Psychotropic Medications: Essentials for Practice
March 31-April 1, 2016
8:00 am – 3:00 pm
Red Cross Ballroom
Ft. Vancouver National Historic Site, Vancouver, WA

Program Description
Psychotropic medications, ubiquitous in all areas of nursing care, are powerful agents that save and improve lives, but also can have serious and dangerous adverse effects. This two-day program is designed for nurse practitioners and registered nurses wanting a greater understanding of the common pitfalls in prescribing and managing psychotropic medications, and the adverse reactions that critically require nursing assessment and intervention. This conference will provide the latest information regarding the role of inflammation in psychiatric disorders and why this is important, the best evidence-based strategies for treating anxiety, mood, psychotic and other disorders, for effectively tapering patients off benzodiazepines while improving collaboration, managing adverse metabolic impacts of antipsychotic medications, and utilizing complementary agents for various psychiatric and emotional conditions. This information is set within the context of holistic care and evidenced based strategies that improve patient outcomes.

Who Should Attend? Advanced Practice Registered Nurses (ARNP, APRN), Clinical Nurse Specialists (CNS), Registered Nurses, and Other Health Sciences and Mental Health Professionals seeking to improve their knowledge about psychopharmacology.

Learning Outcomes: Learners will gain skills in assessment, identification, and management of commonly prescribed psychotropic medications. At the conclusion of this conference, you will be able to:

1. Discuss 4 commonly made “pitfalls” of prescribing and monitoring psychotropic agents and how to prevent adverse outcomes for your patients.
2. Describe how inflammation impacts neurological function and how this impacts nursing practice to improve patient outcomes.
3. List the “best evidence” strategies for treating unipolar and bipolar mood disorders.
4. Summarize how to prescribe antipsychotic agents to minimize adverse metabolic impacts.
5. Describe how to effectively taper patients off benzodiazepines, while maintaining provider-patient collaboration.
6. Choose appropriate evidence-based agents for various anxiety disorders.
7. Discuss evidence-based use of psychopharmacological agents to assist patients with substance use disorders.
8. Compare and contrast psychopharmacological treatments for various eating disorders.
9. Describe an effective strategy for improving point-of-care collaboration with other providers involved in a patient’s care.
10. Discuss state of the science use of antidepressants in patients with bipolar disorder.
11. Describe psychopharmacological considerations in adolescents, elderly, and pregnant patients.
12. Identify 5 critical drug interactions when psychopharmacological agents are prescribed.
13. Discuss use of genomic testing.
14. Analyze complementary and “alternative” agents which have an evidence-base for effectiveness in various psychiatric and emotional conditions.

Susan Marie, Ph.D., PMHNP
Susan Marie, Ph.D., PMHNP, CARN-AP, BC, licensed Psychiatric Mental Health Nurse Practitioner and certified in Addictions, brings over 30 years of clinical experience treating adults with diverse mental illnesses, specializing in serious mental illness, trauma and substance use disorders. She is noted for her “pitfalls” and “pearls” of psychopharmacology. Her passions are “radical respect” for people with serious mental illnesses and addictions, excellence in psychopharmacology, and integrating psychotherapeutic interventions for clients with PTSD, addictions and chronic pain.

Dr. Marie is an Associate Professor at Oregon Health & Science University where she teaches graduate psychiatric mental health nursing students. She is the Medical Director for Behavioral Health at Old Town Clinic, in Portland, Oregon where she maintains a practice specializing in diagnostic evaluation, psychopharmacology for complex patients and psychopharmacology consultation to other professionals. Dr. Marie’s work developing integrated behavioral health within primary care settings was noted in the Robert Wood Johnson LEAP initiative and awarded by the Oregon Primary Care Association in 2013.

“I could never quite keep all this straight- I wish I had heard her years ago!”

“Thank you so much for such a wonderful presentation and insightful information. I am taking this to my whole team. I have attended seminars for many years and you are the best.”

