Quantitative Medicine Forum

Title:
“Why It’s Not All In Your Head: Screening For Panic Disorder In Emergency Medicine Patients”

Abstract:
Panic disorder (PD) is a common and disabling mental health condition that affects approximately 2% of adolescents and adults in Singapore. The symptoms of PD mimic those of common medical problems such as heart attack, leading many patients to seek care in the emergency department (ED). Meta-analysis suggests that approximately 20-35% of North American ED patients with chest pain meet criteria for PD, but only 2% of these cases are diagnosed due to limited time. Unrecognized PD has a chronic course and is associated with high rates of repeat ED visits and unnecessary hospital admissions. Early detection is essential to improve clinical management and reduce medical costs, but the optimal method for identifying PD patients in Asian ED settings is unknown. This presentation will introduce a collaborative project aimed at developing a screening protocol for PD in the SGH Department of Emergency Medicine. Preliminary data, future directions, and clinical implications will be discussed.

Biography:
Sharon Sung is an Assistant Professor in the Office of Clinical Sciences at Duke-NUS Graduate Medical School and a Senior Clinical Psychologist in the Department of Child and Adolescent Psychiatry at the Institute of Mental Health. She earned her MS and PhD degrees from the San Diego State University/University of California San Diego Joint Doctoral Program in Clinical Psychology. Dr. Sung received specialty training in cognitive behavioral therapy at Columbia University Medical Center and the American Institute of Cognitive Therapy in New York City. Prior to moving to Singapore, she held faculty positions at Albert Einstein College of Medicine and Harvard Medical School.

Dr. Sung’s research is focused on improving the identification and treatment of mood, anxiety, and traumatic stress disorders. She has published over 20 peer reviewed articles, editorials, and book chapters, as well as a practitioner guide entitled 10-Minute CBT: Integrating Cognitive Behavioral Strategies Into Your Practice. Her research has earned awards from the Anxiety Disorders Association of America, the Association for Behavioral and Cognitive Therapies, the National Institute on Drug Abuse, the Asian Cognitive Behavioral Therapy Conference, and the Singapore Health & Biomedical Congress.

All are welcome to attend. No RSVP is required. Lunch will be served from 12.00pm onwards, outside the amphitheatre.