# Contents

<table>
<thead>
<tr>
<th>Introduction</th>
<th>xiii</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributors</td>
<td>xvii</td>
</tr>
<tr>
<td>List of icons</td>
<td>xix</td>
</tr>
<tr>
<td>Abbreviations</td>
<td>xxi</td>
</tr>
</tbody>
</table>

1. **The Case: Wearing down a diagnosis**
   - **The Question:** What are the similarities and differences between anxiety and autism spectrum disorder (ASD) in children? How does it affect treatment and prognosis?
   - **The Psychopharmacological Dilemma:** Does this patient have an anxiety disorder, which can be treated effectively with a simple regimen that has a good prognosis, or does she have an ASD, which would require a more extensive regimen and possible lifelong treatment?
   - Karen Clarey, Stephanie Wong, and Takesha Cooper

2. **The Case: The woman who couldn’t handle her lips smacking any longer**
   - **The Question:** Is tardive dyskinesia permanent?
   - **The Psychopharmacological Dilemma:** Finding various options for treating tardive dyskinesia
   - Douglas Grover, Michael T. Ingram, Jr., and Christopher G. Fichtner

3. **The Case: The depressed bipolar patient on multiple medications**
   - **The Question:** Can reduction of polypharmacy optimize mood stabilization and reduce risk of subsequent manic or depressive episodes in this patient?
   - **The Psychopharmacological Dilemma:** Starting new medications and altering current ones can give rise to new adverse effects
   - Dale Hoang, Catherine Ha, and Peter Hauser

4. **The Case: The agitated patient who finally wasn’t**
   - **The Question:** What do you do when a patient is taking appropriate scheduled medications, but is frequently agitated and requiring medication intramuscularly (IM) or as needed on top?
   - **The Psychopharmacological Dilemma:** This patient had a significant history of violence and required heavy utilization of emergency IM medications in addition to scheduled medications. How do you balance the safety needs of the patient and staff while still respecting consent, ethical rights, and the risk of serious side effects?
   - Alex J. Mageno, Nekisa Haghighat, and Arthur Leitzke
5. The Case: The George who was not psychotic but anxious and distracted 49
   The Question: How common is psychosis seen in the spectrum of psychiatric comorbidities in DiGeorge syndrome?
   The Psychopharmacological Dilemma: Treating anxiety in a patient with a comorbid medical condition, symptoms of mood elevation, and a family history of bipolar disorder
   Edgar Ortega, Michael Seigler, and Takesha Cooper

6. The Case: The man who saw enemies everywhere 61
   The Question: What treatment options are left when nearly all treatments have been exhausted and ineffective?
   The Psychopharmacological Dilemma: Treating symptoms recalcitrant to even the most robust treatment strategies
   Joshua Poole and Stephen Maurer

7. The Case: The young woman with psychosis complicated by substance use and a history of traumatic brain injury 71
   The Question: How do you determine whether psychosis is a primary or secondary illness?
   The Psychopharmacological Dilemma: Does treatment depend upon whether psychosis is due to a primary psychiatric illness?
   Harika Reddy, Austin Nguy, and Sana Johnson-Quijada

8. The Case: The woman with worsening psychosis and a mysterious rash 85
   The Question: What do you do when a psychiatric patient on steroids develops psychosis?
   The Psychopharmacological Dilemma: How to address steroid-induced psychiatric disorders
   Sireena Sy, Yatna Patel, and Alexander Thanh Nguyen

9. The Case: The man without a plan 95
   The Question: How to diagnose and treat a patient with a coexisting attention-deficit/hyperactivity disorder (ADHD) and mood symptoms?
   The Psychopharmacological Dilemma: Finding an effective medication regimen for a patient previously diagnosed with ADHD and major depressive disorder failing selective serotonin reuptake inhibitors
   Alfonso Vera and Gerald Maguire

