## Diagnosis and Treatment of Catatonia

### January 14, 2015
9 to 11 a.m.

**Course Code: T292**

### Presenter:

<table>
<thead>
<tr>
<th>Pierre Azzam, MD</th>
<th>Priya Gopalan, MD</th>
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<tr>
<td>Director, UPMC Psychosomatic Medicine Fellowship Program</td>
<td>Associate Medical Director of the Consultation and Liaison Service</td>
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<td>Chief of Psychiatric Services</td>
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<td>Magee-Womens Hospital of UPMC</td>
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### Program Description:

Catatonia is a syndrome of motor and behavioral features that fluctuates temporally. Common signs include mutism, negativism (purposeless resistance), immobility, posturing, rigidity, repetitive or unusual movements, excitement, echophenomena (repetition of speech or behavior), and ambitendency (being "stuck"). Conceptualized historically as a variant of schizophrenia, catatonia is now known to be precipitated by numerous medical and psychiatric conditions and is frequently misdiagnosed. Given catatonia's heterogeneous presentation and potentially fatal complications, learning to recognize catatonia proves critical to psychiatric care in the general medical setting.

In this workshop, we will provide an overview of catatonia in its historical context, utilize cases to discuss the variability in its presentation, outline common exam findings, describe the medical and psychiatric work-up for the syndrome, and discuss management principles including pharmacologic treatment and electroconvulsive therapy.

### Educational Objectives:

At the conclusion of this program participants should be able to:

- Describe the heterogeneous nature of catatonia and the considerable variability in presentation of the syndrome.
- Assess for the numerous associated signs and symptoms including neurological findings.
- Explain the different potential etiologies of catatonia including psychiatric and medical/neurological causes.
- Implement management principles for patients with catatonia using pharmacological agents, preventive measures for potential complications, and referral for electroconvulsive therapy when indicated.

### Target Audience:

This introductory program is directed toward psychiatric and general medical providers, including nurses, social workers, clinicians, and physicians.

### Continuing Education Credits:

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<th>ACT 48 – 2.0</th>
<th>CADC – 2.0</th>
<th>CME – 2.0</th>
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<td>CPRP – 2.0</td>
<td>NCC – 2.0</td>
<td>PCHA – 2.0</td>
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<td>Psychologist – 2.0</td>
<td>LSW/LCSW/LPC/LMFT – 2.0</td>
<td>General CEU – 0.2</td>
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The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA* PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

### Tuition:

This program is free of charge.

Please contact the site coordinator at your desired location for registration information.

**Participating sites**
Continuing Education Credit
Each program is offered for the designated number of continuing education credits

PHYSICIANS: CME
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates these educational activities for a maximum number of AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of their participation in the activity.

EDUCATORS: ACT 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines.

CERTIFIED ALCOHOL AND DRUG COUNSELORS: CADC
Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

CERTIFIED PSYCHIATRIC REHABILITATION PRACTITIONERS: CPRP
The announced credit hours for each program can be applied to your training hours for the Certified Psychiatric Rehabilitation Practitioners (CPRP).

COUNSELORS: NCC
Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

CERTIFICATE OF ANNUAL ADMINISTRATOR TRAINING – PERSONAL CARE HOME ADMINISTRATORS
The indicated number of clock hours is approved by the Department of Public Welfare Bureau of Adult Residential Licensing. These clock hours may count towards the 24 hours of annual training for administrators required in 55 Pa. Code Chapter 2600 (relating to personal care homes).

PSYCHOLOGISTS
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT
The indicated number of credit hours of social work continuing education is provided through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

MENTAL HEALTH PROFESSIONALS: CEU
Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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