Are You Game?

Going Beyond the Didactic Lecture & Using Innovative Methods and Technologies to Enhance the Learning Experience

Thursday, October 16, 2014

Marilyn Peterson, MA, CCMEP, FACEHP
Jessica Stewart, BS, CCMEP
Planners and presenters have nothing to disclose.
Texas Health Research & Education Institute

- Research and medical education entity for Texas Health Resources (THR)
- THR primary service area – 16 counties in North Central Texas
- More than 5,500 physicians with staff privileges
- 25 acute-care, transitional, rehabilitation and short-stay hospitals
- ACCME accreditation with commendation
- Integration into the new Texas Health Population Health, Education and Innovation Center
Participating with Poll Everywhere
How to vote via the web or text messaging

From any browser
Pollev.com/austin2014
Submit response

From a text message
To: 22333
Type in code for the answer you select
Send
Poll Everywhere Instructions - Web

How's my presentation so far?

Text a **CODE** to 22333

- Submit responses at PolLev.com/presenterpeter

<table>
<thead>
<tr>
<th>Response</th>
<th>Votes</th>
</tr>
</thead>
<tbody>
<tr>
<td>It's amazing</td>
<td>744061</td>
</tr>
<tr>
<td>It's incredibly amazing!</td>
<td>744402</td>
</tr>
<tr>
<td>It's aw'right.</td>
<td>744403</td>
</tr>
</tbody>
</table>

Pollev.com/austin2014

From any browser
How's my presentation so far?

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- It's amazing. 744061
- It's incredibly amazing! 744402
- It's aw'right. 744403
Do you feel that you use a variety of learning formats/technologies in your presentations?

Text a **CODE** to **22333**  Submit responses at **PollEv.com/austin2014**

∞ Answers to this poll are anonymous.

Yes  **833177**

No  **833178**

There is more than one way to provide presentations??  **833212**
Have you ever utilized simulation in your activities?

Text a **CODE** to **22333**  |  Submit responses at **PollEv.com/austin2014**

Yes  833213

No  833214

Say what?!  833215
### Do you use gaming as a learning tool?

- **In my personal life**: 833387
- **In my professional life**: 833388
- **In both my personal and professional lives**: 833389
- **What is gaming?**: 833390

Submit responses at [PollEv.com/austin2014](http://PollEv.com/austin2014)
Do you use an audience response system in your activities?

Text a **CODE** to 22333  
Submit responses at PollEv.com/austin2014

Yes  833216
No  833217

What is an audience response system?

833218
Do you use social media?

Text a **CODE** to **22333**  
Submit responses at **PollEv.com/austin2014**

- In my personal life: **833219**
- In my professional life: **833220**
- In both my personal and professional lives: **833257**
- What is social media?: **833276**
Do you use a file sharing service to collaborate?

- In my personal life: 833380
- In my professional life: 833381
- In both my personal and professional lives: 833382
- Does handing hand-written notes to someone count?: 833386
Question

When planning presentations, do you currently discuss what format is appropriate for the content?

Raise colored card for:

- Yes
- Maybe/It Depends
- No
GAMIFICATION APPLIED: Improving the Adoption of Evidence-based Practices for Major Depressive Disorder in Primary Care

Scott Dahl
Goal Alignment

OBJECTIVES:
At the end of this online enduring material, participants should be able to:

• Demonstrate how objective and subjective complexity indicators can be used for major depressive disorder care in women
• Show the importance of developing individualized treatment plans for MDD patients that is driven by data, evidence-based guidelines and patient input
• Manage MDD patients with a broad range of treatment strategies
• Emphasize a collaborative multidisciplinary approach to patient management
• 70% of primary care visits stem from psychosocial issues
• Most patients access the system through primary care
• Most PCPs lack the time or have not been trained to address the range of psychosocial issues presented
• 80% of depression cases go undiagnosed, untreated
• Many diagnosed patients are referred to specialists resulting in treatment delays, confusion, discordant provider and patient expectations, redundant, inadequate care
Goals:
1. Increase adoption of evidence-based medicine, evidence-based management, care processes in primary care
2. Affect referral decisions
Transformative Change

