

# The First Encounter: Evidence-based assessment, diagnosis, and management of Tic Disorders for primary care providers



Presented by: Department of Neurology – Division of Child Neurology

Date of Release: June 28, 2021

Period of Validity: June 28, 2021 – August 13, 2021

## Program Description:

### **PART I: PRE-RECORDED VIDEOS (self-study)**

These short videos introduce participants to core concepts: recognition and diagnosis of tics in the primary care setting, evidence-based management of tic disorders and co-occurring conditions, and social, educational, and lifespan issues for individuals with tic disorders. We close with a 'Mock Assessment' to illustrate key elements for the initial assessment.

## Learning Objectives

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

1. Describe how to assess a patient for a tic disorder, when first encountering this clinical complaint in the primary care setting.
2. Identify the common co-occurring conditions that may be present for individuals with tic disorders, and how to assess and manage these.
3. Explain the role of the educational system and community-based advocacy organizations in supporting individuals with tic disorders.

### **1. What are Tics / Tic Disorders? Getting to Know Your Patient**

Joohi Jimenez-Shahed, MD  
Icahn School of Medicine at Mount Sinai

### **2. Special Considerations for Assessment of Tic Disorders at Virtual Healthcare Visits**

Jonathan W. Mink, MD PhD  
University of Rochester Medical Center

### **3. Treatment of Tic Disorders**

Amy Vierhile, DNP RN  
University of Rochester Medical Center

### **4. Assessment & Management of Co-Occurring Conditions: Medical & Psychosocial Treatment**

Robert J. Jaffe, MD  
Icahn School of Medicine at Mount Sinai

### **5. Comprehensive Behavioral Intervention for Tics**

Shannon M. Bennett, PhD  
Weill-Cornell Medical College

### **6. Educational Concerns with TS and Associated Disorders**

Susan A. Conners, MEd  
TAA Greater NY State Chapter

### **7. Transitioning to Adulthood with Tourette Syndrome**

Peter E. Morrison, DO  
University of Rochester Medical Center

### **8. It Takes a Village (The role of the TAA Chapters)**

Helene Walisever, PhD; TAA New York Hudson Valley Chapter

### **9. First Encounter Visit for Tics: Basic Questions for Brief Assessment (Mock assessment)**

Cathy L. Budman, MD; Jane Zwilling, PsyD; Long Island Center for Tourette

## ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Rochester School of Medicine and Dentistry and Tourette Association of America. The University of Rochester School of Medicine and Dentistry is accredited by the ACCME to provide continuing medical education for physicians.

## CERTIFICATION

The University of Rochester School of Medicine and Dentistry designates this enduring material for a maximum of 2.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005. This course has been approved for 2.25 contact hours. Attendance at the entire program is required.

**Commercial Support: None**

**Planning Committee / Speaker Disclosures**

The following \*\*Activity Directors, \*planners and speakers have disclosed financial interests/arrangements or affiliations with organization(s) that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation(s).

<b>Planning Committee* &amp; Speaker Name(s)</b>	<b>Declarations (if none, state "none")</b>
**Heather Adams, PhD	Consultant with Biogen and Critical Path Institute Rare Disease Subcommittee; Grant/Research Support with Tourette Association of America (current program), Batten Disease Support and Research Association (grant pending), Co-I: NIH/NINDs, NIH/NIDDK, NIH/NICHD; Other Financial/Material Support with National MPS Society
Joohee Jimenez-Shahed, MD	Consultant with Nuvelution, Bracket, and Teva
Jonathan Mink, MD, PhD	None
Amy Viehile, DNP, RN, PPCN-BC	None
Robert Jaffe, MD	Past Grant/Research Support with Teva and Emalex
Shannon Bennet	Medical Advisory Board, Research Support and Speaker for Tourette Association of America; Royalties from Wolters Kluwer and Oxford University Press; Research Support from PCORI
Sue Conners, M.Ed	None
Pete Morrison, DO	Speaker for Tourette Association of America
Helene Walisever, PhD	None
Cathy Budman, MD	None
Jane Zwilling, PsyD	None

The Accreditation Council for Continuing Medical Education (ACCME) Standards for Commercial Support require that presentations are free of commercial bias and that any information regarding commercial products/services be based on scientific methods generally accepted by the medical community. When discussing therapeutic options, speakers are requested to use only generic names. If they use a trade name, then those of several companies should be used. If a presentation includes discussion of any unlabeled or investigational use of a commercial product, speakers are required to disclose this to the participants.

