

## APNA Education Report June 2019

### **New Accreditation Language from ANCC:**

The American Nurses Credentialing Center's Commission on Accreditation has issued a new accreditation statement for continuing nursing education. The updated language is intended to promote professional development in nursing and to be inclusive of nursing education related to nonclinical settings like policy and academic education. The new statement will appear on all continuing professional development certificates: ***The American Psychiatric Nurses Association is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.***

### **APNA Transitions in Practice Certificate Program**

The APNA Transitions in Practice (ATP) Certificate program is an educational offering by APNA to deliver foundational psychiatric mental health (PMH) knowledge that RNs need for transition into mental health practice settings.

- Total of group and individual orders since program launch: **4,089 seats**
- Bulk Proposal Orders: 92 organizations purchased a combined total of 3,100 seats
  - May 16 – September 15, 2019
    - 6 NEW! organizations
    - ↑255 total seats
- Total Individual Registrations (Member & Nonmember) since launch: **1,325**
  - May 16-September 15, 2019: 67
- ATP Contact Hours Earned (*ATP successful course completions earn a 15.0 contact hour certificate.*)
  - Total Contact Hours Earned: **49,755** | **3,317** certificates of 15 contact hours
  - May 16 – September 15, 2019 5280 hours
- Overall Evaluation: Sampling of Users' Final Comments
  - It was very helpful for me, as I am new to PMH nursing. Thank you all.
  - Excellent overall program. Will recommend it to colleagues who are considering entering the psychiatric nursing field.
  - I learned a lot from the presentations. It stressed on very important concepts that can be utilized in the clinical setting.
  - Excellent course, should be required for ALL psych nurses

### **APNA Chapter Education**

#### ***APNA as Continuing Nursing Education Provider***

APNA served as the provider of CE for the following chapter conference activities:

- Michigan (MI)
- Washington (WA)
- Florida (FL)
- Kentucky (KY)

- Tennessee (TN)
- Virginia (VA) Chapter will hold their conference in August.

A total of 387 participants earned 1993.5 contact hours. Michigan, Arkansas, and Nebraska chapters have already sent inquiries about supporting their chapter activities in 2020.

### **Competency Based Training for Suicide Prevention: PMH Nurse Generalist – Chapter programs**

- **15** APNA Chapters provided the APNA suicide prevention training in 2019.
- **1** more chapter is in the planning process to hold the *Competency Based Training for Suicide Prevention: PMH Nurse Generalist* in 2019.
- As of 8/31/2019 chapter trainings have had **1,226** participants

### **Competency Based Training for Suicide Prevention: PMH Nurse Generalist**

- APNA Facilitator Trainings
  - **81** facilitators completed course since 2015
- **More than 3,200** nurses and other professionals have been trained since September 2016
- Comments from attendees:
  - “Very powerful educational experience that should be mandatory for all hospital personnel that come in contact with patients in any capacity.”
  - “Due to this training, I have a deeper understanding of the evaluation I am conducting, as well as am familiar with ways to ask questions that will provoke more thought and honesty.”
  - “I appreciated this training and was able to utilize skills I learned the very same night while on call in the ED.”
  - “Very good content, should be given to all staff.”
  - “Plan to continue to have the patient fill out their own safety plan when necessary, review safety plans of all my patient's prior to providing care”

### **Competency Based Training for Suicide Prevention – Acute Care Settings**

This program was adapted from the original *Competency Based Training for Suicide Prevention: PMH Nurse Generalist Role* one-day training. The intent of the program is so all nurses can be a part of suicide prevention.

- A facilitator-led 1.5 hour live, interactive course
- Provides foundational knowledge to non-PMH nurses regarding phenomenology of suicide, risk factors, warning signs, safety plan and creating a safe environment.
- Meets CMS Meaningful Measures (Making Care Safer, Promote Effective Prevention & Treatment of Chronic Disease and Promotes Effective Communication & Coordination of Care)
- Workbooks and slides have been updated to include the July 2019 Joint Commission National Patient Safety Goal 15.01.01: Suicide requirements
- Uses an algorithm:
  - Help assess and determine risk
  - Be able to communicate and document the risk and safety interventions.

