

TELE-BEHAVIORAL HEALTH CONSULTATION Primary Care Webinar Series

Anxiety in the Pediatric Primary Care Setting: An Overview of Expert Tips

Wednesday, July 22, 12:00 - 12:45 pm (Central)



Target Audience:

This webinar series is intended for primary care providers (physicians, physician assistants, nurse practitioners) in Nebraska.

Series Learning Objectives

- Discuss best practices for managing common behavioral health issues in children, including anxiety and Attention Deficit Hyperactivity Disorder (ADHD)
- Describe behavioral strategies or resources (e.g., apps, books) that can be used before medication is initiated or in conjunction with medication
- List common medications for behavioral health issues in children
- Discuss when to refer more complex cases outside of primary care to a higher level of care

unmc.edu/cce/catalog/clinicmed/tbhc/index.html

Continuing Education:

The University of Nebraska Medical Center, Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Nebraska Medical Center, Center for Continuing Education designates this live activity for a maximum of 0.75 **AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

To participate and register:

<https://register.gotowebinar.com/register/3449964429931158032> CID: 45606

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Presenter: **Ryan T. Edwards, MD**

Dr. Ryan Edwards is a Board-Certified Psychiatrist who sub-specializes in Child and Adolescent Psychiatry. Prior to his residency and fellowship at the University of Michigan, he earned his medical degree from the University of Nebraska Medical Center. As a native Nebraskan, his clinical interests include outpatient-based child & adolescent psychiatry, obsessive-compulsive disorder, complex anxiety disorders of childhood, and integrative and collaborative care across healthcare disciplines.



Educational Objectives

At the conclusion of this webinar, the participant should be better able to:

- Describe the rationale for use of behavioral interventions before medication to manage anxiety in pediatrics
- Discuss behavioral techniques that can be implemented in primary care or by a behavioral health provider, and resources/guides available to families
- List common medications used to manage anxiety and considerations for their use in pediatrics
- Describe when referral to behavioral health (whether in primary care or off-site) would be warranted

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