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# Psychiatry and Psychiatric Disorders

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## Restriction measures in psychiatry in different cultural environment

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There are a lot of changes in post-Soviet countries in different areas of life including mental health system. There are an increasing number of modern medications available as well as social and living conditions in hospitals are slightly improved. At the same time, various restriction measures still exist, that could lead to patients' slower recovering and disability. I would like to discuss some comparative peculiarities of restriction measures in Russia and Germany and based on our clinical experience, outline some possible consequences of such different approaches to restriction management for mental health care services in Germany and Russia. Medical specialists working in mental health care system in Russia put a particular emphasis on safety of inpatients and decreasing the risk of suicide. As a side effect it might increase the duration of hospital stay and encourage patients' inactivity and dependence on others. Although German approach possibly sometimes could increase safety risks due to stimulation of patients' activity, but it also promotes with their independence on surroundings and overall improves their quality of life. There are different approaches to restriction management in Psychiatry based on different cultural and historical background. Every of these approaches have some advantages and limitations.

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## Crisis psychiatry from the comfort of home: Clinical considerations for crisis telepsychiatry

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Telepsychiatry is a growing in popularity as more psychiatrists look to work from home, cut time traveling between multiple facilities and minimize the inconvenience of overnight calls. Clinical research shows telepsychiatry to be an effective and efficient tool for increasing access to care in a variety of settings. One model of telepsychiatry that is growing in popularity, but has received little attention to date is crisis telepsychiatry. By "beaming in" to hospital emergency departments, crisis telepsychiatrists are able to offer much-needed psychiatric expertise that can reduce the amount of time patients in crisis wait for proper care. This presentation will discuss the benefits and challenges of working as a crisis telepsychiatrist. It will compare positives of the field, such as work-life balance and practicing in a growing field to the potential negatives, such as working remotely and being licensed in multiple areas. It will emphasize the diversity of crisis telepsychiatry and the ability for US-certified providers from all over the world to have a remote career. Next, it will review the training, setup and practical considerations of beginning work as a crisis telepsychiatrist, including tips for collaborating with onsite clinicians and navigating the murky waters of collecting collateral, prescribing and more. Lastly, this presentation will look at several crisis telepsychiatry case studies and review how a practicing telepsychiatrist dealt with each unique patient encounter via televideo. This presentation will give crisis telepsychiatrist hopefuls a comprehensive perspective on all of the considerations necessary to delve into this booming form of care.

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**Notes:**

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