U.S. Department of Veterans Affairs

Veterans Health Administration

PBM Academic Detailing Services

National Academic Detailing Educational Catalog

VA PBM Academic Detailing Services • Real Provider Resources • Real Patient Results • Your Partner in Enhancing Veteran Health Outcomes

National Academic Detailing Educational Catalog

VA Pharmacy Benefits Management Academic Detailing Services

Real Provider Resources

Real Patient Results

Your Partner in Enhancing Veteran Health Outcomes

Ask VA PBM Academic Detailing Services Group Email
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VA PBM Academic Detailing Services SharePoint Site
https://dvagov.sharepoint.com/sites/vhaacademicdetailing/

VA PBM Academic Detailing Services Public Website
http://www.pbm.va.gov/PBM/academicdetailingservicehome.asp

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ADS Mission Statement:

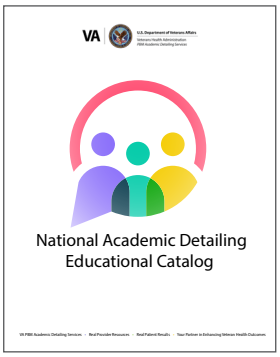
Innovate strategies to promote evidence-based practices, build relationships with healthcare teams, and resolve barriers to improve Veterans' care through academic detailing.

ADS Vision Statement:

Eliminate the gap between clinical practice and evidence-based care for Veterans.

Academic Detailing

Detailer Materials



Educational Material Catalog

Clinician Educational Catalog

IB 10–963; P96846

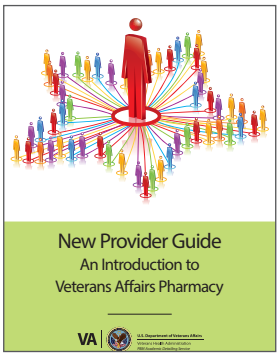
View/Download IB 10-963 Online

What is Academic Detailing

Clinician Brochure

IB 10-938; P96819

View/Download IB 10-938 Online

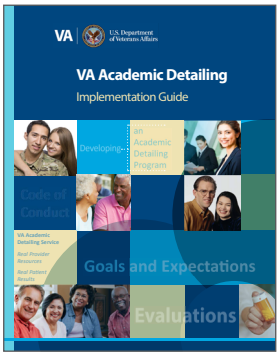


New Provider: An Introduction to the Veterans Affairs Pharmacy

Clinician Educational Guide

IB 10-1003; P96869

View/Download IB 10-1003 Online



VA Academic Detailing Implementation Guide

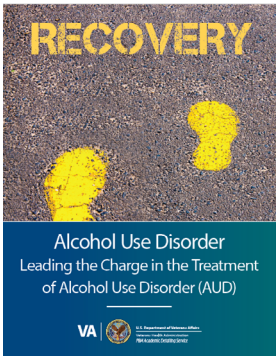
Clinician Educational Guide

IB 10-960; P96842

View/ Download IB 10-960 Online

Alcohol Use Disorder

Clinician Materials

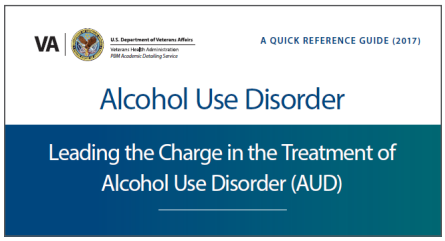


Alcohol Use Disorder
Leading the Change in the Treatment of Alcohol Use Disorder (AUD)

Clinician Educational Guide

IB 10-702; P96706

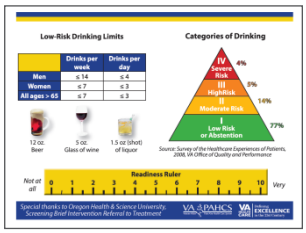
View/Download IB 10-702 Online



Alcohol Use Disorder
Leading the Change in the Treatment of Alcohol Use Disorder (AUD)

Clinician Quick Reference Guide

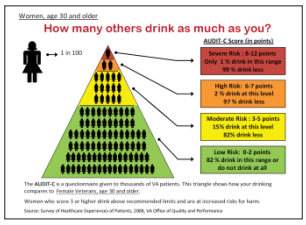
IB 10-703; P96707 | View/Download IB 10-703 Online



Alcohol Size Handout

Clinician Handout

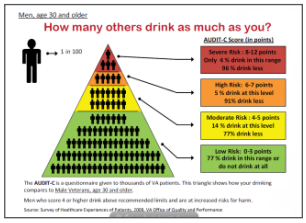
IB 10-704; P96708 | View/Download IB 10-704 Online



