

PROMOTION RECOMMENDATION  
THE UNIVERSITY OF MICHIGAN  
MEDICAL SCHOOL  
DEPARTMENT OF PSYCHIATRY

Paul N. Pfeiffer, M.D., assistant professor of psychiatry, Department of Psychiatry, Medical School, is recommended for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

M.S.	2009	University of Michigan
M.D.	2004	University of Michigan
B.A.	1997	Dartmouth College

Professional Record:

2010-present	Assistant Professor of Psychiatry, University of Michigan
2008-2010	Clinical Lecturer, Department of Psychiatry, University of Michigan

Summary of Evaluation:

Teaching: Dr. Pfeiffer integrates teaching through his research and service activities across disciplines. He developed a new clinical rotation in the Primary Care Mental Health Clinic for psychiatry consultation/liaison fellows and senior psychiatric residents that recently expanded to include internal medicine residents. He provides clinical teaching to medical students and psychiatry residents, and facilitates a problem-based learning session on suicide risk assessment. Dr. Pfeiffer developed and taught a mini-course in the School of Social Work on psychopharmacology for social workers, and adapted the course into an online lecture for social workers in integrated care settings and has been used by students throughout the U.S. enrolling in this program. Student evaluations for the psychopharmacology for social workers lecture in 2013 received a 2.79 average out of a maximum of 3. He provides teaching and mentorship to post-doctoral fellows in health service research and delivers a lecture on implementation science. Currently, he provides research training and mentorship to VA post-doctoral fellows in health services research, and a Robert Wood Johnson clinical scholar.

Research: Dr. Pfeiffer has explored the complex issues facing delivery of mental health treatment with a particular focus on depression care within the Veterans Health Administration. His work has led to challenging a number of accepted, but not proven tenets in depression care. He is also a leader in developing quality indicators for this care, an area of enormous importance and challenge to the field.

He led the development of the Primary Care Mental Health (PCMH) service at the VA Ann Arbor Health System. He has used VA health system medical record data on nearly one million Veterans to evaluate existing methods for measuring depression care quality. He has examined

the impact of integrating mental health care providers into primary care settings which demonstrated that these clinics serve an older and less severely ill population compared to those treated in specialty care settings. The limited ability for existing quality measures to fully evaluate or drive improvements in care has prompted him to study new interventions for improving care and to develop new quality measures based on patient outcomes.

In order to inform the development of post-hospital care interventions, Dr. Pfeiffer conducted a mixed methods study of the preferences and barriers to care among patients recently hospitalized for depression and found patients preferred more individual counseling but had difficulty accessing care due to transportation barriers despite VA's efforts to reimburse for travel expenses, maintain a network of shuttles between clinic sites, and offer psychiatric care over the telephone or internet video. Survey respondents also reported a preference for increasing involvement of peers and family members in their care. As part of a one year VA-funded pilot study, Dr. Pfeiffer tested a post-hospital care intervention that included support from a family member or VA peer specialist (an individual in recovery from mental illness trained to provide support as a professional) and an automated symptom monitoring system. He is currently developing a second-generation post-hospital peer support intervention with a focus on suicide prevention as the PI on a National Institutes of Mental Health R34 grant.

Dr. Pfeiffer recently assumed the role of principal investigator for a multi-site randomized controlled of peer-supported computerized cognitive behavioral therapy for depression in VA primary care clinics. This study seeks to overcome access barriers to evidence-based psychotherapies for depression by providing this content via the internet with support from a VA peer specialist. He is also currently the PI on a locally funded pilot study of a psychotherapy-based text messaging program for depression among internet users with significant depressive symptoms.

Dr. Pfeiffer is a co-investigator on a study to collect outcomes using patients' mobile devices and to compare outcomes between patients receiving care within the VA health system and those who access approved care outside of the VA. Dr. Pfeiffer recently received funding as the principal investigator for a four-year VA Merit Award to develop and test an automated depression outcome assessment platform and to measure depression outcomes among a much large sample of 2,000 Veterans with depression across 72 clinic sites. This study will determine the amount of variation in outcomes attributable to the clinic site vs. patient characteristics, thereby informing the reliability of using outcomes to measure quality.

Dr. Pfeiffer has completed several studies of suicide risk, including a study of treatment resistant depression and a study demonstrating an increased suicide risk associated with comorbid anxiety disorders and treatment. The latter study gained international attention and was cited in the Canadian Practice Guidelines for management anxiety disorders.

#### Recent and Significant Publications:

Pfeiffer PN, Glass J, Austin K, Valenstein M, McCarthy JF, Zivin K: Impact of distance and facility of initial diagnosis on depression treatment. *Health Serv Res* 46:768-786, 2011.

