

**CE/CME QUESTIONS**

The Johns Hopkins University School of Medicine designates this 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 February 28, 2002. Test #060002S

**Continuing Education**

The University of Tennessee College of Pharmacy is approved by the American Council on Pharmaceutical Education as a provider of continuing pharmaceutical education. This Continuing Education Program has been approved for 2 contact hours (0.2 CEUs) by the University of Tennessee College of Pharmacy. This course expires February 28, 2003. ACPE Program #064-999-00-031-H01

**Instructions**

After reading this Special Report, select the best answer to each of the following questions. At least 14 of the 20 answers must be correct to receive CME or CE credit. Estimated time for this activity is 2 hours.

**1. What percentage of the general population is aware of the active symptoms of depression?**

- a) 80%
- b) Less than one third
- c) Approximately 50%
- d) More than 90%
- e) 100%

**2. The prevalence rate of depression in patients seen by primary care physicians ranges from:**

- a) 3% to 7%
- b) 5% to 11%
- c) 6% to 17%
- d) 8% to 19%
- e) None of the above

**3. If diagnosed with depression, what percentage of patients would seek help from someone other than a mental health professional?**

- a) 100%
- b) 25%
- c) More than 50%
- d) At least 75%
- e) None of them

**4. Which of the following reasons explains why primary care physicians are reluctant to diagnose and treat a depressed patient?**

- a) Depression takes too long to diagnose.
- b) Depressed patients are hard to manage.
- c) The physician doesn't know how the patient will react.
- d) a, b, and c
- e) a and b

**5. When an antidepressant of one class is substituted for another, which of the following substitutions yields the highest response rate?**

- a) An SSRI to an SSRI
- b) A TCA to a TCA
- c) A TCA to an SSRI
- d) A TCA to a monoamine oxidase inhibitor
- e) An SSRI to a TCA

(CE/CME QUESTIONS CONTINUED ON FOLLOWING PAGE)

<b>CME TEST FORM</b>		
AJMC Test #060002S	Please circle your answers:	10. a b c d e
Creating an Optimal Strategy for Improving Outcomes in Depression  (Test valid through February 28, 2002. No credit will be given after this date.)	1. a b c d e	11. a b c d e
	2. a b c d e	12. a b c d e
	3. a b c d e	13. a b c d e
	4. a b c d e	14. a b c d e
	5. a b c d e	15. a b c d e
	6. a b c d e	16. a b c d e
	7. a b c d e	17. a b c d e
	8. a b c d e	18. a b c d e
	9. a b c d e	19. a b c d e
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		Please enclose a check for \$10, payable to American Medical Publishing, and mail with this form to:
		<b>THE AJMC CME Test</b>
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**CME 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 these articles?*

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

(CE/CME QUESTIONS CONTINUED FROM PREVIOUS PAGE)

**6. At what stage in the treatment of depression should medication be tapered and the results observed?**

- a) Response
- b) Remission
- c) Relapse
- d) Recovery
- e) Recurrence

**7. After 1 episode of depression, what is the minimum amount of time treatment should be continued?**

- a) One month
- b) Two months
- c) Four months
- d) More than 6 months
- e) None of the above

**8. All of the following statements about noncompliance with prescribed medications are true except:**

- a) If patients are noncompliant, their condition worsens.
- b) Awareness of the side effects leads to noncompliance.

- c) If patients are noncompliant, they may become suicidal.
- d) Noncompliance simply means the patient refuses to take the prescribed drug.
- e) Compliance may depend on daily dosing schedule.

**9. After a second episode of depression, the recurrence rate rises to more than:**

- a) 50%
- b) 70%
- c) 80%
- d) 90%
- e) None of the above

**10. Which of the following is a 100% accurate method that physicians can use to assess a patient's compliance with an antidepressant drug regimen?**

- a) Ask the patient.
- b) Count the pills.
- c) Measure blood or urine drug levels.
- d) All the above
- e) None of the above

... CE/CME QUIZ ...

11. What percentage of physicians become defensive when they learn a patient hasn't been taking the prescribed medication(s)?

- a) 10%
- b) 31%
- c) 59%
- d) 78%
- e) None of the above

12. Which of the following factors can make a patient compliant or noncompliant with a medication regimen?

- a) The illness itself
- b) The extent of comorbidity, in terms of medical and psychiatric illness
- c) The patient's personality, attitudes, and beliefs
- d) a and c
- e) a, b, and c

13. Which of the following statements about SSRIs is true?

- a) They are the most prescribed antidepressant.
- b) They have greater diversity in their structural classes than in their known neurochemical effects.
- c) The use of SSRIs results in a reduction of depression on the Hamilton Depression Rating Scale.
- d) They tend to be somewhat less effective than serotonergic TCAs in inpatients and in those who are severely ill.
- e) All the statements are true.