Female AUDIT-C Risk Card Handout

Clinician Handout

IB 10-347; P96403 | View/Download IB 10-347 Online

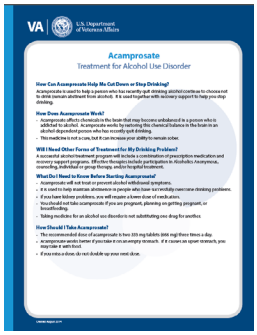


Male AUDIT-C Risk Card Handout

Clinician Handout

IB 10-346; P96402 | View/Download IB 10-346 Online

Patient Materials



Acamprosate
Treatment for Alcohol Use Disorder

Patient Factsheet

IB 10-708; P96712

View/Download IB 10-708 Online

Acamprosate
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-942; P96823) | View/Download IB 10-942 Online

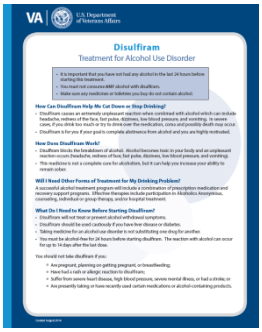
With HCV (IB 10-948; P96830) | View/Download IB 10-948 Online

Baclofen
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-943; P96824) | View/Download IB 10-943 Online

With HCV (IB 10-949; P96831) | View/Download IB 10-949 Online



Disulfiram
Treatment for Alcohol Use Disorder

Patient Factsheet

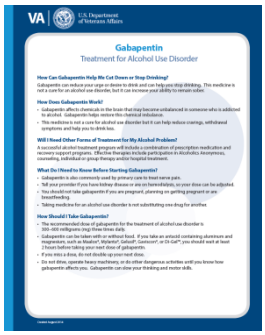
IB 10-710; P96714 | View/Download IB 10-710 Online

Disulfiram
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-944; P96825) | View/Download IB 10-944 Online

With HCV (IB 10-950; P96832) | View/Download IB 10-950 Online



Gabapentin
Treatment for Alcohol Use Disorder

Patient Factsheet

IB 10-711; P96715

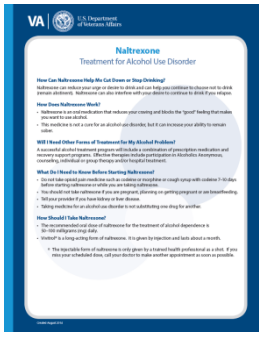
View/Download IB 10-711 Online

Gabapentin
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-945; P96826) | View/Download IB 10-945 Online

With HCV (IB 10-951; P96833) | View/Download IB 10-951 Online



Naltrexone
Treatment for Alcohol Use Disorder

Patient Factsheet

IB 10-712; P96716

View/Download IB 10-712 Online

Naltrexone
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-946; P96827) | View/Download IB 10-946 Online

With HCV (IB 10-952; P96834) | View/Download IB 10-952 Online

Topiramate
Treatment for Alcohol Use Disorder

Patient Factsheet

IB 10-713; P96717

View/Download IB 10-713 Online

Topiramate
Using Medications to Help Manage Alcohol Use Disorder

Patient Brochures:

