

Sharp Grossmont Hospital

Grand Rounds

For Sharp Grossmont-affiliated physicians, pharmacists and other interested health care providers

Thursday, November 14, 2019

12:30 p.m. to 1:30 p.m.

Lunch served starting at Noon

Responsible Prescribing of Benzodiazepines and How to Taper

Sharp Grossmont Hospital – Main Auditorium

5555 Grossmont Center Dr, La Mesa, CA 91942

Shawn Barnes, MD

Integrative Psychiatry Emphasizing Wellness over Medications

Encinitas, CA

Purpose: According to a study published by JAMA Network earlier this year prescription of benzodiazepines in ambulatory care has increased from 3.8% to 7.4% of visits based on data collected from visits between 2003 and 2015. While prescribing among psychiatrists has remained stable, increased prescribing by other physicians, including primary care has accounted for nearly half of all benzodiazepine visits. Additionally, there has been an increase in co-prescribing benzodiazepine with other sedating medications, such as opioids, leading to an increase in the number of overdose events involving benzodiazepines.

Educational Objectives: Following this activity, participants should be able to:

1. List the reasons why long-term benzodiazepine prescribing is below standard of care.
2. Employ a range of techniques for discussing benzodiazepines with patients.
3. Summarize the process for tapering benzodiazepines safely and comfortably.

Participate online: email Heather Clemons at heather.clemons@sharp.com for the meeting invitation link.

Participate by phone: Dial **858-627-5800** and enter *conference ID 599183*

Registration: Complimentary

No pre-registration required

Commercial Support: None

To earn credit: Please text your attendance, attend the activity in its entirety and complete the post activity evaluation.



Accreditation: Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. **CME Credit:** Sharp HealthCare designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. **PA Credit:** PAs may claim a maximum of 1.0 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit[™] from organizations accredited by ACCME or a recognized state medical society. **NP Credit:** AANPCB accepts AMA PRA Category 1 Credit(s) issued by organizations accredited by ACCME as an equivalent number of hours of participation. 1 AMA PRA Category 1 credit = 1 contact hour.



Accreditation: Sharp Healthcare is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. **CPE Credit:** Sharp HealthCare designates this live activity for a maximum of 1.0 contact hours (0.10 CEUs). Partial credit will not be awarded. Pharmacists can verify their credits at <http://www.cpemonitor.net> within 30 days of completion of activity. **0571-0000-19-019-L01-P**