Session List

Saturday, September 7th, Auditorium 15

12:15 - 13:45

Satellite symposium: C.01 – Bipolar disorder & pregnancy

Bipolar disorder (BD) typically occurs in the beginning of the childbearing years in women. Mood stabilizers and atypical antipsychotics throughout life are the cornerstone of treatment. Bipolar symptoms can be exacerbated during pregnancy and postpartum.
There is limited evidence in the literature on how physicians could manage patient treatments before and during pregnancy: abrupt switching, descending, cross titration, plateau cross and descending plateau. The main objective when switching drugs is to preserve the efficacy and aiming at optimal safety for the mother and the fetus. The criteria to be taken into account for making the decision, which include the risk of certain adverse reactions associated with some treatment options, will be discussed.
Valproate and related substances (VPA) are indicated, in some countries, for treating BD. In 2014 following the PRAC's (Pharmacovigilance Risk Assessment Committee at the European Medicines Agency) review of the data of VPA in women of childbearing potential (WCBP), restrictions on the use of valproate, and risk minimization measures (RMMs) were implemented. In February 2018, following an evaluation of the effectiveness of these RMMs, the PRAC recommended new RMMs to ensure the appropriate use of VPA in WCBP and avoid any unnecessary fetal exposure to VPA. These updated RMMs will be presented during the session.

Educational financial support provided by Sanofi

Saturday, September 7th, Room C1

12:15 - 13:45

Satellite symposium: C.02 – Managing adult ADHD patients with psychiatric comorbidity

This symposium will focus on adults with ADHD and comorbid psychiatric disorders – anxiety disorders, mood disorders, and substance abuse. Clinical challenges with the coexistence of multiple psychiatric disorders include diagnostic clarification and development of a pharmacologic and psychotherapeutic algorithm. Ultimately, the delineation of specific concurrent psychiatric conditions is critical to effective treatment. The treatment objective is to treat one disorder without making concurrent disorders worse.

This symposium will address identifying and diagnosing adult ADHD in the context of anxiety symptoms. Treatment options and the sequence of treatment choices will be discussed. This session will also highlight differentiating ADHD from bipolar disorder as well as distinguishing both when they are concurrent. Diagnostic prioritization and pharmacologic sequencing will be discussed. The use of stimulants to treat ADHD with co-morbid bipolar disorder will be discussed. Also discussed will be ADHD in the presence of active/remitted substance abuse and a review of an international consensus statement on screening, diagnosis, and treatment of this patient population. The use of stimulants in the substance abuse population will be specifically addressed.

The goal of the symposium is to sharpen clinical skills for delineating multiple concurrent psychiatric symptoms while being mindful to consider ADHD in adults.

Educational financial support provided by Shire part of Takeda/Global Medical Education

Saturday, September 7th, Room C4

12:15 - 13:45

Satellite symposium: C.03 – Patient-centricity in depression: how to measure what is most important?

Major depressive disorder (MDD) is a common and serious condition that causes deficits on cognitive,

physical and emotional domains. Full functional recovery across all domains has become of increasing importance in recent years, with evidence suggesting that patients value daily functioning as an indication of recovery. However, assessing and measuring functional recovery in MDD remains challenging in clinical practice.
In this symposium, we will discuss how depression symptoms relate to functional impairment in MDD, outlining how treatment goals for patients with MDD are evolving to incorporate all symptoms, including physical, cognitive and emotional symptoms, and their direct impact on functional recovery. The session will then explore data obtained using the Leuven Affect and Pleasure Scale, suggesting that patients with MDD value the full range of emotional functioning as an indication of recovery, while physicians may often assess recovery using different markers. The session will conclude by describing the type of impairments in functioning that are specifically relevant in working patients with MDD and how work functioning in MDD can be assessed, as well as how treatment strategies may improve work functioning in this specific population.

Educational financial support provided by H. Lundbeck A/S

Saturday, September 7th, Auditorium 15

14:45 - 16:15

Satellite symposium: C.04 – Improving outcomes of schizophrenia with long-acting antipsychotic treatment: impact on patients and carers

This symposium will provide participants with an overview of the current evidence for the benefits of using long-acting antipsychotic treatments, as well as the potential barriers associated with their use in the long-term management of patients with schizophrenia. The faculty will emphasise the need for comprehensive long-term treatment plans that address needs and societal burden, and also involve both patients and carers to achieve better outcomes. The relevance of the pharmacokinetic properties of long-acting antipsychotics for the long-term treatment and relapse prevention of schizophrenia will be presented. The benefits and limitations of the use of long-acting antipsychotic treatment in patients with early phase and first episode schizophrenia will be identified and discussed. The faculty will examine the needs and expectations of both patients and their carers and how best to address these when setting treatment goals and assessing treatment options.
This will be an interactive symposium, allowing time for delegates to ask questions which will be answered and discussed by the faculty members.

