



Season finales, sequels, and spin-offs

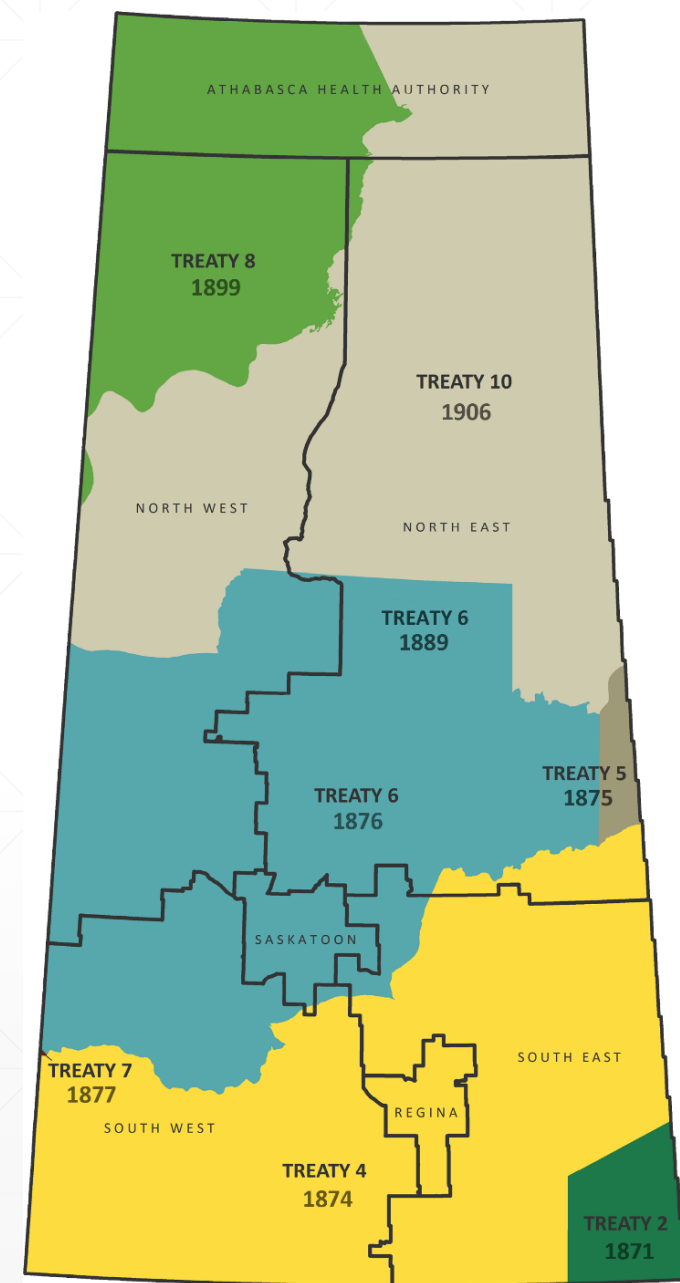
Zack Dumont, BSP, MS (Pharm), ACPR, DPLA, FCSHP
Pharmacist

Treaty land acknowledgement

Honouring relationships with Indigenous people

- Boston is not located on treaty territory
- We acknowledge that we provide services on Treaties 2, 4, 5, 6, 8, and 10 territories, and the Homeland of the Dakota, Lakota, and Métis
- Recognizing this history is important to our future and our efforts to close the gap in health outcomes between Indigenous and non-Indigenous peoples by knowing what the land and the traditional people of the land offer us

Treaty territories



- **RxFiles Academic Detailing**

- Receives grants from SK Health through University of Saskatchewan for academic detailing in SK
- Receives revenue from sale of book and subscriptions, and from annual conference registrations;
 - *Not for profit-not for loss*

- **RxFiles does not** receive funding from the pharmaceutical industry

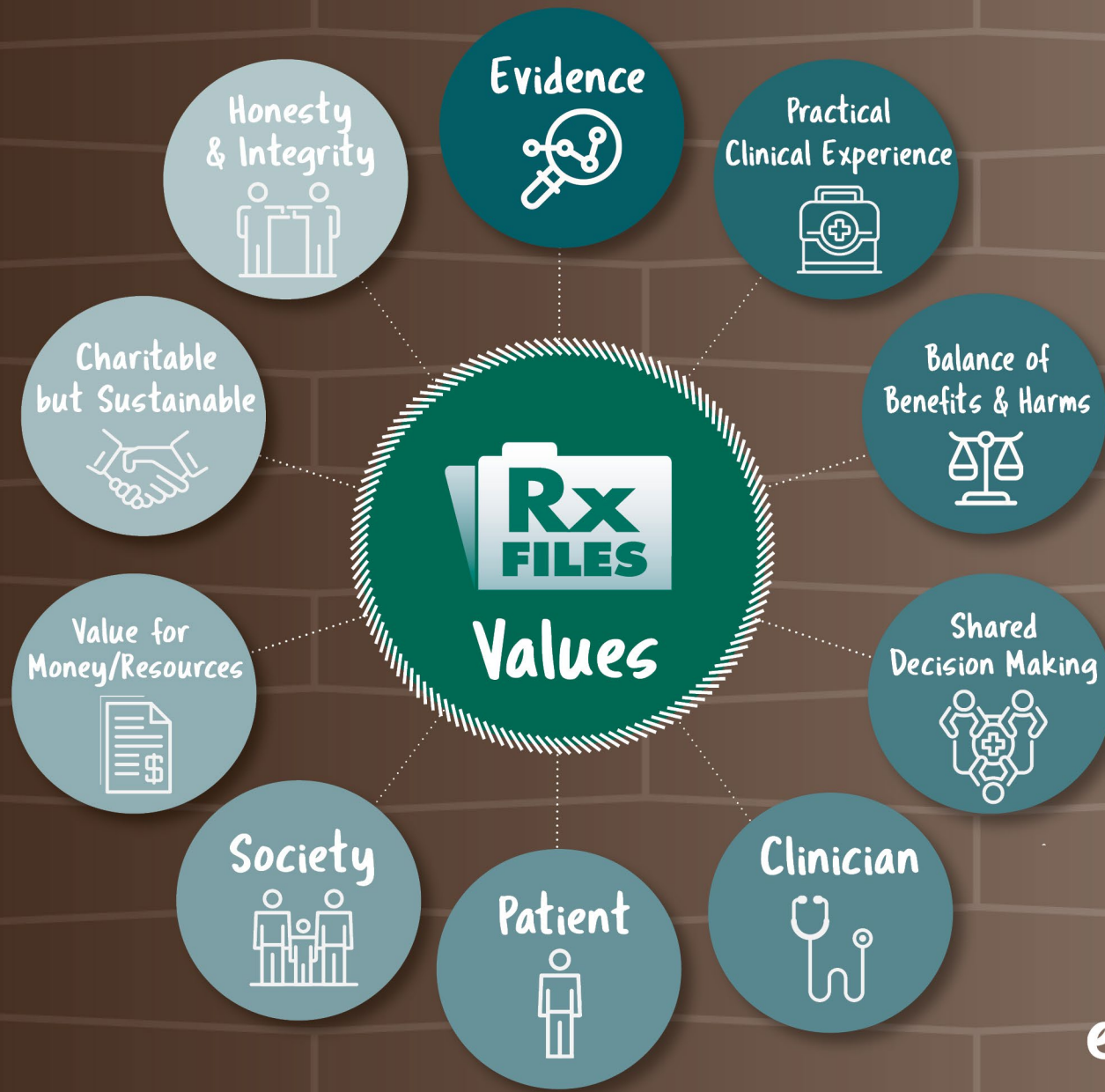
*Disclosure of
financial support*



Zack Dumont



- **Clinical pharmacist**
 - *Contract with RxFiles, University of Saskatchewan Faculty of Pharmacy and Nutrition*
 - *I provide academic detailing service to family physicians & NPs*
- **Full-time with Saskatchewan Health Authority**
 - *Manager of Pharmacy Practice, Regina*



2022 – 25th Anniversary
...well into syndication

*...all while
enjoying the journey*



Original series

...the OG academic detail service – *a series* – forges on

Anxiety

- Our latest topic
- www.RxFiles.ca/anxiety



Anxiety

Spring/Summer 2023

Did you know?