Conceptual
(new models of education, advancement of social learning theory)

Contextual
(gaming theory, branch learning, case-based)

Technological
(elearning, mobile devices, learning networks)
• Shooting cancer-causing agents in the bloodstream targeted medication adherence among pediatric cancer patients
• Substantial regimen compliance change at 3 months after playing the game

"Motivating consumer behavior through game mechanics"

appropriate challenges
variable rewards
pattern recognition
curiosity
reputation & identity
social proof
surprise
status
feedback loops
etc.
Transformative Model

Level of Learner
Goals & objectives
Case Narrative Setting
Distractors
Authenticity
Multiple perspectives/voices
Rich Case Content
Difficulty
Unusual Cases

RELEVANT
Gradual disclosure of content

REALISTIC
Branching of content

ENGAGING

CHALLENGING

INSTRUCTIONAL
Build upon prior knowledge
Assessment
Feedback
Teaching aids

Kim et al, Medical Education, 40:867-876, 2006
Education is not the filling of a pail, but the lighting of a fire.

- W.B. Yeats
Research shows a natural affinity for narrative construction, remembering facts more accurately if encountered in a story than in a list.

Challenges physicians to gather information in order to make meaningful decisions in real-life depression care.

Compelling Story Line

- Compelling stories focused on key issues
- Major depression affects 2x women, is most prevalent before menopause, more common in obese women
Built on Dialogue

- Characters’ dialogue tell the story.
- Diagnosing depression is an evaluative notion, usually created via the process of dialogue.
Question

How do we use stories in presentations – that will make a point for participants to help remember and use content?
We currently encourage interaction in our presentations.

Raise your colored card for:
   Yes
   Maybe/It Depends
   No
Interactive

- Studies show interactivity – mutual action between the learner, the learning system, and the learning material – has a strong effect on learning (Stanford 1990)

At this point, what treatment regimen do you believe is appropriate for Lissette?

- Titrate upward initial antidepressant treatment
- Augmentation with lithium
- Augmentation with triiodothyronine
- **Switch to different antidepressant of same or different class**
- Concomitant psychotherapy
- Electroconvulsive therapy
- Medication Augmentation
Unfolds Over Time

• Levels, unfolding over time

• The median duration of major depression is 23 weeks and often requires ongoing medical care to achieve remission and prevent relapse
Active Discovery

- Place players/learners in a simulated situation and help them acquire the decision-making and critical-thinking skills needed.

Depression management requires active discovery, analysis, interpretation and problem-solving.

**CORRECT**
ALL answers are potential causes of depression.

- **FEMALE:** Being female increases the chances of depression with a lifetime prevalence in women of 21.3% vs. a lifetime prevalence in men of 12.7%
- **Migraine:** Depression is more prevalent in migraine sufferers. According to an American Academy of Neurology report, major depression is more prevalent in migraine sufferers. Recent research in Neurology shows that migraine and depression may share a strong genetic component.
- **Obesity:** BMI greater than or equal to 30 in women is associated with a nearly 50% increase in lifetime prevalence of depressive disorders.
- **Menopausal transition:** Increases risk of depression in perimenopausal women by 2 times.
- **Antihypertensive medication:** Antihypertensives can exacerbate depression.
- **Social Isolation:** Social isolation increases depression risk.

**What are all potential organic causes or exacerbations of depression in the case of Lissette?**

- Female
- Migraines
- Obesity
- Menopausal transition
- Antihypertensive medication
- Social Isolation
- All of the above

Click anywhere on the screen to continue.
Guided Exploration

• Clearly stating and illuminating the dilemma without resolving it

• Depression management often takes a collaborative or integrated approach
• An active role in the learning process

• Diagnosing and treating depression can take a path of exploration over time and must be individualized to each patient
Mastery

Your Score: 94%

The experience of being competent, of achieving something
Continuing education credits awarded to maintain licensure.