**Registration Fees are waived - paid through a grant through the Tourette Association of America (TAA) – CDC Small Grants Program**

**After registering for the activity, follow these steps to complete the course requirements:**

1. Sign-in to your continuing education UR CEL Account at: [www.cme.urmc.edu](http://www.cme.urmc.edu)
2. Click on the "My Online Courses" tile (orange)
3. Select the course, and click on "Online Learning Details"
4. Click on "Begin Activity"
5. Click on "View Content"
6. You will be directed to a webpage with a link to a Box Folder with access to links for all 9 presentations
7. After reviewing all course modules, click on the web browser tab titled "CME Publisher Portal"
8. Click on "Begin Post Test" for the attestation
9. Check the attestation, click **Submit** to the right of the attestation statement and then click "Continue" at the bottom
10. You will automatically be directed to the Post Activity Evaluation. Please complete the evaluation and then click on the "Submit your Responses" at the bottom
11. Certificate preparation page:
  - Select the credit type you are eligible to claim and then click on "Submit"
  - Print your certificate. Certificates are also available for viewing/printing in the *Past Certificates* section of your account

**If you have any questions regarding continuing education credit or registration for PRE-RECORDED VIDEOS, please contact:**

UR Institute for Innovative Education: Center for Experiential Learning  
[cmeregistration@urmc.rochester.edu](mailto:cmeregistration@urmc.rochester.edu)

**If you have any questions on the overall program or need further information, please contact:** [tourette-ed@urmc.rochester.edu](mailto:tourette-ed@urmc.rochester.edu)

**PART II: DEEPER DIVE TOPICS WILL BE LIVE (ONLINE) INTERACTIVE PANEL DISCUSSIONS ON SPECIAL TOPICS OF INTEREST. PARTICIPANTS WILL HAVE AN OPPORTUNITY FOR DIRECT Q&A WITH THE PANELISTS. REGISTER FOR EACH SESSION THROUGH ZOOM LINKS (BELOW)\***

\*The sessions are free-standing. Participants can opt to attend 1, 2, or all 3.

**Session A: First Aid for Common Disruptive Behaviors in Tic Disorders**

**Date:** \*August 4th, 2021: 12:00-1:00 p.m. EDT *\*Please Note the new date and time*

**Panelists:** Cathy Budman, MD; Helene Walisever, PhD; Heather Adams, PhD

**Synopsis:** *We will review the impact of comorbidities including ADHD, OCD, Anxiety and rage upon a child's ability to meet everyday expectations, and discuss evidence-based strategies for prevention and management of common disruptive behaviors associated with Tourette / tic disorders*

**Register at:** [https://urmc.zoom.us/meeting/register/tJUld-CgrDksG9EooqCTkj5Ny2x\\_C5maq3S](https://urmc.zoom.us/meeting/register/tJUld-CgrDksG9EooqCTkj5Ny2x_C5maq3S)

**Session B: Tic Disorders – Focus on the Family**

**Date:** \*August 3<sup>rd</sup>, 2021: 2:00-3:00 p.m. EDT *\*Please Note the new date and time*

**Panelists:** Susan Connors, MEd; Joohi Jimenez-Shahed, MD; Peter Morrison, DO

**Synopsis:** *Tourette syndrome / tic disorders and comorbidities can result in family-wide impacts. Anxiety, OCD, rage episodes, and mood disorders may interfere with family activities and negatively affect interpersonal relationships with family members. The panelists will discuss how a TS/tic disorder diagnosis and symptoms can impact family members, and how primary providers can screen and provide support and resources to family members.*

**Register at:** <https://urmc.zoom.us/meeting/register/tJUkceuvqzouE9Sr7NBVMI9NCIH-NA9dvP8V>

**Session C: Impact of the Pandemic on Tics and Tic Disorders**

**Date:** July 29<sup>th</sup>, 2021: 12:00-1:00 p.m. EDT

**Panelists:** Shannon Bennett, PhD; Jonathan Mink, MD, PhD; Amy Vierhile, DNP, RN

**Synopsis:** *We will explore how the pandemic has impacted clinical needs and care of individuals with tic disorders, discuss strategies for management and support of affected patients and families in this time, and will explore the rise in psychogenic tic disorders in the past year.*

**Register at:** <https://urmc.zoom.us/meeting/register/tJ0qdOqtrT8qGNOIYKWdf8I8WPPHGgc4XhY3>

Please note: 1.0 CE credit *per session* - up to 3.0 CE credits if you attend all three sessions

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**CERTIFICATION**

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University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005. This course has been approved for 1.00 contact hours. Attendance at the entire program is required.

## Resources

Tourette Association of America

<https://tourette.org/resources/local-support/>

Email: [Chapters@Tourette.org](mailto:Chapters@Tourette.org)

Ask for contact information, chapter brochures and toolkits

Resources and Support

<https://tourette.org/resources/overview/>

**Questions / information, please contact:**

[tourette-ed@urmc.rochester.edu](mailto:tourette-ed@urmc.rochester.edu)