

Outcomes Survey

2015 Depression Conference: Building Skills in the Treatment of Mood and Anxiety Disorders Outcomes

1. Please rate the following aspects of this activity.

(1=Strongly Disagree, 2=Disagree, 3=Undecided, 4=Agree, 5=Strongly Agree, 6=N/A)

	Strongly Disagree					N/A
Attending this activity improved my competence. [32-4.63]	(0)	(1) 3.13%	(2) 6.25%	(5) 15.63%	(24) 75.00%	(0)
Attending this activity improved my performance. [32-4.47]	(0)	(1) 3.13%	(4) 12.50%	(6) 18.75%	(21) 65.63%	(0)
What I learned from this activity has helped me improve my patient outcomes. [32-4.50]	(0)	(1) 3.13%	(3) 9.38%	(8) 25.00%	(19) 59.38%	(1) 3.13%

2. If this activity improved your competence, please tell us how. (20)

Gained knowledge regarding sleep disorders.

Improved understanding of Obsessive Compulsive Personality Disorder

I feel I have a better understanding when working with clients who experience sleep panic attacks, as well as clients who have OCPD.

Learned more about working with pt's.

Listening skill and Questioning skills

Feel more confident as a therapist.

Yes, it did.

great speakers

It added to my knowledge and reassured me of what I knew was right.

updated my overall knowlege but I dont work in mental health and do not measure pt outcomes

I feel I know more about the mood and anxiety disorders that may affect my patients.

Knowledge about how sleep effects mental health

Better understand sleep panic now. Also better able to differentiate between OCD and OCPD. Discussion on sleep and melatonin use enlightening.

I am more aware to screen for Obsessive Compulsive Personality Disorder which exhibits many of the workaholic behaviors that are financially rewarded and praised in our capitalistic economic system. It also sharpened my skills in being aware of resistance.

I have better understanding and knowledge base allowing me to feel more comfortable in

this area of practice

I found the information regarding panic and sleep beneficial.

Gave me great exposure to the philosophy of psychotherapy and underlined its importance in this patient demographic.

Provided new information to add to knowledge base in working with patients

I am more informed on updates and new research in the field.

differentiating OCD and OCPD

3. If this activity improved your performance, please tell us how. (18)

Increased competency in discussing sleep disorders with patients.

Was able to share information from conference with colleagues

I have been able to help clts identify sleep panic attacks.

Will be better at working with my pt's.

Communication skills

Allowed me to reflect on my own methods.

Yes

more things to incorporate at my job

I am retired at present but am sure if restarted working ,it would have improved my performance .

I feel I will treat my patients more appropriately considering what I have learned about the treatment of mood and anxiety disorders.

Working in crisis situations

Now can talk about sleep panic, melatonin use and sleep hygienc with more authority and confidence.

I regularly screen for the above mentioned behaviors.

Day to day work practice with clients that are experiencing depression.

I have been able to use this information to education my patients and in clinical decision making.

It has given me better insight to some patient's illness and helped me to direct their care.

Helped implement additional treatment options for patients

I will do better screening evals

4. Discuss how your Patient Outcomes (omit patient names) have improved as a result of attending this activity. (14)

Clt feel better about treatment because I am able to give them useful information.

Pt's. are getting better treatment

I'm currently a student who was advised to attend the conference. Not authorized to be with a patient one on one.

Better rapport

N/A

I am a physical therapist assistant in a nursing home. Though I do not treat mood and

anxiety disorders they certainly can affect some patients' levels of participation in their physical therapy. I think the more I can learn about and understand these disorders the more I can encourage active participation in physical therapy which may improve patient outcomes.

Being aware of how sleep effects health

When patients understand what is happening to them and actually have something concrete to do to change, they improve.

I have brought these to the attention of the appropriate clients and it has enhanced their insight and lessened anxiety.

n/a

too early to fully assess

This has helped me to direct their care.

Information on sleep disorders, new evaluations and treatment procedures have been instrumental in providing help for patients whose previous options had been unsuccessful in improving sleep and subsequently mood disorder symptoms.

better diagnoses

5. Identify practice changes you have made as a result of attending this activity. (15)

Increase in asking specific questions pertaining to sleep and night terrors.

Using more dynamic practice

Currently a student under supervision.

Sitting in silence, gathering information about past relationships, and asking about night time panic attacks?

N/A

Because of what I learned about the depression study in nursing home patients I try to facilitate participation in the activities .

Referring to a PCP if needed

Add more of the information about sleep panic and sleep hygiene when sleep problems are identified.

Screening in the areas mentioned above.

more aware of detailed signs and symptoms of the diagnosis allowing faster referrals to appropriate clinicians

more education, discussion

No changes yet but it will help shape the future.

My improved understanding of sleep disorders and the impact on mood stability and mental illness has given me increased awareness and clarity in working to find and utilize the most effective treatment options. I have been able to extend my repertoire of exercises for improving symptoms.

becoming more comfortable with resistant clients.

asking better screening questions for OCPD

6. What topics do you want to hear more about, and what issue(s) in your practice will this help address? (13)

Specific treatment techniques for addressing sleep disorders and night terrors.

Mental Health Treatment Provider burnout/self care

PTSD treatment; treatment of psychotic disorders in therapy sessions (not just with medications)

How to deal with a patient who is dealing with depression and alcoholism.

Sleep, Transient Ischemic Attack and Anxiety

New researches going on .

Schizoaffective disorder because a good percentage of our residents have this diagnosis along with their various other medical diagnoses.

none at this time

Effective ways to increase clients' motivation to learn more about themselves and develop to their full potential.

depression as it relates to substance abuse disorders

ADHD, the use of stimulants in clinical practice

Dissociative disorders relative to patients suffering from PTSD. Additional treatment options, new understanding of patients on the autism spectrum.

Pain and it's influence on mental disorders

This evaluation is confidential and no individual will be identified by this office (Continuing Medical Education and Professional Development). It will only be used for quality improvement.

We look forward to seeing you at future University of Louisville events. Thank you very much.