- Reducing the use of substances such as **alcohol, caffeine, nicotine, stimulants, and cannabis** can improve anxiety symptoms.
- Pregabalin** is a 2nd line option for anxiety (after SSRIs and SNRIs). It can have a relatively fast onset of 1-2 weeks. Trials typically showed benefit at a dose of 300-450mg per day.
- Pregabalin side effects are dose related, for example in GAD:

Box 1. Risk of discontinuing due to side effects. ⁴	
placebo	9.3%
pregabalin 300-450mg/day	8.1%
pregabalin 600mg/day	18%

- Evidence suggests that **atypical antipsychotics** are not helpful as add-on therapy for GAD, PDA, or SAD.^{5,9} However, there is some evidence for quetiapine as **monotherapy** in GAD.^{7,9,10}
- In patients who have difficulty with antidepressant dose titration**, a benzodiazepine can help overcome antidepressant-related agitation during the first 1-2 weeks.
- Generally avoid alprazolam**: it is the benzodiazepine with the highest risk of misuse, requires frequent dosing, and may be more difficult to taper than other benzodiazepines.¹¹⁻¹⁷

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Please complete our POST-VISIT SURVEY by scanning this CODE:



www.RxFiles.ca

The non-drug option with the most evidence for treating anxiety is cognitive behavioural therapy (CBT).



- Evidence suggests that CBT is at least as efficacious as medications (**NNT=2 to 3** versus controls after an average of 12 sessions).^{1,2}
- The benefits of CBT can be sustained for a long time (e.g. 1-5 years in studies).¹⁻³
- Visit rxfiles.ca/tools for patient handouts on anxiety disorders and on CBT.

Overcoming SSRI Non-Response in Anxiety

	CBT	SSRI	SNRI	Pregabalin	BZD (short-term)
Efficacy	████████	████████	████████	████████	████████
Fast clinical onset	████████	██████	██████	████████	████████
Tolerability	████████	██████	██████	██████	██████
Ease of stopping	████████	██████	██████	██████	██████
Low risk of misuse	████████	██████	██████	██████	██████
Low risk of sedation	████████	██████	██████	██████	██████

See page 12 for more details.

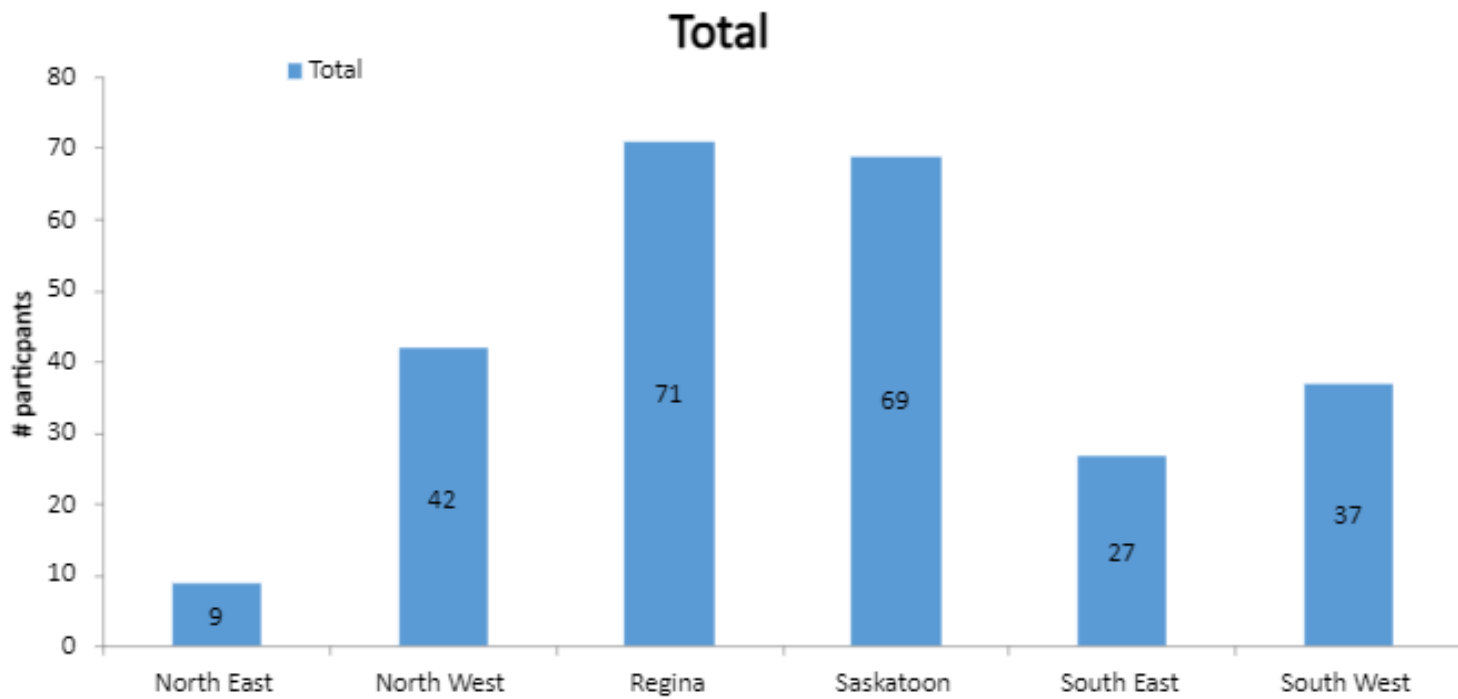
- Ensure an adequate trial of therapy (6-12 weeks of therapy on the maximally tolerated dose).
- Higher SSRI and SNRI doses may be needed in anxiety (compared to depression).
- In general, **switch** to an alternative therapy rather than adding therapy.
- Try multiple SSRIs and SNRIs before giving up on these classes of drugs.
- If a partial response to drug therapy is seen, adding CBT is an option.

Ensure Safeguards for Benzodiazepines

- Set expectations and discuss goals of therapy at the start of treatment. Our treatment agreement document is available at rxfiles.ca/tools.
- Our infographic on page 11 describes when benzodiazepines are most appropriate for anxiety.
- Guidelines list long-term benzodiazepines as 2nd or 3rd line in anxiety disorders due to the risk of harms and misuse; however, the efficacy appears comparable to other treatments.

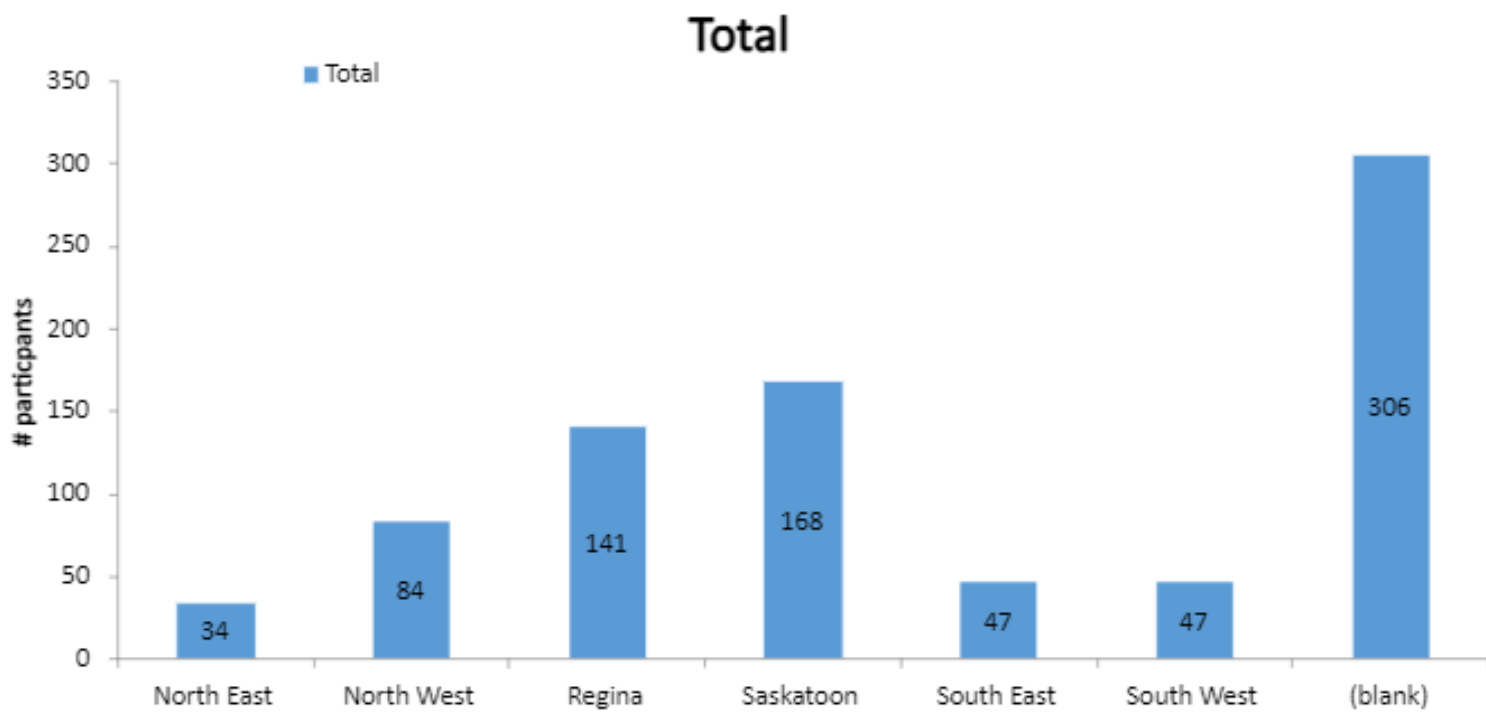


BZD benzodiazepine **CBT** cognitive behavioural therapy **GAD** generalized anxiety disorder **NNT** number needed to treat **PDA** panic disorder with/without agoraphobia **SAD** social anxiety disorder **SNRI** serotonin norepinephrine reuptake inhibitor **SSRI** selective serotonin reuptake inhibitor



Total # of PHYSICIANS

Who have participated in a detailing visit on Anxiety topic – by location



Total # of CLINICIANS (includes physicians)

Who have participated in a detailing visit on Anxiety topic – by location

Non-drug treatments for anxiety

Key message: For every patient with anxiety, provide psychoeducation and offer help in accessing CBT (cognitive behavioural therapy or other psychological treatments).



