

## Current Topics in Multiple Sclerosis:

### Recognizing and Managing Depression and Suicidality in Your Patients

In order to successfully complete this activity, participants must register for the activity, review the required CE information included in this handout, attend the program, and complete the evaluation.

#### Target Audience

This activity has been designed to meet the educational needs of physicians, nursing professionals, PAs, mental health professionals, and other members of the healthcare team who manage patients with MS.

#### Learning Objectives

At the conclusion of this program, participants should be better able to:

- Identify and describe etiological factors contributing to depression in MS
- Identify reasons why early and ongoing screening for depression is essential
- Describe suicide risk factors in people with MS

#### Faculty



**Rosalind Kalb, PhD** is a clinical psychologist who has specialized in MS care and education for close to 40 years. After receiving her doctorate from Fordham University in 1977, she began her career in MS, providing individual, group, and family therapy at the Medical Rehabilitation Research and Training Center for MS at the Albert Einstein College of Medicine and then at the MS Comprehensive Care Center in White Plains, NY.

Dr. Kalb joined the National MS Society in 2000, creating online resources and educational materials for individuals and families living with MS and healthcare professionals until 2017. She continues her resource development work for the Society as a consultant and also serves as Senior Programs Consultant for Can Do Multiple Sclerosis. Dr. Kalb is senior author of *Multiple Sclerosis for Dummies* (2<sup>nd</sup> ed.), and co-author of *Multiple Sclerosis: Understanding the Cognitive Challenges*. In addition, Dr. Kalb

has edited two books—*Multiple Sclerosis: The Questions You Have; The Answers You Need*, now in its 5<sup>th</sup> edition, and *Multiple Sclerosis: A Guide for Families*, now in its 3<sup>rd</sup> edition.



**Margaret Kazmierski, MSW, LCSW-C, CCM** graduated from the University of Maryland School of Social Work, Baltimore, MD, in 2001 with a concentration in Mental Health and Aging. She started her clinical social work career in gero-psychiatry serving both inpatient and day hospital patients at the University of Maryland Medical Center. Ms. Kazmierski gained further clinical experience with anticipatory grief, narrative therapy, and end of life care at Gilchrist Hospice. She worked in operations as Director of Services for National MS Society as well as Director of Adult Day Care services at Keswick Multi-Care Center. Ms. Kazmierski began working at the VA Maryland Health System in 2010 as Senior Social Worker for the MS Center of Excellence-East and Spinal Cord Injury Clinic Program Coordinator.

Ms. Kazmierski has been teaching as a part-time adjunct professor at the University of Maryland School of Social Work since 2016, concentrating in teaching the Clinical Social Work with Aging and Families course in the Fall semesters and the Social Work with Military, Veterans and Families course in the spring semesters. Recently, she became the recipient of the UMB School of Social Work Dean's Teaching Award for Spring 2018 class-Social Work with Military, Veterans and Families. She has served as a Field Instructor for MSW interns from UMB, Salisbury University, and Morgan State University for over 10 yrs.

Ms. Kazmierski presented nationally at both the Consortium of MS Centers Annual Conferences and the Paralyzed Veterans of America Annual Summits. Her presentations have centered on the topics of best social work practices with chronic illness, caregiving and caregiving support, as well as identifying effective resources and tools for clinicians working with older veterans with chronic illness.

## Accreditation Statement and Credit Designation

In support of improving patient care, this activity has been planned and implemented by the Consortium of Multiple Sclerosis Centers (CMSC), the National Multiple Sclerosis Society. CMSC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physicians

The CMSC designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses

The CMSC designates this live activity for a maximum of 1.0 contact hours of continuing nursing education.

### PAs

The Consortium of Multiple Sclerosis Centers (CMSC) has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### Social Workers

As a Jointly Accredited Organization, the Consortium of Multiple Sclerosis Centers (CMSC) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CMSC maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.

### Psychologists

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP) and the Consortium of Multiple Sclerosis Centers (CMSC). The CMSC maintains responsibility for the content of the program. Psychologists completing this course receive 1.0 continuing education credits.

All other healthcare professionals completing this activity will be issued a certificate of participation.

## Faculty Disclosures

The program faculty declared that they have no relevant financial relationships.

## Staff Disclosures

The planners, reviewers, editors, staff, or other members at CMSC who are in a position to control content have no relevant financial relationships.

The planners, reviewers, editors, staff, or other members at the National MS Society who are in a position to control content have no relevant financial relationships.

## Privacy Policy

To review the National MS Society's privacy policy visit our website at: <https://www.nationalmssociety.org/Helpful-Links/Legal-Notice-Privacy-Policy/Privacy-Policy>.

If you have any questions about this activity, please contact [Lynette.Coleman@nmss.org](mailto:Lynette.Coleman@nmss.org), Director MS Professional Workforce, National Multiple Sclerosis Society at 800-344-4867.