REGISTER at www.AcuteCareEd.com
## Program Agenda / Day 1

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<th>Time</th>
<th>Event</th>
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<td>7:45 am – 8:00 am</td>
<td>Registration / Breakfast</td>
</tr>
<tr>
<td>8:00 am - 8:10 am</td>
<td>Welcome / Announcements</td>
</tr>
<tr>
<td>8:10 am - 9:30 am</td>
<td>Understanding Psychotropics in 2016</td>
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<tr>
<td>9:30 am - 9:40 am</td>
<td>Break</td>
</tr>
<tr>
<td>9:40 am - 11:30 am</td>
<td>Best Evidence forTreating Mood Disorders</td>
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<tr>
<td>11:30 am - 12:00 pm</td>
<td>Buffet Lunch</td>
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<tr>
<td>12:00 pm - 1:30 pm</td>
<td>State of the Science Treatment of Bipolar Disorder</td>
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<tr>
<td>1:30 pm - 1:40 pm</td>
<td>Break</td>
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<tr>
<td>1:40 pm - 3:00 pm</td>
<td>Antipsychotics: Improving Outcomes</td>
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## Day 2

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<th>Time</th>
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<tr>
<td>7:45 am – 8:00 am</td>
<td>Registration / Breakfast</td>
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<tr>
<td>8:00 am - 9:30 am</td>
<td>Treatment of Anxiety Disorders, PTSD and OCD</td>
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<td>9:30 am - 9:40 am</td>
<td>Break</td>
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<tr>
<td>9:40 am - 11:20 am</td>
<td>Managing Benzodiazepines: The Double Edged Sword</td>
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<tr>
<td>11:20 am - 12:00 pm</td>
<td>Buffet Lunch</td>
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<tr>
<td>12:00 pm - 1:30 pm</td>
<td>ADHD, Eating Disorders &amp; Neurocognitive Disorders</td>
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<td>1:30 pm - 1:40 pm</td>
<td>Break</td>
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<tr>
<td>1:40 pm - 2:40 pm</td>
<td>Treating Substance Use Disorders, Complementary and Alternative Agents</td>
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<tr>
<td>2:40 pm - 3:00 pm</td>
<td>Online Evaluation</td>
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## Accreditation Statement

Acute Care Education, LLC is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

## Criteria for Successful Completion

In order to obtain a Certificate of Successful Completion for 12.0 contact hours (including 12.0 pharmacology hours) for this program please consult our website for the specific criteria. Contact hour and pharmacology hour awarding is based on session attendance and completion of the evaluation for the program. Certificates of Successful Completion are available to learners immediately upon completion of the evaluation process and stored in the learner profile under the Courses tab for future access.

## Registration Information

**ONLINE REGISTRATION:** by Monday, March 28, 2016

[https://www.acutecareed.com/events/psychotropic-medications-20160331](https://www.acutecareed.com/events/psychotropic-medications-20160331)

**Registration Fee:**

- ARNP/RN: $379.00
- Student: $349.00
- One-Day: $259.00

**Registration includes:** Attendance at program, downloadable program handouts and disclosures, all day coffee, tea, water, continental breakfast, and lunch buffet. Please specify in your profile your menu option of a meat entrée, or vegetarian entrée and if you are gluten free. Wi-fi is available in the conference center.

**Cancellation Policy:** Acute Care Education reserves the rights to cancel a program due to low registrations within 14 days of the event. Attendee registration for an event may be cancelled by written request up to 10 days before the event for a full refund. No refunds will be issued for written cancellations received less than 10 days to the event. Please send all written cancellation requests to: Register@AcuteCareEd.com or Mail: Acute Care Education, 15640 NE Fourth Plain Blvd, Suite 106, #160, Vancouver, WA 98682. **Questions:** (971) 231-4413 or Register@AcuteCareEd.com

REGISTER at [www.AcuteCareEd.com](http://www.AcuteCareEd.com)