With HIV (IB 10-947; P96828) | View/Download IB 10-947 Online

With HCV (IB 10-959; P96841) | View/Download IB 10-959 Online

Patient Materials in Spanish

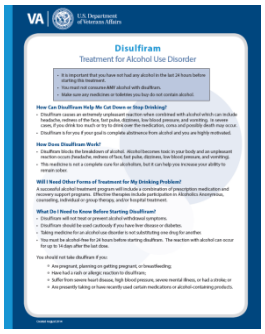
Acamprosate

Tratamiento Enfocado en Recuperación para el Trastorno por Uso de Alcohol

Patient Factsheet

IB 10-708; P96712

View/Download IB 10-708 in Spanish Online



Disulfiram

Tratamiento Enfocado en Recuperación para el Trastorno por Uso de Alcohol

Patient Factsheet

IB 10-710; P96714

View/Download IB 10-710 in Spanish Online

Naltrexona

Tratamiento Enfocado en Recuperación para el Trastorno por Uso de Alcohol

Patient Factsheet

IB 10-712; P96716

View/Download IB 10-712 Online

Topiramato

Tratamiento Enfocado en Recuperación para el Trastorno por Uso de Alcohol

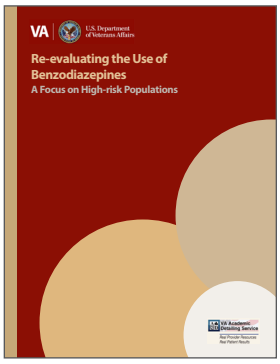
Patient Factsheet

IB 10-713; P96717

View/Download IB 10-713 Online

Benzodiazepines

Clinician Materials

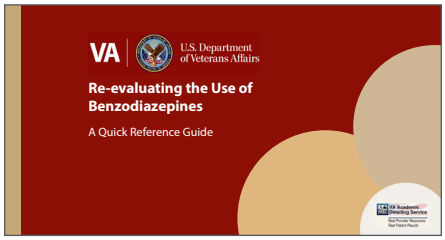


Re-evaluating the Use of Benzodiazepines: A Focus on High-risk Populations

Clinician Educational Guide

IB 10-928; P96810

View/Download IB 10-928 Online

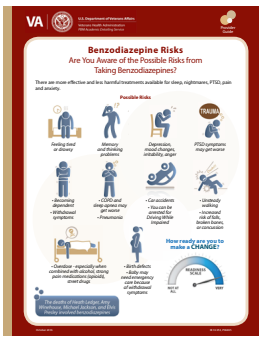


Re-evaluating the Use of Benzodiazepines: A Quick Reference Guide

Clinician Quick Reference Guide

IB 10-929; P96811

View/Download IB 10-928 Online



Benzodiazepine Risks

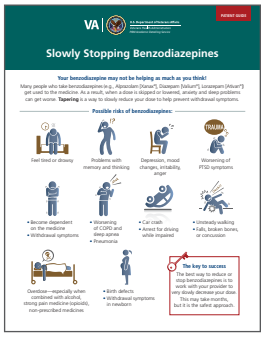
Are you Aware of the Possible Risks from Taking Benzodiazepines?

Patient/Clinician Quick Start Guide

IB 10-953; P96835

View/Download IB 10-928 Online

Patient Materials

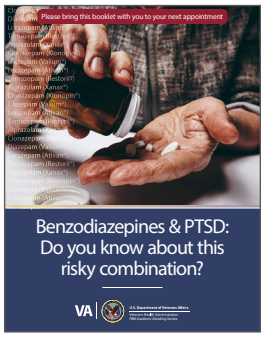


Slowly Stopping Benzodiazepines

Patient Factsheet

IB 10-1529; P97049

View/Download IB 10-1529 Online



Benzodiazepines & PTSD: Do you know about this risky combination?

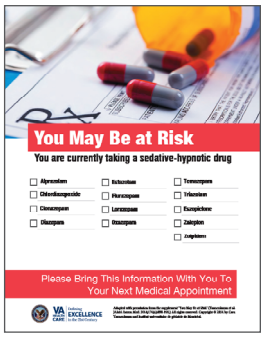
Patient Brochure

IB 10-1114; P98002

View/Download IB 10-1114 Online

Also see…

Insomnia

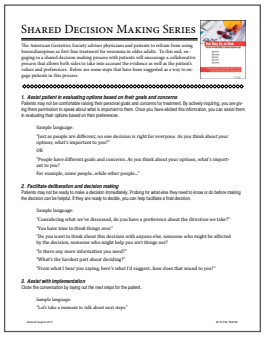


You May Be at Risk (EMPOWER for Veterans) You are currently taking a sedative-hypnotic drug Benzodiazepine Risk Questionnaire

Patient Questionnaire

IB 10-735; P96739

View/Download IB 10-735 Online



BZD Risk Shared Decision-Making Handout

Clinician Handout

IB 10-736, P96740

View/Download IB 10-736 Online

Marijuana Use

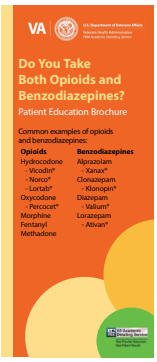
Marijuana: Natural = Safe, Right?

Patient Discussion Tool

IB 10-927; P96809

View/Download IB 10-927 Online

Pain



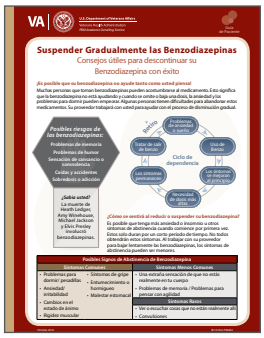
Do You Take Both Opioids and Benzodiazepines?

Patient Brochure

IB 10-924, P96806

View/Download IB 10-924 Online

Patient Materials in Spanish



Suspender Gradualmente las Benzodiazepinas

Consejos útiles para descontinuar su Benzodiazepina con éxito

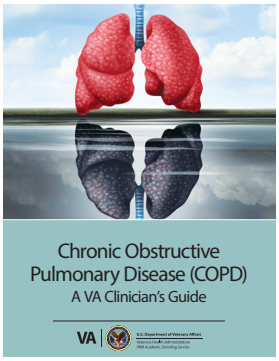
Patient Factsheet

IB 10-954; P96836

View/Download IB 10-954 in Spanish Online

Chronic Obstructive Pulmonary Disease (COPD)

Clinician Materials

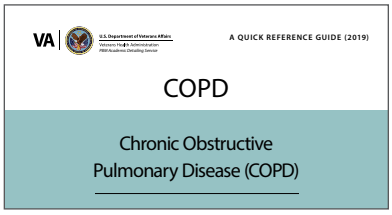


Chronic Obstructive Pulmonary Disease (COPD): A VA Clinician's Guide

Clinician Educational Guide

IB 10-1155; P96917

View/Download IB 10-1155 Online

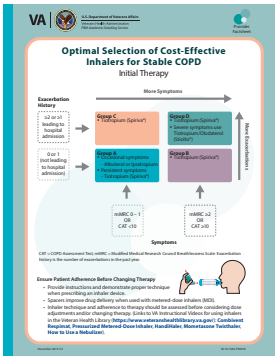


Chronic Obstructive Pulmonary Disease (COPD)

