

Wisconsin Nurses Association – Continuing Nursing Education Program
2021 APRN Pharmacology & Clinical Update
 COMPILED EVALUATION RESULTS
 Virtual ZOOM platform

Friday, April 16

Plenary Session 3 (Closing)

TITLE: **Mental Health, COVID, and Change; A status update on coping, caring, and moving forward**

PRESENTER: Jennifer Fiegel-Newlon, DNP, PMHNP, FNP, APNP

Completed Evaluation: 171

				Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The presenter(s) demonstrated expertise in this content area.				140	30	1		
The information presented was relevant to my learning needs/practice situation.				128	39	4		
							YES	NO
Do you intend to make a change in practice based on what you learned in this session? Please explain:							119	52
YES	<p><i>already implement strategies for support and coping- and hope to enhance the resources available for this purpose</i></p> <p><i>As a family NP, the information presented here will be extremely helpful in my daily practice.</i></p> <p><i>Ask every patient "are you doing ok?"</i></p> <p><i>Awareness of mental health impacts of COVID</i></p> <p><i>Be aware of how COVID can affect everyone differently and to a different degree. Can't assume anyone's story or situation.</i></p> <p><i>Be more aware of mental health issues and ensure refer back to PCP or other provider for management.</i></p> <p><i>Better able to recognize the mental health components associated with Covid-19.</i></p> <p><i>Better understanding of how COVID has affected mental health.</i></p> <p><i>continue to keep in mind the treatment options for the increase in anxiety and depression during these times of COVID. I am hoping too to get back on right track on self care-being out of clinic these 2 days has made me realize I need to do so.</i></p> <p><i>Discuss information with colleagues and patients.</i></p> <p><i>Good information on self care and great reviews of medications - Didn't feel alone in how I have felt during pandemic</i></p> <p><i>good overview of different options to treat depression</i></p> <p><i>Good overview of medication.</i></p> <p><i>Good review of SSRIs, SNRIs and other psychiatric medications. Appreciated her refreshing update.</i></p> <p><i>good update on meds</i></p> <p><i>great information about treatment options and also adjunct medications to consider</i></p> <p><i>Great information. Great reminder of the different aspects we have all faced in the past year and how as providers, friends, colleagues we can help each other.</i></p> <p><i>Great Lecture Jen.</i></p> <p><i>Great update on current events</i></p> <p><i>Great update on several of the medications used in depression. There is a huge crossover in GI with these medications. Several of the medications have GI side effects and a better understand will help to assist my patients.</i></p> <p><i>Helpful insights to open dialog with others about self-care.</i></p> <p><i>I am going to use fluoxetine more. I also have a little better understanding of how to augment therapy</i></p> <p><i>I have been reluctant to initiate antidepressants in my Primary Pediatric Care practice, but realize with the increased mental health care needs this is a goal of mine to start. This talk provided me motivation to get started, especially with the increased wait times for patients to see a mental health provider.</i></p> <p><i>I have seen a lot more mental health concerns in the past year. VERY thankful to have some more tools, knowledge, and resources to utilize for those patients</i></p> <p><i>I just appreciate her experiences she shared with various medications; from her point of view how they work or don't work for her patients.</i></p> <p><i>Clinical pearls to be mindful o.</i></p> <p><i>I learned about some alternative SSRI and adjunctive med options that I was not familiar with. I am excited to take these forward into my own practice.</i></p> <p><i>I love the information on pregnancy and breastfeeding, and the adjunct medication options.</i></p> <p><i>I need to take better care of myself first</i></p> <p><i>I plan on better recognizing patients who have been affected by COVID and need psychotherapy/pharmacotherapy and refer out as necessary.</i></p> <p><i>I will check on some of my patients' more frequently.</i></p> <p><i>I will consider some of the adjuncts that were discussed. I had not consider some of them before.</i></p> <p><i>Implement additional mental health screening and earlier utilization of anti-depressant/anti-anxiety medications</i></p> <p><i>improved knowledge of stressors and medication</i></p> <p><i>incorporate information</i></p> <p><i>Increased my comfort in choosing medications for my geri population and what labs to monitor.</i></p> <p><i>Keep in mind how stress influences responses, both positive and negative.</i></p>							