### **Inquiries & Training**

- Since January 2019: **92** organizational inquiries related to leasing the program

- As of August, 2019:
  - 2 organizations have leased the program, 1 organization is piloting the program
  - 6 facilitators have been trained (2 at each of 3 organizations)
  - 43 registrants have completed the live 1.5-hour training
  - 2 organizations are in contract discussions

## **Medication Assisted Treatment (MAT) Training for Nurses**

Under the 2016 Comprehensive Addiction and Recovery Act (CARA) Nurse Practitioners (NPs) are eligible to obtain a MAT waiver after completing 24 hours of approved coursework. On September 25, 2018, the House and Senate approved legislation that will permanently authorize NPs to prescribe MAT and will extend authorization to Clinical Nurse Specialists (CNSs) until October 1, 2023. The bill was signed into law by President Donald Trump October 24, 2018.

- All healthcare providers must obtain MAT waivers from the DEA to prescribe buprenorphine, (one of three FDA-approved medications for treating opioid use disorders)
- Two FREE online courses, (24 hours total) meet educational requirements for APRNs to obtain MAT waivers
- In partnership with the Providers' Clinical Support System (PCSS), APNA offers CNE credit for the MAT waiver courses.
- The 24-hour course content is currently being reviewed and updated in communication with American Academy of Addiction Psychiatry (AAAP) and APNA.
  - Delivery of the updated courses is planned for December, 2019
  - Annual meeting discussion focused on 1. Need for a Substance Use Disorder curriculum, and 2. "The Exchange" program (mentoring-bi-monthly live interdisciplinary topic driven chat sessions) to be launched in 2020.

*Funding for this initiative was made possible (in part) by Providers' Clinical Support System for Medication Assisted Treatment (grant no. 1U79TI026556) from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

### **8 Hour Training**

- 10,203 individuals registered
- 6,266 individuals completed

### **16 Hour Training**

- 10,350 individuals registered
- 6,940 individuals completed

## **Journal of the American Psychiatric Nurses Association**

The APNA Provider Unit has completed the CE review and approval process for the 6 issues for 2019 and the 2020 Jan-Feb and May-June issues in JAPNA. Contact hours (1 or 1.25 per issue) are FREE to members and non-members.

## **New Programs**

### ***APNA Certificate Program: Understanding the Brain-Behavior Connection***

This eLearning educational certificate offering provides RNs and APRNs insight into the importance of understanding brain functions and their influence on behaviors. The final module in the offering provides pictures of brains and examples of behaviors associated with interrupted or altered brain physiology.

- This certificate program was launched in July 2019
- The course awards 5.0 contact hours upon completion
- 92 participants have registered for this program

### ***Motivational Interviewing***

This three-hour e-Learning program provides RNs and APRNs with an introduction to Motivational Interviewing and how to apply it to nursing practice. It discusses the core principles of Motivational Interviewing and provides case studies for practice.

- 3.0 contact hour web-based, modularized program
- Will disseminate through APNA eLearning Center beginning September, 2019

### ***2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic***

- The updated courses (RN and APRN) were released August 29, 2019
- 43 participants registered for the new RN course
- 44 participants registered for the new APRN course

## **Program Updates**

### ***Seclusion and Restraint: Assessment and Risk Mitigation***

This e-Learning program educates nurses of the risks associated with seclusion and restraint, and the ability for nurses to mitigate these risks and recognize the readiness for release.

- Released October 2017
- Review and update of program currently in process
- Plans to launch October 2019

### ***Competency Based Training for Conducting the One Hour Face-to-Face Assessment for Patients in Restraints or Seclusion***

This e-Learning program provides the key components for assessing a patient placed in restraint or seclusion as a result of behavior that may be dangerous to self or others.

