

INTERACTIVE CE BROADCAST via Satellite, Internet, or Telephone

Premiere Date:
Wednesday, May 3, 2006

LIVE Broadcast: 12:00 p.m.–1:00 p.m. ET
11:00 a.m.–12:00 p.m. CT
10:00 a.m.–11:00 a.m. MT
9:00 a.m.–10:00 a.m. PT

Taped Re-Air: 3:00 p.m.–4:00 p.m. ET
2:00 p.m.–3:00 p.m. CT
1:00 p.m.–2:00 p.m. MT
12:00 p.m.–1:00 p.m. PT

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This activity offers CE credit for:

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

FACULTY

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Viewing location (if site-facilitated):



For more information or to register for this one-hour activity, please visit www.psychcme.net or call CME Outfitters at 877.CME.PROS.

Please send me a complimentary
 videotape CD-ROM of this
CE activity.



Recovery vs. Recurrence: Optimizing Maintenance Therapy for Patients with Bipolar Disorder

Statement of Need

Bipolar disorder causes significant morbidity and mortality (including suicide), is one of the leading causes of disability worldwide, and has a deleterious impact on social and occupational functioning.¹ Current practice guidelines recommend that long-term treatment be considered following a single severe manic episode to try to ameliorate the future course of the illness by preventing relapse.² The Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD) reports that even with best-practice guidelines (medication combined with psychosocial interventions), only 858 of 1,469 patients (58.4%) with bipolar disorder achieved recovery; of those, 416 (48.5%) experienced a recurrence within 2 years.³ In addition, clinicians need to consider side effect profiles when choosing medications for long-term treatment. In particular, patients with bipolar disorder are more prone to morbidity and mortality from obesity, diabetes, and cardiovascular causes.⁴ In this evidence-based CME Outfitters/psychCME TV activity, the experts will discuss the evaluation and application of individualized treatment strategies for optimizing long-term maintenance therapy for patients with bipolar disorder.

¹ Gitlin MJ, Swendsen J, Heller TL, Hammen C. Relapse and impairment in bipolar disorder. *Am J Psychiatry* 1995;152:1635-1640.

² APA. Practice guidelines for the treatment of patients with bipolar disorder (revision). *Am J Psychiatry* 2002;159(suppl 4):1-50.

³ Perlis RH, Ostacher MJ, Patel JK, et al. Predictors of recurrence in bipolar disorder: Primary outcomes from the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD). *Am J Psychiatry* 2006;163:217-224.

⁴ Morriss R, Mohammed FA. Metabolism, lifestyle and bipolar affective disorder. *J Psychopharmacol* 2005;19(6 Suppl):94-101.

Activity Goal

To provide evidence-based educational information and clinical context regarding the efficacy of medications used in maintenance treatment of bipolar disorder.

Learning Objectives

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

- Evaluate the evidence base for monotherapy and adjunctive therapies used in the maintenance phase of bipolar disorder.
- Identify and differentiate individualized treatment strategies for patients with bipolar disorder based on side effect profile.
- Compare and contrast pharmacotherapies based on current practice guidelines, recent evidence, and indications for maintenance therapy in bipolar disorder.

Target Audience

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

Commercial Support

CME Outfitters, LLC, gratefully acknowledges an educational grant from Bristol-Myers Squibb and Otsuka America Pharmaceutical, Inc., in support of this CE activity.

Credit Information

CME Credit (Physicians): CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, 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.

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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)

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1.0 contact hours (0.1 CEUs)

Universal Program Number:
376-999-06-011-L01 (live presentation)
376-999-06-011-H01 (recorded programs)

To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed within 4–6 weeks to all who successfully complete these requirements.

FAX completed form to 240.243.1033

WWW

YES! Register me for this LIVE evidence-based CME Outfitters/psychCME TV activity on May 3, 2006.

Site/Individual Name: _____ # Participants: _____

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

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