

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Behavioral Health in Adult Primary Care

Friday, September 18, 2015
Seattle



Faculty

COURSE DIRECTOR:

Karina K. Uldall, MD, MPH

Medical Director, Behavioral Health
Virginia Mason
Seattle, Wash.

GUEST FACULTY:

Paul S. Ciechanowski, MD, MPH

Clinical Associate Professor, Psychiatry & Behavioral Sciences
University of Washington Medical Center
Seattle, Wash.

Jeffrey C. Sung, MD

Clinical Faculty, Psychiatry & Behavioral Sciences
University of Washington
Seattle, Wash.

VIRGINIA MASON FACULTY:

Elenore P. Bhatraju, MD, MPH

Department of Internal Medicine

Megan J. Bott, MSW, LICSW

Social Worker, Department of Social Services

Betsy Gilbert, PhD, RN

Professional Development Specialist
Clinical Practice and Professional Development

Marty H. Hoiness, MD

Section Head, Psychiatry

Donna L. Smith, MD

Medical Director, Virginia Mason Clinics

Michael Soung, MD, FACP

General Internal Medicine

Behavioral Health in Adult Primary Care

Integrated behavioral health in primary care is patient-centered and evidence based. This course is designed to address common behavioral health issues encountered in primary care settings and improve the knowledge, competence and skills of participants in addressing depression, suicidality, and high risk medication use. Feasible strategies for integrating behavioral health interventions in primary care settings will be presented, and participants will have the opportunity to practice motivational interviewing and de-escalation techniques. Local thought leaders will participate in a noontime panel discussion on current issues in delivery of behavioral health care.

Teaching methods include lectures, panel discussion, simulation and Q&A with faculty.

TARGET AUDIENCE:

This course is designed for primary care providers. This activity will also be of interest to nurses, social workers and pharmacists.

OBJECTIVES:

At the conclusion of this activity, participants should be able to:

- Assess the evidence base demonstrating that collaborative care improves outcomes and quality of care while reducing costs
- Employ screening and management techniques for suicide in the primary care setting
- Plan and provide appropriate, collaborative interventions
- Describe the limits to antidepressant medication benefit in depressed patients
- Cite the risks of chronic opioid use and summarize treatment options within primary care
- Review the risks of chronic benzodiazepine use in primary care
- Apply motivational interviewing techniques appropriate for use in primary care
- Recognize situations likely to lead to escalation and apply de-escalation skills appropriate for use in primary care



ACCREDITATION WITH COMMENDATION: Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION: Virginia Mason Medical Center designates this live activity for a maximum of **8.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Agenda

- 7:00 a.m.** *Registration opens, breakfast selection available*
- 7:30 a.m.** **Grand Rounds Presentation: Addressing Healthcare's Triple Aim Through Team-Based Care of Chronic Illness**
Paul Ciechanowski, MD, MPH
- 8:30 a.m.** *Break*
- 8:45 a.m.** **Introduction and Overview of Course Objectives**
Donna Smith, MD
- 9:00 a.m.** **The Patient's Voice**
Moderator: Marty Hoiness, MD
- 9:50 a.m.** *Break*
- 10:00 a.m.** **The Collaborative Assessment and Management of Suicidality (CAMS)**
Jeff Sung, MD
- 10:50 a.m.** **Primary Care Management of Depression: Clinical Pearls**
Michael Soung, MD
- 11:35 a.m.** *Break (select box lunch and return to auditorium)*
- 11:50 a.m.** **Panel Discussion: The Changing Landscape of Behavioral Health Care**
- 12:50 p.m.** **Opioid Use Disorders in Primary Care**
Elly Bhatraju, MD
- 1:35 p.m.** *Break*
- 1:45 p.m.** **Benzodiazepine Treatment in Primary Care**
Karina Uldall, MD
- 2:15 p.m.** **WORKSHOP SESSION 1**
Motivational Interviewing – Megan Bott, MSW
Essential De-escalation Skills for Primary Care – Betsy Gilbert, PhD
- 3:05 p.m.** **WORKSHOP SESSION 2**
Motivational Interviewing – Megan Bott, MSW
Essential De-escalation Skills for Primary Care – Betsy Gilbert, PhD
- 3:55 p.m.** **Closing Remarks, Final Questions**
Karina Uldall, MD
- 4:15 p.m.** *Adjourn*

LOCATION: The course will be held at Virginia Mason Hospital and Seattle Medical Center in the Volney Richmond Auditorium in Lindeman Pavilion, Level One, 1201 Terry Avenue (between Seneca and University Streets) in Seattle, Washington. For further information, please contact the CME Department at (206) 341-0142 or e-mail cme@virginiamason.org.

If you are a person with a disability or dietary restriction, please e-mail or call the office so we may assist in accommodating your needs.

To register, complete the form below and send via:



MAIL:

Virginia Mason CME Dept.
1100 9th Ave, D3-CME
Seattle, WA 98101



PHONE: (206) 341-0142



FAX: (206) 341-1480



E-MAIL: cme@virginiamason.org

WEB: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

Registration

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Please print clearly

NAME

LAST 4 DIGITS OF SSN (OR VMCM ID)

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: _____

☐ I will attend at the videoconferencing site in: _____
For information, call (206) 341-0142.

☐ Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.

PAYMENT:

Tuition: \$200.00

- ☐ Check enclosed. Make check payable to Virginia Mason CME
- ☐ Please charge my: ☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

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