- Released September 2017
- Review and update of program currently in process
- Plans to launch January 2020

## **Collaborative Projects**

### **APA CSS-SMI Project**

APNA is collaborating with APA as the nursing CE provider for this 5 year grant funded project. Education on SMI evidence-based practices is made available at no charge to a multidisciplinary audience of providers. In the first year (July 2018-July 2019) a total of 11 webinars were produced. All webinars produced after Sept 1, 2019 will use the new ANCC language of Nursing Continuing Professional Development (CNPD) activities/hours in place of CNE.

Since the beginning of this project, there has been a noted increase in all participants, and specifically of nurses. The 7.11.19 live activity, First Episode Schizophrenia-Spectrum Disorders: What Clinicians Need to Know, had a total of 60 participants, 15 of those claimed CNE credit. This activity was attended by Counselors, Nurses, Pharmacists, Psychiatrists, Physicians, Pas, Psychologists, Social Workers, Peer Support Specialists, and Others.

- Multidisciplinary education on SMI related evidence-based practices (11 webinars – 2019)
  - 2.19.19 – PMH APRNs Evolving Roles
  - 4.5.19 – Social Media and SMI
  - 4.11.19 – Psychotropic Medications in Older Adults
  - 4.19.19 – Shared Decision Making
  - 4.25.19 – Clozapine Barriers
  - 5.3.19 – Who is NAMI?
  - 5.9.19 – Stepping Forward
  - 5.31.19 – Chronic Physical Health Maintenance
  - 6.14.19 – Clinician Burnout/ Wellness
  - 6.20.19 – Substance Use
  - 6.28.19 Psychiatric Advance Directives
  - 7.11.19 First Episode Schizophrenia
  - 7.19.19 Maximizing Treatment Success
  - 7.26.19 Digital Approaches
  - 8.8.19 Strategies for Successful Use of Clozapine
  - 8.16.19 Measurement Based Care
  - 8.22.19 Engaging the Individual
  - 9.6.19 Using Telepsychiatry
  - 9.12.19 How Do We Know What Works
  - 9.20.19 Peer Support Engagement Skills
  - 10.18.19 Interface Between SMI and Criminal Justice System
- Available at no charge to participants
- Live presentations recorded as enduring material
- Available on the <http://smiadviser.org> website for one year.

### **Haymarket Medical Education Grant**

*Equipping the Interprofessional Team to Optimize Care in Bipolar Depression and Schizophrenia* is jointly provided with the American Psychiatric Nurses Association to provide 12 educational activities for a

total of 7.25 contact hours, between August 2019 and April 2020. The activities will be enduring materials housed in myCME.com, offered free of charge to a multidisciplinary target audience. Currently in production:

- Journal Club: 7 expert commentaries on current research articles focused on treatment of Schizophrenia and Bipolar Disorder. Approved for 1.25 contact hours.
- House Call: Video case-based discussion between a psychiatrist and a family practice physician.
- Case Clinic: planned 3 web based interactive activities, virtual patient management

**SAMHSA Educational Grant**

*Deliver and test-pilot evidence-based substance use disorder curriculum to undergraduate and graduate nursing programs.*

Project Period: 09/30/2019 – 09/29/2021

APNA has received a 2-year grant from the Substance Abuse and Mental Health Services Administration to deliver and test-pilot substance use disorder curriculum to undergraduate and graduate nursing programs. Work on the project begins September 30th.

# APNA 33rd Annual Conference

October 2-5, 2019

Ernest N. Morial Convention Center

New Orleans, Louisiana

## ***Psychiatric-Mental Health Nurses: The Whole Health Connection***

### **Registration**

- Registrants – 2,000+ (9/19/19)
- Member rate, full conference registration: \$545

### **Hotel**

Hilton New Orleans Riverside - \$299 single/double per night

### **Continuing Education**

- 23.75 contact hours from APNA content onsite
- 25.25 Total if attend symposium
- Registration includes all recorded content = 95+ contact hours online after the conference

