

**CME QUESTIONS: TEST #059909S**

The Johns Hopkins University School of Medicine designates this continuing medical education activity for 2 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he or she actually spends on the educational activity. Credits are available until the expiration date of September 30, 2001.

**Instructions**

After reading this Special Report, select the best answer to each of the following questions. At least 7 of the 10 answers must be correct to receive CME credit. Estimated time for this activity is 2 hours.

**1. The management of depression is complicated by:**

- a) Lack of recognition, treatment failure, issues of locus of care
- b) Poor adherence, comorbidities, chronicity
- c) Concealment, disconnect between primary care physician and mental health practitioners, lack of specific psychotherapies
- d) All of the above
- e) None of the above

**2. The percentage of medically ill patients who have depression is:**

- a) 8%
- b) 1%-5%
- c) 15%-20%
- d) 25%-30%
- e) None of the above

**3. The following results are from the study on the integrated psychiatrist-primary care model:**

- a) Improved adherence in major depression
- b) Improved depression outcomes in major depression
- c) Improved depression outcomes in major and minor depression
- d) Improved satisfaction with care in minor depression
- e) Improved depression outcomes in minor depression

**4. The following statements are true regarding costs for the integrated psychiatrist-primary care model except:**

- a) Total costs of intervention were slightly higher.
- b) Significant cost offset was seen after interventional care.
- c) Intervention showed better cost effectiveness.
- d) Incremental costs of collaborative care were lower than those of usual care.
- e) Specialty mental healthcare outpatient costs were lower after the intervention.

**5. All of the following are side effects of the TCAs except:**

- a) Diarrhea
- b) Drowsiness
- c) Seizures
- d) Orthostatic hypotension
- e) Weight gain

**6. The following statements are true of the serotonin syndrome except:**

- a) Neuromuscular dysfunction is a distinguishing feature.
- b) Onset of syndrome is within 2 weeks.
- c) Syndrome occurs with 2 serotonergic agents.
- d) Symptoms resolve rapidly.
- e) Dextromethorphan may contribute to the syndrome.

*(CME QUESTIONS CONTINUED ON FOLLOWING PAGE)*

<b>CME TEST FORM</b>	Please circle your answers:	(PLEASE PRINT CLEARLY)
AJMC Test #059909S	1. a b c d e	Name _____
Clinical and Economic Considerations of Depression Management: A Managed Care Approach	2. a b c d e	Address _____
(Test valid through September 31, 2001. No credit will be given after this date.)	3. a b c d e	City _____
	4. a b c d e	State/ZIP _____
	5. a b c d e	Phone # _____
	6. a b c d e	Please enclose a check for \$10, payable to American Medical Publishing, and mail with this form to:
	7. a b c d e	<b>The AJMC CME Test</b>
	8. a b c d e	American Medical Publishing
	9. a b c d e	241 Forsgate Drive, Suite 102
	10. a b c d e	Jamesburg, NJ 08831

...CME QUIZ ...

PROGRAM EVALUATION

Johns Hopkins University School of Medicine would like to have your opinion. Please fill out the questionnaire below, tear off along the dotted line, and mail along with your CME test form. We thank you for your evaluation, which is most helpful.

*On the whole, how do you rate the information presented in the article?*

excellent  good  fair  poor

*Is the information presented useful in your practice?*

yes  no

*Do you have recommendations to improve this program?*

yes  no

Comments:

*Were any portions of this program unsatisfactory or inappropriate?*

yes  no

*If so, which?*

*Do you find the information presented in these articles to be fair, objective, and balanced?*

yes  no

*Is there subject matter you would like included in the future?*

yes  no

Comments:

*In your opinion, were the authors biased in their discussion of any commercial product or service?*

yes  no

Comments:

Program Evaluation

Physician Name

Address

City, State, ZIP

Specialty

(CME QUESTIONS CONTINUED FROM PREVIOUS PAGE)

7. The following statements are true regarding SSRIs except:

- a) SSRIs are safer in suicide ideation patients.
- b) SSRIs may cause somnolence.
- c) Fluoxetine is devoid of cytochrome P450-2D6 inhibition.
- d) Incidence of stimulant effects is least with fluvoxamine
- e) SSRIs can cause SIADH.

8. Which of the following is a feature of the health management model?

- a) Disease-centered; single focus
- b) Integrated; disease-specific outcomes
- c) Bottom-up; relevant costs easily determined
- d) Person-centered/focus on quality of life
- e) None of the above

9. Collaborative care in primary care is enhanced by:

- a) Less busy practice
- b) Rural practice
- c) Managed care
- d) Colocation of family practitioner/mental health professional
- e) Electronic communications system

10. The following statement is not true of depression:

- a) Prevalence is 10% to 15% if broad criteria are used.
- b) Pharmacologic therapy leads to improvement in approximately 80% of cases.
- c) Many patients with minor depression improve spontaneously with time.
- d) Use of DSM criteria leads to underdiagnosis.
- e) None of the above

*Clinical and Economic Considerations of Depression Management:  
A Managed Care Approach*

**GOAL**

To provide comprehensive and up-to-date information concerning the management of depression, including medical treatments and cost implications of depression management to patients, healthcare providers, and society.

**TARGET AUDIENCE**

This activity is designed for physicians in primary care, psychiatrists, managed care decision makers, healthcare policy planners, and pharmacy and therapeutics committee members.

**LEARNING OBJECTIVES**

Upon completion of this educational CME supplement, the participant should be able to:

- Identify the challenges of treating depression in primary care.
- Explain several approaches to improving outcomes in depression.
- Discuss the role of collaborative care in depression management.
- Describe the cyclic antidepressants, including their effectiveness, side effects, and improvements to quality of life.

**CONTINUING MEDICAL EDUCATION ACCREDITATION**

The Johns Hopkins University School of Medicine designates this continuing medical education activity for 2 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he or she actually spends on the educational activity. Credits are available until the expiration date of September 30, 2001.

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

This CME activity was planned and produced in accordance with the ACCME Essentials and Standards for Commercial Support. This program is supported by an unrestricted educational grant from **Pfizer, Inc.**

This CME activity has been produced under the direct supervision of Peter Rabins, MD, Professor of Psychiatry, Johns Hopkins University School of Medicine.

The content of this Special Report supplement may include information regarding the use of products that may be inconsistent with or outside the approved labeling for these products in the United States. Physicians should note that the use of these products outside current approved labeling is considered experimental and are advised to consult prescribing information for these products.