

## ***Ask the Expert: Case Consultations for Complex Psychiatric Cases***

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Complex psychiatric cases will be presented. Usually, such cases involve treatment -resistant mood, anxiety or psychotic disorders. Sometimes, the complex patients suffer from one or more psychiatric comorbid conditions and/or medical comorbid conditions, which complicate the clinical presentation, or interfere with achieving a good therapeutic response.

Complex cases often require a closer look at the working diagnosis , family history, substance use history, as well as the efficacy, tolerability and safety of previous treatment(s). Sometimes, pharmacokinetic interactions between psychotropic and other prescription medications may account for either poor response or excessive side-effects. Pharmacogenetic testing may be needed for some patients. Complex cases are often associated with polypharmacy to address disparate symptom clusters, and the consultant may sometimes require discontinuing one or more medications or replacing them with other medications that have a different mechanism of action or different pharmacokinetic profile.

The ultimate goal of a consultation on complex psychiatric cases is to clarify the diagnosis, and to prioritize what the primary target symptoms should be if the patient suffers from several co-existing neuropsychiatric conditions. Further, the role of psychosocial therapies must always be considered and implemented, in addition to pharmacotherapy