### ***Overall Conference Outcomes***

- Explore the impact of human connections on mental health and whole health.
- Examine how neuroscience informs the practice of psychiatric-mental health nursing.
- Advance psychiatric-mental health nursing through the application of the unique skill sets that support the whole health of our patients and communities

### **Meal Sessions**

Symposium: *Practical Strategies for Patient Follow-Up and Long-Term VMAT2 Inhibitor Treatment*

7 Product Theaters

### **Program**

#### ***Total Conference Sessions***

- 133 podium presentations
- 230 poster presentations

#### ***Featured Headliners***

- Gail Stern, RN, MSNPMH-CNS-BC, APNA President – *Psychiatric Mental Health Nurses: The Whole Health Connection*
- Pete Lee, Comedian with Jaime Plaxo & Gail Stern – *Funny! The Therapeutic Connection of Humor*
- Nanette Larson, BA, CRSS, Deputy Director and Ambassador for Recovery & Wellness, IL, DHS Division of Mental Health – *Channeling the Power of Human Connection toward Whole Health*

**Session Topics**

Addictions	Graduate Education	Psychotherapy
Child and Adolescent	Pre-licensure Education	Pharmacology
Integrated Physical & MH	Culture	RN-PMH Practice
Inpatient	Emergency	APRN Practice
Safety/Violence	Research	Military Issues

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# APNA Clinical Psychopharmacology Institute

Planned *for Nurses by Nurses*

## APNA CPI West

March 16-17, 2019

Hilton San Diego Mission Valley

San Diego, California

### Registration

Total registrants: 202

Member rate: \$199

### Continuing Education

Awarded up to 10 contact hours

### Conference Learning Outcomes

1. Incorporate new discoveries in psychopharmacology and neuroscience into psychiatric-mental health nursing practice.
2. Utilize evidence based pharmacologic mental health nursing practice interventions that promote healthy brains and healthy behaviors.

### Program

- **Endocrine Side Effects of Psychotropic Medications: Is it All in Your Bones?** – Karen L. Houseknecht, PhD
- **Psychopharmacology for Persons with Alzheimer's and Other Dementias** – Pierre Tariot, MD
- **Ethical Decision-Making in Mental Health & Psychopharmacology** – Mindy B. Zeitzer, PhD, MBE, RN
  - *Panel Case Discussion:* Barbara J. Limandri, PhD, PMHCNS-BC; Barbara Warren, PhD, RN, APRN-CNS, PMHCNS-BC, FNAP, FAAN
- **What's Old Could Be New Again: Recognizing the Benefits and Neuroprotective Effects of Lithium** – Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC
- **Fear Not!! Naming, Framing, and Containing the Physiology of Fear... A Wellness Approach** – Mary D. Moller, DNP, ARNP, PMHCNS-BC, CPRP, FAAN
- **Complex Topics in Substance Use: Drug Adulterants, Treatment Transitions, & Pregnancy** – Matt Tierney, ANP, PMHNP, FAAN
- *Outcomes Panels:* Synthesize each day's content through case study application lead by CPI Committee Members

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# **APNA Clinical Psychopharmacology Institute**

Planned *for Nurses by Nurses*

## **APNA 17th Annual Clinical Psychopharmacology Institute**

June 6-9, 2019

Omni Louisville Hotel

Louisville, Kentucky

### **Registration**

Total registrants: 575

Member rate, full conference registration: \$399

### **Hotel**

Omni Louisville Hotel - \$185 single/double per night

Hyatt Regency Louisville - \$185 single/double per night

### **Continuing Education**

Awarded up to 22.5 contact hours in pharmacology – includes the symposium

### ***Conference Educational Learning Outcomes***

1. Incorporate new discoveries in psychopharmacology and neuroscience into psychiatric-mental health nursing practice.
2. Utilize evidence based psychopharmacologic mental health nursing practice interventions that promote healthy brains and healthy behaviors

### **Program**

Conference included:

- Up to 22.5 (21) continuing education contact hours in pharmacology.
- 1 symposium and 1 product theater
- More nurse presenters (7)
- Online session recordings to revisit or earn additional CE credit
- CPI mobile app with messaging, schedule, maps
- Digital Session handouts to follow along on your device or for printing
- Additional 25 bonus points in the APNA eLearning Center
- \$25 discount on APNA Annual Conference registration (October 2019 - New Orleans).

