

OUTLINE

Antidepressants

- The many facets which impact depression such as neurotransmitter imbalances, life events, and environmental factors
- History of antidepressants, in terms of safety and efficacy of treatments
- Classes of antidepressants – MAOIs, TCAs, SSRIs, SNRIs, SDRIs, other antidepressants, and serotonin modulators

Antipsychotics

- Targeted neurotransmitters – DA, mechanism of action, DA pathways, D2 and 5HT2A – why is this important?
- Typical vs. atypical – what are the differences and how do we choose them?
- Adverse effects
- Off label indications
- Specific benefits of the class

Mood Stabilizers

- Targeted neurotransmitters/Mechanism of action
- Efficacy in treatment
- Adverse reactions
- Safety – Importance of compliance and monitoring
- Off label indications
- Best in practice pearls

Anxiolytics

- 2nd line treatment vs. 1st line treatment – and reasons these might not be used as first line
- Targeted neurotransmitters/Mechanism of action

- Cautions and safety concerns associated with this class
- Adverse effects
- Safety – addiction and withdrawal

Stimulants

- Classes of ADHD drugs and how they differ
- Neurotransmitters involved/Mechanism of action
- Caution associated with controlled substances
- Safety in children and use in adults

Critical Considerations for Psychopharmacology Treatment

- Increasing risk – when patients combine psychotropic medications with alcohol and/or illicit drugs
- Challenging symptoms to treat, such as TBI and autism
- Ruling out medical conditions that mimic psychiatric conditions
- Importance of a detailed history and review of symptoms

Enlightening Case Studies

- Depression
- Schizophrenia
- Bipolar

Questions?
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OBJECTIVES

1. Recognize ways to conceptualize psychiatric symptomatology outside the box.

2. Evaluate common medical conditions that you may inadvertently diagnose as psychiatric in nature.

3. Analyze the 4 main neurotransmitters and how their imbalance influences different psychiatric disorders.
4. Compare efficacy of the newer class of serotonin modulators to the other widely-used antidepressant classes.

5. Examine frequently asked questions regarding the impact of alcohol and marijuana for patients taking psychotropic medications.

6. Learn strategic ways to customize treatment plans based on your patient's individual needs.

Target Audience: Nurse Practitioners • Physician Assistants • Physicians • Pharmacists
Nurses • Therapists • Psychologists • Case Managers


Have a seminar idea? A manuscript to publish?

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Psychopharmacology for
Advanced Practice Clinicians

Proven Strategies for Prescription Success



Ellicott City, MD
Wednesday
June 12, 2019

Rockville, MD
Thursday
June 13, 2019

Fairfax, VA
Friday
June 14, 2019

Psychopharmacology
for Advanced Practice
Clinicians

Proven Strategies for Prescription Success

Antidepressants – Antipsychotics – Mood Stabilizers – Anxiolytics – Stimulants



- Confidently select the best psychiatric medication or combination of meds
- Explore a new structured model of care to dramatically improve psychopharmacology results
- Quickly identify key details from the patient's symptom self-report, psychosocial assessment & psychiatric history
- Compare efficacy of the newer class of serotonin modulators to other widely-used antidepressant classes
- **6.3 Pharmacology CE Hours!**

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PSYCHOPHARMACOLOGY

for Advanced Practice Clinicians

Psychiatry is one of the most challenging areas of medicine, secondary to the subjective nature of the specialty. As clinicians, we have no objective data to base our course of treatment on. Psychopharmacology and psychotherapy are our best options in terms of treatments and therapy is only successful if the patient is committed to attending every session, completing their homework, and willing to make the necessary life changes to improve their mental health. Medication can be very helpful in terms of alleviating mental health symptoms; however, choosing the right medication and/or combination of meds is crucial to achieving successful outcomes. Secondary to the psychiatry shortage, providers in other specialties find themselves treating mental health patients, which can present additional challenges.

This course will arm attendees with a valuable update on the different classes of psychiatric medications and facilitate a deeper level of understanding in terms of how these medications work on their respective neurotransmitters and how they work in conjunction with one another. It is uncommon for mental health patients to be on only one medication, as a combination of medications is often required to reach the desired level of improvement. After this course, you will be able to identify effective medication regimens for patients based on their psychiatric history and presenting symptoms, ultimately contributing to quality of life improvements in patients with mental health conditions.

SPEAKER

Stephanie L. Bunch, RN, MSN, ANP-C, PMHNP-C, works in a large private practice in Lansing, MI, providing clinical services to children, adolescents, and adults with psychiatric disorders, including ADHD, Bipolar Disorder, Depression, Anxiety, Obsessive-compulsive tendencies, Schizophrenia, Autism Spectrum Disorder, Traumatic Brain Injury, PTSD, and Personality Disorders. She has achieved considerable success treating these conditions. This success has largely resulted from the development of a structured model of care that includes a significant focus on clinical and background histories, identifying psychosocial stressors, and evaluating prior medical and psychiatric diagnoses (and treatment regimens associated with these conditions). This approach and model of medical management is essential to the effective delivery of psychiatric medications to this population.

From a clinical perspective, Stephanie has worked in a myriad of settings, including emergency medicine, primary care, and psychiatry, within a large urban hospital, community-based practice, clinics, and in a private-practice setting. Her transition from primary care to psychiatry evolved as a means of providing effective treatment for a growing population of underserved patients with psychiatric disorders.

Stephanie's commitment to her specialty is evident. She completed a post-graduate degree specializing in psychiatry at Johns Hopkins University in Baltimore, MD, earned her Psychiatric Mental Health Nurse Practitioner certificate and is a requested presenter, sharing her expertise with multidisciplinary healthcare audiences throughout the country.

Speaker Disclosures:

Financial: Stephanie Bunch has an employment relationship with Par Rehab Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Bunch is a member of the American Association of Nurse Practitioners.



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7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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PHYSICIAN ASSISTANTS: "This program is not yet approved for CME credit. Conference organizers plan to request 6.25 hours of AAPA Category 1 CME credit from the Physician Assistant Review Panel. Total number of approved credits yet to be determined."

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