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	<p>Loved the medication slides, quick reference for future use Loved this presentation! So important to be cognizant of mental health when I care for my patients. I work in a specialty and don't prescribe but will use resources discussed and address these mental health concerns if they come up. So important to look at the whole patient picture and that people may be going through things that don't show up at the forefront of care. managing stress More awareness of depression and treatment More follow up. More use of screening tools, more lab and EKG monitoring. not wait in treating patients with mental health issues patient and all need so much more time, support, and encouragement since pandemic start...good ideas, encouraging. Personally helped validate need to not just return to normal with normal expectations but to be sensitive to each persons journey through covid and their challenges in returning to usual and customary living Plan for more assessment of mental health needs during the pandemic Prescribe more than SSRI and SNRIs. Raised awareness of resources and references that can be utilized in my clinical practice really increased awareness Review medications with which I am not familiar. Selective of appropriate medications for mental health conditions among patients as well as promoting self care for care providers share information thank you for all the medication information, it will help guide my practice with ssris. Thank you for so thoroughly going through each medication and your current practices. This will really stick with me as I see patients. I will definitely make sure that I screen for depression going forward. This presenter brought to my attention how COVID-19 has drastically affected people's mental health and how important it is to screen for depression and anxiety at every visit. I intend to ask every patient moving forward how they are coping since the pandemic started and inform them that there are resources available should they ever need them. This was a good refresher on mental health medications. I will encourage my staff to start screening all patients at every visit to get this conversation started. This was an important close to this conference. Lots of us feel overwhelmed, so this was insightful. This was one of my favorite talks!! Mental Health care is lacking tremendously in my rural area, so this will give me so much guidance in helping to treat clients. I appreciated that she covered medications as well. Try SNRI if failure with SSRI; I appreciated this talk with half life of each med - may that is the problem with a pt who I cannot motivate for the life of me - wont get out of bed but wants to go home Useful, timely information Very helpful to review each medication - pros and cons will continue to monitor for mental health issues and coping skills in pts and co-workers Will do better job of screening for depression and anxiety.</p>		
NO	<p>already doing Continue to reach out and support patients via video visits or telephone. Doesn't affect direct inpatient care in my current role. Good information Great refresher for me. I am already doing most of these things I do not prescribe/treat this area. I don't prescribe anti-depressants. It was a good pharmacology review, but really didn't end the conference on any sort of empowering note. I was very aware of this prior to the conference knowledge base Retired Still prefer in clinic appointments The medication review towards the last third of the lecture was the most helpful. This last year has been trying in many ways. It's nice to have this recognized!</p>		
			YES NO
Did you notice any bias or promotion of commercial products in this presentation? If YES – please explain:			171
YES			
Do you have feedback for the presenter(s)?			
	<p>Always has great talks... Awesome recap on psych medications and best practices Excellent breakdown of all current pharmacological means to aid with depression/anxiety in this past year.</p>		

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Excellent information here for the primary care providers.
Excellent presentation.
Excellent presentation. I will be saying prayers she is feeling better, herself.
Excellent presentation. Thank you.
Excellent presenter. Thank you for providing the current statistics regarding the impacts of COVID on mental health. Absolutely imperative information and statistics. Thank you for providing us with this information. You showed the impact of COVID on all of us. We need to continue to have this as a focus in current and future practice.
Fabulous presentation. Very appreciative of your expertise.
Good summary of medications for treatment.
great great talk - down and nitty gritty how I like - enjoyed and hope your surgery went well
Great information.
Great job!
Great job! Thank you for the review of the medications. I can tell you are passionate about what you do!
Great presentation with straight forward info on medication
Great review of SSRIs/meds that I use often (review of side effects and contraindications/warnings)
great timely discussion.
great timely topic, thank you.
great topic and presentation style!
I appreciate the presenter recording her speech early as she was hospitalized at time of the forum it was well time and very thorough - somewhat utopian - but thorough discussion
I sent a note into the chat box asking if you have used the GeneSight testing kits. I have, and they are extremely helpful after the second med fails. I feel like it gives me direction specifically for the patient.
Jennifer thank you for still speaking to us despite your surgery. Pray all went well for you and that you have a speedy recovery.
outlines diagnosis and treatment very well
She is a great speaker. Very engaging. Perfect speaker for end of the day.
Thank you !
Thank you for reinforcing how important it is to screen and treat for depression and/or anxiety, especially during this time when many people's lives have drastically changed due to COVID-19.
Thank you for sharing your expertise!
Thank you so much!
Thank You.
Thanks
Thanks for a VERY THOUGHTFUL presentation
The only thing I found conflicting with what I am told by our behavioral health providers are that zoloft and latuda can be utilized in pregnancy if needed.
This was a very good reminder that we need to take care of the provider as much as the patient
Thorough presentation.
Very eye opening - really informative discussion of literature and medication use. Loved the facts about mental health and how COVID has impacted our patients and even us. Very knowledgeable and educated on the topic - really enjoyed!
very informative, thanks for presenting
very strong presentation
well done
Wonderful presentation - thank you! Hope to hear you speak again
Yes, GET WELL SOON!