Well known Psychiatrists from all over India were invited to share their knowledge and Experience.

**Date:** 15 & 16<sup>th</sup> of February 2014

**Place and Venue:** Hotel Pride, Pune on 15-2-2014  
Hotel Sofitel, Bandra, Mumbai on 16-2-2014.

**Total Participants:** 93

**CHAIRPERSONS** At Pune & Mumbai :



Dr. Vidyadhar Watve  
M.B.B.S, MD(Psy) , D.P.M.  
( Pune)



Dr.(Mrs.)Shirish Ratnaparkhi  
M.B.B.S, M.D. (Psy)  
(Pune)



Dr. Ashit Sheth  
MBBS.MD  
( Mumbai)



Dr. M.Thirunavukarasu  
MD, DPM, MD (Psy)  
(Mumbai)

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## Faculties :



Dr. G. Prasad Rao  
M.D. D.P.M.  
( Pune & Mumbai)

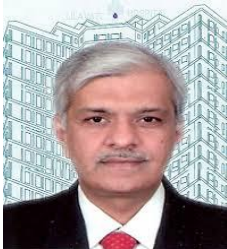


Dr. Ashish Deshpande  
MD (Psy)  
( Mumbai)



Dr. Rohan Jahagirdar  
MBBS, MD (Psy)  
( Pune)

## Panelists:



Dr. Bharat R Shah  
MD (Psy)  
( Mumbai)



Dr. Shreekant Bhalchandra Joshi  
M.B.B.S ,M.D,D.P.M.  
(Mumbai)

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## Topics:

Relapse Prevention in Schizophrenia- Evidence based approach

Case scenarios-1

Case scenarios- 2

Game based Questions

**Dr. G.Prasad Rao,MD,DPM**, has given the key note address at Pune and Mumbai both on “**Relapse prevention in schizophrenia-Evidence based approach**”.

He said-early proper treatment in schizophrenia to prevent every single episode of relapse is critical. Data suggest that during the 1<sup>st</sup> year of illness the largest decline of cerebral (gray matter) volume takes place .There is a high rate of relapse within 5 years after a first episode. Relapse prevention strategies should ensure periods of non-adherence to medication are minimized. **Depot offers 30% relative risk reduction in Relapse compared to oral antipsychotics.** Significantly fewer participants in the depot than in the oral group relapsed.

Long-acting injectable SGAs ensure continuous drug delivery, transparency of non-adherence, allow missed medication to be monitored, and addressed stability of plasma drug concentration beneficial for efficacy and side-effect profile

About the benefits with **Paliperidone Palmitate** he said-There is improved medication adherence and relapse rates as compared with oral risperidone; frontal lobe white matter volume was stable in patients treated with RLAI but decreased in patients treated with oral risperidone. He has more than 1 year experience with **Injectable Paliperidone Palmitate**. He said it has definitely better acceptability-almost 90% of those who were started on it are continuing.

Side effects : in terms of EPS are much less

No Parkinsonism symptoms.

Akathisia is also much less. He concluded in the end that-

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Relapses and chronicity are the characteristic features of schizophrenia.

Patients have to be on maintenance & Continuous treatment.

Compliance is a major issue with oral antipsychotics.

**Depot preparations need to be preferred in Pts with compliance issues.**

**Dr Vidyadhar Watve, M.B.B.S,MD(Psy),D.P.M** said First episode Schizophrenia has lower relapse rates.

After 1 year of treatment 40% on placebo relapse and 0 % of patients on medication relapse. Psychosocial Intervention, Somatic Treatment and Rehabilitation should be the mainstay of the treatment.

**Dr. Ashish Deshpande,MD(Psy)** explained the rationale for Injectables by presenting three cases. What he found was-Lack of social support, difficulty in monitoring, questionable compliance post hospitalization, Interpersonal issues with the caregiver, apathy of other significant relationships to support the client; past history of relapses due to irregular medication- these are some of the reasons why injectables are preferred.

**Dr.Rohan Jahagirdar** had presented a case on Schizophrenia which was ultimately controlled and maintained on **Injectable Paliperidone Palmitate**.

**Dr.Asit Sheth, Dr.Bharat Shah, Dr.Thirunavukarasu, Dr.Shreekant Joshi,Dr. Shirish Ratnaparkhi** – all of them gave their invaluable and practical inputs to the audience. Dr. Thirunavukarasu summed up the Relapse Prevention in Schizophrenia management.

The last session at both the CMEs was the game Based approach towards a better understanding of the subject. In this total 9 questions were flashed on the screen one by one. They all had 4 or 5 options. The digital answering pads were given to the delegates. The delegates were given 10 seconds to answer each question. After ten seconds the answers were flashed on the screen which

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were eventually explained by the Faculties, panelists and the chairpersons. This turned out to be the most engrossing and interactive session.

## Feedback by the Participants:

Would like to have more CMEs on-

- Group Therapy
- Cannabis Dependence
- Forensic Psychiatry
- Legal and Forensic Psychiatry
- Bipolar Disorder
- Bipolar Mood Disorder - Experience with Risperidone Long Acting 2) Acute and transient Psychotic Disorder 3) Hysterical Psychosis ,
- Management of Treatment Resistant Depression
- Choice of Antipsychotics with Indication based on Clinical practice Experience
- Psychopharmacotherapy
- NeuroPsychiatry , Anthropology , Mood Disorders.
- Psychopharmacology & Child Psychiatry
- Child Psychiatry / Biological Psychiatry
- Depressive Disorders.
- Treatment Resistant Depression
- Psychopharmacology - Child Psychiatry , Needs regular CME programmes like Today's
- BPAD & Autism Spectrum Disorders
- BAD , Depression
- Management of Bipolar Disorder
- BPAD & Substance Abuse

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- Personality Disorders , Affective Disorders, Catatonia, Negative Symptoms.
- Catatonia ,Borderline Personality Disorder
- Depression , Stress
- Suicide prevention & Substance use Disorder
- BPAD & Child - Adolescence Psychiatry
- This CME is different.
- Good way of increasing Knowledge in Clinical Practice.
- Please Continue Similar CME`s
- Suggestion - Webcast or You tube Uploads of Events
- Information by the pharmaceutical side will be beneficial

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Photos of the event



Faculty giving lecture



Faculty giving lecture



Faculty & chairpersons answering



Faculty giving lecture



# Long Term Management Of Relapse Prevention In Schizophrenia



Audience participating



Chairpersons & Panelists interacting



Audience participating



Audience participating