



Department of Veterans Affairs, Employee Education System
and
The National Center for Post-Traumatic Stress Disorder (NC-PTSD)

Present

**PTSD 101: 2010 VA/DoD Clinical Practice Guideline for
PTSD: Sleep Problems, Insomnia, and PTSD**

TMS ID #19741 / 14.EL.MS.PTSD101SPIA

Program Release: February 5, 2014

Program Expiration: September 30, 2016

Place

Your computer work station

Purpose Statement

This web based course is part of the PTSD 101 knowledge based education series which are presented by experts in their field to increase provider knowledge related to the assessment and treatment issues of Post-Traumatic Stress Disorder (PTSD). PTSD is one of the major disorders seen in Veterans, and these Veterans deserve effective treatment. However, there is a disparity in relation to the awareness of effective evidence-based treatments of PTSD. The purpose of this course is to provide an overview of the VA/DoD 2010 clinical practice guideline recommendations for managing sleep problems and PTSD. It describes primary sleep disorders and comorbid conditions, as well as a general approach and evidence-based pharmacotherapy and psychotherapy interventions to treat these issues.

Target Audience

Mental health leaders/clinicians, OEF/OIF coordinators and clinical managers, psychologists, psychiatrists, pharmacists, social workers, nurses, and primary care clinicians.

Outcome/Objectives

At the conclusion of this educational program, learners will be able to:

1. review the 2010 VA/DoD PTSD Clinical Practice Guideline recommendations for medical management of insomnia;
2. identify three comorbid conditions and three primary sleep disorders likely to affect sleep in Veterans with PTSD;
3. describe the evidence base for three pharmacotherapies and three psychotherapies in the treatment of sleep problems related to PTSD; and
4. describe a general approach to assessing and treating sleep problems associated with PTSD.

Registration / Participation in the Activity Procedure

1. Length of course: 1 hour
2. Review EES Program Brochure
3. Attend and participate in 100% of program activity
4. Complete Post Test Exam at a minimum passing score of 80%
5. Complete Program Evaluation **no later than October 30, 2016**

Instructions for Completing Post-Test

1. Log in to TMS.
2. Use the To-Do List search field in the upper left portion of your To-Do List to locate the item number.
4. Hover over the title and click Go to Content button.
5. Click the “Link to Post-Test.” ***Be sure you have completed all the content objects listed before the post-test first**
6. The Post-Test will open in a separate window. *Note: If you don’t see the new window, check behind other open windows.
9. Complete the SEES Post-Test. Once submitted, you will be directed to a screen which provides your percent score for the test, and indicates if it is a passing score. Note your score and close the window.
10. Click “Return to Online Content Structure.”
11. Once you have passed the Post-Test with a score of 80% or better, you have completed your Post-Test requirement for this course, and should see a green check mark and completion date next to the Link to Post-Test. (Note: If you did not achieve a passing score, you can retake the Post-Test using the same Post-Test link contained in the TMS Content Structure.)

Instructions for Completing Evaluation in TMS to Access Accredited Certificate

Please note: Program evaluations must be completed within 30 days of the conclusion of the program in order to receive a program certificate

1. Log in to TMS.
 - a. Use the To-Do List search field in the upper left portion of your To-Do List to locate the item number.
2. Hover over the title and click “View Details.”
3. In the Item Details screen, click the link Go to Content button.
4. Once content is completed, close the window.
5. Click “Return to Online Content Structure.”
6. Click the “Link to Evaluation and Certificate.” ***Be sure you have completed all the content objects listed before attempting to access the evaluation.** *Note: If you don’t see the new window, check behind other open windows
7. Complete the SEES Evaluation. Once submitted, close the window.
8. Click “Return to Online Content Structure.”
9. There should now be a date next to both links in the Online Content Structure window.
10. Some courses require a Self-Certification to record completion. If there is a Self-Certification link present, click the link and follow the instructions given.
You have now completed your requirements for this course, and the item should be located in your Completed Work.

ACPE considers credit as a statement of credit instead of a certificate of credit

To access your Accredited certificate in TMS, please follow the steps below:

1. From the Home screen in TMS, click on “Completed Work.”
2. Hover the mouse over the title of the program, and click “View Details” in the popup window that appears. DO NOT click on the “Print Certificate” here – this will give you the generic TMS certificate.
3. In the Completed Work Details screen, you should see a section named “Accreditation Details”
4. Click the “Print Accredited Certificate” button next to your requested Accreditation.

Your Accredited certificate should appear on the screen for you to save or print

Accreditation/Approval

The accreditation organizations for this course are listed below.

Accreditation Council for Continuing Medical Education (ACCME)

The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

American Psychological Association (APA)

The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

American Nurses Credentialing Center (ANCC)

VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Note: ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

Continuing Education Credit***Accreditation Council for Continuing Medical Education (ACCME)***

The VA Employee Education System designates this enduring material for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

American Psychological Association (APA)

As an organization approved by the American Psychological Association, the VA Employee Education System is sponsoring this activity for 1 hour of continuing education credit. The Employee Education System maintains responsibility for this program and its content.

