

Optimal Care materials available on Ignite and the Central Library (fka Xyleme) related to Behavioral Health



Algorithms

- Major Depression Screening and Initial Management
- Panic Disorder
- Generalized Anxiety Disorder



Forum for Evidence-Based Medicine articles

2022 November

- Does physical activity decrease the risk of depression?

2022 July

- Cognitive behavioral therapy for major depressive disorder is cost-effective in adults

Optum Health EducationSM September 2022

Forum for Evidence-Based Medicine

Listen to Dr. Cohen's Forum for Evidence-Based Medicine podcast [here](#).

Earn up to 100 CNE/CME credit per issue.

Claiming credit	Accreditation statement
<p>For more information, visit https://www.optumhealth.com/education.</p> <p>For more information, visit https://www.optumhealth.com/education.</p>	<p>In support of improving patient care, this activity has been planned and implemented by Optum Health Education and Optum Health Education. Credit is awarded by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.</p>
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<p>Activity description</p> <p>Read the evidence-based medicine (EBM) articles in this issue. The articles provide a comprehensive overview of the current state of the field, including the use of clinical practice guidelines, the role of the clinician in the process of evidence-based medicine, and the importance of staying up-to-date on the latest research in the field. This activity is designed to provide the clinician with the information needed to make the best decisions for their patients. There is a new section on the use of evidence-based medicine (EBM) to guide clinical practice.</p>	<p>Learning objectives</p> <p>Apply the principles of evidence-based medicine to clinical practice.</p> <p>Recognize when the use of clinical practice guidelines is appropriate and when it is not.</p> <p>Discuss the role of the clinician in the process of evidence-based medicine.</p> <p>Identify the importance of staying up-to-date on the latest research in the field.</p> <p>Attendance: A certificate of attendance will be provided to the participant upon completion of the activity. Participants who do not attend the activity will not receive credit for this activity.</p> <p>Disclosure: All relevant financial relationships have been disclosed and managed in accordance with the American Medical Association's (AMA) policy on conflicts of interest.</p> <p>Disclaimer: This activity is provided by Optum Health Education and Optum.</p> <p>Commercial support: No commercial support was received for this activity.</p>

Grand Rounds Topics and Timing

2024

- Jan 24: Behavioral health integration in primary care – Best practices
- Mar 27: Evidence-based approach to headache in primary care
- May 8: Osteoporosis screening, diagnosis and management
- Jul TBD: Chronic pain management in primary care – Best practices
- Sep 18: Breast cancer screening – One size does not fit all
- Nov 13: Care of MSK conditions – Procedures your patients need and others they don't

Time: 1pm Eastern

Registration links for live and on-demand:

<https://www.optumhealtheducation.com/optimal-care-grand-rounds>

Mailing list sign-up: <https://www.optumhealtheducation.com/optimal-care-grand-rounds-mailing-list>