

Department of Veterans Affairs, Employee Education System

And

The National Center for Post-Traumatic Stress Disorder (NC-PTSD)

Present

## **PTSD 101: Overview of the 2010 VA/DoD Clinical Practice Guideline for PTSD**

*VA TMS Item # 15490 / 13.MSE.ST.PCS.PTSD101CPOV.A*

**Program Release:** October 10, 2012

**Program Expiration:** September 30, 2015

### **Place**

Your computer work station

### **Purpose Statement**

This web based course is part of the PTSD 101 education series which are presented by experts in their field to increase provider knowledge related to the assessment and treatment issues of Post-Traumatic Stress Disorder (PTSD). PTSD is one of the major disorders seen in Veterans; however, there is a disparity in respect to awareness of effective treatments among mental health providers. This course provides mental health providers with a knowledge-based overview of the updated 2010 VA/DoD clinical practice guideline recommendations for effective treatment of Veterans with PTSD.

### **Target Audience**

The target audience includes mental health leaders/clinicians, Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) outreach coordinators and clinical managers, psychiatrists, psychologists, social workers, nurses, primary care clinicians, pharmacists, and others involved in the provision of services, outreach/communication, or program planning for Veteran populations who have suffered traumatic stress.

### **Outcome/Objectives**

At the conclusion of this educational program, learners will be able to:

- 1) review changes between 2004 and 2010 VA/DoD Clinical Practice Guideline for Posttraumatic Stress Disorder;
- 2) describe the evidence for the psychotherapy recommendations;
- 3) describe the evidence for the pharmacotherapy recommendations;
- 4) describe recommendations for treating complex comorbid conditions and symptoms.

## **Registration / Participation in the Activity Procedure**

- Length of course: 1 hour
- Review EES Program Brochure
- Attend and participate in 100% of program activity
- Complete Post Test Exam at a minimum passing score of 80%
- Complete Program Evaluation
- Print Certificate of Completion

### ***EES Contact Information***

Mary Ann Shea, Education Specialist/Project Manager, St. Louis Employee Education Resource Center, #1 Jefferson Barracks Drive, Building 2, St. Louis, MO 63125, phone 314-894-6648 ext. 65736, or e-mail: mail MaryAnnShea@va.gov.

Casey Grysen, Project Support Assistant, St. Louis Employee Education Resource Center, #1 Jefferson Barracks Drive, Building 2, St. Louis, MO 63125, phone 314 894-6648 ext. 64437, or e-mail: CaseyGrysen@va.gov.

## **Accreditation/Approval**

The accreditation organizations for this course are listed below.

### ***Accreditation Council for Continuing Medical Education (ACCME)***

The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### ***American Psychological Association (APA)***

The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

### ***American Nurses Credentialing Center (ANCC)***

VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## Continuing Education Credit

### ***Accreditation Council for Continuing Medical Education (ACCME)***

The VA Employee Education System designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This course provides Category 1 AMA Physicians Recognition Award™ CME credit (ACCME) for physicians. ACCME – NP (or ACCME-Non-Physician) may be used to provide attendees other than MDs, DOs a certificate that documents their attendance, and indicates that the accredited provider offered Category 1 AMA Physicians Recognition Award™ CME credit for the course or activity. ACCME – Non-Physician refers to nurses, physician assistants, and healthcare professionals other than physicians.

### ***American Psychological Association (APA)***

As an organization approved by the American Psychological Association, the VA Employee Education System is sponsoring this activity for 1 hour of continuing education credit. The Employee Education System maintains responsibility for this program and its content.

### ***American Nurses Credentialing Center (ANCC)***

VA Employee Education System designates this educational activity for 1 contact hour in continuing nursing education.

### ***Association of Social Work Boards (ASWB)***

VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. <http://www.aswb.org> ASWB Approval Period: 4/7/10 - 4/7/13. Social workers should contact their regulatory board to determine course approval.

Social workers will receive 1 continuing education clock hour in participating in this course.

