

PARTICIPATE IN THE RECORDED ACTIVITY—REGISTER TODAY!!!

Bipolar Mania: Improving Recognition, Diagnostic Accuracy, and Evidence-Based Treatment

Participate online anytime at
www.neuroscienceCME.com/CMW398

For more information or to register by phone for this one-hour activity, call CME Outfitters at **877.CME.PROS**.

Release Date: October 28, 2009
Credit Expiration Date: October 28, 2010
Offered Until: October 28, 2010

This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

This continuing education activity is co-sponsored by Indiana University School of Medicine and by CME Outfitters, LLC.



STATEMENT OF NEED

A cardinal feature of bipolar disorder is the irregular recurrence of alternating abnormal mood states including depression, mania, and mixed states. Mania is frequently revealed retrospectively; patients are often not accurate in their recall of the severity and duration of symptoms, which can add further complexity to diagnosis. Symptoms of mania can include racing thoughts, pressured speech, irritability, lack of sleep, sexual preoccupation, excessive energy, and expansive mood, all of which can lead to problems at home, work, or school. Symptoms vary across individuals and disease course, and are often accompanied by comorbidities, all of which can pose diagnostic challenges. Delayed treatment has been shown to be associated in some cases with increased hospitalizations, greater risk of suicide, emergence of comorbid conditions, and global impairment. Once stabilized, maintenance treatment—pharmacotherapy, patient and family education, and psychosocial support—must be considered to prevent relapse, achieve better stability of mood, and improve function. In this interactive and evidence-based neuroscienceCME Live and On Demand activity, the expert faculty will translate the evidence to improve outcomes in patients through better recognition, diagnosis, and treatment of bipolar mania.

Chengappa KNR, Goodwin GM. Characterizing barriers, challenges, and unmet needs in the management of bipolar disorder. *Bipolar Disord* 2005;7(Suppl 1):5-7.

ACTIVITY GOAL

To improve competencies of clinicians managing patients with bipolar mania through better assessment, diagnosis, and treatment of the disorder.

LEARNING OBJECTIVES

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

- Integrate expert consensus, evidence base, structured interview, and assessment tools to accurately diagnose bipolar mania.
- Compare and contrast available agents for the acute management of bipolar mania in terms of efficacy and tolerability.
- Utilize guideline-based recommendations to develop individualized, multimodal treatment plans for the long-term management of patients with bipolar mania.

The following learning objectives pertain only to those requesting CNE credit:

- Review the evidence base, structured interview and assessment tools to accurately diagnose bipolar mania.
- Compare and contrast available agents for the acute management of bipolar mania in terms of efficacy and tolerability.
- Identify guideline-based recommendations to develop individualized, multimodal treatment plans for the long-term management of patients with bipolar mania.

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals interested in mental health.

ACKNOWLEDGEMENT OF FINANCIAL SUPPORT

The Indiana University School of Medicine and CME Outfitters, LLC gratefully acknowledge an educational grant from Bristol-Myers Squibb Company and Otsuka America Pharmaceutical, Inc., in support of this CE activity.

FAX completed form to **240.243.1033**

YES! I would like to participate in the: ☐ Internet ARCHIVE ☐ Podcast ARCHIVE

Site Name: _____ # Participants: _____

Individual Name: _____ Degree: _____

Address: _____

City/State/ZIP: _____

Practice Setting: ☐ Community Mental Health ☐ State Mental Health ☐ Primary Care
☐ Private Practice ☐ Other: _____ Phone: _____

Fax: _____ Email: _____



FACULTY INFORMATION

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Associate Professor of Psychiatry and Pharmacology
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CREDIT INFORMATION

CME Accreditation (Physicians): Indiana University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Indiana University School of Medicine designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Note to Physician Assistants: AAPA accepts Category I credit from AACME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by AACME.

CNE Credit (Nurses): This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned approval code 7ZDSRD-10. 1.0 contact hours will be awarded upon successful completion.

CEP Credit (Psychologists): CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

NASW Credit (Social Workers): This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

CCMC Credit (Certified Case Managers): This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

CPE Credit (Pharmacists): CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Program Number: 376-999-09-025-H01-P
Activity Type: knowledge-based

Post-tests, credit request forms, and activity evaluations can be completed online at www.neuroscienceCME.com (click on the Testing/Certification link under the Activities tab—requires free account activation), and participants can print their certificate or statement of credit immediately (70% pass rate required). Otherwise, participants should fully complete and return both the credit request form and activity evaluation located within the course guide for this activity. A certificate or statement of credit will be mailed within 4–6 weeks to all who successfully complete these requirements. This website supports all browsers except Internet Explorer for Mac. For complete technical requirements and privacy policy, visit www.neurosciencecme.com/technical.asp. CE credit expires on October 28, 2010.

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Note: While it offers CME credits, this activity is not intended to provide extensive training or certification in the field.