14. The disposition of a drug is described in terms of all the following except:

- a) Absorption
- b) Distribution
- c) Metabolism
- d) Concentration
- e) Elimination

15. Because of their half-lives, which of the following SSRIs are harder to discontinue:

- a) Fluoxetine and sertraline
- b) Fluvoxamine and paroxetine
- c) Fluoxetine and paroxetine
- d) Sertraline and fluvoxamine
- e) They are all hard to discontinue.

16. What percentage of pharmacy costs do psychotropic drugs account for?

- a) 90% to 95%
- b) 75% to 80%
- c) 60%
- d) 45%
- e) 16% to 25%

17. If a provider or system is at risk for the cost of a referral of a mental healthcare patient, which of the following are they more likely to do?

- a) Refer a patient for such care
- b) Refuse to treat the patient
- c) Treat the patient
- d) Treat only the physical symptoms and refer
- e) None of the above

<b>CE TEST FORM</b> <b>Creating an Optimal Strategy for</b> <b>Improving Outcomes in Depression</b> ACPE Program Number: 064-999-00-031-H01 <small>(PLEASE PRINT CLEARLY)</small> Name _____ Home Address _____ City _____ State/ZIP _____ Daytime Phone # _____ States in which CE credit is desired _____ Social Security # _____	Please circle your answers: 1. a b c d e    6. a b c d e    11. a b c d e    16. a b c d e 2. a b c d e    7. a b c d e    12. a b c d e    17. a b c d e 3. a b c d e    8. a b c d e    13. a b c d e    18. a b c d e 4. a b c d e    9. a b c d e    14. a b c d e    19. a b c d e 5. a b c d e    10. a b c d e    15. a b c d e    20. a b c d e  Please complete the Program Evaluation on the following page, and send with \$15 fee, payable to University of Tennessee, to:  Glen E. Farr, PharmD University of Tennessee College of Pharmacy 600 Henley Street, Suite 213 Knoxville, TN 37902
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## ... CE/CME QUIZ ...

(CE/CME QUESTIONS CONTINUED FROM PREVIOUS PAGE)

### 18. How does managed care affect a patient's use of drugs?

- a) It can influence drug use.
- b) It can limit conditions that can be treated with a pharmacologic agent.
- c) It can reduce a patient's access to newer agents for covered conditions.
- d) It can compel a patient to endure treatment failure with one agent before another is prescribed.
- e) All of the above

### 19. Which of the following characteristics does not describe collaborative care for treatment of depression?

- a) It involves a team approach.
- b) It involves in-depth participation by primary care physicians and mental health providers.
- c) It implements mechanisms to improve coordination between primary care physicians and mental health specialists.

- d) Its focus is on using the most cost-effective resources available.
- e) It has been extensively disseminated outside research settings.

### 20. Which of the following statements about RAND's Partners in Care program is false?

- a) Fifty percent to 80% of providers received some intervention education.
- b) Seventy percent of patients received case management.
- c) Patients who received pooled care had a higher rate of mental healthcare through 12 months of follow up.
- d) Interventions increased the overall use of ambulatory care through 12 months of follow up.
- e) Treatment of minor depressives improved care and outcomes.

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### CE PROGRAM EVALUATION

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*Please circle your answers:*

My pharmacy practice setting is:	Independent	Chain	Hospital	Consultant
The objectives of the lesson were achieved:	Yes	No		
The quality of presentation of the material was:	Excellent	Good	Fair	Poor
The information presented will be useful to me in my practice.	Strongly agree	Mildly agree	Mildly disagree	Strongly disagree

How long did it take you to read the material and respond to the Continuing Education questions: (Please specify the number of hours.)

\_\_\_\_\_

Please send this evaluation, along with your answer sheet to University of Tennessee, to:

Glen E. Farr, PharmD  
University of Tennessee College of Pharmacy  
600 Henley Street, Suite 213  
Knoxville, TN 37902

## *Creating an Optimal Strategy for Improving Outcomes in Depression*

### **GOAL**

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

### **TARGET AUDIENCE**

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

### **LEARNING OBJECTIVES**

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

- Identify the components that affect patient compliance.
- Discuss the costs and effects of depression management within the managed care system.
- Evaluate the impact managed care has on clinical decision making in depression management.
- Describe the efficacy and side-effect profiles of antidepressant agents.

### **CONTINUING MEDICAL EDUCATION ACCREDITATION**

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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 CME activity was produced under the supervision of David Goodman, MD, Assistant Professor of Psychiatry, Johns Hopkins University School of Medicine and J. Raymond DePaulo, MD, Professor of Psychiatry, Johns Hopkins University School of Medicine and Director, Mood Disorders Clinic, Johns Hopkins Hospital.

### **CONTINUING PHARMACY EDUCATION ACCREDITATION**

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This program is supported by an unrestricted educational grant from **Forest Pharmaceuticals**.

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.