Clinician Quick Reference Guide

IB 10-1156; P96918

View/Download IB 10-1156 Online



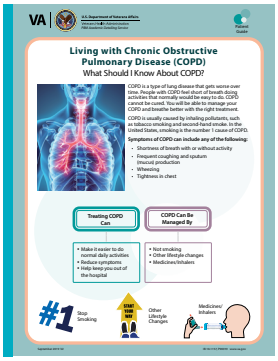
Optimal Selection of Cost-Effective Inhalers for Stable COPD

Clinician Factsheet

IB 10-1385, P96974

View/Download IB 10-1385 Online

Patient Materials



Living with Chronic Obstructive Pulmonary Disease (COPD): What Should I Know About COPD?

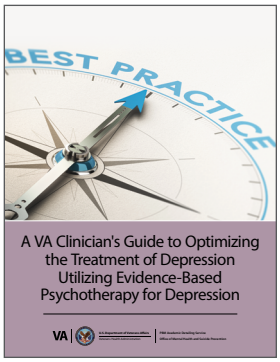
Patient Brochure

IB 10-1157, P96919

View/Download IB 10-1157 Online

Depression

Clinician Materials

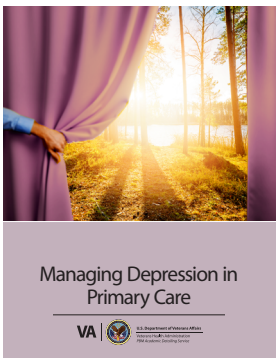


A VA Clinician's Guide to Optimizing the Treatment of Depression Utilizing Evidence-Based Psychotherapy for Depression

Clinician Educational Guide

IB 10-1213, P97024

View /Download IB 10-1213 Online



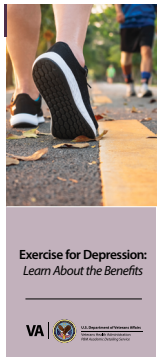
Managing Depression in Primary Care

Clinician Educational Guide

IB 10-1406; P96989

View/Download IB 10- 1406 Online

Patient Materials



Exercise for Depression: Learn About the Benefits

Patient Brochure

IB 10-1512; P97032

View/Download IB-101512 Online

Also see…

PTSD - Sound Familiar?

Patient Poster

IB 10-906; P96794

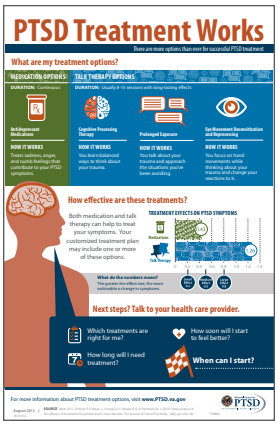
View/Download IB 10-906 Online

Things Change… Including Your PTSD Medication

Patient Poster

IB 10-907; P96795

View/Download IB 10-907 Online



PTSD Treatment Works

Patient Poster

IB 10-912; P96800

View/Download IB 10-912 Online

Diabetes

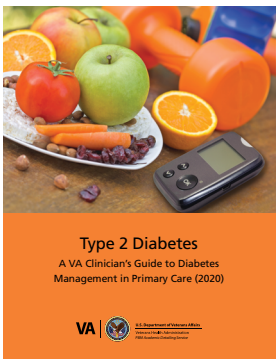
Clinician Materials

Cost Effective Therapies for Type 2 Diabetes

Clinician Factsheet

IB 10-1401; P96984

View/Download IB 10-1401 Online

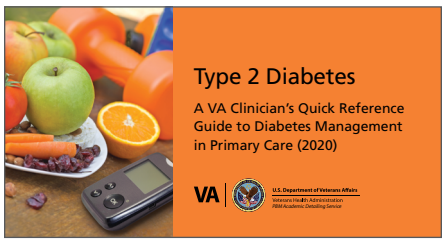


Type 2 Diabetes – A VA Clinician's Guide to Diabetes Management in Primary Care (2020)

Clinician Educational Guide

IB 101402; P96985

View/Download IB 10-1402 Online



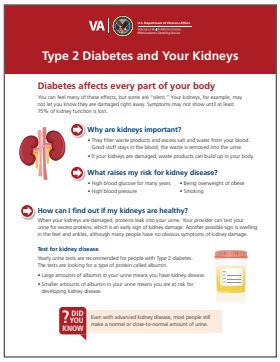
Type 2 Diabetes – A VA Clinician's Quick Reference Guide to Diabetes Management in Primary Care (2020)

Clinician Quick Reference Guide

IB-10-1403; P96986

View/Download IB 10-1403 Online

Patient Materials



VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient Care Services

Type 2 Diabetes and Your Kidneys

Diabetes affects every part of your body

You can feel many of these effects, but some are "silent." Your kidneys, for example, may not let you know they are damaged right away. Symptoms may not show until at least 75% of kidney function is lost.

