



APRIL 6, 2024 • VIRTUAL

# Psychopharmacology in Cancer Care

## An Update for Clinicians of All Disciplines



Memorial Sloan Kettering  
Cancer Center

# Overview

Clinicians have numerous tools at their disposal to help adult cancer patients deal with symptoms of depression, anxiety, and other cancer sequelae. **Psychiatric medications are most frequently prescribed to cancer patients by oncologists and general practitioners, however, psychiatric syndromes are often underdiagnosed and undertreated.**

Few oncology practices have dedicated psychiatric consultants familiar with the nuances of Psycho-Oncology. Even when patients receive psychotropic medications appropriately, they may have problems that arise before their next oncology visit or before they see the person who prescribed their psychiatric medications. Psychologists, nurses, and social workers play an essential role in identifying psychological and physical symptoms as well as both beneficial and problematic medication effects as they provide frontline psychosocial interventions and support for cancer patients.

This course is designed for the non-prescribing psycho-oncology clinician as well as the psychiatrist who is new to the world of Psycho-pharmaco-oncology. Oncologists, palliative care clinicians, advanced practice nurses, and oncology nurses will find this course useful as well.

Expert faculty will focus on key **target disorders and symptoms amenable to psychopharmacological intervention**, including anxiety, depression, delirium, sleep disturbance, pain, fatigue, and weight and appetite loss.

The course will also include **updates on COVID-19-related delirium and the use of novel interventions** including ketamine, medical marijuana, and psilocybin for depression, anxiety, and pain.

The role of clinical social work in psychosocial support will also be reviewed. Participants will learn to identify psychological reactions to medical conditions or treatments; psychiatric presentations of medical conditions or treatments; medical presentations of psychiatric conditions and common medical complications of psychiatric conditions or treatments.

Basic information will be presented about **medications used to alleviate Quality of Life symptoms** that arise in the cancer setting from diagnosis to survivorship or end-of-life care, and the interface of psychotherapy and medication management. We will review why certain medications are used and why some are avoided, looking at potential benefits, unwanted side effects, and drug-drug interactions, since you may be the first person to identify a serious adverse event. The course will also enhance your ability to **provide psychoeducation to patients** regarding psychiatric medications.

This educational program is co-sponsored by the MSK **Psycho-Oncology Education and Training Institute (POETI)**, which aims to expand training opportunities in psycho-oncology for psychiatrists, psychologists, nurses, and social workers in the oncology setting.



**POETI**

MSK's Psycho-Oncology  
Education and Training Institute

## WHO SHOULD ATTEND

The target audience for this course includes Psychiatrists, Psycho-oncologists, Oncologists, Palliative Care Physicians, Physician Assistants, Nurse Practitioners, Nurses, Psychologists, Social Workers and Counselors

This course is set to be an **exclusively live virtual experience**. Detailed Zoom access and participation instructions will be provided to registrants prior to the start of the program.

## LEARNING OBJECTIVES

- Describe basic psycho-pharmaco-oncology principles for understanding and treating anxiety, depression and delirium in people with cancer.
- Discuss basic psycho-pharmaco-oncology principles for understanding and improving quality of life and psychiatric palliative care in people with cancer, including managing cognitive changes, insomnia, fatigue, poor appetite and weight loss, and pain.
- Identify the nuances of psycho-pharmaco-oncology related to COVID-19 related delirium and the use of novel interventions including ketamine, medical marijuana, and psilocybin for depression, anxiety, and pain in people with cancer.

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**AMA PRA Category 1 Credits™, ABIM MOC Points, ANCC CNE Contact Hours, NYS Psychology Contact Hours, and NYS Social Work Contact Hours will be offered.**

## COURSE DIRECTOR



### **Yesne Alici, MD**

Vice Chair for Clinical Operations  
Clinical Director; Associate Attending Psychiatrist,  
Psychiatry Service  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center

## COURSE CO-DIRECTOR



### **William S. Breitbart, MD**

Attending Psychiatrist; Chair  
Department of Psychiatry and Behavioral Sciences  
Attending Psychiatrist, Supportive Care Service  
Department of Medicine  
Memorial Sloan Kettering Cancer Center

## COURSE FACULTY



### **Andrew Roth, MD**

Emeritus Attending Psychiatrist, Psychiatry Service  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center



### **Christian Bjerre Real, MD, MMCI, FAPA**

Founder and Psychiatrist  
Alta Psychiatry PLLC



**Natalie Moryl (Khojainova), MD**

Attending Physician, Supportive Care Service,  
Addiction Medicine  
Department of Medicine  
Memorial Sloan Kettering Cancer Center



**Erik Bengtsen, MD**

Assistant Attending Psychiatrist, Psychiatry Service  
Department of Psychiatry and Behavioral Sciences  
Memorial Sloan Kettering Cancer Center



**Christine Wilkins, PhD**

Director, Social Work  
Memorial Sloan Kettering Cancer Center

**MITIGATION OF RELEVANT FINANCIAL RELATIONSHIPS**

Memorial Sloan Kettering Cancer Center adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all financial relationships with ineligible companies (commercial interests). All relevant financial relationships have been mitigated prior to the commencement of the activity.