American Nurses Credentialing Center (ANCC)

VA Employee Education System designates this educational activity for 1 contact hour in continuing nursing education.

Note: ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

Association of Social Work Boards (ASWB)

VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. <http://www.aswb.org> ASWB Approval Period: 4/7/13 - 4/7/16. Social workers should contact their regulatory board to determine course approval.

Social workers will receive 1 continuing education clock hour in participating in this course.

The California Board of Behavioral Sciences (CA BBS)

The VA Employee Education System (Provider #PCE3204) asserts that this educational activity meets the qualifications for 1 hour of continuing education credit for Marriage and Family Therapist MFTs and / or for LCSWs as required by the California Board of Behavioral Sciences.

Accreditation Council for Pharmacy Education (ACPE)



The VA Employee Education System is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education Program 0610-0000-14-018-H01-P. This program is accredited for 1 contact hour(s). The Employee Education System maintains responsibility for the program. Continuing Pharmacy Education (CPE) credits will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive continuing pharmacy education credit, participants must attend 100% of the program and complete an evaluation form. CPE will be reported directly to participants' NABP e-Profiles and State Boards.



Statement of Participation

A certificate of completion will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate of completion from EES, you must register in the TMS, attend 100% of the program and complete the evaluation as directed in SEES, and then: go into your Completed Work, hover over the title, and choose View Details to print your accredited certificate. For ACPE accreditation, participants must provide their Birthdates (month and date) and their NABP e-Profile ID numbers in their Personal Profiles in TMS.

Report of Training

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Schedule

Content	Faculty
Review the 2010 VA/DoD PTSD Clinical Practice Guideline Recommendations for Medical Management of Insomnia	Bruce Capehart Jason DeViva
Identify Three Comorbid Conditions and Three Primary Sleep Disorders Likely to Affect Sleep in Veterans with PTSD	Bruce Capehart Jason DeViva
Describe the Evidence Base for Three Pharmacotherapies and Three Psychotherapies in the Treatment of Sleep Problems Related to PTSD	Bruce Capehart Jason DeViva
Describe a General Approach to Assessing and Treating Sleep Problems Associated with PTSD	Bruce Capehart Jason DeViva

Approximate time length: 60 minutes



<p>Faculty and Planning Committee Listing * Denote planning committee + Denotes faculty</p>	
<p>*Nancy Bernardy, PhD Program Director, VHA PTS Mentoring Program National Center for PTSD White River Junction, VT</p>	<p>+Bruce Capehart, MD, MBA Attending Psychiatry Durham VA Medical Center Durham, NC</p>
<p>*Melissa L.D. Christopher, PharmD Program Manager Academic Educators for Mental Health Initiatives VISN 21/VISN 22 Pharmacoeconomics & Formulary Management Division San Diego VA Healthcare System San Diego, CA Planning Member for ACPE</p>	<p>+Jason DeViva, PhD Psychologist New England VA Health Care System West Haven, CT</p>
<p>*Matthew Friedman, MD Executive Director National Center for PTSD, Executive Division White River Junction, VT Planning Member for ACCME</p>	<p>*Deborah Grizzard, RN, MN, CNA, CPHQ Chief Nurse, Mental Health Palo Alto VA Health Care System Palo Alto, CA Planning Member for ANCC</p>
<p>*Jessica Hamblen, PhD Deputy for Education National Center for PTSD White River Junction VA Medical Center White River Junction, VT</p>	<p>*James Leathem, MSW, LCSW-R Social Work Section Chief – Mental Health Northport VA Medical Center Northport, NY Planning Member for ASWB Planning Member for CA BBS</p>
<p>*Martin Oexner, MA/ISSc Project Manager St. Louis Employee Education Resource Center St. Louis, MO</p>	<p>*Pamela Swales, PhD Psychologist National Center for PTSD Educational and Clinical Laboratory Division Palo Alto VA Health Care System Menlo Park, CA Planning Member for APA</p>

EES Program Staff for Trace Code: 14.EL.MS.PTSD101SPI.A

Martin Oexner, MA/ISSc

Project Manager
St. Louis Employee Education Resource Center
St. Louis, MO

To learn more about EES and its programs, products and services, visit vaww.ees.lrn.va.gov (VA Intranet) or call the EES Customer Service Center at 1-877-EES-1331 or EESCSC@va.gov



Casey Grysen

Project Support Assistant
St. Louis Employee Education Resource Center
St. Louis, MO

Cancellation Policy

Those individuals who have been accepted to attend and need to cancel: log into TMS, hover over the registered title and withdraw themselves at least two weeks prior to the program.

Accessibility Statement: (Reasonable Accommodation)

The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact Martin Oexner, Project Manager, EES, St. Louis Employee Education Resource Center, phone 314-894-6452, e-mail Martin.Oexner@va.gov with your request.

Disclosure Statement

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers' bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of interest.

This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

* The ACCME defines "relevant financial relationships" as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.