Why are kidneys important?

- They filter waste products and excess salt and water from your blood. Good stuff stays in the blood; the waste is removed into the urine.
- If your kidneys are damaged, waste products can build up in your body.

What raises my risk for kidney disease?

- High blood glucose for many years
- High blood pressure
- Being overweight or obese
- Smoking

How can I find out if my kidneys are healthy?

When your kidneys are damaged, proteins leak into your urine. Your provider can test your urine for excess proteins, which is an early sign of kidney damage. Another possible sign is swelling in the feet and ankles, although many people have no obvious symptoms of kidney damage.

Test for kidney disease

Yearly urine tests are recommended for people with Type 2 diabetes. The tests are looking for a type of protein called albumin.

- Large amounts of albumin in your urine means you have kidney disease.
- Smaller amounts of albumin in your urine means you are at risk for developing kidney disease.

? DID YOU KNOW

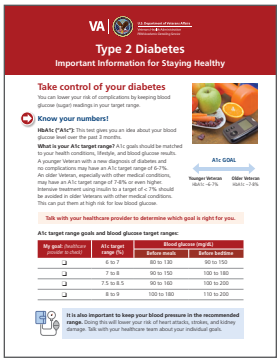
Even with advanced kidney disease, most people still make a normal or close-to-normal amount of urine.

Type 2 Diabetes and Your Kidneys

Patient Factsheet

IB 10-1513; P97033

View/Download IB 10-1513 Online



VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Patient Care Services

Type 2 Diabetes
Important Information for Staying Healthy

Take control of your diabetes

You can lower your risk of complications by keeping blood glucose (sugar) readings in your target range.

Know your numbers!

HbA1c ("A1c"): This test gives you an idea about your blood glucose level over the past 3 months.

What is your A1c target range? A1c goals should be matched to your health conditions, lifestyle, and blood glucose results.

A younger Veteran with a new diagnosis of diabetes and no complications may have an A1c target range of 6-7%. An older Veteran, especially with other medical conditions, may have an A1c target range of 7-8% or even higher. Intensive treatment using insulin to a target of < 7% should be avoided in older Veterans with other medical conditions. This can put them at high risk for low blood glucose.

A1c GOAL

Younger Veteran HbA1c ~6-7%

Older Veteran HbA1c ~7-8%

Talk with your healthcare provider to determine which goal is right for you.

A1c target range goals and blood glucose target ranges:

My goal (healthcare provider to check)	A1c target range (%)	Blood glucose (mg/dL)	
		Before meals	Before bedtime
❑	6 to 7	80 to 130	90 to 150
❑	7 to 8	90 to 150	100 to 180
❑	7.5 to 8.5	90 to 160	100 to 200
❑	8 to 9	100 to 180	110 to 200

It is also important to keep your blood pressure in the recommended range. Doing this will lower your risk of heart attacks, strokes, and kidney damage. Talk with your healthcare team about your individual goals.

Type 2 Diabetes
Important Information for Staying Healthy

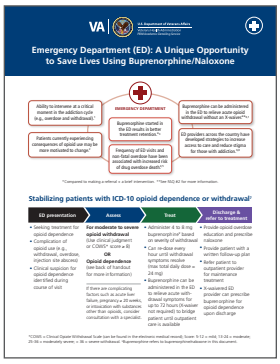
Patient Factsheet

IB 10-1514; P97034

View/Download IB 10-1514 Online

Emergency Department Opioid Safety Initiative

Clinician Materials

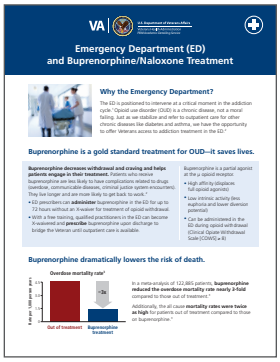


Emergency Department (ED): A Unique Opportunity to Save Lives Using Buprenorphine/Naloxone