### ***Returning this year***

Outcomes Panels (Friday and Saturday): Synthesize each day's content through case study application lead by CPI Committee Members

### ***Pre-Conference Course***

**Deep Dive into Neurotransmitters: Focus on Glutamate & GABA**

Debbie Thomas, EdD, APRN, PMHCNS/NP-BC, CMP

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***Plan now for CPI 2020***

**APNA CPI West**

**March 14-15, 2020**

**San Diego, California**

**Earn up to 10 contact hours in psychopharmacology**

**APNA 18th Annual Clinical Psychopharmacology Institute**

**June 11-14, 2020**

**Reston, Virginia**

**Earn up to 22.5 contact hours in psychopharmacology**

[www.apna.org/CPI](http://www.apna.org/CPI)

## APNA eLearning Center October 2020

### APNA eLearning Center Sessions

May 1, 2019 – August 31, 2019 (Comparisons to previous year: May 1, 2018 – August 31, 2018)

Session Category	Number of Sessions	Number of Contact Hours
Annual Conference Archives	269 (↑25)	239.75 (↑4)
Pharmacology	62 (↑12)	84.5 (↑14)
Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses During an Epidemic – RN, PMH RN, APRN	3 (same)	6 (same)
JAPNA	12 (↑5)	13.25 (↑5.75)
Medication Assisted Treatment (MAT) Waiver Training: 8 hour and 16 hour	2 (same)	24 (Same)
APNA Transitions in Practice Certificate Program (ATP)	2 (↑1)	30 (↑15)
Competency Based Training for Suicide Prevention	2 (↑1)	8 (↑1.25)
Special Skills for Psychiatric Nurses	5 (↓1)	6.75 (↓1.25)
Acute Care Psychiatric-Mental Health Nurses: Preparing for Recovery Oriented Practice (RTP)	2 (same)	17 (same)
<b>TOTAL</b>	<b>362 (↑48)</b>	<b>439.25 (↑55.5)</b>

### Order Activity

- **Current Period:** Total orders May 1, 2019 – August 31, 2019: **17,844** – ↑25% increase from last year, May 1, 2018 – August 31, 2018: **14,295**
- **2019:** Total orders January 1 – August 31, 2019: **35,981** – ↑15% increase from last year, January 1, 2018 – August 31, 2018: **31,318**

### Top Ten Categories

1. Mental health conditions/disorders
2. Suicide Prevention
3. Pharmacology
4. Addictions
5. Non-pharmacologic Interventions
6. Psychotherapy
7. Recovery
8. Professional Development
9. Trauma
10. Outpatient/Community

### Top Ten Sessions

May 1, 2019 – August 31, 2019

1. **2,285 Orders:** Medication Assisted Treatment (MAT): 16.0 Hour Waiver Training

- 16.0 Rx contact hours
  - Free for members and non-members
2. **2,140 Orders:** Medication Assisted Treatment (MAT): 8-Hour Waiver Training
    - 8.0 Rx contact hours
    - Free for members and non-members
  3. **934 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic
    - 1.5 contact hours
    - Free for members and non-members
  4. **876 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic
    - 3.5 Rx contact hours
    - Free for members and non-members
  5. **675 Orders:** Practical Ways to Bolster Resilience: A Life-span Perspective
    - 1.25 contact hours
    - Free for members and non-members
  6. **521 Orders: 4022-18:** Trauma Competencies and Culture: Embracing Diversity
    - 0.5 contact hours
    - July 4 Free CE—Free for the month of July for members and non-members
  7. **498 Orders:** Effective Treatments for Opioid Use Disorder: Educating & Empowering Psychiatric Mental-Health Nurses (PMH-RN) During an Epidemic
    - 1.25 contact hours
    - Free for members and non-members
  8. **473 Orders:** 2001-18: President's Address
    - 1.0 contact hours
    - \$10 members and \$18 non-members
  9. **448 Orders:** 1031-18: Mind and Body: Psychotropic Effects on Physiologic Health
    - 2.0 Rx contact hours
    - June Free CE of the Month—Free for the month of July for members and non-members
  10. **438 Orders:** APNA Transitions in Practice Certificate Program
    - 15.0 contact hours
    - \$200 members and \$250 non-members

