A.M.B.E.R. clinic
Albuquerque
Multidisciplinary Behavioral Evaluation for Recovery and Resiliency

Alya Reeve, MD, MPH
University Of New Mexico Health Sciences Center
Professor of Psychiatry, Neurology & Pediatrics
PI, Continuum of Care
Date: 8-21-2012

“Dyscontrol & Dysregulation”

- PTSD
- TBI
- I/DD
- Identification of symptoms
- Management strategies
“Dis is A Problem in Clinic”

- Disruption in waiting room
- Appointments longer than scheduled
- Repeated requests
  - Same information
  - Replace Rx
  - Repeat instructions
- Seem to be asking for world to be fixed
  - “Can’t work with ___________ (person)”
Why these diagnoses?...
(not an exhaustive listing)

- **PTSD**: traumatized person with hyper-responsive to “ordinary stimuli”
  - [Will review diagnosis in future session]
  - Generalized; high amplitude responses

- **TBI**: over-reactive to mild stimuli
  - Cumulative effect of inputs
  - Delayed discharge

- **I/DD**: inability to modulated responses
  - Stereotyped responses (over-learned)
Effect of high arousal

- Increased autonomic arousal
  - Pulse increased
  - Shallower breathing
  - Broader visual field -- scanning
- Increased speed of thinking or slowed thinking
- Sense of urgency
Frontal lobe functions

Executive Functions

• Initiation; Motor planning
• Problem solving; Judgment
• Inhibition of behavior; Planning/anticipation; Self-monitoring
• Personality/emotions; Awareness of abilities/limitations
• Organization
• Attention/concentration
• Mental flexibility
• Speaking - expressive language

Integrative function
Dyscontrol

- Impulse Control Disorder
  - Difficulty modulating impulses
  - Eating; Touching…
  - Disregard for safety

- Intermittent Explosive Disorder
  - Sudden, violent affective change
  - +/- dangerous behavior
Coping with anxiety

- Recognized
  - Purpose: defense, performance
  - Maximal focus of attention and analysis → effective action

- Unrecognized
  - Ambush: perceived as attack
  - Increases unfocused arousal, increases speed of thought; react defensively
    - may stall analysis → paralysis
Dysregulation

- Poor modulation of affect and actions; inconsistency
- Speech: production & content
- Common with TBI; action with thought, followed by analysis
- Look for parallel processes across homeostatic systems (appetite, sleep...
Medications for impulsivity

- All people slow down with general anesthesia – not the goal.
- Decrease arousal:
  - beta-blockers, anticonvulsants
  - benzodiazepines may disinhibit further
  - SSRI – for agitation/anxiety
- Increase focus & accessible logic:
  - antipsychotics, stimulants, antidepressants, anxiolytics
Medications for dysregulation

- Mood stabilizers
  - Lithium; AEDs
- Antipsychotics
  - high v low potency (rationales)
- Regularize sleep; R/O medical factors
- Substance abuse – prescribed/street
Anxiety

- Identify patterns; antecedents; results of repeated anxiety attacks
- Benzos for short-term use (acute) or as adjunctive therapy
- Tricyclic antidepressants
- Buspirone; SSRI; SNRI; beta/alpha blocker; antipsychotics as adjunctive therapy
Environment

- Safety: immediate & on-going
- Security: shelter, food, relationships, money, stress-reduction
- Noise; reliable structure of time/place; respect & being welcomed
- Routines; having value
- Flexibility v Reliability
Adjunctive therapy

- Psychotherapy
  - increase insight into habitual patterns
- CBT – realistic reappraisal of apparent stressors & choosing type of response
- Work opportunities
Other “x” factors

- Pain
- Endocrine imbalance
- CNS occult lesions; residual from trauma (TBI)
- Personality disorder (Narcissistic; Antisocial)
Influence of cognitive impairment

- Intellectual functioning doesn’t preclude comprehending consequences of actions – over time; at level of cognitive abilities
- Insight does not equal Intent or Control
- Stepwise instructions; small changes in dose (when there is time)
Next presentation:

- 8-28-2012
- “Clinical Assessment”
  Techniques, Strategies, Adaptations

Resources and back issues can be found at Continuum of Care website:
http://som.unm.edu/coc/Training/powerpointnew.html
CME/CEU

x