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Applying Performance Measures Through a Chronic Disease Model to Optimize Treatment of Bipolar Mania

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FACULTY INFORMATION

Leslie Citrome, MD, MPH
Professor, Department of Psychiatry
NYU Medical Center
New York, NY

Gary Sachs, MD
Co-Director, Bipolar Clinic and Research Program
Massachusetts General Hospital
Founder, Concordant Rater Systems
Associate Professor of Psychiatry
Harvard Medical School
Boston, MA

MODERATOR

Roger S. McIntyre, MD
Head, Mood Disorders Psychopharmacology Unit
University Health Network
Associate Professor of Psychiatry and Pharmacology
University of Toronto
Toronto, ON

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Universal Activity Number: 376-999-10-002-H01-P
Activity Type: knowledge-based

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Release Date: February 17, 2010
Credit Expiration Date: February 17, 2012
Offered Until: February 17, 2012

NOTE: No live CE credit is being offered for this activity.

This activity offers CE credit for:

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



STATEMENT OF NEED

Bipolar disorder is a complicated and severe mental disorder associated with a recurrent or chronic course, insufficient clinical response, and psychosocial impairment in a substantial number of patients. Bipolar disorder presents with pleomorphic signs and symptoms varying from depression to hypomania, full-blown mania, mixed states, and psychosis. Due to the complexity of the disease, the assessment of patients with bipolar disorder poses a difficult challenge to clinicians. Upon diagnosis, it is paramount to understand the different classifications of medications available for treatment to ensure the patient is getting the best care possible based on evidence and treatment guidelines considering safety and long-term efficacy. In this neuroscienceCME Live and On Demand activity, the faculty will apply a chronic disease model to the diagnosis and management of bipolar mania focusing on achievement of performance measure-based benchmarks that can improve patient outcomes.

Bauer MS, et al. Enhancing multiyear guideline concordance for bipolar disorder through collaborative care. *Am J Psychiatry* 2009;166:1244-1250.
Kupfer DJ, et al. Demographic and clinical characteristics of individuals in a bipolar disorder case registry. *J Clin Psychiatry* 2002;63:120-125.

ACTIVITY GOAL

To improve utilization of measurement tools within a chronic disease model in patients with bipolar mania.

LEARNING OBJECTIVES

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

- Identify strategies for detecting mania or hypomania in patients presenting with depressive symptoms, in accordance with validated guidelines and performance measures.
- Compare evidence-based treatment strategies that can be implemented early in the course of bipolar disorder to address mania symptoms.
- Recognize the elements of a chronic care model that should be considered when developing a long-term management plan in 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.

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