**Sessions Offered for Free since January 1, 2019**

(aside from free CE via use of bonus points)

Listed on [www.apna.org/FreeCE](http://www.apna.org/FreeCE)

**Total Free CE: January 1, 2019 – August 31, 2019**

**60 Sessions | 92.75 contact hours**

<b>Reason / Dates</b>	<b>Title</b>	<b>Contact hours</b>	<b>Members and/or Non-members</b>
Currently Free	Practical Ways to Bolster Resilience: A Life-span Perspective	1.25	Members/ Non-Members
Currently Free	Keynote Presentation: Life On Purpose: How Living for What Matters Most Changes Everything	1.0	Members / Nonmembers
Currently Free	President's Address: Whole Health Begins with Mental Health	0.75	Members / Nonmembers
Currently Free	Medication Assisted Treatment (MAT): 8-Hour Waiver Training	8.0 Pharmacology	Members/ Non-Members
Currently Free	Medication Assisted Treatment (MAT): 16.0 Hour Waiver Training	16.0 (13.0 Pharmacology)	Members/ Non-Members
Currently Free	2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic	1.5	Members / Nonmembers
Currently Free	2019 Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic	3.5 (2.0 Pharmacology)	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering All Registered Nurses (RN) During an Epidemic	1.25	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering Psychiatric Mental-Health Nurses (PMH-RN) During an Epidemic	1.25	Members / Nonmembers
Free until August 29, 2019	Effective Treatments for Opioid Use Disorder: Educating & Empowering Advanced Practice Registered Nurses (APRN) During an Epidemic	3.5 Pharmacology	Members / Nonmembers
Free until June 30, 2019	ADHD Across the Lifespan: Research Update	1.25 Pharmacology	Members/ Non-Members
Free until April 15, 2019	Managing the Neuropsychiatric Manifestations of Parkinson's Disease (PD)	1.5	Members / Nonmembers
Free until January 6, 2019	Novel Treatments to Overcome Clinical Challenges in Treating Major Depressive Disorder	1.25 Pharmacology	Members/ Non-Members
JAPNA Article Currently Free	JAPNA Article: Weight Reduction Goal Achievement among Veterans with	1.0	Members

	Mental Health Diagnoses - July-August 2019 (25:4)		
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Binge Eating and Loss of Control in College-Age Women - May-June 2019 (25:3)	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Decreasing Depression and Anxiety in College Youth Using the Creating Opportunities for Personal Empowerment Program (COPE)	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Effectiveness of a Psychiatric-Mental Health Nurse Residency Program on Retention	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Nurse-Patient Interaction as a Treatment for Antepartum Depression: A Mixed-Methods Analysis	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: The Applicability of Resilience Training to the Mitigation of Trauma-Related Mental Illness in Military Personnel	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Implementation of Rocking Chair Therapy for Veterans in Residential Substance Use Disorder (SUD) Treatment	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: An Efficient Nurse Practitioner–Led Community-Based Service Model for Delivering Coordinated Care to Persons with Serious Mental Illness at Risk for Homelessness	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Military Lesbian, Gay, Bisexual, and Transgender (LGBT) Awareness Training for Health Care Providers Within the Military Health System	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: The Compelling and Persistent Problem of Bipolar Disorder Disguised as Major Depression Disorder: An Integrative Review	1.0	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: TeleMental Health: Standards, Reimbursement and Interstate Practice	1.25	Members
JAPNA Article <a href="#">Currently Free</a>	JAPNA Article: Applying Self-determination Theory to Adolescent Sexual-risk Behavior and Knowledge: A Structural Equation Model	1.5	Members

