Nursing Homes Seeking Psychiatric Consultants

BY DOUG BRUNK

San Diego Bureau

SALT LAKE CITY — Geriatric psychiatrist consultants can relieve some of the burden on nursing homes and help provide optimal care, the medical director of a large system of senior-living facilities said.

Good geriatric psychiatrists are hard to find, but it's important to convince administrators that timely psychiatric consultations and appropriate recommendations may reduce litigation risks and help nursing homes with risk management, Dr. Jeffrey B. Burl, medical director of Overlook Masonic Health System in Charlton, Mass., said at the annual symposium of the American Medical Directors Association.

Today, up to 70% of residents in nursing homes have dementia or a dementiarelated diagnosis. "We're all seeing these types of patients admitted to our facilities [from] assisted living programs," Dr. Burl said. "They nurture these people until it finally reaches the point where the behavior is so untenable that they are admitted to a nursing home."

He noted that mental health issues are some of the most difficult problems in the nursing home setting. Lack of good research, potential adverse effects of medications such as atypical antipsychotics, and difficult-to-quantify end points for progress with patients "make care of these issues problematic," he said. "Provider and

staffing issues may complicate the picture."

Dr. Burl said he is aware of a few skilled nursing facilities that offer a stipend to consultant psychiatrists and assign them the title of associate director of dementia units. Duties include educating staff about behavioral problems, reviewing policies, and developing behavior plans for residents.

"It took a little bit of effort to convince these nursing homes to pay for the stipend, but once they saw the number of antipsychotic medications going down and the number of psychoactive medications going down [after psychiatrists' interventions], that got their attention," said Dr. Burl, whose system offers a continuum of services that includes independent housing, assisted living, a skilled nursing facility, subacute care, a visiting nurse association, and hospice care.

Other facilities have used the services of specially trained nurse practitioners with skills and expertise in geriatric mental health. They usually collaborate with consultant psychiatrists in providing timely care in facilities.

Overlook Masonic Health Care recog-



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nizes six indications for a geriatric psychiatry consultation: recurrent depression or being nonresponsive to medications for depression, suicidal ideation or hopelessness, depression with psychotic features, aggressive behaviors that result in harm to staff or to other residents, refusal to eat or drink despite no obvious medical problems, and displays of acute or chronic psychosis including paranoia, hallucinations, and personality changes.

Outlining expectations for a psychiatric consultant is important, Dr. Burl said. For example, agree whether you'll notify the consultant by phone, fax, or e-mail. What processes do you have for regularly communicating with the consultant? What's your expected turnaround time for such communications?

It's also essential to delineate how recommendations from the consulting psychiatrist will be transmitted to an attending physician and to devise a procedure for addressing the consultant's recommendations when the attending isn't available or refuses the recommendations.

Dr. Burl reminded his audience that as stated in the Centers for Medicare and Medicaid Services' F-tag 150 language, medical directors are ultimately responsible for coordination of care and implementation of resident-care policies and procedures. They might need to intervene to make sure that all consultants to a nursing home are meeting expectations.

After all, he said: "Our cases are getting more complex. This is our challenge."

Dr. Burl said that he had no relevant conflicts to disclose.

BRIEF SUMMARY. See package insert for full prescribing information

Increased Morality in Elderly Patients with Dementia-Related Psychosis: Elderly patients with dementia-related psychosis treated with adypical antipsychotic drugs are at an increased material antipsychotic drugs are at an increased risk of death compared to placebo. Analyses of seventeen placebo controlled trials (modal duration of 10 weeks) in these patients revealed a risk of death in the drug-treated patients of these patients revealed a risk of death in the drug-treated patients. Over the course of a typical 10 week controlled trial, the rate of death in drug-treated patients was about 4.5%, compared to a rate of about 2.6% in the placebo group. Although the causes of death were varied, most of the deaths appeared to be either cardiovascular (e.g., heart failure, sudden death) or infectious (e.g., pneumonia) in nature. GEODON (ziprasidone) is not approved for the treatment of patients with Dementia-Related Psychosis.

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measurements. Low serum potassium and magnesium should be repleted before treatment. Patients who are started on diuretics during GEODON therapy need periodic monitoring of serum potassium and magnesium. Discontinue GEODON in patients who are started on diuretics during GEODON therapy need periodic monitoring of serum potassium and magnesium. Discontinue GEODON in patients who are found to have persistent QT, measurements >600 msec (see WARNINGS). Drug Internations:(1) GEODON hould not be used with any drug that prolongs the QT internal. (2) Given the primary CNS effects of GEODON, caution should be used when it is taken in combination with other centrally acting drugs. (3) Because of its potential for including hypotension, GEODON may enhance the effects of certain antihypertensive agents. (4) GEODON may antagonize the effects of levodopa and dopamine agonists. Effect of Other Drugs on GEODON: Carbarnazepine, 200 mg old for 27 days, resulted in a decrease of approximately 35% in the AUC of GEODON *Metaconazota* a potent inhibitor, 920A and onlying qf of 5 days, increased the AUC and C_{mg} of GEODON by about 35%-40%. Cimetidine, 800 mg od for 2 days, did not affect GEODON pharmacokinetics. Coadministration of 30 mL of Mealox did not affect GEODON pharmacokinetics. Population pharmacokinetic soft analysis of schizophrenic patients in controlled clinical tribals has not revealed any clinically significant pharmacokinetic instructions with benztropine, propranolol, or lorazepam. Effect of GEODON on Other Drugs; In vitro studies revealed little potential for GEODON to interfere with the metabolism of drugs cleared primarily by CYP14. CYP220, CYP205. OYP205, and CYP3A4, and little potential for GEODON to interfere with the metabolism of drugs cleared primarily by CYP14. CYP205, CYP205. OYP205 in CYP305 and CYP3A4, and little potential for discontinuity discontinuity with the metabolism of continuity and environmental properties of concomitantly with mitter of concomitantly administered or and carbaceptives at this p statis in our recard issuances of thirms. GEODOX 20 mg but did not statist for hymmacokemists of consciousted with minimal statists. a study in mornal hardly voluntees showed in GEODOX in on good substants, bit is major metabolis, electropism, and the GEODOX in our posts and profit minimal productions of the control of