Clinician Factsheet

IB 10-1408; P96991

View/Download IB 10-1408 Online

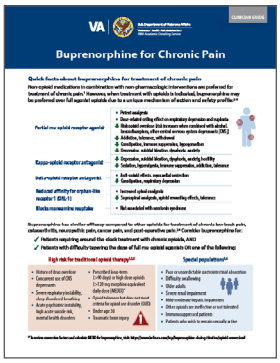


Emergency Department (ED) and Buprenorphine/ Naloxone Treatment

Clinician Factsheet

IB 10-1496; P97019

View/Download IB 10-1496 Online

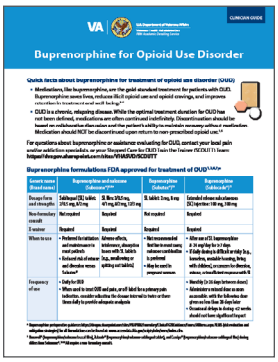


Buprenorphine for Chronic Pain

Clinician Educational Guide

IB 10-1497; P97020

View/Download IB 10-1497 Online



Buprenorphine for Opioid Use Disorder

Clinician Educational Guide

IB 10-1498; P97021

View/Download IB 10-1498 Online

Headaches

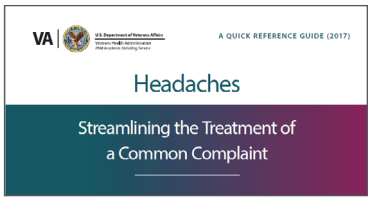
Clinician Materials

Headaches
Streamlining the Treatment of a Common Complaint

Clinician Educational Guide

IB 10-940; P96821

View/Download IB 10-940 Online



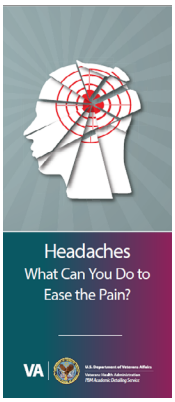
Headaches
Streamlining the Treatment of a Common Complaint

Clinician Quick Reference Guide

IB 10-941; P96822

View/Download IB 10-941 Online

Patient Materials



Headaches
What Can You Do to Ease the Pain

Patient Brochure

IB 10-970; P96851

View/Download IB 10-970 Online

Patient Materials in Spanish

Dolores de cabeza
¿Qué puede hacer para aliviar el dolor?

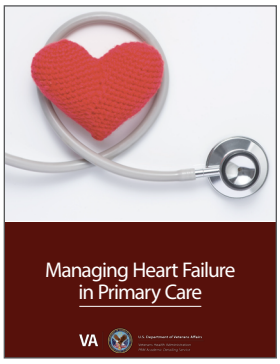
Patient Brochure

IB 10-970: P96851

View/Download IB 10-970 in Spanish Online

Heart Failure

Clinician Materials

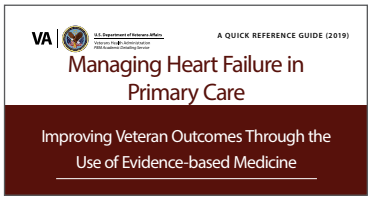


Managing Heart Failure in Primary Care

Clinician Educational Guide

IB 10-1161; P96923

View/Download IB 10-1161 Online



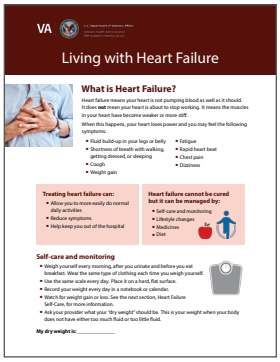
Managing Heart Failure in Primary Care
Improving Veteran Outcomes Through the Use of Evidence-based Medicine

Clinician Quick Reference Guide

IB 10-1162; P96865v

View/Download IB 10-1162 Online

Patient Materials



Living with Heart Failure

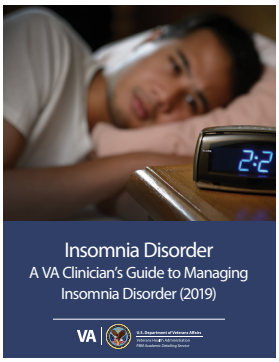
Patient Guide

IB 10-1163; P96925 |

View/Download IB 10-1163 Online

Insomnia

Clinician Materials

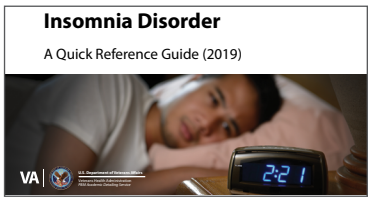


Insomnia Disorder
A VA Clinician's Guide to Managing Insomnia Disorder

Clinician Guide

IB 10-731, P96735

View/Download IB 10-731 Online



Insomnia Disorder - A Quick Reference Guide

Clinician Quick Reference Guide

IB 10-732; P96736

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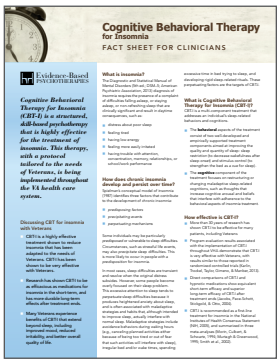
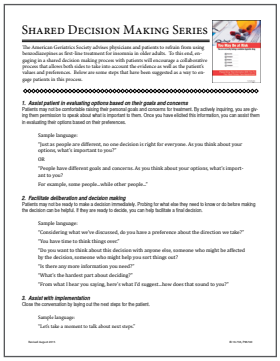


