

# DIABETES AND CARDIOVASCULAR UPDATE: THE PREVENTION OF METABOLIC SYNDROME IN THE MENTAL HEALTH ARENA

## Satellite Conference and Live Webcast

**Wednesday, March 16, 2011, 2:00-4:00 p.m. (Central Time)**

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

More than 50 million Americans have the Metabolic Syndrome. The purpose of this satellite conference is to provide awareness, education, and tools to prevent and treat this syndrome; therefore, impacting the prevalence of diabetes and cardiovascular disease. The use of psychiatric drugs has been linked to metabolic syndrome. Program faculty will provide staff with an update on drugs used to treat mental health conditions, metabolic syndrome, and social marketing strategies to educate the public about metabolic syndrome. The focus will include promotion of media tools and creative innovations that may be used to impact the mental health community by targeting individuals at greatest risk.

### PROGRAM OBJECTIVES:

1. Define Metabolic Syndrome and list its sequelae.
2. Discuss the link between second generation psychotropic drugs and the development of metabolic syndrome and cardiovascular disease.
3. Discuss at least three strategies for minimizing metabolic syndrome and cardiovascular disease in patients who take psychotropic drugs.
4. State how Social Marketing may be used to educate the public regarding psychiatric drugs and their link to metabolic syndrome.
5. Discuss at least three creative ways to utilize social marketing to impact health as well as to promote health within the mental health arena.
6. Discuss and contrast the most cost effective marketing tools that may be used to reach mental health patients and or staff in order to cause positive changes.
7. Provide an overview of at least three psychiatric drugs most frequently used in the mental health arena with a focus to address the prevention of the metabolic syndrome.
8. Discuss updates on at least three of the most commonly prescribed non-pharmacological strategies in the care of the mentally ill.

### CONFERENCE DETAILS:

Target Audience: Nurses, social workers, pharmacists, dietitians, any health care worker or provider caring for a diabetic patient.

Continuing Education: Nurses 1.8 hours, Social Workers 1.75 hours, Pharmacists 1.3 hours, Dietitians 2.0 hours

Registration: [www.adph.org/alphtn](http://www.adph.org/alphtn)

Technical Information: To receive complete technical information you must register at [www.adph.org/alphtn](http://www.adph.org/alphtn)

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphtn](http://www.adph.org/alphtn)

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: [alphtn@adph.state.al.us](mailto:alphtn@adph.state.al.us)

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