

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

“THERAPY CONSIDERATIONS FOR INDIVIDUALS SEEKING AND UNDERGOING WEIGHT LOSS SURGERY” (A349)

Videoconference Webcast

Original Broadcast Date: March 11, 2020

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for Education and Consultative Services to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

Nancy Mundy
Education and Consultative Services of
UPMC Western Psychiatric Hospital
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

TRUE/FALSE AND MULTIPLE CHOICE QUESTIONS

1. Patients who undergo bariatric surgery are at lower risk for self-injuring behaviors
TRUE/FALSE
2. Patients can be considered for bariatric surgery if they are an
 - a) Adult with a BMI of 35 or higher and 1 or more obesity related comorbidity
 - b) An adolescent (14 yo or older) with a BMI of 40 or higher
 - c) Adult who is more than 100 lbs overweight
 - d) All of the above
3. Which of the following procedures requires the most significant anatomical changes?
 - a) Adjustable Gastric Band
 - b) Vertical Sleeve Gastrectomy
 - c) Gastric Bypass (Roux-en-Y)
4. Patients are required to stop use of all nicotine products before surgery TRUE/FALSE
5. Gastric bypass surgery increases risk of
 - a) Alcohol abuse
 - b) Malabsorption
 - c) Limited bioavailability of time released medications
 - d) All of the above
6. Patients are not counseling on caffeine use for bariatric surgery TRUE/FALSE
7. Most patients are not advised to lose weight prior to surgery TRUE/FALSE
8. Surgery is only considered for patients with a BMI over 60 TRUE/FALSE
9. Providers should only screen for which of the following eating disorders prior to surgery
 - a) Binge eating disorder

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

- b) Nighttime eating disorder
 - c) Bulimia nervosa
 - d) All of the above
10. Patients have fewer contacts with behavioral health providers after surgery
TRUE/FALSE
11. Which of the following statements is true?
- a) Patients can take any psychiatric medication after bariatric without concern
 - b) Some psychiatric medications are not processed as effectively after bariatric surgery and medication changes may be required
 - c) Patients are advised to take no psychiatric medication after surgery due to potential over-medication
 - d) All bariatric patients should be taking psychiatrist medication after surgery to prevent mood changes
12. Post-operative weight fluctuation are always related to over-eating TRUE/FALSE

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the "https://" text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/T349-VC>

**EDUCATION AND
CONSULTATIVE SERVICES**

of UPMC Western Psychiatric Hospital

**“THERAPY CONSIDERATIONS FOR INDIVIDUALS SEEKING AND
UNDERGOING WEIGHT LOSS SURGERY” (A349)**

Videoconference Webcast

Original Broadcast Date: March 11, 2020

**APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR
General CEUs, CADC, NBCC, Psychologists, and
Social Work/LPC/LMFT (2.0 CREDIT HOURS)**

INSTRUCTIONS: In order for Education and Consultative Services to record the credit you earn by viewing this program, we request that you follow the directions below:

1. Print your name, address and email address below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
Education and Consultative Services of
UPMC Western Psychiatric Hospital
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature

Date Completed

PLEASE PRINT CLEARLY:

Mailing Address

Name

City

State

Zip Code

Phone #

Email address

TYPE OF CREDIT: *Please Indicate Your Certification Needs*

CADC: Certified Alcohol and Drug Counselor

CEU: General Continuing Education Credit

NCC: National Certified Counselors

Psychologist

SW/LPC/LMFT: Social Work (LCSW, LSW)

PAYMENT ENCLOSED:

\$30

Check # _____ (Check payable to Education and Consultative Services)

Credit card payments can be made at the following link:

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=220928>

Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via email. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.

UPMC Western Psychiatric Hospital

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

Continuing Education Credit

Each program is offered for the designated number of continuing education credits

CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Hospital, Office of Educational Resources and Planning is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.



COUNSELORS: NCC

Western Psychiatric Hospital is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

National Certified Counselors are required to accrue 100 clock hours of continuing education activities that meet guidelines in each five-year certification period. There is no restriction on the percentage of those hours that may be accrued from distant learning courses.

PSYCHOLOGISTS

Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Hospital maintains responsibility for these programs and their contents.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT

The indicated number of clock hours of continuing education is provided through UPMC Western Psychiatric Hospital's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.