

Podcast Show Notes

Let's Talk About Anxiety

This course will delve into anxiety, anxiety disorders, risk factors, and recognizing maladaptive signs and symptoms in patients. Treatment modalities will be discussed, including when to use drug and non-drug therapies. It will also allow for self-reflection related to anxiety.

This CE course is relevant to nurses.

Episode 1 – Let Us Talk

Anxiety is off the chart with three increases that Dr. Miller is seeing:

- People who had been in remission but were no longer in remission because of to the pandemic
- People with anxiety related to a health condition were especially vulnerable to COVID-19, which increased their anxiety.
- New anxiety diagnosis who had not had a history of anxiety in the past

Episode 2 – Managing and Treating Anxiety

In this episode the use of medications, non-drug therapies, and the combination of therapies is discussed. Dr. Miller describes the reasons for using one over another and the importance of a combination of therapies.

Guest

Sally K. Miller, PhD, AGACNP, AGPCNP, FNP-BC, PMHNP-BC, FAANP

- Certified as an adult-gerontology acute care, adult-gerontology primary care, family, and psychiatric-mental health nurse practitioner by the American Nurses Credentialing Center (ANCC), and a fellow of the American Association of Nurse Practitioners (AANP)
- Rural health with NextGen Family Care Clinic and iCarePsychiatry in Las Vegas, Nevada
- Clinical professor at the Drexel University College of Nursing and Health Professions, Philadelphia, Pennsylvania
- APRN consultant/investigator to the Nevada State Board of Nursing
- Presenter for the Fitzgerald Nurse Practitioner Certification Exam Review & Advanced Practice Update for family, adult-gerontology primary care, adult-gerontology acute care, and psychiatric-mental health, as well as teacher of pathophysiology and pharmacology courses
- Published in several nurse practitioner journals



Host

Jannah Amiel, MS, BSN, RN

- Visionary nurse leader with extensive clinical experience in high-acuity hospital settings
- Education expertise in pre- and post-licensure nursing education and leading organizational teams in building and developing products and talent
- The founder and nurse educator of an online bootcamp-style course experience that prepares pre-licensure nursing graduates to pass the NCLEX-RN and enter the workforce
- Currently the Senior Director of Healthcare Curriculum at Colibri Group



References

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