10. The Case: The anxious depressed woman who couldn’t sit still 103
    The Question: How can you distinguish between bipolar disorder with mixed features and major depressive disorder with mixed features? Is it necessary to differentiate between the two?
    The Psychopharmacological Dilemma: Finding an effective regimen for recurrent, anxious depression while minimizing akathisia
    Nekisa Haghighat, Charity Hall, Dennis Alters, and Gerald Maguire
<table>
<thead>
<tr>
<th>Case Study</th>
<th>Title</th>
<th>The Question</th>
<th>The Psychopharmacological Dilemma</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.</td>
<td>The man who thinks it's the end of the world</td>
<td>Can a pandemic trigger dormant psychiatric symptoms?</td>
<td>If some element of psychosis is personality driven, will the patient benefit from medication therapy or psychotherapy to alleviate symptoms?</td>
<td>Erin Fletcher, Evagelos Coskinas, and Phuong Vo</td>
</tr>
<tr>
<td>12.</td>
<td>Sunny with a chance of depression</td>
<td>Can stimulants be used in the treatment of major depressive disorder?</td>
<td>How to treat recurrent major depression in patients who are resistant to various treatments and have specific comorbidities</td>
<td>Madeline Saavedra, Bo Ram Yoo, Douglas Grover, and Christopher G. Fichtner</td>
</tr>
<tr>
<td>13.</td>
<td>A not-so-simple case of anxiety</td>
<td>What should you do when a patient with no history of mental illness presents with sudden psychiatric complaints, significant behavioral changes, and a variety of physical symptoms?</td>
<td>How to appropriately evaluate patients presenting with a broad range of symptoms, including physical, psychiatric and behavioral, in order to prevent misdiagnosis of a disease</td>
<td>Karla P. Furlong, Roberto Castaños, and Bo Ram Yoo</td>
</tr>
<tr>
<td>14.</td>
<td>I'm a woman in a man’s body</td>
<td>I'm not a specialist in this area. What can I do to help recognize and alleviate gender dysphoria?</td>
<td>Finding an effective regimen for the treatment of gender dysphoria while juggling with comorbid depression and anxiety</td>
<td>Sarah Grace, Matt Jason V. Llamas, and Jami Woods</td>
</tr>
<tr>
<td>15.</td>
<td>The spacey, fidgety son with overwhelming sadness</td>
<td>How to manage adolescent depression with comorbid attention-deficit/hyperactivity disorder (ADHD)?</td>
<td>Being cognizant of possible drug interactions when selecting antidepressants in adolescents who also require treatment for ADHD</td>
<td>Niya Larios, Casey Lester, and Carl Feinstein</td>
</tr>
<tr>
<td>16.</td>
<td>The man who spent thousands online</td>
<td>Can antiemetics play a role in the treatment of psychiatric disease?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Psychopharmacological Dilemma: How to diagnose and treat sedative-hypnotic use disorder in an elderly patient who is sensitive to medications

Saloni Singh and Carla Hammond

17. The Case: The traumatized mother who can't stop bingeing
The Question: How do you treat refractory binge eating?
The Psychopharmacological Dilemma: Will the treatment of trauma and mood disorders help resolve this patient's binge eating, or is something more needed?
Kevin Simonson and Bo Ram Yoo

18. The Case: The man who couldn't stop hitting people
The Question: Is there a way to further optimize treatment of violent, psychotic agitation safely beyond the combination of clozapine (Clozaril) with a mood stabilizer in someone with significant cardiovascular history?
The Psychopharmacological Dilemma: How to reduce violent, psychotic behaviors in someone with an inadequate response to multiple empirical combinations of medications for treatment-resistant schizophrenia with behavioral agitation
Angharad Ames and Lawrence Faziola

19. The Case: Brexpiprazole: “an awakening”
The Question: Can the addition of brexpiprazole (Rexulti) to clozapine (Clozaril) reduce positive symptoms in a patient who has not fully responded to clozapine alone?
The Psychopharmacological Dilemma: Can “third-generation” antipsychotics, such as brexpiprazole, be utilized in combination with clozapine for treatment-resistant psychosis?
Troy Kurz, Lauren Kurz, and Samer Kamal

20. The Case: Treatment-resistant depression and opioid dependence
The Question: How can we pharmacologically address refractory major depressive disorder in a patient on buprenorphine-naloxone (Suboxone) maintenance for opioid dependency?
The Psychopharmacological Dilemma: Does ketamine interact with buprenorphine-naloxone?
Kevin Simonson and Alexander H. Truong