What is CBT?

Cognitive behavioural therapy, or CBT, is a process to help change the way you feel by having a new way of thinking about and acting.

How does CBT work?

Brain scans can show that thoughts, feelings, and actions are all interconnected. This means it's possible for your actions and for the way you experience life.

CBT involves techniques to identify and understand your thoughts and behaviours. These techniques, called cognitive and behavioural, are used to help you change your life. This means you can understand and control your life. It can help bring lasting happiness to your mental health and overall wellbeing.



These help you identify the negative thoughts and behaviours that may cause you to feel stuck in a rut and help you explore how they may have been formed in the first place. This allows you to learn from getting stuck and allows you to start getting unstuck. By learning how to recognise thoughts to be more realistic and by challenging unhelpful behaviours, you have more resources in your life that are better to focus on. This can also learn to care for yourself with the same gentleness and kindness you show to others. This kind of support and care is often a necessary step to getting back on the road to a healthier and fulfilling life.



Working with a therapist who understands your situation can be a great way to get support and help through your thoughts and feelings. They can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings. They can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings.

Anxiety Disorders – Information for Patients and Carers



SOME ANXIETY IS NORMAL AND CAN BE HELPFUL.
Sometimes anxiety becomes too severe and starts to challenge our lives.

You may have been diagnosed with an anxiety disorder if:

- You experience a fear or worry that has lasted for more than 6 months.
- You are constantly worried or fearful that you are in danger.
- You have trouble sleeping or eating.
- You are often late for work or school because of your anxiety.
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THERE ARE MANY WAYS ANXIETY CAN BE MANAGED.

You can work with your health care providers to choose the treatments that will help you most. Some of these options include:

<p>Non-pharmaceutical therapy</p> <p>Self-help therapy, such as a workbook, can help you understand and control your anxiety. These can include relaxation techniques, guided meditation, and cognitive behavioural therapy. They can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings.</p>	<p>Medication</p> <p>Medication can help to control anxiety, but it is not a cure. It is important to take your medication as directed. Some people may experience side effects, such as drowsiness, dry mouth, or constipation. It is important to talk to your doctor about any side effects you experience.</p>
<p>Working with a therapist who understands your situation</p> <p>Working with a therapist who understands your situation can be a great way to get support and help through your thoughts and feelings. They can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings.</p>	<p>Types of therapy</p> <p>There are many types of therapy, including cognitive behavioural therapy, exposure therapy, and mindfulness. Each type of therapy has its own benefits and risks. It is important to talk to your doctor about which type of therapy might be best for you.</p>
<p>Other non-pharmaceutical options</p> <p>Other non-pharmaceutical options include acupuncture, yoga, and meditation. These can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings.</p>	<p>Other non-pharmaceutical options</p> <p>Other non-pharmaceutical options include acupuncture, yoga, and meditation. These can help you to work on your thoughts and feelings and help you to work on your behaviours and help you to work on your thoughts and feelings.</p>

Rx Non-Drug Treatment to Improve Mental Health



Scan here for the online version with clickable links.



www.RxFiles.ca

Non-drug therapy is useful for depression, anxiety, sleep disorders, and other mental illnesses. It can be used alongside a medication, or on its own.

Check 1 or 2 options to focus on at this time. Name: _____ Date: _____

<input type="checkbox"/>	Physical Activity	Physical activity helps your body produce feel-good hormones (endorphins). Even small amounts of physical activity promotes good mental health. Target: 30-60 minutes of moderate to high intensity activity. E.g. walking/hiking, running, cycling, swimming, skiing, tennis, climbing, group sports, fitness classes, golf, martial arts, etc.	3 times/week x 8 weeks
<input type="checkbox"/>	Self-Help	Written and interactive materials that teach you how to cope with stressors and develop resilience. FREE option: wellness4together.ca FREE/PRINT options: psychhealthcanada.org/panic PAID option: www.actnowdaily.com.au/ (\$100/week) Courses in acceptance and commitment therapy, plus free printable worksheets.	x 8+ weeks
<input type="checkbox"/>	Guided Cognitive Behavioural Therapy	Learn techniques (therapist assisted) to challenge negative thinking and promote behaviour change. FREE option: online4therapy.com FREE option: bouncelab.com PAID option: moodgym.com.au/ (\$40 one-time)	x 8+ weeks
<input type="checkbox"/>	Professional Counselling	Talking to a therapist can help you better understand your emotions, relationships, and actions to work toward positive and lasting change. Covered by some insurance/benefits plans. FREE option: counsellingcanada.ca PAID options: psychologytoday.com/ca/therapists (\$60+ per session)	weekly or biweekly 8+ sessions
<input type="checkbox"/>	Mindfulness and Meditation	Concentrating on the present, observing your thoughts and feelings, and integrating your body helps improve mental health. FREE option: transmindfulness.org PAID option: looptapas.com (\$7.50/month) FREE/PAID: Try yoga at a studio/gym or using YouTube videos	x 8+ weeks

Please book an appointment for follow-up in 2 weeks.

Provider signature: _____ Patient signature: _____

<input type="checkbox"/>	Reduce use of alcohol or recreational drugs	<input type="checkbox"/>	Experience nature
<input type="checkbox"/>	Pursue a healthy diet (eat-guide.canada.ca/en/)	<input type="checkbox"/>	Explore faith/spirituality
<input type="checkbox"/>	Reduce social media use (Better yet: delete your account)	<input type="checkbox"/>	Engage in positive activities
<input type="checkbox"/>	Improve sleep habits (e.g. avoid screens before bed) (sleepcanada.ca/en/)	<input type="checkbox"/>	Try relaxation techniques

Mental Health Resource Toolkit
Support pathways and non-medication options to help manage depression

Build Your Depression Self-Management Toolkit (2021)
Consumer Handbook: www.mhcf.ca

Circle support:
Call 905-882-2222 (toll-free) for more information or to get help with your depression. It's all available and it's free.

Canadian Suicide Prevention and Support
Call 1-800-468-4343, TTY: 416-464-4343, web: www.suicide.ca

Call 905-882-2222
A toll-free, 24/7 mental health and crisis support line. Available in English, French, and Spanish. Support is available for people with depression, anxiety, and bipolar disorder.

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DEPRESSION, RECOVERY, & PEER SUPPORT

Depression Self-Management Toolkit (2021) Consumer Handbook: www.mhcf.ca	Helps you understand and manage your depression. It's all available and it's free.
Canadian Suicide Prevention and Support Call 1-800-468-4343, TTY: 416-464-4343, web: www.suicide.ca	24/7 toll-free support for people with depression, anxiety, and bipolar disorder.
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Participant evaluation

	GAVE ME USEFUL INFORMATION	CONFIRMED MY KNOWLEDGE	DID NOT GIVE ME USEFUL INFORMATION	DO NOT AGREE WITH THIS STATEMENT	N/A	TOTAL RESPONDENTS
Cognitive behavioural therapy is the non-drug option most likely to benefit patients with anxiety.	58.06% 144	64.92% 161	0.00% 0	0.00% 0	0.00% 0	248

Medications for anxiety

	CBT	SSRI	SNRI	Pregabalin	BZD (short-term)
Efficacy					
Fast clinical onset					
Tolerability					
Ease of stopping					
Low risk of misuse					
Low risk of sedation					

Participant evaluation

	GAVE ME USEFUL INFORMATION	CONFIRMED MY KNOWLEDGE	DID NOT GIVE ME USEFUL INFORMATION	DO NOT AGREE WITH THIS STATEMENT	N/A	TOTAL RESPONDENTS
Pregabalin is a second line option for anxiety; studied doses are 300-450mg per day and onset can occur in 1-2 weeks.	92.34% 229	11.69% 29	0.00% 0	0.40% 1	0.40% 1	248
For patients struggling with the initial agitation side effects of an SSRI, a scheduled benzodiazepine for 2-4 weeks may be considered.	70.85% 175	35.63% 88	0.40% 1	1.62% 4	1.21% 3	247

