**In order to receive CEUs please complete both sections**

**Assessing for Depression and Anxiety in the ALS Clinic**

**Recorded Webinar #7**

**CEU Evaluation Form**

**Underline** the answer that you wish to indicate.

1. Content of the materials presented was: Not Useful Neutral Useful
2. Duration of the presentations was: Too Long About right Too Short

3. Research evidence and outcomes data

were used to support the presentations:

Disagree Neutral Agree

4. I think the impact of this work on my

clients who use assistive technology will be:

Adverse Neutral Beneficial

1. I was provided with feedback on my ability to master the learning objectives:
2. The information I learned will support my ability to collect data and measure outcomes as part of my evidence-based practices:

Disagree Neutral Agree

Disagree Neutral Agree

1. I think the following could be improved:
2. I think the following was particularly good / useful:
3. In my assessment, my continuing education needs that relate to achieving the most effective communication for my clients who use assistive technology include the following:
4. **Underline** items if you are 1) a member of ASHA; 2) a teacher; 3) an OT; 4) a PT; 5) a member of RESNA; 6) an ATP; 7) an ATS; 8) other: .

Assessing for Depression and Anxiety in the ALS Clinic

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Learning Assessment Form

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Completion of this quiz is a requirement to receive CEUs for attending this seminar. Underline/Highlight/Circle the correct answer to each question. You must pass with 80% correct to be eligible for CEUs.**

1. Why is it important to assess depression and anxiety?
   1. To normalize a mental health discussion
   2. To provide an opportunity for the patient to learn how to manage symptoms with coping skills and other recommended interventions
   3. To establish a baseline of depression and anxiety symptoms within a clinical setting
   4. All of the above

2. What is the benefit of using a scale to assess depression and anxiety?

* 1. It provides a baseline and an opportunity to evaluate if self-care and other implemented interventions are working.
  2. It will ensure all of our ALS patient’s mental health needs are not neglected.
  3. It ensures that we are taking a standardized holistic approach in our ALS clinics.
  4. All of the above

3. When is it appropriate to use the depression and anxiety scale?

* 1. At each clinic appointment
  2. When you think a patient might be experiencing symptoms of depression or anxiety
  3. When you see a patient out at the grocery store
  4. a and b

4. The depression and anxiety scale is a 5 point scale.

* 1. True
  2. False

5. What are coping skills?

* 1. Coping skills are tools and techniques to help handle difficult emotions.
  2. Coping skills are tools to help decrease stress and establish or maintain a sense of internal order.
  3. Meditation, reading and finding humor are great ways to cope.
  4. All of the above.

6. The benefit of using a 10 point likert scale is that it offers greater variability of responses which could encourage a discussion of depression and anxiety.

* 1. True
  2. False

7. It is ok if a patient prefers not to answer this scaling question.

* 1. True
  2. False

8. If a patient wants to end their life during this assessment, what do I do?

* 1. Ask if the patient has a specific plan to end their life.
  2. Have a discussion with the patient and neurologist.
  3. Discuss what they want their end of life to look like. Then create a safety plan with the patient and family members and refer to a community mental health center as appropriate.
  4. All of the above.

9. If a patient provides you with their depression rating then it is ok to assume that they will have the same rating for anxiety.

* 1. True
  2. False

10. It is important to discuss limitations of confidentiality prior to assessing for depression and anxiety.

* 1. True
  2. False

Please note any suggestions for improving this activity in terms of learning value.

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