Psychopharmacotherapy for the Latino Patient

TRANSFORMING MENTAL HEALTH FOR LATINOS THROUGH POLICY, RESEARCH, PRACTICE, AND LEADERSHIP

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Latino Population

Percent Hispanic of the Total Population in the United States: 1970 to 2050

Hispanics by origin
In percent of U.S. population

- Mexican: 66.9%
- Central and South American: 14.3%
- Puerto Rican: 8.6%
- Cuban: 3.7%
- Other Hispanic: 6.5%
Latino Population (2)

Percent of Population 2006
Hispanic or Latino

Source: U.S. Census Bureau, Population Estimates, July 1, 2006
Transcultural psychopharmacology

Multiple factors affect response
- Ethnic background
- Immigration status
- Biological factors
- Non-biological factors
- Diet
- Tobacco
Biological Factors

- **Pharmacokinetics**
  Concentration in the blood
- **Pharmacodynamics**
  Effect in the body
- **Pharmacogenetics**
  Gene variation affects drug response
  Cytochrome P-450 enzymes
Genetic Variability

- Examples
- Metabolism
  - Extensive
  - Intermediate
  - Poor
  - Ultra-rapid
- Drug binding proteins
- Research findings
Antidepressants

- SSRI
- TCA
- Stigma
- Response
- Tobacco
- Dosing
Antipsychotics

- Atypical
- Side effects
- Stigma
- Current use
- Response
- Tobacco
- Dosing
Generic vs. Brand Name

- Financial considerations
- Essential similarity criterion
- Bioequivalence
- Therapeutic effectiveness
Non-biological Factors

- Adherence
- Placebo effects
- Social support
- Physician characteristics
- Explanatory model of illness
- Preference
Cultural Issues

- Medications integral to the treatment?
- Care at non-mental health clinics
- When are they to be taken?
- Addictive potential of a drug
- Harmful
- Herbal remedies
- Physician bias
- Sensitivity to adverse side effects
- Language barriers
Explanatory Model of Illness

- **Espiritismo**
  - Illness explained as the result of karma, inexperienced mediums,
  - Obsession by spirits

- **Santeria**
  - Illness explained as the result by both natural and supernatural phenomena
  - Healing powers and harming qualities
Curanderismo

Illness explained as the result of susto or mal puesto

Sobadores, parcheros

These community based healers are sought more for physical ailments
Service delivery modifications

- Casual atmosphere geared to facilitate development of confianza (trust)
- Include extended family members in treatment
- Incorporate personalismo and respeto (respect)
- Explanatory model of illness and medication expectations discussed during the psychoeducational phase of treatment
- Elicit and respect beliefs while describing professional explanatory models.
- Consider referral/coordination of care with religious and folk healers
Case Presentation

- Case Presentation and Group Discussion
Future

- Randomized clinical trials
- Clinical research with increased participation
- Heterogeneity of the Latino population: track and improve definitions and measurements
- Impact of service delivery modifications
References

Bio:

Theresa Miskimen, M.D. is an Associate Professor in the Department of Psychiatry at Robert Wood Johnson medical School, UMDNJ. In May, 2009 she was elected President of the New Jersey Psychiatric Association and is serving as the Secretary General for the American Society of Hispanic Psychiatry. Dr. Miskimen is board certified in the medical specialty of Psychiatry by the American Board of Psychiatry and Neurology. She divides her time between administration, clinical practice, teaching and clinical research. In addition, she is a Distinguished Fellow of the American Psychiatric Association (APA) and is actively involved at both the regional and national levels.

Over the years, Dr. Miskimen has incorporated the delivery of culturally competent treatment with clinical research resulting in publications addressing the influence of culture on symptom presentation. She participates in community based projects such as "Changing Minds, Advancing Mental Health for Hispanics" sponsored by the NJ Mental Health Institute, Inc focused on enhancing access to and the quality of mental health services for Hispanics. She has spearheaded the formation of culturally competent treatment groups for Hispanic patients with severe and persistent mental illness and works on integration of mental and physical health care endeavors. Her research experience includes pharmacological clinical trials, both as co-investigator and principal investigator, among patients suffering from severe mental illness and is currently a co-investigator on a multi-site NIMH-funded study on ethnicity and the diagnosis of affective illness.
**Abstract:**
The workshop utilizes various strategies including lecture, case presentation and discussion to provide background information, definition and basic mechanisms related to psychopharmacotherapy and its application in culturally competent clinical psychiatric care for Latino consumers.

**Objectives:**
- Increase knowledge of pharmacotherapy and application in clinical psychiatric care
- Increase knowledge of biological and non-biological factors affecting response to psychopharmacotherapy
- Increase knowledge regarding cultural, ethnic, and socioeconomic factors in the context of psychopharmacotherapy

**Post test questions:**
- T/F Pharmacokinetics is defined as the concentration of medications in the blood.
- T/F Placebo effect, social support and physician characteristics are non-biological aspects that can affect pharmacotherapy.
- T/F There is no need to modify service delivery models to account for a culturally diverse consumer population.