

**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: Complementary and Alternative Medicine (CAM) and PTSD**TMS ID# / *14.EL.MA.PTSD101CAM.A***Program Release:** August 11, 2014**Program Expiration:** September 30, 2016**Place**

Your computer work station

**Purpose Statement**

This web based course is part of the PTSD 101 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. This course describes Complementary and Alternative Medicine (CAM), provides information related to special considerations for using CAM, and the use of CAM in the United States and by Veterans, as well as the VA/DoD Guideline Recommendation for the use of CAM for PTSD.

**Target Audience**

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

**Outcome/Objectives**

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

1. describe Complementary and Alternative Medicine (CAM) and provide an overview of the VA/DoD Clinical Practice Guideline for the use of CAM for PTSD;
2. review the research evidence behind CAM; and
3. discuss recommendations for usage and special issues to consider.

**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%

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

## 5. Complete Program Evaluation **no later than October 30, 2016**

### Instructions for Completing Post-Test

1. Log in to TMS.
2. If you have not registered for the course, you will need to do contact the EES POC listed in this brochure for additional registration assistance.
3. Once you have registered for the course, 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 Start Course 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.)

### 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.

#### *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.

## **Continuing Education Credit**

### ***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.

### ***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 hours 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.

## **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
Describe Complementary and Alternative Medicine (CAM) and Provide an Overview of the VA/DoD Clinical Practice Guideline for the Use of CAM for PTSD	Stephen Ezeji-Okoye
Review the Research Evidence Behind CAM	Stephen Ezeji-Okoye
Discuss Recommendations for Usage and Special Issues to Consider	Stephen Ezeji-Okoye

*Approximate time length: 60 minutes*

### Faculty and Planning Committee Listing

\* Denote planning committee

+ Denotes faculty

*Nancy Bernardy, PhD Program Director, VHA PTS Mentoring Program National Center for PTSD White River Junction, VT	*Jessica Hamblen, PhD Deputy for Education National Center for PTSD White River Junction VA Medical Center White River Junction, VT
+Stephen Ezeji-Okoye, MD Deputy Chief of Staff Palo Alto VA Health Care System Palo Alto, CA	*James Leatham, MSW, LCSW-R Social Work Section Chief – Mental Health Northport VA Medical Center Northport, NY Planning Member for ASWB and CA BBS
*Matthew Friedman, MD Executive Director National Center for PTSD, Executive Division White River Junction, VT	*Martin Oexner, MA/ISSc Project Manager St. Louis Employee Education Resource Center St. Louis, MO
*Deborah Grizzard, RN, MN, CNA, CPHQ Chief Nurse, Mental Health Palo Alto VA Health Care System Palo Alto, CA Planning Member for ANCC	*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

**EES Program Staff for Trace Code: 14.EL.MA.PTSD101CAM.A****Martin Oexner, MA/ISSc**

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

**Casey Grysen**

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

**Deadline Date**

This program will no longer be authorized for continuing education credit after September 30, 2015. Information on participation may be obtained from Martin Oexner, Project Manager, St. Louis Employee Education Resource Center, 1 Jefferson Barracks Drive, Bldg. 2, phone 314-894-6452, or email [martin.oexner@va.gov](mailto:martin.oexner@va.gov)

**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](mailto:Martin.Oexner@va.gov) with your request by close of business September 30, 2015



## 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.