

# Preceptorship Meeting



***Improving outcomes – new developments in the management of schizophrenia from the first episode.***

**Valdecilla Hospital-CIBERSAM-University of Cantabria**

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Preceptorship organised and funded by Otsuka and Lundbeck



# Improving outcomes – new developments in the management of schizophrenia from the first episode

## WELCOME

Dear Colleagues,

I am thrilled to invite you to take part in the Otsuka and Lundbeck sponsored event, entitled, ***Improving outcomes – new developments in the management of schizophrenia from the first episode***. This event will be held on **14<sup>th</sup> and 15<sup>th</sup> of December 2016**, at the **Department of Psychiatry, University Hospital Marques de Valdecilla, CIBERSAM, University of Cantabria, Santander, Spain**.

The Santander Department of Psychiatry is widely recognized as a clinical care and research department treating individuals with psychosis and their caregivers. It is one of the leading centres for clinical, neuroimaging and biological research in early phases of psychosis. The Care *Programme for Early Intervention in Psychosis (PAFIP)* was initiated in 2001 at our Department with the intention to provide health care to all psychosis first episode patients in our region, and during these 15 years more than 600 patients and carers have received intensive treatment at our clinical program. It has a strong track record in first episode psychosis subjects and neuroimaging and genetic studies in psychosis, including multi-modal and longitudinal neuroimaging studies.

This year it is our intention to focus the meeting on new insights and knowledges in the treatment of individuals with a first episode of psychosis from the first break to ensure the best possible outcomes. The meeting will explore ways in which you can optimise short- and long-term treatment outcomes in schizophrenia. The event will include a number of workshops and plenary sessions, led by our distinguished faculty of clinical, genetic and imaging experts.

These small group workshops will be complemented by interactive plenary sessions to discuss in depth the complexity and relevance of an intensive and multidisciplinary treatment of individuals with a first episode psychosis and the impact in illness outcome. Following this, further training will enable you to better communicate your expertise in the area of schizophrenia.

Having attended this meeting, delegates will be able to take this knowledge back to their clinics to further share with their peers. If you would like to attend, then please contact your medical department who will provide you with support and all the details required to register.

We hope you will be able to join us for this exciting and informative meeting.

**Prof. Benedicto Crespo-Facorro**

Valdecilla Hospital/ Department of Psychiatry, University of Cantabria

## Improving outcomes – new developments in the management of schizophrenia from the first episode

### Agenda - Preceptorship Santander 2016

Day 1 -- Wednesday 14th of December

Time	Session	Speaker
09.15 – 10:45	Kick-off and introductory lecture: “Recovery from schizophrenia: a goal since the first episode”	Prof. Benedicto Crespo-Facorro
10:45- 11:30	“Clinical insights into the treatment of first episode nonaffective psychosis: optimizing the treatment”	Dr.Pelayo-Teran
11:30-12:15	“Metabolic and endocrine disturbances in early phases of psychosis: Focus on antipsychotics”	Dr. Perez-Iglesias
12:15- 13.15	Lunch Break	
13:15-14:15	Remarks of morning lectures and implications for practice	Dr. Pelayo-Teran/ Dr. Perez-Iglesias
14:15- 15:00	Divide into 2 groups:  Group A: Introduction to PAFIP program and guided tour. ----- Group B: Patients´ and carers´ needs and psychotherapeutic approaches.	Prof.Crespo-Facorro  Dr. Rosa Ayesa-Arriola
15:00-15:30	Coffee Break	
15:30-16:15	Group B: Introduction to PAFIP and guided tour. ----- Group A: Patients´ and carers´ needs and psychotherapeutic approaches.	Prof. Crespo-Facorro  Dr. Rosa Ayesa-Arriola
16:15	Close and back to the hotel	
19:00	Transfer to dinner	

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## Agenda - Preceptorship Santander 2016