Cannabis for anxiety






Cannabis

Top reasons for medical use¹



Among people who reported consuming cannabis for **medical reasons**, a higher proportion of those **aged 15 to 19** reported using cannabis to treat symptoms of **anxiety or depression**



 Age group	 Pain	 Anxiety or depression	 Problems sleeping
Total	59%	36%	37%
15 to 19	39%	63% 	28% ^E
20 to 24	47%	48%	43%
25 to 44	54%	43%	38%
45 to 64	67%	26%	36%
65+	72%	12%	29%

1. Includes people who consumed cannabis for medical only purposes and for both medical and non-medical reasons.

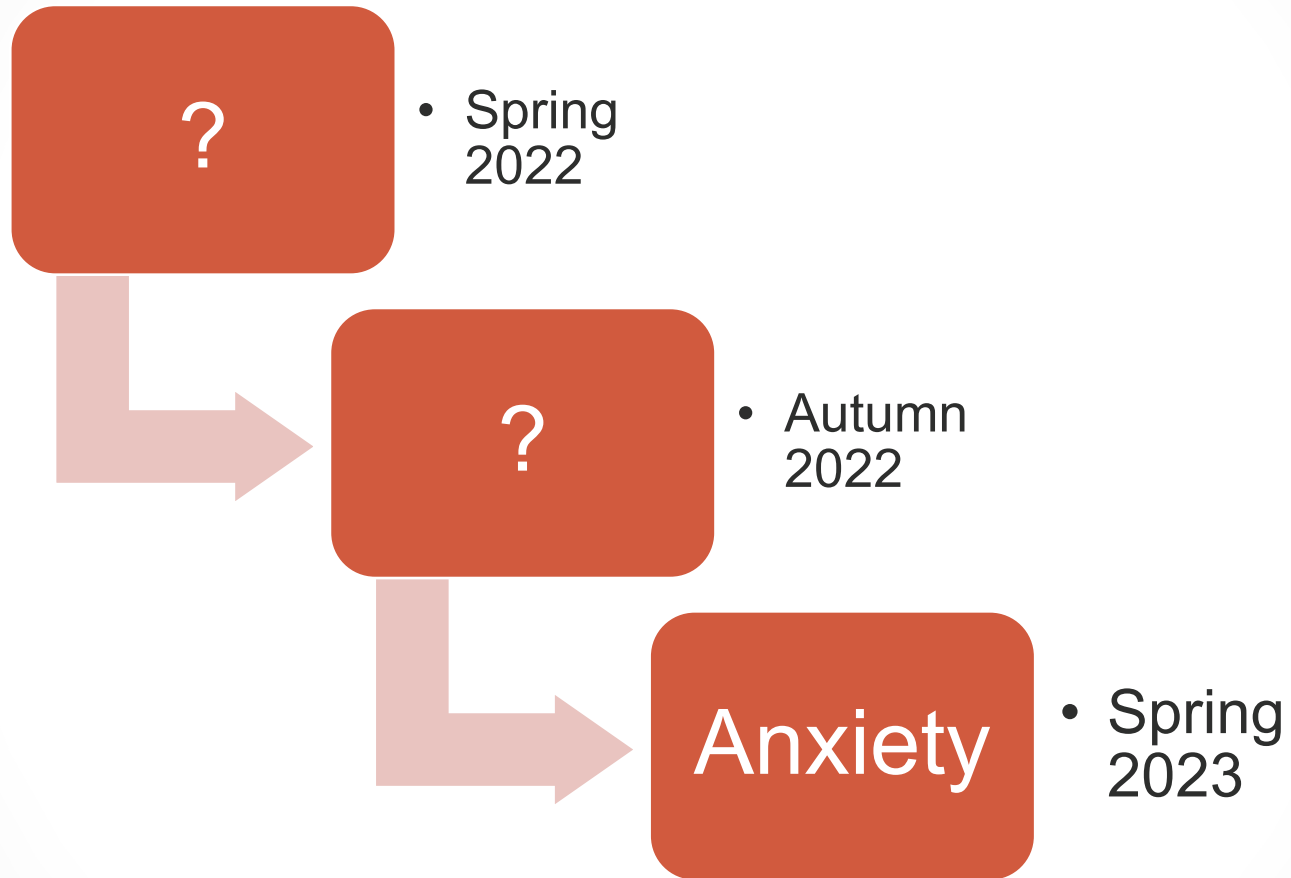
Questions about
ANXIETY
and the answers that may
SURPRISE YOU

A booklet for people who take a
BENZODIAZEPINE regularly for anxiety



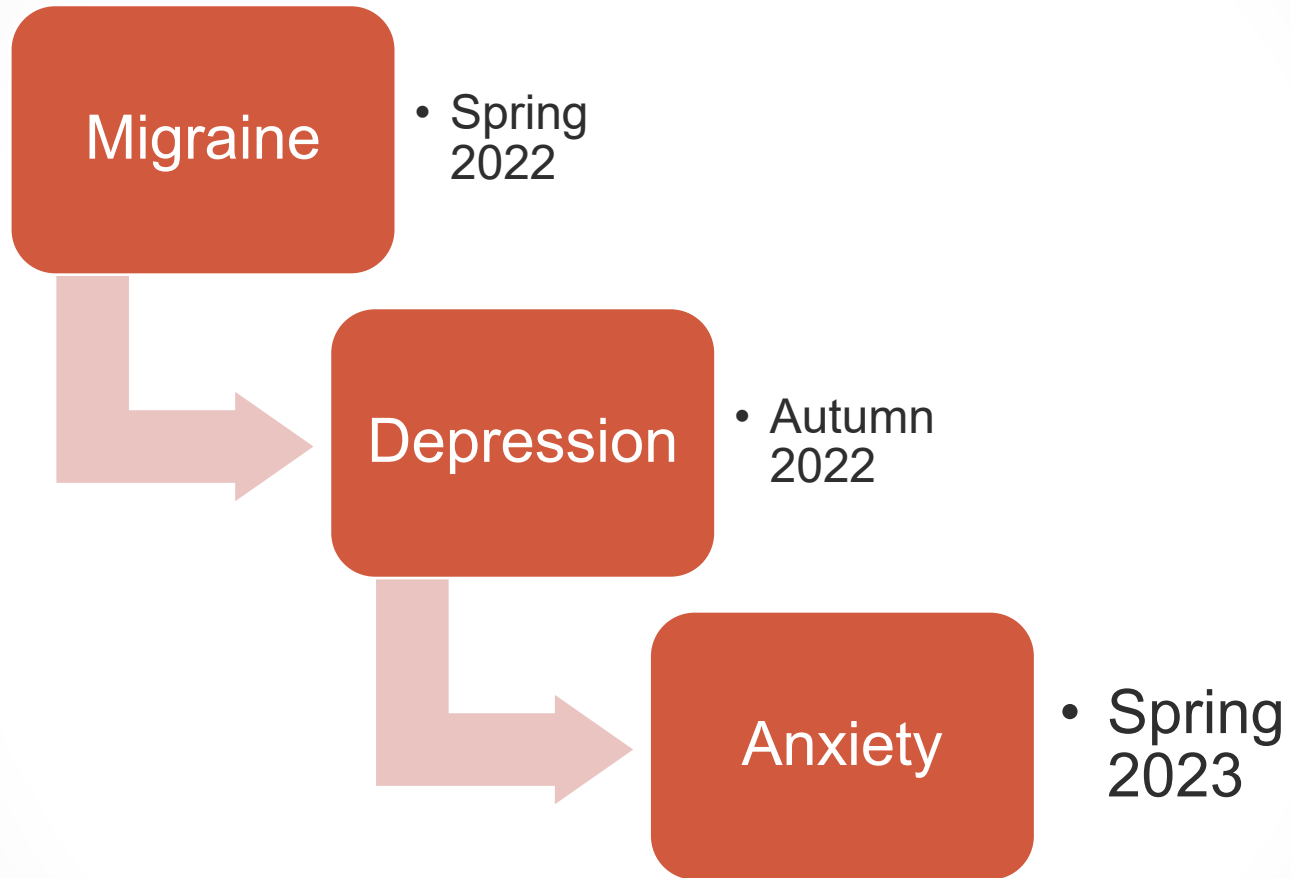
Patient Booklet

For those who may no longer want, or need, a benzodiazepine for anxiety.