Cognitive Behavioral Therapy for Insomnia

Clinician Fact Sheet

IB 10-733; P96737

View/Download IB 10-733 Online

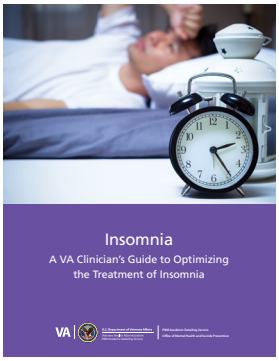


Shared Decision-Making Series

Clinician Factsheet

IB 10-736; P96740

View/Download IB 10-736 Online



Insomnia

A VA Clinician's Guide to Optimizing the Treatment of Insomnia

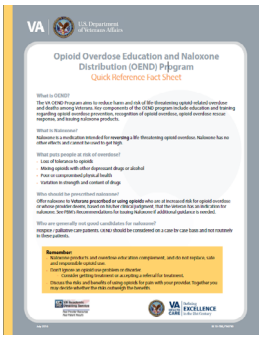
Clinician Educational Guide

IB 10-1437; P96994

View/Download IB 10-1437 Online

Opioid Overdose Education and Naloxone Distribution (OEND)

Clinician Materials



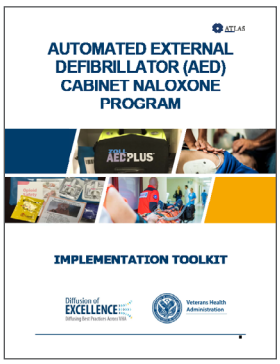
OEND Fact Sheet

VA OEND Program Quick Reference Guide

Clinician Quick Reference Guide

IB 10-788; P96790

View/Download IB 10-788 Online

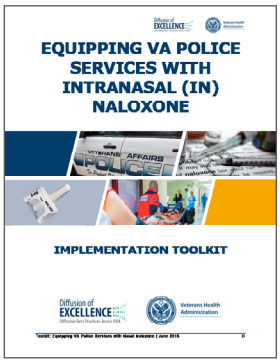


Automated External Defibrillator (AED) Cabinet Naloxone Program

Clinician Implementation Toolkit

Catalog number to come

View/Download Academic Detailer Toolkit Online



Equipping VA Police Services With Intranasal (In) Naloxone

Clinician Implementation Toolkit

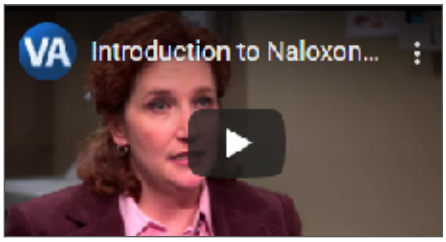
Catalog number to come

View/Download IB 10-VA Police Toolkit Online

Introduction to Naloxone: VA Overdose Rescue with Naloxone

Clinician/Patient Video

View/Download Intro to Naloxone VA Overdose Rescue Online



Introduction to Naloxone for People with Opioid Use Disorders

Clinician/Patient Video

View/Download Intro to Naloxone Video Online

Presenting Evidence-Based Treatment Options for Opioid Addiction

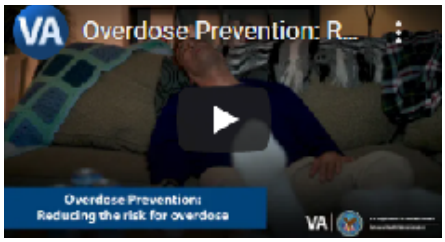
Clinician Video

View/Download EBP Video Online

How to Use the VA Intramuscular Naloxone Kit

Clinician Video

View/Download VA Intramuscular NK Video Online



Overdose Prevention: Reducing the risk for overdose

Clinician Video

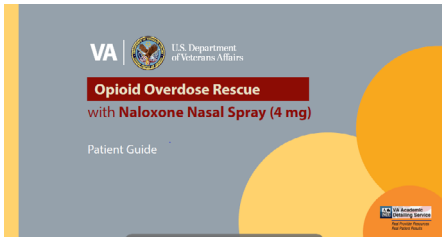
View/Download Overdose Prevention Video Online

Difficult Conversations: Navigating patient conversations about opioids unique challenges

Clinician Video

View/Download Difficult Conversations Video Online

Patient Materials

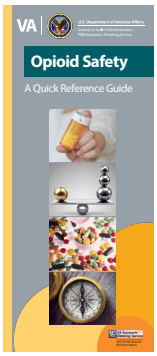


Naloxone Spray Instructions
Opioid Overdose Rescue with Naloxone Nasal Spray (4 mg)

Patient Brochure/Pocket Card

IB 10-926; P96808

View/Download IB 10-926 Online

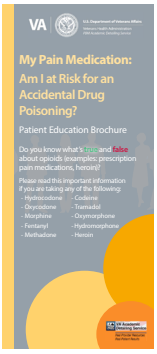


Opioid Safety
Opioid Overdose Prevention for Naloxone Kits

Patient Brochure

IB 10-787; P96789

View/Download IB 10-787 Online



Direct-to-Consumer Patient - Brochure
My Pain Medication: Am I at Risk for an Accidental Drug Poisoning?