Day 2 – Thursday 15th of December

Time	Session	Speaker
9:00 – 9:05	Good morning and introduction to second day	Prof. Benedicto Crespo-Facorro
9:05- 9:45	The Search for Schizophrenia Genes: where are we and what is next?	Dr. Ignacio Mata
9:45- 10:25	Analyzing neuroimaging and genetic data: The ENIGMA enterprise.	Dr. Diana Tordesillas
10:25-10:45	Coffee Break	
10:45-11:25	Introduction to the 3 parallel workshops 30 minutes + 5 minutes for rotation  Group A: Clinical utility of neuroimaging techniques ----- Group B: How long should patients be maintained on antipsychotic medication after recovering from a first episode? ----- Group C: Cognitive assessment in psychosis: in what ways is it useful?	Dr. Crespo-Facorro  Dr. Diana Tordesillas  Dr. Mayoral-van Son  Dr. Ayesa-Arriola
11:25-12:00	Group C: Clinical utility of neuroimaging techniques ----- Group A: How long should patients be maintained on antipsychotic medication after recovering from a first episode? ----- Group B: Cognitive assessment in psychosis: in what ways is it useful?	Dr. Diana Tordesillas  Dr. Mayoral-van Son  Dr. Ayesa-Arriola
12:00-13:00	Lunch Time	
13:00- 13:35	Group B: Clinical utility of neuroimaging techniques ----- Group C: How long should patients be maintained on antipsychotic medication after recovering from a first episode? ----- Group A: Cognitive assessment in psychosis: in what ways is it useful?	Dr. Diana Tordesillas  Dr. Mayoral-van Son  Dr. Ayesa-Arriola

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13:35-14:10	Workshops outcome and implications for practice	Dr. Diana Tordesillas Dr. Mayoral-van Son Dr. Ayesa-Arriola
14:10-14:35	Coffee Break	
14:35-15:00	Plenary: summary lecture and concluding remarks	Prof. Crespo-Facorro
15:00	Departure	

## Improving outcomes – new developments in the management of schizophrenia from the first episode

### **Prof. Benedicto Crespo-Facorro**

Benedicto Crespo-Facorro is associate Professor of Psychiatry and deputy head of the Department of Medicine and Psychiatry, University of Cantabria, Santander. He trained in Psychiatry at the Hospital Clinico San Carlos, Complutense University, Madrid and after his clinical training was awarded by Spanish Institute of Health Carlos III a two-year research Fellowship in schizophrenia research at the Mental Health Clinical Research Center, University of Iowa, USA. He is currently Director of Cantabria Psychoses First Episode Service (PAFIP) and principal Investigator of the research group CIBERSAM G26. He is on the editorial board of European, American and Asiatic journals. Areas of interest include the clinical, cognitive and biological basis of schizophrenia, in particular the study of imaging genetics, metabolomic and genomics of non-affective psychoses in early phases of illness. Treatment studies focus on treatment effectiveness and safety of antipsychotics, and aspects of medical and mental comorbidity in schizophrenia. He has received several scientific awards: the annual Young Investigator Award from the American Neuropsychiatric Association (ANPA, 1997), Young Investigator Award of the International Congress on Schizophrenia Research (ICOSR, 2001), Reference Researcher in Psychiatry Award from de Sociedad Española de Psiquiatría Biológica (SEPB, 2006) and Bank of Sabadell "National Award of Research in Biomedicine" (2007). Over the period 2000-2015, his group published over 165 papers on MEDLINE in leading psychiatric, neuroscience and general medical journals, h index 40. He has directed 12 doctoral theses.



### **Dr. Rosa Ayesa-Arriola**

Rosa Ayesa-Arriola is a researcher at the Psychiatry Research Unit of Marqués of Valdecilla University Hospital, and belongs to IDIVAL Research Institute and to the Center for Biomedical Research in Mental Health CIBERSAM. She is also assistant professor of Psychology Degree at UEA, Physiotherapy Degree at EUG and Master in Introduction to Research in Mental Health. PhD at University of Cantabria, BA in Psychology and Specialist in Neuropsychology, develops its work focused in neuropsychological evaluation and study of cognitive functions in first episodes patients within the Program of Assistant to Initial Phases of Psychosis (PAFIP). She is principal investigator of the coordinate project (PI14/00639) 10PAFIP: Long term (10 years) of neuroimage and cognitive functioning in patients with schizophrenia spectrum psychosis. In the period 2009-2016 she has published 38 scientific papers ( h index 13) with PAFIP group, has directed 3 master thesis (in 2014, 2015 and 2016) and currently she is supervisor of 3 PhD projects at Medicine and Health Science Program at the University of Cantabria.

