

# Psychopharmacology in Cancer Care

An Update for Clinicians of All Disciplines

APRIL 22, 2023 • VIRTUAL



Memorial Sloan Kettering  
Cancer Center

# Overview

Clinicians have numerous tools at their disposal to help adult cancer patients dealing 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 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.

Participants will learn to

- (1) identify psychological reactions to medical conditions or treatments
- (2) psychiatric presentations of medical conditions or treatments; and
- (3) 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 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.

### Who Should Attend

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.

### Educational 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.

## MSK Course Directors



### **YESNE ALICI, MD**

Vice Chair for Clinical Operations; Clinical Director;  
Associate Attending Psychiatrist  
Psychiatry Service, Department of Psychiatry and  
Behavioral Sciences



### **WILLIAM BREITBART, MD**

Attending Psychiatrist; Chair, Department of  
Psychiatry and Behavioral Sciences  
Attending Psychiatrist, Supportive Care Service,  
Department of Medicine

## Course Faculty



### **NATALIE MORYL, MD**

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



### **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

# Schedule

8:15 AM	Virtual Course Check-in
8:30 AM	<b>Overview and Introduction</b> Andrew Roth, MD
9:00 AM	<b>Depressive Disorders</b> Andrew Roth, MD
9:50 AM	<b>Break &amp; Meet the Experts</b> Andrew Roth, MD • William Breitbart, MD • Yesne Alici, MD Attendees are invited to turn on cameras/microphones for a faculty meet and greet and to ask additional questions.
10:05 AM	<b>Delirium</b> William Breitbart, MD
10:55 AM	<b>Anxiety Disorders</b> Andrew Roth, MD
11:45 AM	Lunch Break
12:30 PM	<b>Sleep Disorders</b> Yesne Alici, MD
1:15 PM	<b>Cancer-Related Fatigue</b> William Breitbart, MD
2:00 PM	<b>Break &amp; Meet the Experts</b> Andrew Roth, MD • William Breitbart, MD • Yesne Alici, MD Attendees are invited to turn on cameras/microphones for a faculty meet and greet and to ask additional questions.
2:15 PM	<b>Pain</b> Natalie Moryl, MD
3:00 PM	<b>Weight and Appetite Loss</b> Yesne Alici, MD
3:30 PM	<b>Cancer and Cancer-Treatment Related Cognitive Changes</b> Yesne Alici, MD
4:00 PM	<b>Novel Psychopharmacologic Interventions in Oncology (Psilocybin, Ketamine, &amp; Medical Marijuana)</b> Christian Bjerre Real, MD, MMCI, FAPA
4:30 PM	<b>Closing Remarks</b> Andrew Roth, MD William Breitbart, MD Yesne Alici, MD
4:35 PM	Adjourn

# 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 **6.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## 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.

**6.75 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 **6.50 Continuing Education Contact Hours** of Live Virtual 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 **6.75 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

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\*Not all states accept NYS CEUs. Please check with the licensing board in your state for guidance on their acceptance of the credit types offered for this course.

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# Registration

Physicians (MD, DO, MBBS, or equivalent)	<b>\$150</b>
Residents, Fellows, APPs, Nurses, Psychologists, Social Workers, Counselors, & Other Healthcare Providers	<b>\$100</b>
Industry Professionals*	<b>\$262.50</b>
MSK Employees	<b>Complimentary</b>

A registration discount is available for **MSK Alumni** and **MSK Cancer Alliance** members to attend this course.

This live virtual program will be delivered using Zoom. Access details will be sent to registrants prior to the start of the course.

Additional details, including the MSK CME cancellation policy, can be found on the course website: [mskcc.org/psychopharm](https://mskcc.org/psychopharm)

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

REGISTER ONLINE:  
[mskcc.org/psychopharm](https://mskcc.org/psychopharm)

This course is co-sponsored by the Memorial Sloan Kettering's (MSK) Psycho-Oncology Education and Training Institute (POETI), which is led by faculty members in the MSK Department of Psychiatry and Behavioral Sciences, a global leader in evidence-based medicine in oncology and the original home to this psychiatry subspecialty in cancer.

The institute's goal is 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

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



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