Mental Health Literacy For Pharmacists

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Walter P. Scheffe 2019 CPE Series

Financial Disclosure and Resolution

Under guidelines established by the Accreditation Council for Pharmacy Education (ACPE), disclosure must be made regarding financial relationships with commercial interests within the last 12 months.

- I have no relevant financial relationships or affiliations with commercial interests to disclose.
Learning Objectives

• At the completion of this activity, pharmacists will be able to:
  1. Define mental health literacy.
  2. Recognize 10 events commonly known as Adverse Childhood Experiences (ACEs) and their impact on adult mental health.
  3. Differentiate the clinical features and symptoms associated with 5 types of anxiety disorders.
  4. Identify 3 ways low mental health literacy impacts the pharmacist-patient relationship.

Pre-Assessment Question #1

Which of the following is one of the five components of the definition of mental health literacy?

A. Ability to read, write, speak, and compute and solve problems
B. Capacity to obtain and process basic health information to follow instructions for treatment
C. Identification of symptoms associated with disease onset
D. Understand basic health information needed to make appropriate health decisions
Pre-Assessment Question #2

• Which of the following is considered a risk factor for almost every mental health disorder in adults?

A. Substance use before puberty
B. Lack of motivation
C. Biochemistry
D. Early childhood trauma

Pre-Assessment Question #3

For nearly 9 months Ann, a 30 year old administrative assistant, has been experiencing nervousness and excessive fear of being scrutinized or negatively evaluated by her co-workers. She has begun eating lunch in her car to avoid others in the breakroom.

Her symptoms are characteristic of which mental health disorder?

A. Generalized Anxiety Disorder
B. Panic Disorder
C. Social Anxiety Disorder
D. Post-traumatic Stress Disorder
Pre-Assessment Question #4

Low mental health literacy impacts the pharmacist-patient relationship in the community pharmacy in which of the following ways?

A. Medication adherence to mental health medications is lower for patients with mental disorders.
B. Pharmacists spend more time counseling patients about their mental health medications.
C. The sensitive nature of mental health disorders strengthens the relationship between pharmacy staff and patients.
D. Low mental health literacy indicates a low level of stigma about mental health disorders.

Epidemiology of Mental Illness
Mental Health Definitions

• Mental disorder¹
  - A syndrome characterized by clinically significant disturbances in an individual’s cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning

• Serious Mental Illness²
  - A mental, behavioral, or emotional disorder diagnosed within the last year that meets the DSM-V diagnostic criteria, and results in serious functional impairment that interferes or limits one or more major life activities

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Mental Health Facts in America¹

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- 10.2m: Approximately 10.2 million adults have co-occurring mental health and addiction disorders.
- 26%: Approximately 26% of homeless adults staying in shelters live with serious mental illness.
- 24%: Approximately 24% of state prisoners have a "recent history of a mental health condition".
- 1st: Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.
- $193b: Serious mental illness costs America $193.2 billion in lost earnings every year.
- 90%: 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.

Prevalence of Mental Illness by Diagnosis

- 1.1%: 1 in 100 (2.4 million) American adults live with schizophrenia.
- 2.6%: 2.6% (6.1 million) of American adults live with bipolar disorder.
- 6.9%: 6.9% (16 million) of American adults live with major depression.
- 18.1%: 18.1% (42 million) of American adults live with anxiety disorders.

Mental Health Medications in Top 200 Drugs

• #14 Sertraline
• #19 Alprazolam
• #21 Citalopram
• #24 Trazodone
• #26 Escitalopram
• #28 Bupropion
• #29 Fluoxetine
• #40 Zolpidem
• #42 Clonazepam
• #45 Dextroamphetamine/amphetamine
• #47 Methylphenidate
• #48 Duloxetine

Health Literacy Defined by Healthy People 2020

- The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment

- Components
  - Basic literacy skills
  - Health knowledge
  - Numeracy skills

https://health.gov/communication/literacy/quickguide/factsbasic.htm

Jorm’s Mental Health Literacy Definition

- The knowledge and beliefs about mental disorders which aid their recognition, management or prevention.