### **Dr. Diana Tordesillas Gutiérrez**

Diana Tordesillas Gutiérrez holds a master in Theoretical Physics and a PhD in Medicine & Psychiatry. She is the technical manager of IDIVAL's Neuroimaging unit from its creation in 2013. Since her incorporation in PAFIP in 2003 she has worked in neuroimaging.

Completing her experience working at the Research Imaging Center in San Antonio, Texas between 2005 and 2007. Diana is a specialist in MRI imaging analysis and her interest focuses in the study of grey and white matter brain structure in First Episode of Psychosis subjects. She

has been studying confounding factors as age onset or lack of insight on the brain of patients. Moreover, she aims to get further information in brain structure combining brain imaging and genetic data. This is not only a local effort, but also involves an active participation in the ENIGMA consortium. She has collaborated in national and international projects and clinical trials and has coauthored 32 peer review scientific articles and 4 book chapters.



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### **Dr. Jacqueline Mayoral-van Son**

Dr Jacqueline Mayoral-van Son, MD, PhD, is Consultant Psychiatrist at the Torrelavega Community Mental Health Centre, Sierrallana Hospital, Cantabria. PhD at University of Cantabria, Master in Integrative Psychotherapy from the University of Alcalá de Henares, Madrid; Specialist in Forensic Psychiatry and in Clinical Management of Mental Health Services. She is also a clinical researcher and belongs to IDIVAL Research Institute. She teaches pre and postgraduate students in the School of Medicine from the University of Cantabria. She completed her medical degree in the School of Medicine of the University of Salamanca in 2001. She started her training in psychiatry in 2002 in the University Hospital Marqués de Valdecilla. In 2006 she did a fellowship in affective disorders, in the University of Newcastle, England. After finishing her residency she started working as a Consultant Psychiatry in a Community Mental Health Centre depending of the University Hospital Marqués de Valdecilla. She is assistant professor in School of Medicine of Cantabria, and also in the “Master Interuniversitario de Introducción a la Investigación en Salud Mental” from CIBERSAM (Master in Introduction to Research in Mental Health). She develops her research in clinical aspects of First Episodes of Psychosis within the Program of Assistant to Initial Phases of Psychosis ( PAFIP). Her interests are mainly the study of the outcome after antipsychotic discontinuation, being the principal investigator of the “Treatment Discontinuation” study; and also the study of the economic impact associated with the clinical care in First Episodes of Psychoses. She has published scientific papers with PAFIP group.

### **Dr. Ignacio Mata**

After obtaining his medical degree in 1993, Dr Ignacio Mata completed his residency training in psychiatry between 1994 and 1997. His research career started in 1997, when he became visiting research worker at the Institute of Psychiatry, King’s College London. Since that moment until 2007, he kept on moving between Pamplona and London, carrying out a research project on the genetic and environmental causes of schizophrenia using a sample from an isolated region from the north of Spain. It was during this period when Dr Mata completed his doctoral studies at King’s College London, and obtained his PhD degree under the supervision of Prof. Robin Murray, one of the most relevant researchers in the field of schizophrenia, with a thesis entitled “Familial and molecular genetic determinants of the phenotypic expression of psychoses”. In 2007 he moved from London to Santander in order to join, as a clinical researcher, the University Hospital Marqués de Valdecilla PAFIP First Episode of Psychosis Programme. Finally, in 2011 he moved back to Pamplona, where he is Director of Fundación Argibide. In his current position, Dr Mata combines clinical, research and managing responsibilities. Since 2001 he has been Assistant Professor of Psychiatry at the University of Cantabria (Spain) and Honorary Senior Lecturer at the Institute of Psychiatry. Dr. Mata has co-authored 75 publications in peer-reviewed international journals, with a total Impact Factor of 324 and an h-index of 23. He has given lectures in many medical conferences and acts as a reviewer for several international journals. In April 2011 he was accredited as Associate Professor (Professor Titular) by the Spanish Ministry of Education. His current research interests are the genetic and environmental mechanisms involved in the aetiology and phenotypic expression of psychosis.