### ***The California Board of Behavioral Sciences (CA BBS)***

The VA Employee Education System (Provider #PCE3204) asserts that this educational activity meets the qualifications for 1 hour of continuing education credit for Marriage and Family Therapist MFTs and / or for LCSWs as required by the California Board of Behavioral Sciences.

### ***Accreditation Council for Pharmacy Education (ACPE)***



The VA Employee Education System is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education Program 0610-0000-12-151-H01-P. This program is accredited for 1 contact hour. The Employee Education System maintains responsibility for the program. A statement of credit will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive continuing pharmacy education credit, participants must attend 100% of the program and complete an evaluation form. Statements of credit will be mailed to participants within six weeks of the educational activity's conclusion.

### Statement of Participation

A certificate of completion will be awarded to participants and accreditation records will be on file in the VA Talent Management System (TMS). In order to receive a certificate of completion from EES, you must register in the TMS, complete 100% of the program, pass the post-test with a score of 80% or higher, and submit the evaluation as directed. For all VA TMS users, completion certificates will be available in the Completed Works section of your VA TMS account. Non-VA TMS account holders will be provided a copy of their completion certificate via Email.

### Report of Training

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

### Program Schedule

<b>Content</b>	<b>Faculty</b>
What is Cognitive Processing therapy (CPT)?	Matthew Friedman
What is Prolonged Exposure (PE)?	Matthew Friedman
What is Eye Movement Desensitization and Reprocessing (EMDR)?	Matthew Friedman
What is Stress Inoculation Training (SIT)?	Matthew Friedman
Group Treatment	Matthew Friedman
Family Therapy	Matthew Friedman
Pharmacotherapy for PTSD	Matthew Friedman
Conclusion	Matthew Friedman

*Approximate time length: 60 minutes*

## Faculty and Planning Committee Listing

\* Denote planning committee

+ Denotes faculty

<p>*Nancy Bernardy, PhD Program Director, VHA PTS Mentoring Program National Center for PTSD White River Junction, VT</p>	<p>*Jessica Hamblen, PhD Deputy for Education National Center for PTSD White River Junction VA Medical Center White River Junction, VT</p>
<p>*Melissa L.D. Christopher, PharmD Program Manager Academic Educators for Mental Health Initiatives VISN 21/VISN 22 Pharmacoeconomics &amp; Formulary Management Division San Diego VA Healthcare System San Diego, CA Planning Committee Member for ACPE</p>	<p>*Martin Oexner, MA/ISSc Project Manager St. Louis Employee Education Resource Center St. Louis, MO</p>
<p>*+Matthew Friedman, MD Executive Director National Center for PTSD, Executive Division White River Junction, VT Planning Committee Member for ACCME</p>	<p>*James Leathem, MSW, LCSW-R Social Work Section Chief – Mental Health Northport VA Medical Center Northport, NY Planning Member for ASWB and CA BBS</p>
<p>*Deborah Grizzard, RN, MN, CNA, CPHQ Chief Nurse, Mental Health Palo Alto VA Health Care System Palo Alto, CA Planning Member for ANCC</p>	<p>*Pamela Swales, PhD Psychologist National Center for PTSD Educational and Clinical Laboratory Division Palo Alto VA Health Care System Menlo Park, CA Planning Member for APA</p>

**EES Program Staff for Trace Code: 13.MSE.ST.PCS.PTSD101CPPE.A****Mary Ann Shea, RN, BS, JD**

Education Specialist/Project Manager  
St. Louis Employee Education Resource Center  
St. Louis, MO

**Casey Grysen**

Project Support Assistant  
St. Louis Employee Education Resource Center  
St. Louis, MO

**Accessibility Statement: (Reasonable Accommodation)**

“The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact Mary Ann Shea, Education Specialist/Project Manager, EES, St. Louis Employee Education Resource Center, phone 314-894-6648 ext 65736, e-mail [MaryAnnShea@va.gov](mailto:MaryAnnShea@va.gov) with your request by close of business September 30, 2015.”

**Disclosure Statement**

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers' bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of interest.

This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

\* The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.