Mastery

Texas Health Research & Education Institute™

certifies that

Kendall Chambers MD

has participated in the enduring material titled
“Women and Depression: Navigating the Clinical Course”

on 11/4/2012

and is awarded 1 AMA PRA Category 1 Credit™

Texas Health Research & Education Institute
Continuing Medical Education
612 E. Lamar Blvd., Suite 1400
Arlington, TX 76011
Behavior-Changing

- Assessing commitment to change vs. actual change in practice
100% intend to make at least one change in practice

24.7% plan to implement all the change strategies

- Monitor adverse effects on physical condition: 79%
- Formal depression assessment of all “at-risk”: 69%
- Physical activity supplementation: 69%
- Routinely assess suicidal tendencies: 57%
- Long-term treatment strategy: 56%
- Patient education: 55%
- Regular follow-up visits: 54%
- Have patients keep mood chart: 54%
- Specialist consultation services: 46%
- Ask for Informed consent before treatment: 46%
- Recommend and follow behavioral activation: 45%
60% who referred now intend to treat in practice.
97% fully or partially implemented change strategies they intended to make after 3 months.
“Enjoyed the unique presentation and the ability to guide the decision making. I feel more prepared to guide patients within a clear framework.”
“I feel it has given me a more rounded approach to treating depression”
“I felt this program was very current and relevant in regards to treatment recommendations. For individuals in Family Practice, I think this activity is fantastic.”
“A better combined approach to dealing with an issue we all face.”
“Very thorough and interactive”
“It helped me to hopefully better manage my patients who present with new onset depression and those with existing depression already being treated.”
“This was a good overview and review of basic principles. Would like to see additional programs address more therapeutic choices, augmentation strategy.”
“The treatment recommendations should help me provide the best treatments to my patients.”
“Recommendations were evidence based and supported with statistical data.”
“Good, solid presentation of information including pharma and other therapies.”
I now plan to encourage the use of stories in presentations.

Raise your colored card for:
  Yes
  Maybe/It Depends
  No
Question

I now plan to encourage interaction in presentations.

Raise your colored card for:

Yes
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No
Question

When planning presentations, do you now plan to discuss what format is appropriate for content?

Raise your colored card for:

Yes
Maybe/It Depends
No
Question

Did you feel more engaged when asked questions during this presentation?

Raise your colored card for:

Yes
Maybe/It Depends
No
I cannot teach anybody anything, I can only make them think.

— Socrates
to experience the activity, please visit: www.mddinwomen.com
Are You Game?

Individual vs. Group Learning Exercise
Time for some Texas Trivia!!
What is the Texas State Motto?

You may respond at PollEv.com/tacme2014 when the presenter pushes this poll.

Text a CODE to 22333

A. Agriculture and Commerce 622562
B. Friendship 622563
C. Liberty and Prosperity 622564
D. Industry 622565
What is the state tree of Texas?

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A. Pine  622715
B. Live Oak  622716
C. Buckeye  622717
D. Pecan  622731
What is the official sport of Texas?

You may respond at PollEv.com/tacme2014 when the presenter pushes this poll.

Text a CODE to 22333

A. High School Football 622566
B. Soccer 622603
C. Rodeo 622608
D. Cheerleading 622714
How many counties are in Texas?

- A. 57
- B. 115
- C. 254
- D. 382

Text a CODE to 22333  Submit responses at PollEv.com/tacme2014
Of all the strategies discussed today, which one are you most excited to begin using?

Text 833478 and your message to 22333

Submit responses at PollEv.com/austin2014

No responses received yet. They will appear here...
Are You Game?

Contact Us:

Marilyn Peterson – MarilynPeterson@texashealth.org
Jessica Stewart – JessicaStewart@texashealth.org

2014 Texas CME Conference, Austin, Texas