But... anxiety was really a sequel

An unofficial mental health plotline that emerged from our previous topics (eg, pain and opioids)

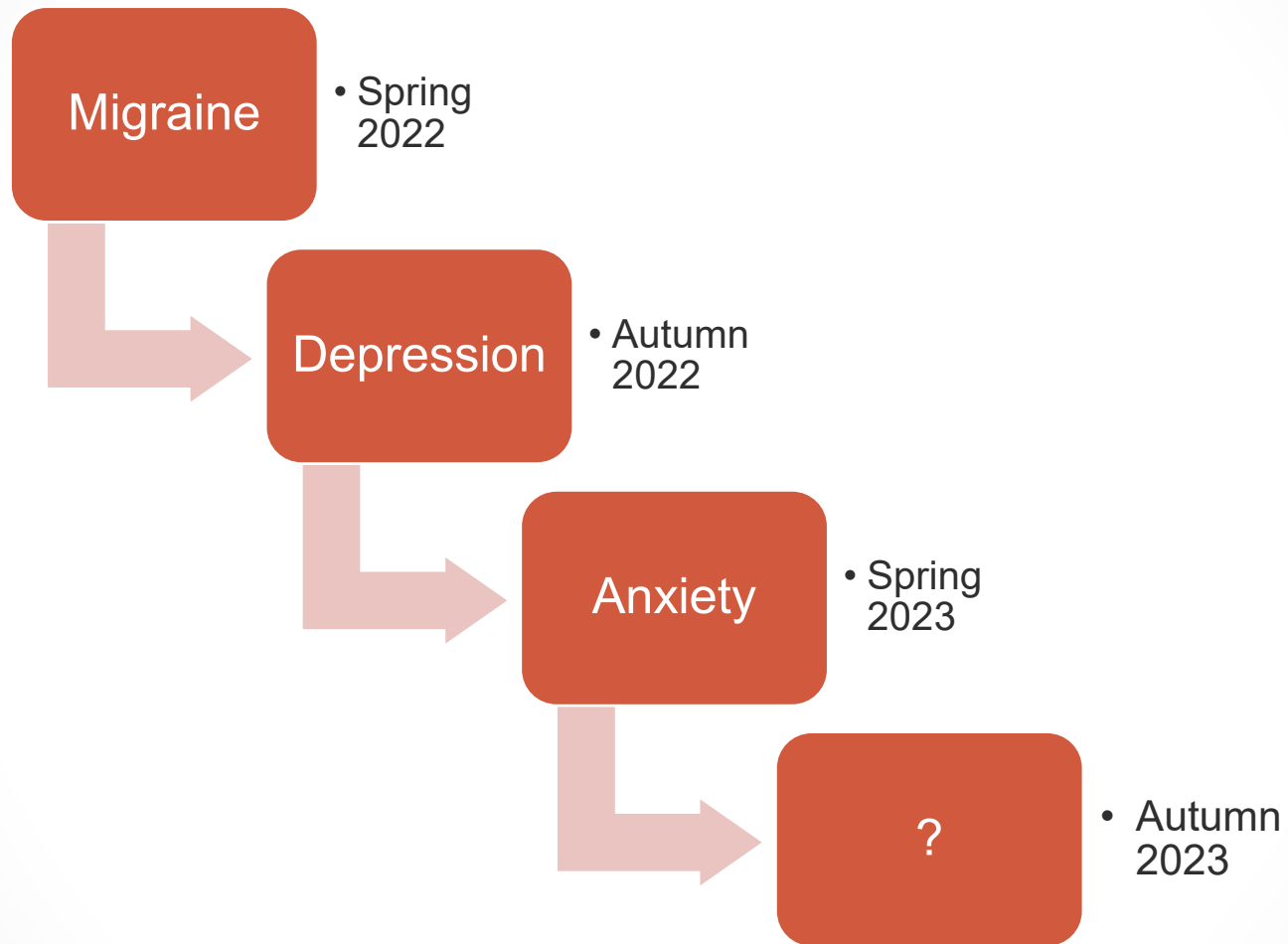


But... anxiety was really a sequel

An unofficial mental health plotline that emerged from our previous topics (eg, pain and opioids)

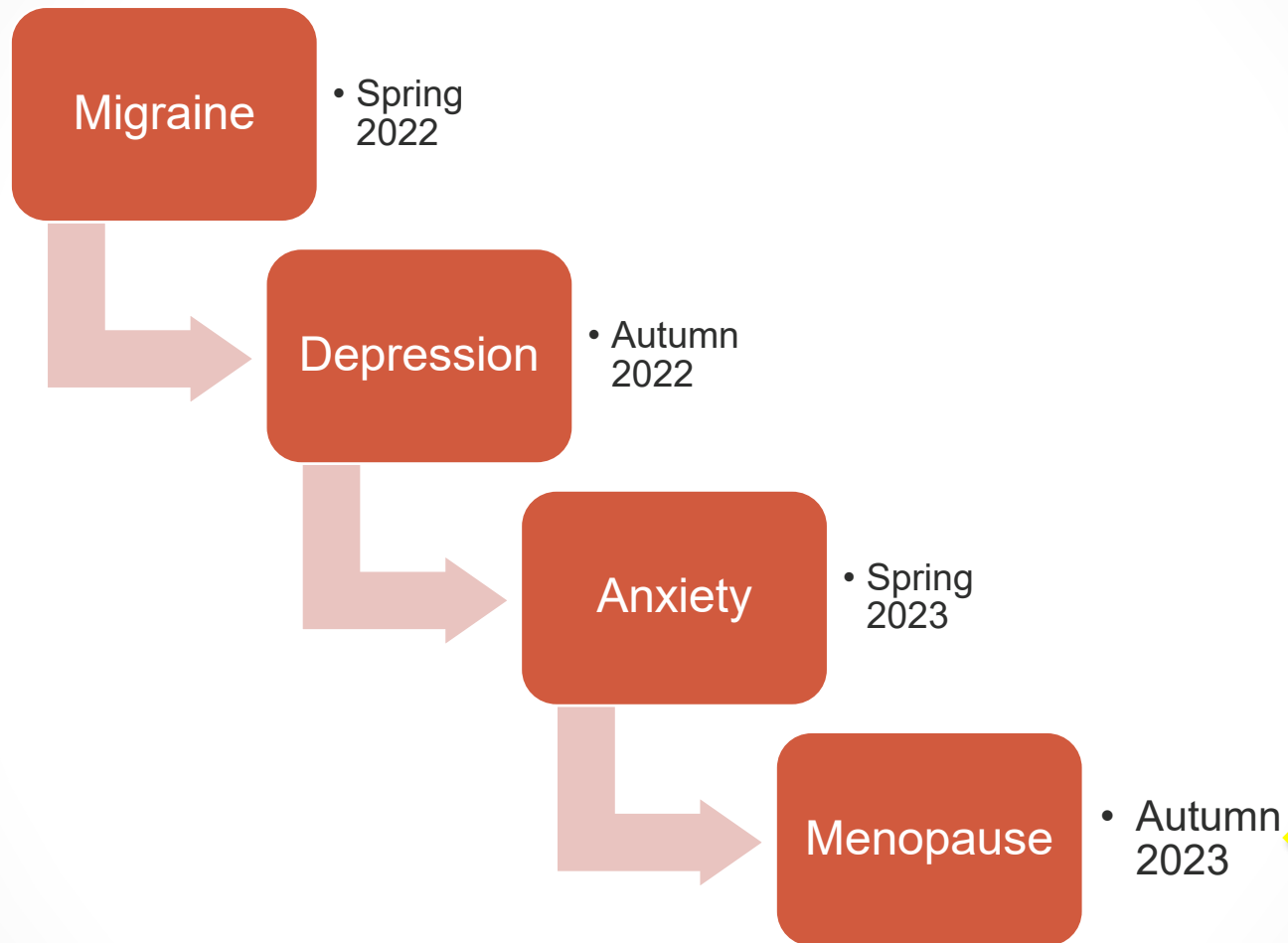
Migraine

Table 1. Migraine Visits	
Provider Type	Number reached
Physicians	364
Pharmacists	246
Nurse Practitioners	63
Nurses	21
Medical Residents	79
Other	9
Students	10
Total	792



And we're not done, yet

An unofficial mental health plotline that emerged from our previous topics (eg, pain and opioids)



