Clinical Strategies for Treatment Resistant Depression

Charles DeBattista, D.M.H., M.D.

Please check www.ubhonline.com for expiration date of CE credit

Instructions for Receiving Your Continuing Education Certificate

To obtain your CE Certificate, please complete and submit the four documents required by the credentialing boards:

1. Attendance Verification Form
2. Course Evaluation
3. Post Test
4. Sign-in Sheet

Please submit the four completed documents to UBH via one of the following methods:

Fax

1-801-926-3090
Attn: UBH Clinical Learning Programs

Mail

IAHB
Attn: UBH Clinical Learning Programs
4370 Alpine Road, Suite 209
Portola Valley, CA 94028

Upon receipt and documentation of your successful completion of the course, a CE Certificate will be mailed to you within 6-8 weeks.

ATTENDANCE VERIFICATION FORM

UBH Clinical Learning Department--Continuing Education Course

Course Title: **Clinical Strategies for Treatment Resistant Depression**

Faculty Name: **Charles DeBattista, D.M.H., M.D.**

Name: _____

Date: ☐ **03/07/08** ☐ **03/21/08** ☐ **Other:** _____

CE instructions:

1. Fill out this form completely. **PLEASE PRINT LEGIBLY**. We must include your license number in our permanent records. If you cannot provide your number now, please provide your social security number.
2. Turn in this form along with your Post-Test, Course Evaluation form and Sign In Sheet.
3. Please follow the directions for submitting these forms to UBH to obtain your CE certificate.

Name and Degree_____

Address_____

City/State/Zip_____

Phone #_____

e-mail: _____

Signature _____

_____ LPC/LMHC _____ Social Worker

_____ Psychologist _____ RN

_____ CEAP _____ Physician

_____ NCC _____ MFCC/MFT

Other_____

Prof. License Number(s) & State(s):

_____

_____

To which board(s) do you plan to submit these credits?

_____

One Credit hour of CE

Psychologists

X United Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. United Behavioral Health maintains responsibility for this program and its content.

Social Workers

X This program was approved by the National Association of Social Workers (provider # 886366512) for one continuing education contact hour.

X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).

Certified Counselors

X This course meets the qualifications for continuing education for MFT's and LCSW's as required by the CA Board of Behavioral Sciences (Provider # PCE 327).

X United Behavioral Health is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to the NBCC continuing education guidelines. United Behavioral Health maintains responsibility for the program. (Provider #5922)

Registered Nurses

X Provider approved by the California Board of Registered Nursing (Provider # CEP 10225).

X UBH is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

UBH Clinical Learning - Course Evaluation

Course Title: **Clinical Strategies for Treatment Resistant Depression**

Faculty: **Charles DeBattista, D.M.H., M.D.**

Name: _____ ☐ **03/07/08** ☐ **03/21/08** ☐ **Other:** _____

Your current professional status:

☐ Licensed Psychologist ☐ MFT ☐ LCSW ☐ MD/DO

☐ Unlicensed Masters/Doctoral level ☐ RN ☐ LPC ☐ Other (specify):

	Strongly Agree	**Agree**	**Disagree**	**Strongly Disagree**
1. Overall, I was satisfied with this course	☐	☐	☐	☐
2. Training Content (Check one choice for each item below): I am able to identify the following concepts:				
A. The implications of failing to treat patients to remission.	☐	☐	☐	☐
B. The implications of the Sequenced Treatment Alternatives to Relieve Depression (STAR*D) Trial for treating resistant depression	☐	☐	☐	☐
C. The role of devices for resistant depression including ECT, vagus nerve stimulation (VNS), transcranial magnetic stimulation (TMS) and deep brain stimulation(DBS)	☐	☐	☐	☐
3. Training Format (Check one choice for each item below):				
A. Learning materials were effective	☐	☐	☐	☐
B. Learning method (teleconference) was effective	☐	☐	☐	☐
C. Learning program was easy to access	☐	☐	☐	☐
4. Instructor (Check one choice for each item below):				
A. Overall, the instructor effectively facilitated my learning	☐	☐	☐	☐
B. The instructor demonstrated expertise in the subject matter	☐	☐	☐	☐
C. The instructor presented the subject matter clearly	☐	☐	☐	☐
5. Course Relevance (Check one choice for the item below):				
A. The course provided new information useful to me in my practice	☐	☐	☐	☐

B. I will use specific information from this course in the following ways (**check all that apply**):

☐ Improving clinical assessment skills

☐ Improving treatment techniques and outcomes

☐ Use of validated tools/process to improve assessment and monitoring of treatment

☐ Knowing when to collaborate with or refer to other clinicians

☐ Effective involvement of family or other's support to enhance treatment outcome

☐ Effective use of adjunctive client-focused resources to enhance treatment outcomes

☐ Enhance medication co-management (e.g. techniques to identify a need to start medication therapy, how to monitor for side effects, how to determine medication effectiveness and/or when to request medication change due to ineffectiveness)

☐ Other (specify):

6. Tell us what UBH can do to make this course better (Check all that apply):

☐ Make it shorter ☐ Make it longer ☐ Find more effective instructor

☐ Include **more** detail on subject matter (specify):

☐ Include **less** detail on subject matter (specify):

☐ Other (specify):

POST TEST

UBH Clinical Learning Department--Continuing Education Course

Course Title: **Clinical Strategies for Treatment Resistant Depression**

Presenter: **Charles DeBattista, D.M.H., M.D.**

Name: _____

Date: □ **3/07/08** □ **3/21/08** □ **Other:** _____

SCORE: _____

Please choose the correct answer:

1. Patients who respond to treatment but fail to achieve remission from their depressive episode are at greater risk for
   a. More rapid relapse
   b. Greater medical co-morbidities
   c. Greater long term risk of suicide
   d. All of the above.

2. Remission rates in the STAR*D trial were:
   a. About 25-30% at each level of treatment
   b. About 30% for the first level of treatment and then a substantially reduced level of remission with each failure to respond.
   c. About 50% at the first stage of treatment and 30% after 3 failed trials
   d. Lower than typically seen in standard clinical trials

3. Patients who achieved remission at each level of treatment in the STAR*D trial
   a. were equally protected from experiencing a rapid relapse in the next 12 months
   b. relapsed sooner if they were resistant to earlier treatments, even if they achieved remission with subsequent trials
   c. were more likely to relapse sooner than patients who experienced robust, but incomplete responses at each level of treatment
   d. were less symptomatic than patients who failed to achieve remission

4. Transcranial magnetic stimulation
   a. involves wearing a magnetic cap
   b. is as effective as ECT for resistant depression
   c. is under review by the FDA for resistant depression currently
   d. All of the above

SIGN IN AND SIGN OUT SHEET FOR CONTINUING EDUCATION APPROVAL

Name of Sponsoring Organization: UNITED BEHAVIORAL HEALTH				
Name of Continuing Education Program: Clinical Strategies for Treatment Resistant Depression				
Name of CE Staff Person Totaling Hours for Participants: Marie Iddings, LCSW		**Signature of CE Staff Person Totaling Participant Hours:** Marie Iddings		
Location of Program: National teleconference offered on 03/07/08 and 03/21/08		**Instructor: Charles DeBattista, D.M.H., M.D.**		**Date:**
Participant's Signature	**Participant's Name and Address (Please print clearly)**	**Type of License State NASW Member? Yes/No**	**License Number**	**Sign In Time/ Sign Out Time**
1.				
2.				