



Session Details

Session # 216

Title: Breaking the Benzo Cycle

Speaker: Rebecca Dorsey, RN, MSN, PMHNP-BC, FNP-BC

Date: 10/6/2017

Time: 4:30 PM

CE Contact Hours: 1.25

Pharm Hours: 1.08

Session Description

Given updated evidence on the effects of long-term benzodiazepine use, it is even more important the primary care providers are familiar with alternatives for treating anxiety. In this session, we will review the pharmacologic options to treating anxiety, indications of use, potential side effects, benefits, and long-term planning of anxiety treatments in the primary care setting.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Discuss the dilemma of treating anxiety from the perspective of providers in different settings.
2. Identify the pathophysiology of anxiety.
3. Review updated research on the long-term use of benzodiazepines.
4. Explore pharmacologic alternatives to benzodiazepines and dosing recommendations.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.