Educational financial support provided by Janssen Pharmaceutica NV

Saturday, September 7th, Room C4

14:45 - 16:15

Satellite symposium: C.06 – Demystifying common issues in major depressive disorder: recognise and act!

This Medscape Education symposium will address the common challenges in treating patients with major depressive disorder (MDD) and ensuring full functional recovery that encompasses all dimensions, from mood, to cognition and physical symptoms. Quality of life of patients with MDD, and difficulties with daily life and in the workplace will be discussed. Scales and tools for measuring depressive symptoms and treatment response, as well as patient-focused instruments to delineate treatment goals will be presented. Selecting appropriate, targeted, therapeutic strategies for managing patients with MDD and the latest treatment guidelines will also be covered. The emphasis is on the need for the holistic treatment of each individual patient. This symposium is interactive and audience involvement is encouraged. It is a CPD-accredited educational activity with enduring elements to be made available after the event on www.medscape.org.

Educational financial support provided by Medscape Psychiatry (unrestricted grant from H. Lundbeck A/S)

Saturday, September 7th, Hall A3

13:45 - 14:30

ECNP Patient Session: ES.01 – ECNP Patient session – Patient involvement in clinical trials

The ECNP patient session is created together with different patient organisations. It is a short 45-minute session.

Saturday, September 7th, Poster Area

16:15 - 16:50

Break: Coffee Break

Saturday, September 7th, Room C1

16:50 - 18:30

Symposium: S.01 – The glymphatic system, an uncharted framework in sleep medicine and neurodegenerative diseases

In this symposium, the speakers will present the most recent understanding of the glymphatic system – a newly described macroscopic pathway of the central nervous system – and discuss its impact and clinical-pharmacological implications on neurodegenerative diseases and sleep disorders. The glymphatic system enables the flow of cerebrospinal fluid to move from the periventricular space into and through the brain parenchyma, allowing the removal of neuronal waste products (including amyloid beta). The best described promoters of the glymphatic system is non-REM sleep, proposing that sleep may govern essential restorative processes of the nervous system. Secondly, elements such as posture, respiration, the heart beat and even adrenergic inhibition, may modulate the flow and clearance properties of the glymphatic pathway. This links the glymphatic system to the pathophysiology of clinically relevant diseases such as sleep disorders, Alzheimer's and hydrocephalus, hereby providing a novel mechanistic framework for treating and/or alleviating symptoms of these diseases.

Saturday, September 7th, Auditorium 15

16:50 - 18:30

Symposium: S.02 – Repurposing of statins for the treatment of depression

The development of new drugs for Major Depressive disorder (MDD) – one of the most important contributors to impaired human health – remains a challenge. In this symposium, the speakers will provide preclinical and clinical evidence of using statins – among the most widely used and safe medications – for the treatment of MDD. The speakers will provide evidence for a specific subtype of MDD, with atypical features and obesity-related immunometabolic dysregulations that might be an interesting target group for the putative antidepressive effects of statins. Next, they will discuss the overlapping pathophysiology of comorbid obesity and MDD and will present the rationale for a randomized controlled trial of adjunct antidepressive therapy with simvastatin in patients showing such comorbidity. A summary of the existing evidences from cohort and population-based studies and from randomized controlled trials of putative antidepressive effects of statins will be also presented.

Saturday, September 7th, Room C4

16:50 - 18:30

Symposium: S.03 – Better treatments for eating disorders: targeting the interplay between brain and metabolism

Eating disorders – such as anorexia nervosa, bulimia nervosa and binge eating – are psychological

illnesses, in which individuals show abnormal eating behaviors often resulting in either insufficient or excessive food intake. For a better understanding of the aetiology of these disorders and to develop new treatments, it is crucial to investigate how the deregulation of the “dialog” between brain structures and peripheral metabolic signals occurs, and if eating disorders have basis in an abnormal neurodevelopment. The current picture that emerges from different disciplines is that eating disorders are not purely diseases caused in the brain, that metabolism and microbiome play a role, and that there is a clear overlap in different dimensions with other psychiatric diseases. In this symposium, experts in the field will give a clear exposition of such picture, presenting their data from genetics, epigenetics, physiology and neuroimaging studies in patients and animal models of eating disorders. Finally, they will provide an intriguing perspective on how these findings will impact the development of new treatments of eating disorders.