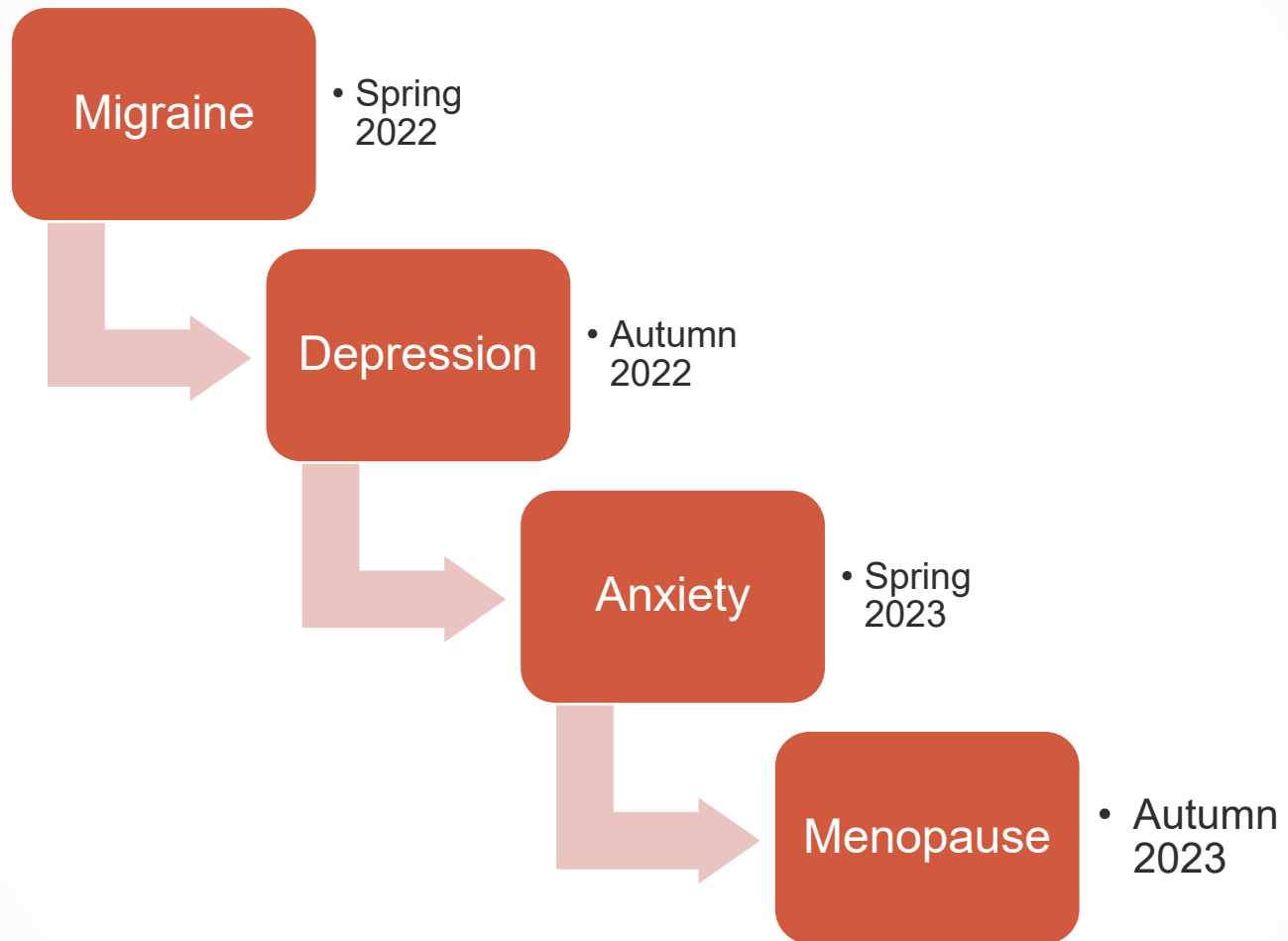
And we're not done, yet

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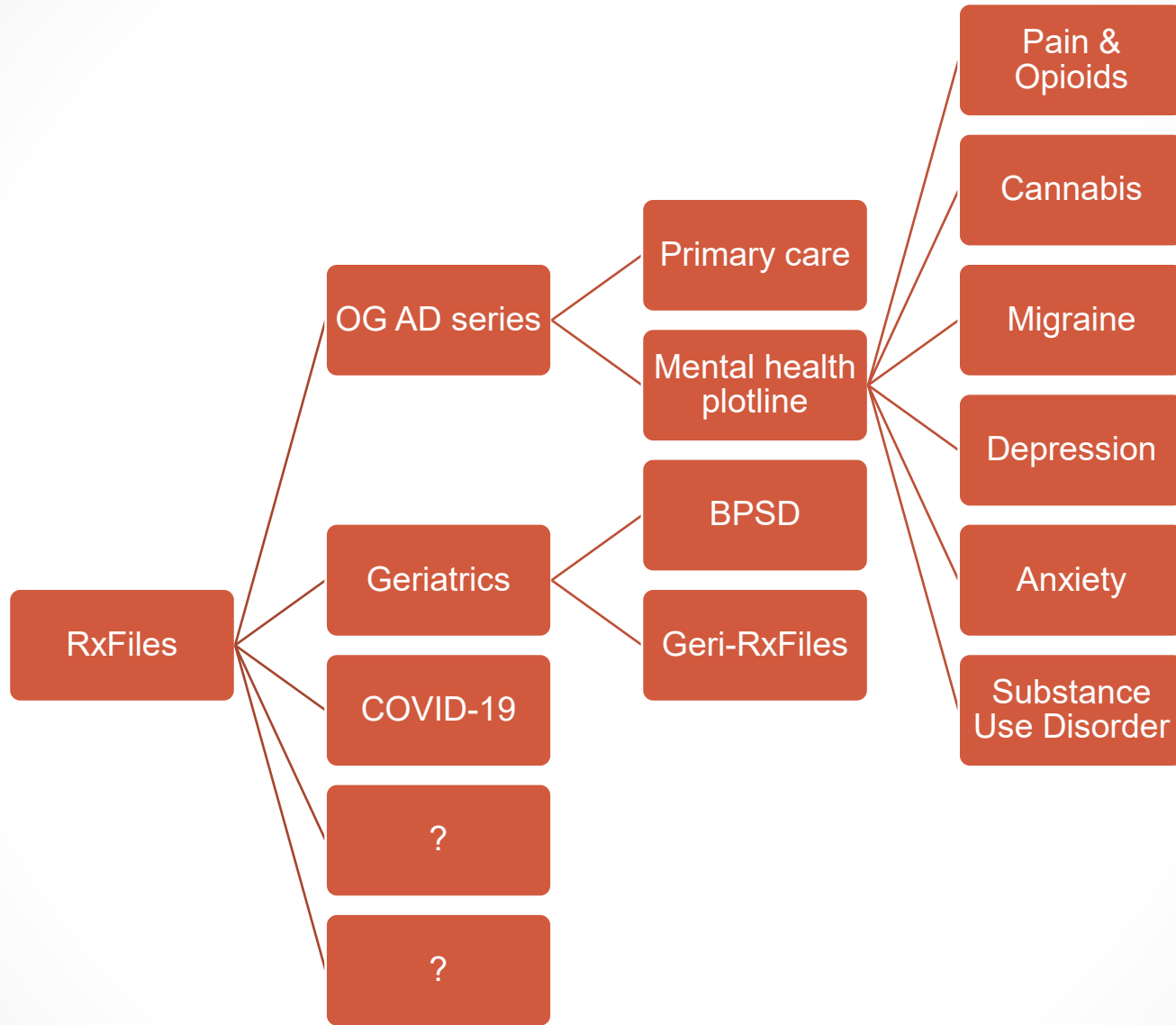