Pfeiffer PN, Heisler M, Piette JD, Rogers MA, Valenstein M: Efficacy of peer support interventions for depression: a meta-analysis. *Gen Hosp Psychiatry* 33:29-36, 2011.

Pfeiffer PN, Ganoczy D, Zivin K, McCarthy JF, Valenstein M, Blow FC: Outpatient follow-up after psychiatric hospitalization for depression and later readmission and treatment adequacy. *Psychiatric Services* 63:1239-1242, 2012.

Zivin K, Pfeiffer PN, Bohnert AS, Ganoczy D, Blow FC, Nallamothu BK, Kales HC: Evaluation of the FDA warning against prescribing citalopram at doses exceeding 40 mg *Am J Psychiatry* 170:642-650, 2013.

Pfeiffer PN, Bowersox N, Birgenheir D, Burgess J, Forman J, Valenstein M: Preferences and barriers to care following psychiatric hospitalization at two Veterans Affairs Medical Centers: A mixed methods study. *J Behav Health Serv Res*, 2015. [Epub ahead of print]

Service: Dr. Pfeiffer was responsible for leading the Primary Care Mental Health (PCMH) service at the VA Ann Arbor Health System. The clinic serves over 7% of the total primary care population and has dramatically improved access to mental health services at the facility. He holds a leadership role in the Emergency Department Mental Health service at the VA Ann Arbor and the PCMH service at an affiliated clinic in Toledo, Ohio. He supervises mental health clinicians and provides direct patient care in both the PCMH and emergency department clinics. He serves on the Adverse Event Review Committee for University-based care within the department and has also served on an ad hoc committee to review suicide prevention activities. Within the VA health services group, he serves on the Partnership, Implementation, and Evaluation Core committee and as a consultant to VA's Serious Mental Illness Treatment Resource & Evaluation Center.

Dr. Pfeiffer's expertise has led to multiple collaborations including projects related to suicide risk and integrated care. His work has also garnered regional and national recognition including invitations to present his work at peer support conferences, at other VA/academic health service research groups, and at national VA Cyber-seminars. He is an ad hoc reviewer for multiple journals including *Psychiatric Services*, *Archives of Suicide Research*, *American Journal of Public Health* and *General Hospital Psychiatry*.

#### External Reviewers:

Reviewer A: "Dr. Pfeiffer has a long and successful track record of research and training in the Veterans Health Administration....I am impressed by the consistent high quality of his scholarship coupled with his ability to engage in research that is both practical and innovative."

Reviewer B: "One of Dr. Pfeiffer's clear strengths is his ability to obtain funding from both the National Institutes of Health (NIH) and VA Health Services Research and Development. Having the ability to compete successfully for both NIH and VA grants creates intellectual synergy, as well as funding stability. His NIH funded R34 grant suggests a highly promising future career in intervention development and evaluation research....Dr. Pfeiffer has become an independent

investigator with a growing national reputation who is likely to make a substantial contribution to his field.”

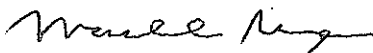
Reviewer C: “Without reservation I would recommend Dr. Pfeiffer for promotion to Associate Professor of Psychiatry. His productivity and commitment to the field are exceptional. His career trajectory is on par with similarly promoted faculty at [my institution] and I believe he would be promoted at our institution.”

Reviewer D: “...Dr. Paul Pfeiffer is a well-established health services researcher who has been very productive in obtaining funding from highly-competitive, extra-mural sources and in publishing. His track record in his 5 years as Assistant Professor is remarkable, and bodes well for a successful academic career. His work addresses fundamental problems in the delivery of health services, and his extensive collaborations, as is typical in health services research, advance his own and others’ work. His work has made an impact on delivery of VA health services, particularly in the area of care for individuals with severe depression.”

Reviewer E: “...I have been well aware of his reputation in the field and have often cited his work, particularly in the integration of mental health care and primary care...his areas of research endeavors are focused on aspects of care that are becoming increasingly important in psychiatry: integrated care and use of peer support. These are both critical pieces of the current shift in VA and elsewhere from disease based care provided entirely by independent professionals to team based care stressing community based self management strategies and expanded primary care teams...New models of healthcare will depend on the results of the kind of work he and his colleagues are doing.”

Summary of Recommendation:

Dr. Pfeiffer has a strong track record of success in obtaining independent funding both from the VA and NIMH and is the principal investigator on three federally funded grants. He is collaborative with colleagues and trainees as well as those affiliated with other universities and at the Department of Defense. His work has attracted national and international attention and is poised to make a wider impact over time as health systems seek new methods of monitoring and improving depression care and reducing the risk of suicide. I enthusiastically endorse Paul N. Pfeiffer, M.D. for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School.



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Marschall S. Runge, M.D., Ph.D.  
Executive Vice President for Medical Affairs  
Dean, Medical School

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