- Definition moves beyond just knowledge
  - MHL = Knowledge + action
  - 5 components support comprehensive definition

5 Components to Mental Health Literacy

1. Knowledge about prevention of disease
2. Identification of symptoms associated with disease onset
3. Familiarity of treatment options and therapies
4. Information about self-help techniques for milder disease
5. Skills to help others in a mental health crisis

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Adverse Childhood Experiences (ACEs)
What Are ACEs?

- Stressful and traumatic events occurring during childhood
  - Before age of 18
- Includes abuse, neglect, family dysfunction, criminal behavior, and substance use disorder
  - Felitti and colleagues
  - Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults

ACEs Include...

- **Abuse**
  - Physical
  - Sexual
  - Emotional

- **Neglect**
  - Physical
  - Emotional

- **Household challenges**
  - Divorce, separation
  - Incarceration
  - Intimate partner violence
  - Mother being abused
  - Substance misuse, abuse
  - Mental illness in family

ACE Infographic from CDC and Adverse Childhood Experiences from SAMHSA
ACEs Defined

- **Physical Abuse**
  - ...the intentional use of physical force that can result in physical
  - Includes hitting, kicking, shaking, burning, or other shows of force against a child

- **Sexual Abuse**
  - ...involves pressuring or forcing a child to engage in sexual acts
  - Includes behaviors such as fondling, penetration, and exposing a child to other sexual

- **Emotional Abuse**
  - ...behaviors that harm a child’s self-worth or emotional well-being
  - Includes name calling, shaming, rejection, withholding love

- **Neglect**
  - ...failure to meet a child’s basic physical and emotional needs
  - Includes housing, food, clothing, education, and access to medical

ACE Infographic from CDC and Adverse Childhood Experiences from SAMHSA

How Common Are ACEs?

ACE Infographic from CDC and Adverse Childhood Experiences from SAMHSA
Lasting Effects on Behavior & Health

Adverse Childhood Experiences have a tremendous impact on future violence victimization and perpetration and lifelong health and opportunity.

Overview of 5 Anxiety Disorders
Anxiety Disorders

- General Anxiety Disorder (GAD)
- Panic Disorder (PD)
- Social Anxiety Disorder (SAD)
- Obsessive Compulsive Disorder (OCD)
- Posttraumatic Stress Disorder (PTSD)

Clinical Features of Anxiety Disorders

- Excessive fear, anxiety, and behavioral changes
- Anxiety is normal response to threatening situation
  - Public speaking, employment evaluation, pending severe weather
- Problematic when
  - Persistent: lasting more than 6 months
  - Excessive: out of proportion to threat
- Differentiation between anxiety disorders
  - Object or situation causing anxiety or avoidance behavior (stimulus)
  - Cognitive ideation (thoughts)

Generalized Anxiety Disorder Symptoms¹

**Psych. & Cognitive Sx**
- Excessive anxiety
- Worries that are difficult to control
- Feeling keyed up or on edge
- Trouble concentrating or mind going blank

**Physical Symptoms**
- Restlessness
- Fatigue
- Muscle tension
- Sleep disturbance
- Irritability


Panic Disorder Symptoms¹

**Psych. & Cognitive Sx**
- Feeling detached from oneself (depersonalization)
- Feeling detached from one's environment (derealization)
- Fear of losing control, going crazy, or dying

**Physical Symptoms**
- Abdominal distress
- Chest pain
- Chills
- Dizziness, light-headedness
- Feeling of choking
- Heat sensations
- Nausea
- Skin crawling

- Tingling
- Numbness
- Itching
- Shortness of breath
- Sweating
- Racing heart
- Trembling, shaking

### Social Anxiety Disorder Symptoms

<table>
<thead>
<tr>
<th>Psych. &amp; Cognitive Sx</th>
<th>Physical Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fears of Being</strong></td>
<td>• Blushing</td>
</tr>
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<td>• Scrutinized or negatively evaluated by others</td>
<td>• “Butterflies in the stomach”</td>
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<td><strong>Some Feared Situations</strong></td>
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<td>• Speaking in public</td>
<td>• Tachycardia</td>
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<tr>
<td>• Talking with stranger</td>
<td>• Trembling</td>
</tr>
<tr>
<td>• Use of public toilets</td>
<td></td>
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</tbody>
</table>