Spin-offs

...neither less than, greater than, or otherwise

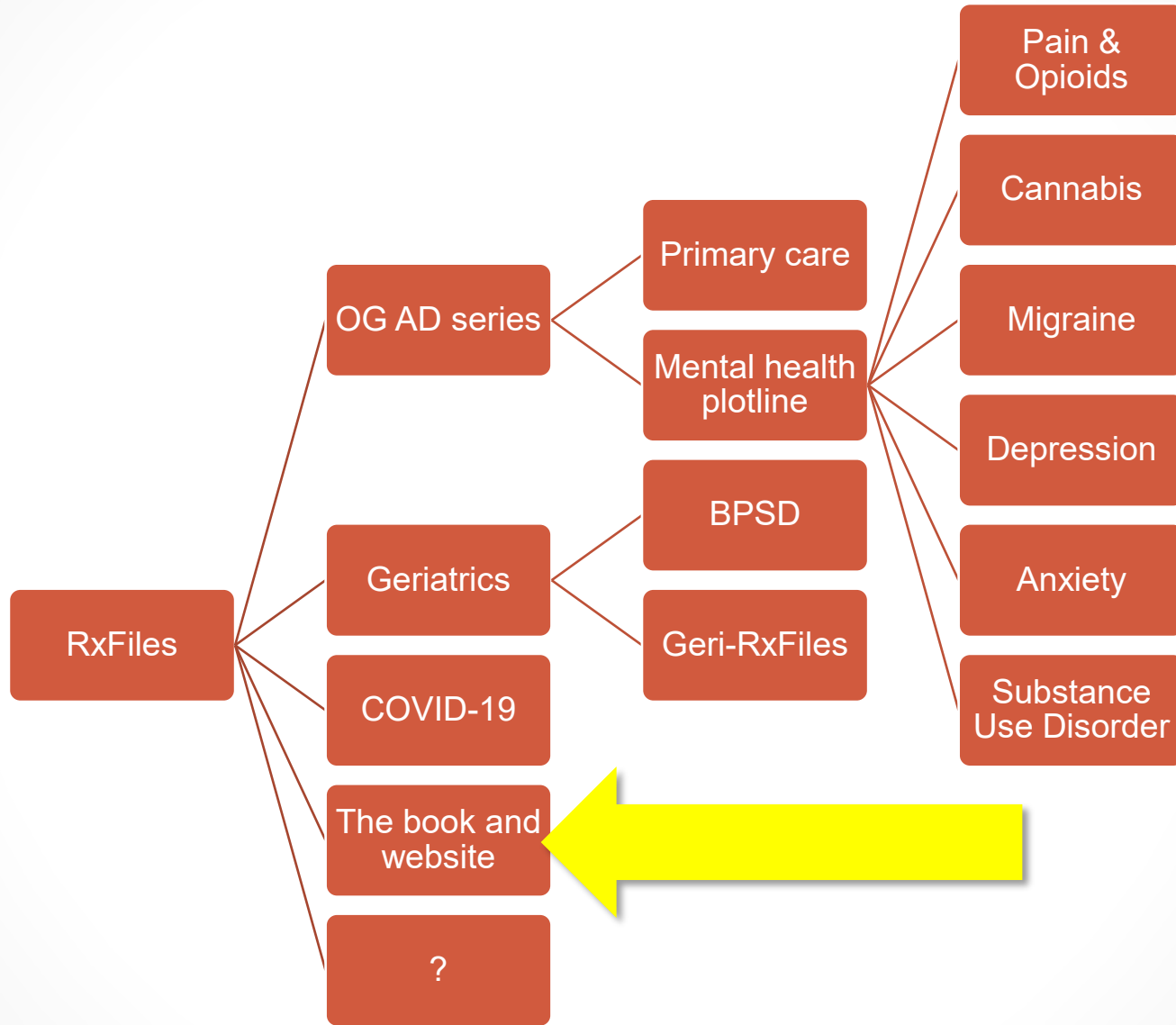


Not a linear series...



Not a linear series...

...more like a universe/multi-verse

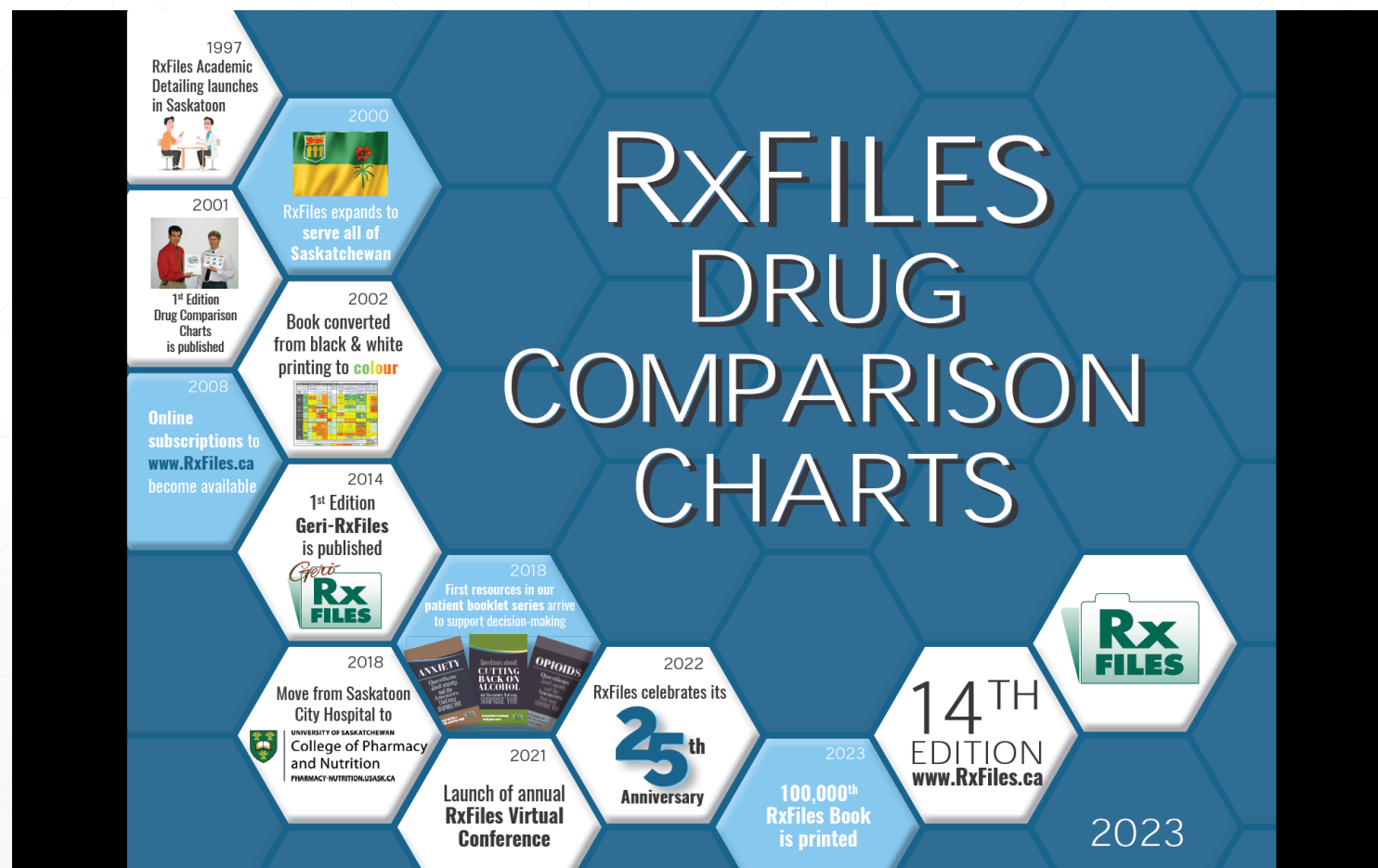


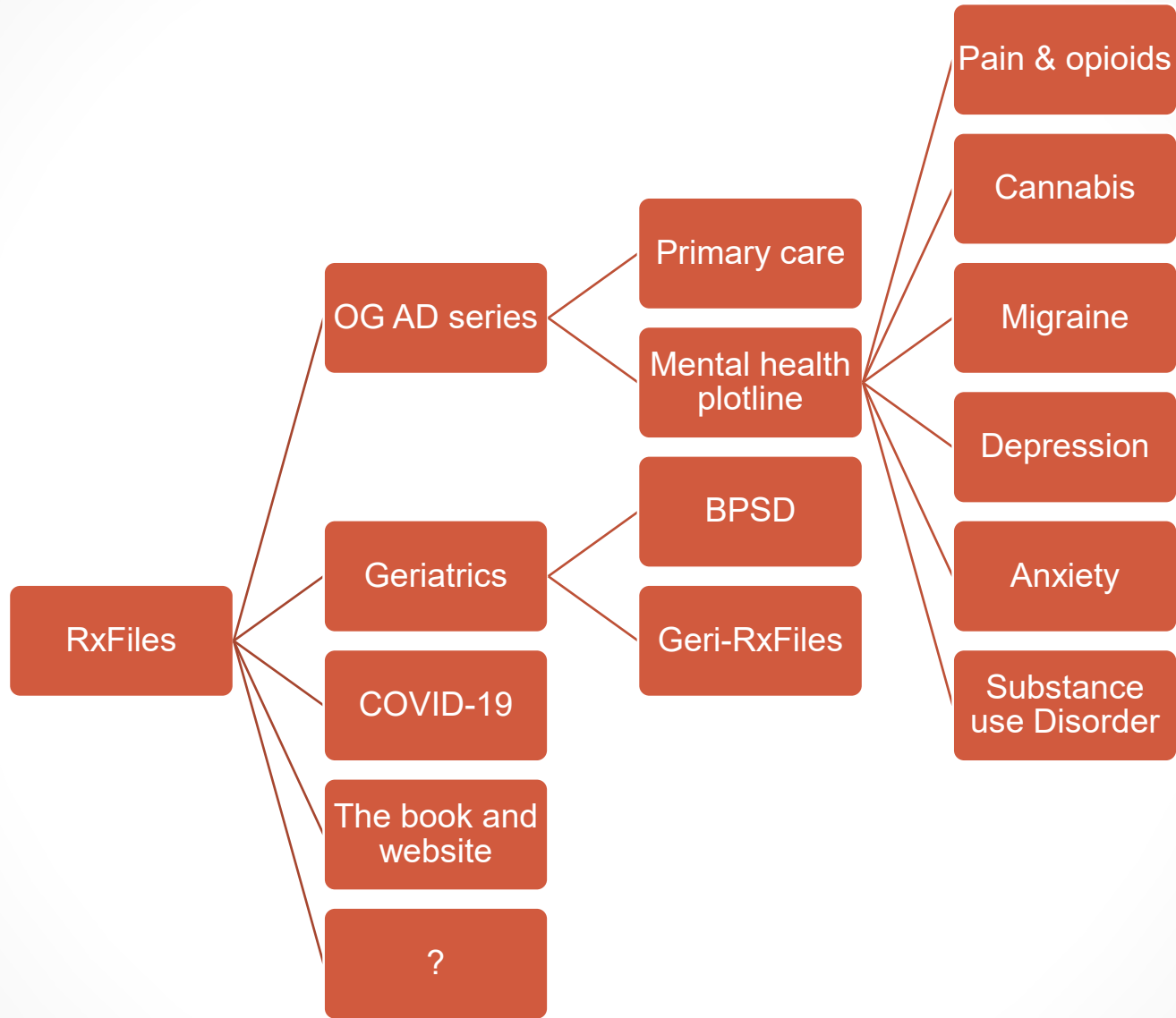
Not a linear series...