21. The Case: A stiff patient
The Question: What are the main clinical considerations when discontinuing clozapine (Clozaril) due to side effects?
<table>
<thead>
<tr>
<th>Case Number</th>
<th>Case Title</th>
<th>Question</th>
<th>Psychopharmacological Dilemma</th>
</tr>
</thead>
<tbody>
<tr>
<td>22.</td>
<td>The Psychopharmacological Dilemma: How to improve quality of life and minimize medication side effects in a patient with medication-resistant psychotic symptoms</td>
<td>The Case: An adolescent awakening</td>
<td>How to manage an adolescent with treatment-resistant psychosis, underlying attention deficit hyperactivity disorder (ADHD) symptoms, daytime sedation, insomnia, and a propensity for weight gain?</td>
</tr>
<tr>
<td></td>
<td>Angharad Ames, Joshua Valverde, and Gerald Maguire</td>
<td></td>
<td>Finding an effective regimen for treatment-resistant psychosis in an adolescent while managing underlying ADHD symptoms, daytime sedation, insomnia, and weight gain</td>
</tr>
<tr>
<td>23.</td>
<td>The Psychopharmacological Dilemma: How can neutrophil count be monitored effectively in a patient early in clozapine (Clozaril) treatment who is also undergoing simultaneous chemotherapy?</td>
<td>The Case: The peace keeper with a left breast mass</td>
<td>How can neutrophil count be monitored effectively in a patient early in clozapine (Clozaril) treatment who is also undergoing simultaneous chemotherapy?</td>
</tr>
<tr>
<td></td>
<td>Monish Parmar and Richard J. Lee</td>
<td></td>
<td>Finding an effective regimen for treatment-resistant schizophrenia while simultaneously undergoing chemotherapy?</td>
</tr>
<tr>
<td>24.</td>
<td>The Psychopharmacological Dilemma: There is limited data regarding the safety and efficacy of medications for sleep promotion in children and adolescents, especially those with trauma</td>
<td>The Case: The girl who slept with problems</td>
<td>What is a treatment approach for insomnia in children with trauma and comorbid psychiatric conditions?</td>
</tr>
<tr>
<td></td>
<td>Joseph Yasmeh and Ijeoma Ijeaku</td>
<td></td>
<td>There is limited data regarding the safety and efficacy of medications for sleep promotion in children and adolescents, especially those with trauma</td>
</tr>
<tr>
<td>25.</td>
<td>The Psychopharmacological Dilemma: Finding an effective medication regimen for a complex pediatric patient with multiple diagnoses and previous hospitalizations</td>
<td>The Case: Not all child’s play: a path to pediatric stability</td>
<td>What can you do to manage symptoms and achieve long-term stability in a pediatric patient with multiple psychiatric conditions?</td>
</tr>
<tr>
<td></td>
<td>Joseph Wong, Justine Ku, and Takesha Cooper</td>
<td></td>
<td>Finding an effective medication regimen for a complex pediatric patient with multiple diagnoses and previous hospitalizations</td>
</tr>
<tr>
<td>26.</td>
<td>The Psychopharmacological Dilemma: What is the most likely diagnosis?</td>
<td>The Case: The young woman who was “nothing but skin and bones”</td>
<td>What is the most likely diagnosis?</td>
</tr>
<tr>
<td></td>
<td>Joseph Wong, Justine Ku, and Takesha Cooper</td>
<td></td>
<td>Finding an effective medication regimen for a complex pediatric patient with multiple diagnoses and previous hospitalizations</td>
</tr>
</tbody>
</table>
The Psychopharmacological Dilemma: How to distinguish anorexia nervosa from other possible diagnoses and formulate a plan of treatment
Kayla L. Fisher and Michelle Tom

27. The Case: Could it be both? Comorbid psychiatric diagnoses
The Question: How do you distinguish between poor academic performance due to attention-deficit/hyperactivity disorder (ADHD) versus a specific learning disorder versus both?
The Psychopharmacological Dilemma: Utilizing the biopsychosocial model to provide holistic treatment and improve patient quality of life
Ruqayyah Malik, Margaret Yau, and Dennis Alters

28. The Case: Treatment-emergent mania/hypomania in a depressed patient
The Question: Can you observe manic/hypomanic side effects in a unipolar depression case after starting antidepressants?
The Psychopharmacological Dilemma: How careful should you be with antidepressants if you suspect unipolar depression versus bipolar depression when starting treatment?
Kevin Truong and Lawrence Yu

29. The Case: The border between mood and personality
The Question: Can you differentiate between borderline personality traits (disorder) from a recurring mood disorder such as major depressive disorder (MDD)?
The Psychopharmacological Dilemma: Is it necessary to differentiate between borderline personality traits (disorder) and major depressive disorder in a teenager?
Phuong Vo and Ijeoma Ijeaku

30. The Case: The student who wanted to go to rehab
The Question: How do you manage a patient with benzodiazepine withdrawal seizure?
The Psychopharmacological Dilemma: How to delineate whether the patient has benzodiazepine withdrawal psychosis or cannabis-induced psychosis in an 18-year-old male who presented with seizure
Eduardo Javier, Louis May, and Martin Sahakyan

31. The Case: The boy who wouldn't (couldn't) listen
The Question: What do you do when nothing you try works?
The Psychopharmacological Dilemma: How to achieve diagnostic clarity and treatment simplicity through layers of reported symptoms in a child
Alex J. Mageno, Bo Ram Yoo, and Richard J. Lee
32. The Case: The patient who went streaking
The Question: Is the patient having delirium tremens or is something else going on?
The Psychopharmacological Dilemma: Agitation: methamphetamine withdrawal delirium versus Benzodiazepine disinhibition syndrome
Louis May, Martin Sahakyan, and Eduardo Javier

33. The Case: “Perseverance”
The Question: The patient with a history of anxiety, mood lability, hypomanic symptoms, psychotic symptoms, history of substance abuse, medical issues, and multiple failed trials of medications due to side effects from medication. What is the diagnosis and how should it be managed? What medications should be used to treat bipolar disorder with mixed episodes?
The Psychopharmacological Dilemma: How to manage multiple failed trials of medications from different classes, with initial benefit but then loss of effect
Kathleen Lopez, Courtney DiNicola, and Niraj Gupta

34. The Case: Clozapine (Clozaril) candidate discombobulates compassionate clinicians
The Question: How soon is too soon to consider clozapine utilization in a patient with polymorphic symptoms? The patient presents with residual symptoms of psychosis, which included delusions and hallucinations. He has been diagnosed with schizophrenia in the past and has failed multiple trials of psychotropic medication due to side effects. Does this patient need diagnostic clarification and how should this be further managed?
The Psychopharmacological Dilemma: The patient has failed trials of multiple medications in different classes, noting only transient efficacy
Darian Vernon, Nishant Prakash, and Niraj Gupta

Index of drug names
Index of case studies