JAPNA Article <a href="#">Free until April 2019</a>	JAPNA Article: Describing the Mental Health Profile of First Responders: A Systematic Review	1.25	Members
Free CE of the Month – <a href="#">August 2019</a>	Spreading Recovery Oriented Care across the State: Everything's Bigger in Texas	0.5	Members
Free CE of the Month – <a href="#">August 2019</a>	Accelerated Resolution Therapy (ART): A Novel, Safe, Quick, and Effective Psychotherapeutic Treatment for Behavioral Health Problems	1.75	Members
Free CE of the Month – <a href="#">August 2019</a>	Naming, Framing, and Containing the Physiology of Fear – A Wellness Approach	1.25 Pharmacology	Members
Free CE of the Month – <a href="#">August 2019</a>	Caring Behind Bars	0.75	Members
July 4 <sup>th</sup> Free CE – <a href="#">July 2019</a>	Trauma Competencies and Culture: Embracing Diversity	0.5	Members / Nonmembers
Free CE of the Month – <a href="#">July 2019</a>	Tele-psychotherapy: A Journey of Implementation and Discovery!	0.5	Members
Free CE of the Month – <a href="#">July 2019</a>	Food and Mood - What is the Research and is there a Connection?	1.5	Members
Free CE of the Month – <a href="#">July 2019</a>	Paradigm Shift in Treating Mental Illness: Neurophysiological Approach to Prescribing	1.5 Pharmacology	Members
Free CE of the Month – <a href="#">July 2019</a>	Holistic Approaches to Managing Substance Use Withdrawal	0.5	Members
Free CE of the Month – <a href="#">June 2019</a>	Journey Toward a Therapeutic Healing Environment for Patients, and a Safe Working Environment for Staff	0.75	Members
Free CE of the Month – <a href="#">June 2019</a>	Mind and Body: Psychotropic Effects on Physiologic Health	2.0 Pharmacology	Members
Free CE of the Month – <a href="#">June 2019</a>	Recovery-Oriented Cognitive Therapy and Nursing	0.75	Members
Free CE of the Month – <a href="#">June 2019</a>	Psychiatric Nurses Unique Agents of Change: Using Research, Collaboration, Education and Innovation to Impact Communities	1.0	Members
Mental Health Month & Nurses Week – <a href="#">May 2019</a>	Miracle Moments: How Psychiatric-Mental Health Nurses Save Lives	1.0	Members / Nonmembers
Free CE of the Month – <a href="#">May 2019</a>	Mini Concurrent Sessions: Inpatient Interventions	0.5	Members
Free CE of the Month – <a href="#">May 2019</a>	Breaking Down Barriers: Increasing Access to Psychiatric Medications	0.75 Pharmacology	Members
Free CE of the Month – <a href="#">May 2019</a>	Mental Disorders in Primary Care: A Primer Course for Primary Care Nurse Practitioners	1.0	Members