# Schedule

**SATURDAY, APRIL 6, 2024**

**8:30 AM — 5:30 PM EDT**

8:25 AM Attendee Zoom Sign On

8:30 AM **Overview and Introduction**  
Yesne Alici, MD

8:45 AM **Depressive Disorders**  
Andrew Roth, MD

9:35 AM **Break and Cases with Faculty**  
Join us for an engaging break with the course faculty as we review and discuss various cases.

9:50 AM **Delirium**  
William S. Breitbart, MD

10:40 AM **Anxiety Disorders**  
Andrew Roth, MD

11:30 AM Lunch Break

12:15 PM **Sleep Disorders**  
Yesne Alici, MD

1:00 PM **Cancer-Related Fatigue**  
William S. Breitbart, MD

1:45 PM **Break and Cases with Faculty**  
Join us for an engaging break with the course faculty as we review and discuss various cases.

2:00 PM **Pain**  
Natalie Moryl (Khojainova), MD

2:45 PM **Weight and Appetite Loss**  
Yesne Alici, MD

3:15 PM **Cancer and Cancer-Treatment Related Cognitive Changes**  
Yesne Alici, MD

3:45 PM **Novel Psychopharmacologic Interventions in Oncology**  
Christian Bjerre Real, MD, MMCI, FAPA

- 4:15 PM     **Ketamine and Esketamine for Depression**  
Erik Bengtsen, MD
- 4:45 PM     **Caring for the Whole Patient:  
The Role of Clinical Social Work in Psychosocial Support**  
Christine Wilkins, PhD
- 5:15 PM     **Closing Remarks**  
Yesne Alici, MD  
William S. Breitbart, MD  
Andrew Roth, MD
- 5:30 PM     Adjournment

**Faculty will be available at the conclusion of each presentation for a live, interactive Q&A with attendees.**

“I enjoyed all speakers/lectures and how they included real life examples ...”

“The content was essential to [my] practice and quite useful.”

“I learned a lot to add to my practice and [it] changed my thinking on several different conditions.”

- Attendee Feedback





# Accreditation

Memorial Sloan Kettering Cancer Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## AMA CREDIT DESIGNATION STATEMENT

Memorial Sloan Kettering Cancer Center designates this live activity for a maximum of **7.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## ABIM MOC RECOGNITION STATEMENT

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## ANCC CNE STATEMENT

Memorial Sloan Kettering Cancer Center–Nursing Professional Development / Continuing Education is accredited with distinction as a provider of nursing continuing professional development (NCPD) by the American Nurses Credentialing Center's Commission on Accreditation.

**7.75 contact hours** will be awarded to participants who attend the program in its entirety and complete a program evaluation.  
**Partial credit not awarded.**

## SOCIAL WORK ACCREDITATION STATEMENT\*

This presentation is approved for a maximum of **7.50 Continuing Education Contact Hours of Live Training**. Memorial Sloan Kettering Cancer Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0228.

## CONTINUING EDUCATION FOR LICENSED PSYCHOLOGISTS IN NEW YORK STATE\*\*

***This event offers 7.50 NYS Psychology Contact Hours.***

Memorial Sloan Kettering Cancer Center is recognized by the New York State Education Department State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0166.

REGISTER ONLINE AT

[msk.org/psychopharm](https://msk.org/psychopharm)

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## REGISTRATION FEES

Physicians (MDs, PhDs, and DOs)	<b>\$200</b>
Residents, Fellows, Advanced Practice Providers, Nurses, Psychologists, Social Workers, Counselors, and Other Healthcare Providers	<b>\$125</b>
Industry Professionals*	<b>\$350</b>
MSK Employees	<b>Complimentary</b>

**MSK Alumni and MSK Cancer Alliance Members:** A discounted registration rate is offered to MSK Alumni and MSK Cancer Alliance members for all CME programs at MSK. Please visit the course website for additional information.

**\*Industry professionals** may attend MSK CME activities for their own education. Marketing, sales, and promotion of products and services is strictly prohibited at MSK CME activities.

## CANCELLATION POLICY

If you wish to cancel your participation in this course, you must email [cme@mskcc.org](mailto:cme@mskcc.org) at least seven (7) days prior to the start of the course, and your refund will be subject to a \$25 administrative fee. Cancellations or no-shows within seven (7) days of the course are not eligible for a refund. Please note that if it has been more than 120 days since payment was processed, a W9 form must be submitted in order process your refund and your refund will be issued in the form of a check payment. Refunds are not subject to tax. You may substitute another registrant in your place at any time by contacting [me@mskcc.org](mailto:me@mskcc.org) with the appropriate information.

MSK CME reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event we must cancel or postpone this course, you will be notified via email from MSK CME ([me@mskcc.org](mailto:me@mskcc.org)). A full refund will be issued for your registration. MSK CME is not responsible for any related costs, charges, or expenses to participants, including fees incurred by airline/travel/lodging agencies.



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