...more like a universe/multi-verse

Released autumn 2023

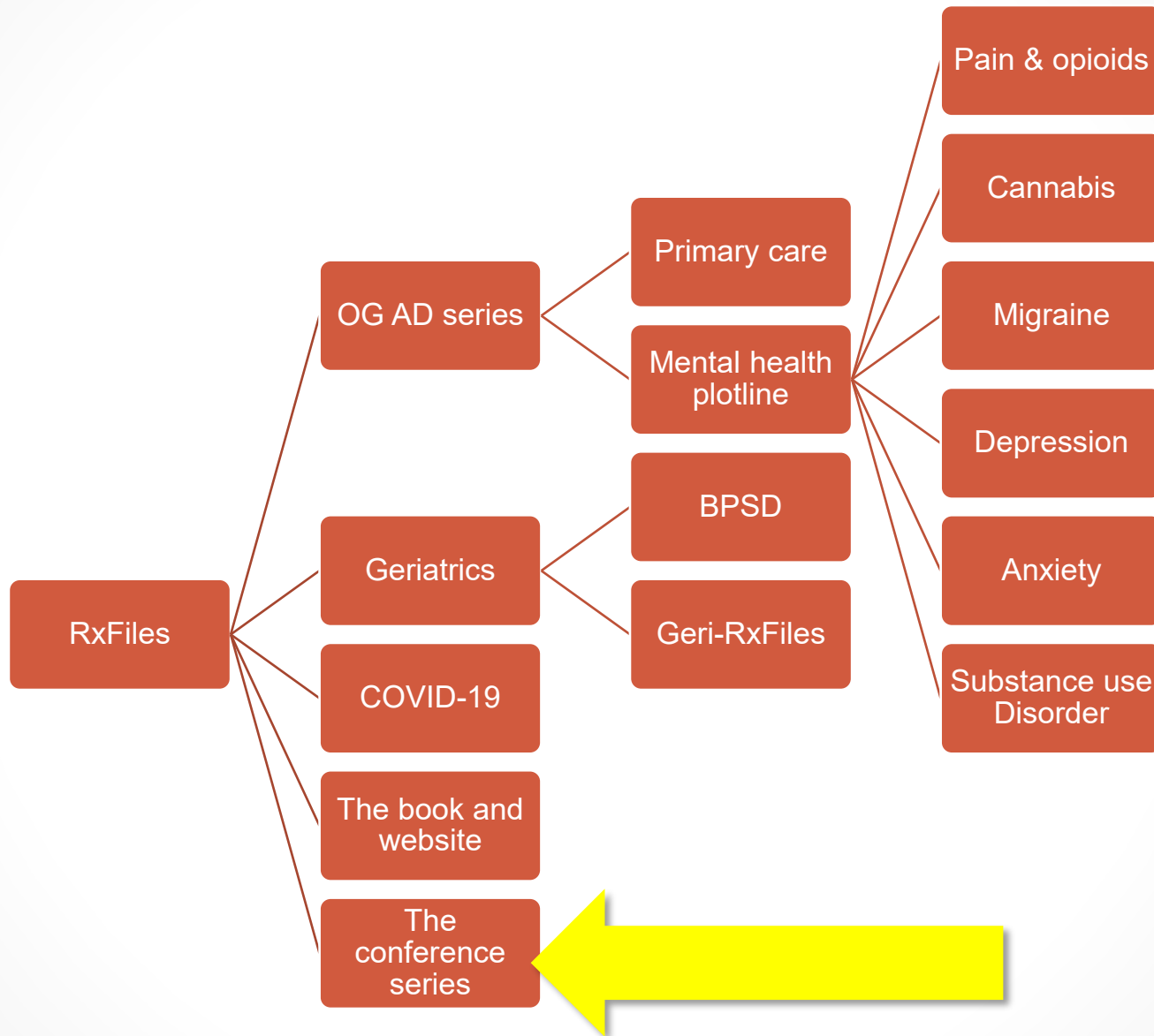
- 252 pages
- All new drug therapy charts





Not a linear series...

...more like a universe/multi-verse



Not a linear series...

...more like a universe/multi-verse

Lights, Camera, Action!

**3rd conference:
Feb 11, 2023**

1,010 registered!



Photo credit:
2022 RxFiles Conference
Dr Tessa Laubscher
Debbie Bunka
Alex Crawley



The cast

And crew

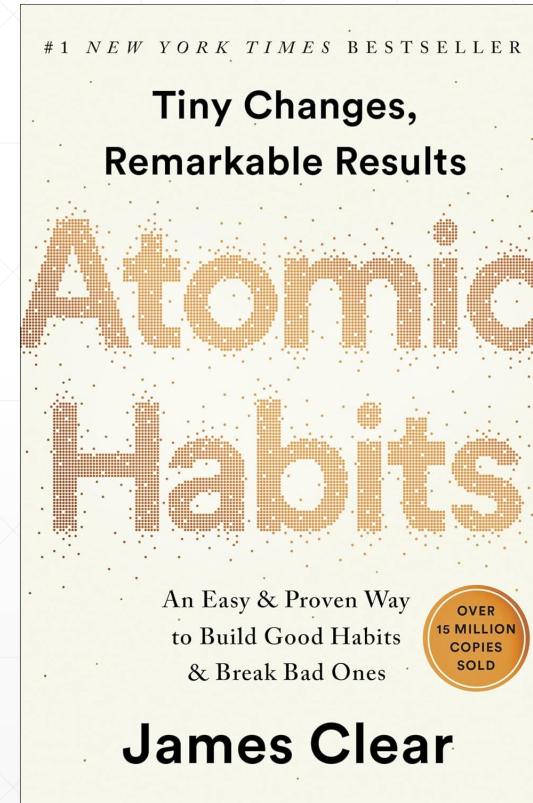
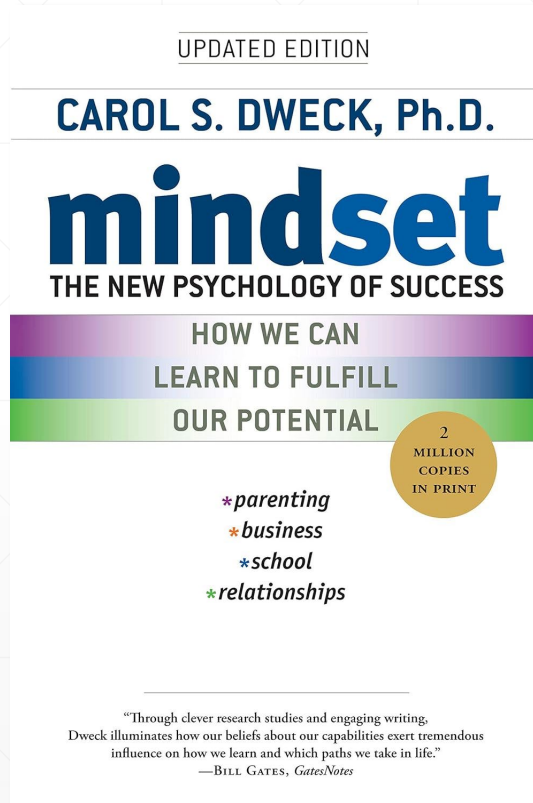




After the credits

... "One more thing"

Detailer wellness – eg, Book Club





Dénouement

...neither less than, greater than, or otherwise

Highlights from 2022-2023

- A record **877 providers detailed** for our fall Depression topic
 - Publishing the 3rd edition of **RxFiles: Type 2 Diabetes**
 - Numerous additional publications:
 - *Charts*
 - *Newsletters*
 - *Q and A's*
 - *Trial summaries*
 - *Published articles*
 - *Clinical tools*
 - Organizing and delivering our **3rd remote-delivery conference** which attracted **1010 registrants**
-

Priorities for 2023-2024

- Release our **Menopause topic**
 - Prepare for the 2024 publication of the **4th Edition of our Geri-RxFiles book**
 - Prepare for the 2024 publication of the **3rd Edition of our RxFiles Chronic Pain book**
 - Continue to reach our detailing **target of 300+ physicians per detailing topic**
 - Plan and market our **annual RxFiles Conference (February 10, 2024)**
 - Consider **expanding our universe** (the reach of our program)
-