Free CE of the Month – <a href="#">May 2019</a>	Understanding How Trust Influences Engagement in a Community-Based Substance Abuse Treatment Program	0.5	Members
Free CE of the Month – <a href="#">April 2019</a>	The Community Resiliency Model (CRM): Mental Wellness Self-Care	1.75	Members
Free CE of the Month – <a href="#">April 2019</a>	T-3 + T-4: Do You Know Your Patient's Score? The Role of Thyroid Hormones in the Management of Depression	1.5 Pharmacology	Members
Free CE of the Month – <a href="#">April 2019</a>	Using Electronic Devices to Improve the Patient Care Experience on an Inpatient Behavioral Health Unit	0.75	Members
Free CE of the Month – <a href="#">April 2019</a>	Mini Concurrent Sessions: Anxiety	0.75	Members
Free CE of the Month – <a href="#">March 2019</a>	Childhood Trauma: Advances in Neuroscience and Innovative Therapeutic Interventions	1.5	Members
Free CE of the Month – <a href="#">March 2019</a>	Pharmacogenetics and MAT: Facilitating Engagement for those with Co-Occurring Disorders	0.5 Pharmacology	Members
Free CE of the Month – <a href="#">March 2019</a>	Making Safety Count: A 3-Prong Approach to Reducing Violence in the Healthcare Setting	2.25	Members
Free CE of the Month – <a href="#">March 2019</a>	Institutional Stigma and the United States Military	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	Pharmacogenomics Nursing: Personalized Health Care	1.75 Pharmacology	Members
Free CE of the Month – <a href="#">February 2019</a>	Mini-Concurrent Sessions: Restraint Reduction	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	Practice and Dissemination of EBP: Behavioral Couples Therapy for Alcohol/Drug Dependence in the Veterans Administration/Leadership	0.75	Members
Free CE of the Month – <a href="#">February 2019</a>	Inter-professional Collaboration to Promote LGBTQ Mental Health Care to Reduce Healthcare Disparities: Are Nursing Students Educated to Provide Sensitive Quality Care to Improve Health Care Outcomes of LGBTQ Individuals?	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Cyberbullying – The Dark Side of the Internet	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Mini-Concurrent Sessions: Leadership	0.75	Members
Free CE of the Month – <a href="#">January 2019</a>	Pharmacology of Medical Cannabis	1.75 Pharmacology	Members

Free CE of the Month – January 2019	The Neurobiology of Sleep and Cognitive Behavioral Therapy for Insomnia (CBT-I)	2.0	Members
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## Review of Podcasts

During the current period (May 1, 2019 – August 31, 2019), 12 eLearning sessions were reviewed. A general call for reviewers, sent out in August 2019, yielded 521 responses for participation in future reviews.

- 25 APNA members volunteered following a call for reviewers for current eLearning sessions.
  - Members completed and earned CE for the eLearning session to which they were assigned, completed a review questionnaire, and were compensated with bonus points to apply to another session in the eLearning Center.
- Content reviewed included eLearning sessions from 2017 APNA Clinical Psychopharmacology Institute
- 6 eLearning sessions were renewed through July 1, 2020.
- 6 eLearning sessions were retired.

## APNA eLearning Center Site Analytics

From May 30 to September 16, 2019 (as compared with the previous year: May 30 to September 16, 2018):

Visits: **92,146** – up **41.33%**

- Highest on 8/29/19 (1,602) – Email sent announcing new certificate program Understanding the Brain-Behavior Connection
- 2nd highest on 9/10/19 (1,188) – Email sent announcing two free sessions for Suicide Prevention Month and Recovery Month

Unique Visitors: **37,696** – up **48.51%**

Average Visit Duration: 4 min, 10 sec – down 3.63%

Number of First-time Visitors: 34,539 – up 50.89%

Percentage of New Visits: 70.20% – up 1.78%

Number of Visits by Device:

1. Desktop/Laptop: 28,204 – up 42.08%
2. Mobile: 7,469 – up 93.70%
3. Tablet: 1,998 – up 22.65%

Visits by Location:

1. United States
2. Canada
3. Germany
4. United Kingdom
5. South Korea

Page Views: **292,156** – **up 19.58%**

- Highest on 3/4/19 (4,247)
- 2nd highest on 2/26/19 (4,145)

Unique page views: **335,142** – **up 40.33%**

Average Time on Page: 1 min, 35 sec – down 2.68%

*Top Content:*

1. PCSS-MAT Waiver Training (8 hour)
2. Home
3. PCSS-MAT Waiver Training (16 hour)
4. Cart
5. My eLearning

*Traffic Sources:*

- Organic Search Traffic:
  - 2,715 visits – **up 38.17%**
- Referral Traffic:
  - 12,779 visits – up 0.54%
- Direct Traffic:
  - 24,158 visits – **up 162.07%**
- Social Traffic:
  - 91 visits – **up 33.82%**
- Email Traffic:
  - 147 visits – down 94.00%