### Obsessive Compulsive Disorder Symptoms

<table>
<thead>
<tr>
<th>Obsessions</th>
<th>Compulsions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• A recurrent, persistent idea, thought, impulse, or image that is intrusive &amp; inappropriate</td>
<td>• A repetitive behavior or mental act occurring because of an obsession</td>
</tr>
<tr>
<td>• Leads to anxiety</td>
<td>• Ritualistic behaviors</td>
</tr>
<tr>
<td>• Example</td>
<td>• Example</td>
</tr>
<tr>
<td>• Feeling contaminated</td>
<td>• Excessive handwashing</td>
</tr>
<tr>
<td></td>
<td>• Excessive counting</td>
</tr>
</tbody>
</table>

**Posttraumatic Stress Disorder Symptoms**

**Traumatic Event**
- Required for diagnosis
- Witness or experience threatening situation involving harm to self or others
- Examples
  - War, natural disaster, assault, violence

**Symptoms**
- Intrusive symptoms
  - Persistent re-experiencing of the event (flashbacks, dreams)
- State of hyperarousal
- Avoidance symptoms
  - Similar situations, conversations, thoughts, feelings

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**Treatment Options for Anxiety Disorders**

- Goal of therapy
  - Decrease symptom severity and duration
  - Improve quality of life
- Combination therapy is preferred
  - Medications
  - Cognitive Behavioral Therapy (CBT)
  - Stress management
  - Lifestyle modifications

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Cognitive Behavioral Therapy (CBT)

- Type of talk therapy
- Used alone or with medications
- Individual or group sessions
- Central tenet: cognitive restructuring
- Replacement of dysfunctional thoughts with more accurate, less stressful ones

General Process of CBT

1. Identify troubling situations or conditions in the patient’s life
2. Increase patient’s awareness of their thoughts, emotions and beliefs about these problems
3. Identify negative or inaccurate thinking
4. Reshape negative or inaccurate thinking
### Pharmacotherapy for Anxiety Disorders¹,²

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<tr>
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<th>2ⁿᵈ Line</th>
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</thead>
<tbody>
<tr>
<td>• Selective serotonin reuptake inhibitors (SSRI)</td>
<td>• Benzodiazepines</td>
</tr>
<tr>
<td>• Venlafaxine</td>
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### Low Mental Health Literacy (MHL) in the Community Pharmacy
Impact of Low MHL on Pharmacist-Patient Relationship

- Less time spent counseling on mental health meds
- Poor medication adherence
- Inappropriate verbal encounters
- Poorly established relationships between staff and patient
- Perpetuation of stigma about mental health disorders
- Poor treatment outcomes
- Less monitoring of adverse effects

Barriers to MHL in the Pharmacy

- Stigma associated with mental health disorders
- High volume dispensing
- Lack of time
- Lack of private space for counseling
- Lack of mental health training for pharmacy staff
- Lack of pharmacy staff confidence
- Patients reluctant to ask questions, discuss side effects
Helpful Resources

- Mental Health Association Oklahoma
- Oklahoma Department of Mental Health and Substance Abuse Services
- National Alliance on Mental Illness (NAMI)
- National Institute of Mental Health (NIMH)
- Substance Abuse and Mental Health Services Administration (SAMHSA)

Conclusion and Clinical Pearls

- 1 in 5 American adults will have a mental illness
- 18% of American adults live with an anxiety disorder
- Mental health literacy provides knowledge to people to help recognize, management and prevent mental disorders
- Low MHL – of pharmacy staff and patients – negatively impacts the pharmacist-patient relationship
- Treatment – pharmacotherapy and non-pharmacotherapy – is available for the 5 most common anxiety disorders
Post-Assessment Question #1

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Review - 5 Components to Mental Health Literacy

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