

MAJOR DEPRESSIVE DISORDER

Screening Strategies and Treatment Options for the Nurse Practitioner

START DATE: 1/31/2020 END DATE: 1/31/2021

TARGET AUDIENCE: This activity was intended for nurse practitioners working in primary care practice; however, NP students and NPs in other specialties participated.

REGISTRANTS: **4,771** CERTIFICATES AWARDED: **2,882**

ACTIVITY DESCRIPTION: Up to 25% of primary care visits involve depression, and primary care providers deliver 50% of behavioral health services in the United States. This activity, delivered with live case studies, was designed to improve depression screening, diagnosis, and treatment by the NP in primary care settings.

ACCREDITATION: This activity was approved for 1.0 contact hour of continuing education (which includes 0.5 hour of pharmacology) by AANP.

SUPPORT: This activity was supported by an Educational Grant from Takeda Pharmaceuticals U.S.A., Inc. and Lundbeck.

LEARNING OBJECTIVES:

- Identify validated screening and measurement-based tools used to recognize and evaluate MDD.
- List four key elements of motivational interviewing.
- Identify examples of the five core skills of motivational interviewing.
- Identify pharmacological interventions for individualized management of depression in primary care.

AANP ACTIVITY OUTCOMES OVERVIEW

LEARNER PARTICIPATION

N=2876

UNIQUE LEARNERS

NP	Nurse/NP student	Other APRN	Other
84% (2429)	14% (411)	1% (28)	0% (8)

NP CERTIFICATION

Family	Adult/ Gerontology	Psychiatric/ Mental Health Family/Adult	Other	Not certified as NP or NP student
71% (2055)	13% (377)	3% (110)	4% (102)	8% (232)

PRACTICE SETTING

Primary Care	Psychiatric/ Mental Health	Acute or Urgent care	Internal Medicine
57% (1630)	7% (194)	8% (218)	6% (170)

*Additional practice sites: Women's health, addiction medicine, palliative care, community care, pain management

FACULTY



Dr. Brayden Kameg, DNP,
PMHNP-BC, CARN, CNE

Dr. Brayden Kameg, DNP, PMHNP-BC, CARN, CNE currently serves as an Assistant Professor of Nursing at the University of Pittsburgh in the Department of Health and Community Systems. She is also involved in various health educational training programs, most recently and currently servicing as faculty expert on a Substance Abuse and Mental Health Services Administration-funded program. Dr. Kameg maintains clinical practice at Psychotherapy Associates, where she treats patients across the lifespan, and the Veterans Administration Pittsburgh Healthcare System (VAPHS), where she works on an inpatient basis.

IMPACT

Post Activity
Knowledge Gains
37%

(2876 unpaired)
Overall increase in mean
percent correct answers from
pre to post, $p < 0.001$

7,194
of potential
patients impacted
weekly from this
CE activity