



VCU

School of Medicine

Department of Psychiatry Grand Rounds

ALL GRAND ROUNDS PRESENTATIONS BE DELIVERED VIRTUALLY VIA ZOOM
UPDATES AND INVITATION LINKS TO FOLLOW. Time: 11:45 am – 1 pm

October 2025

October 3rd, 2025

Cardiac Psychiatry: Promoting Mental and Physical Health in Cardiovascular Disease

Presenter: Christopher Celano, MD

Introducer: Jim Levenson, MD

Learning Objectives:

At the end of the presentation, participants will be able to:

- Describe the relationships between psychological constructs and cardiovascular health
 - Describe the evidence base for the use of medications and psychotherapy for the management of depression and anxiety disorders in individuals with cardiovascular disease
 - Describe ways to enhance well-being and health behavior adherence in individuals with cardiovascular disease
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October 10th, 2025

Nutritional Psychiatry: Focus on Cognition and Brain Health

Presenter: John Beyer, MD

Introducer: Robert Findling, MD

Learning Objectives:

At the end of the presentation, participants will be able to:

- This lecture will review the origins of the evolving field of "Nutritional Psychiatry" in relationship to cognitive function
- The lecture will discuss the three primary diets currently being promoted for cognitive health
- The lecture will review the possible mechanisms of action that nutrition has in both cognitive and emotional health

October 17th, 2025

Obesity and Disordered Eating in Adolescents: Opportunities for an Integrated Approach.

Presenter: Melanie Bean, PhD

Introducer: Oxana Palesh, MD

Learning Objectives:

At the end of the presentation, participants will be able to:

- Describe the comorbidity of disordered eating and obesity in adolescents and health risks associated with both conditions
 - Differentiate unsupervised dieting from structured obesity treatment and their corresponding relation to the development of eating pathology.
 - Identify at least 1 opportunity to integrate obesity treatment with eating disorder prevention
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October 25th, 2025

Weighing the Evidence: Pharmacologic Treatment of Antipsychotic Associated Weight Gain

Presenter: Katie Smithwick, PharmD, BCPP, BCPS

Introducer: Sandy Mitchell, PharmD, BCPP, FAAPP

Learning Objectives:

At the end of the presentation, participants will be able to:

- Evaluate evidence-based data regarding treatment approaches to address clinical needs of patients with antipsychotic-associated weight gain
 - Implement evidence-based pharmacologic and nonpharmacologic strategies for antipsychotic-associated weight gain tailored to individual patient needs
 - Provide education and monitoring recommendations for patients treated with antipsychotics and medications to manage antipsychotic-associated weight gain
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October 31st, 2025

Lewy Body Dementia: Clinical Features, Biomarkers, and Treatment

Presenter: Matthew Barrett, MD

Introducer: Lyons Hardy, EdD, MSN, PMHNP

Learning Objectives:

At the end of the presentation, participants will be able to:

- Identify the clinical features of Lewy Body Dementia, with a focus on psychiatric and behavioral symptoms.
- Apply current diagnostic approaches and emerging biomarker strategies to differentiate LBD from other neuropsychiatric and neurodegenerative disorders.
- Review management strategies for psychiatric, cognitive, and motor symptoms in LBD, while recognizing medication sensitivities and the importance of collaborative care.

Please note the important updates about the Fall Semester (2022) Psychiatry Grand Rounds. The Departmental Grand Rounds Program will continue in an **online-only format**, and all presentations will take place via **Zoom web-conferencing**. Due to limits on virtual meeting capacity, each week, the faculty, staff, housestaff, trainees, and students on the Grand Rounds email list will be able to join our web conference for Grand Rounds at the following recurring Zoom link (with password embedded):

Virginia Commonwealth University is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact Brittany Silk at Brittany.Silk@vcuhealth.org

VCU Health designates this live activity for a maximum of 1.25 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education designates this activity for a maximum of 1.25 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



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In support of improving patient care, VCU Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

1.25 CE credits will be awarded for psychologists attending the entire program. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibly for the content of the programs.



As a Jointly Accredited Organization, VCU Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. VCU Health maintains responsibility for this course.



Social workers completing this course receive 1.25 continuing education credits. This activity was planned by and for the healthcare team, and learners will receive 1.25 Interprofessional Continuing Education (IPCE) credit for learning and change.