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### **Dr. Pelayo-Terán**

José María Pelayo-Terán, M.D., Ph.D. Research Psychiatrist. Department of Medicine and Psychiatry. University Hospital Marqués de Valdecilla, School of Medicine, University of Cantabria-IDIVAL. Centro de Investigación Biomédica en Red Salud Mental (CIBERSAM) Santander Spain. Clinical Psychiatrist and Coordinator of Research and Teaching. Psychiatry Department. Hospital El Bierzo. Ponferrada, Leon. Spain

Dr. Pelayo-Terán studied medicine in the University of Cantabria and was trained as a psychiatrist in the University Hospital Marqués de Valdecilla. He completed his training in a stay in the Institute of Psychiatry. He obtained his PhD in February 2011 with a thesis on the association between clinical characteristics in First Episode Patients and COMT polymorphisms. Dr Pelayo-Terán is currently a research psychiatrist at the University Hospital Marqués de Valdecilla. Dr Pelayo Teran is involved in the postgraduate teaching and is responsible of the Research Methods in Psychiatry course in the Interuniversity master degree Research in Mental Health, in the University of Cantabria. As a clinical psychiatrist, Dr. Pelayo-Terán works in El Bierzo Hospital, where he coordinates the Research and Teaching area in the psychiatry Department and conduct a funded research on antipsychotic and antidepressant treatments. His research work is devoted to the study of First Episode Psychosis patients, including studies in genetics, epidemiology, applied clinical research and antipsychotic treatment. Dr Pelayo-Terán currently serves as reviewer of several journals including Schizophrenia Research, Journal of Psychiatry Research or psychiatry Research. He has received several research award including the VI award to the best poster communication in Neuropsychopharmacology (funded by the European College of Neuropsychopharmacology-ECNP during the last National Psychiatry Congress, Palma de Mallorca, 2016)

### **Dr. Perez-Iglesias**

Dr Rocio Perez-Iglesias, MD, is currently Clinical Lecturer at the IoPPN (Institute of Psychiatry, Psychology and Neuroscience, King's College London) and Consultant Psychiatrist at the COAST Early Intervention in Psychosis service, South London and Maudsley Foundation Trust. She teaches postgraduate students in the Early Intervention MSc, Psychiatric Research MSc and Mental Health Studies MSc, Psychosis Studies Dep., IoPPN.



She completed her medical degree in the School of Medicine of the University of Cantabria in 1991. She trained as a resident in general medicine and paediatrics and subsequently obtained a PhD and a MSc degree in Public Health at the Miguel Hernandez University, Alicante (Spain).

She started her training in psychiatry in 2000. After finishing her residency at the Marques de Valdecilla University Hospital, she was awarded the “Rio Hortega” Clinical Research Training Fellowship in 2005 and the “Miguel Servet” Clinical Fellowship in 2008. These are competitive fellowships funded by Spanish National Institute of Health to incorporate independent researchers to the National Health System. During her fellowships, she specialized in the clinical care of people in the early phases of psychosis. She carried out studies on the neurobiological basis of schizophrenia using neuroimaging and genetic tools to investigate the underlying causes of the illness. She later focussed on the effectiveness of antipsychotics in drug-naïve populations, particularly in metabolic side effects associated with antipsychotic medications.

She moved to UK in 2011 to continue her research in the field of early phases of psychosis at the IoPPN, King's College London. Her current research interests include the epidemiology of first episode of psychosis (affective and non-affective), efficacy and tolerability of antipsychotics in real world conditions and physical health in people with serious mental illness. She has published a hundred articles in peer-reviewed journals and has an H-index of 29.

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