Patient Brochure

IB 10-921; P96803

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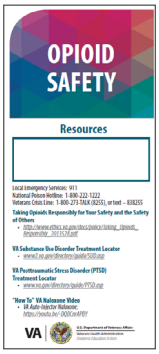

Opioid Safety (for Patients on Opioids)

Patient Brochure: Opioid Safety for Patients on Opioids - Brochure

IB 10-784; P96786

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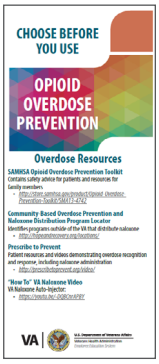


Opioid Overdose Prevention (for Patients with SUD)
Opioid Overdose Prevention - Choose Before You Use

Patient Brochure

IB 10-786; P96788

View/Download IB 10-786 Online

VA Overdose Rescue with Naloxone
How to Use the VA Naloxone Nasal Spray

Patient Video

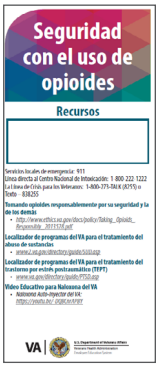
View/Download IB 10-769 Video Online

Narcan Saves Lives: I am the evidence - Brian

Patient Video

View/Download Narcan Saves Lives Video Online

Patient Materials in Spanish



Opioid Safety for Patients on Opioids
Seguridad con el uso deopioides

Patient Brochure

IB 10-783; P96785

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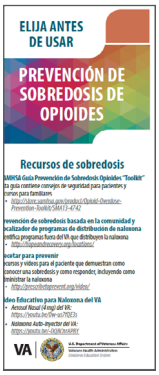


Opioid Overdose Prevention (for Patients with SUD)
Prevención de Sobredosis de Opioides - Elija Antes de Usar

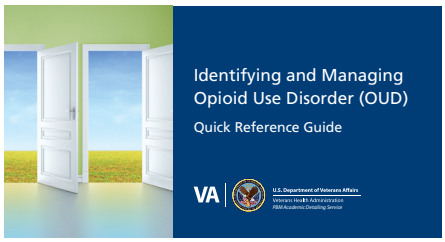
Patient Brochure

IB 10-785; P96787

View/Download IB 10-785 in Spanish Online

Opioid Use Disorder

Clinician Materials

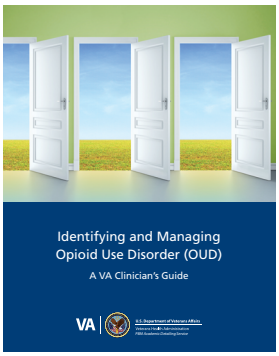


Identifying and Managing Opioid Use Disorder (OUD)

Clinician Quick Reference Guide

IB 10-932; P96812

View/Download IB 10-932 Online



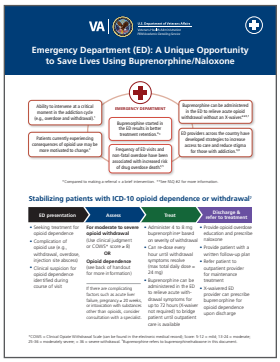
Identifying and Managing Opioid Use Disorder (OUD)

Clinician Guide

Opioid Use Disorder Clinician Guide

IB 10-933; P96813

View/Download IB 10-933 Online

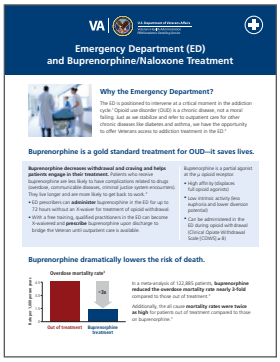


Emergency Department (ED): A Unique Opportunity to Save Lives Using Buprenorphine/Naloxone

Clinician Factsheet

IB 10-1408; P96991

View/Download IB 10-1408 Online

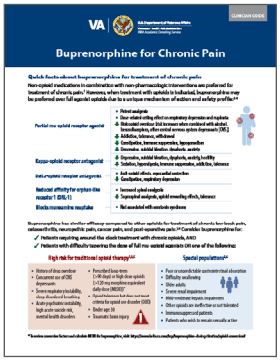


Emergency Department (ED) and Buprenorphine/ Naloxone Treatment

Clinician Factsheet

IB 10-1496; P97019

View/Download IB 10-1496 Online

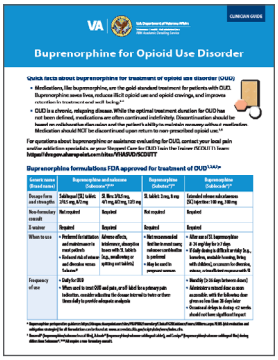


Buprenorphine for Chronic Pain

Clinician Educational Guide

IB 10-1497; P97020

View/Download IB 10-1497 Online



Buprenorphine for Opioid Use Disorder

Clinician Educational Guide

IB 10-1498; P97021

View/Download IB 10-1498 Online

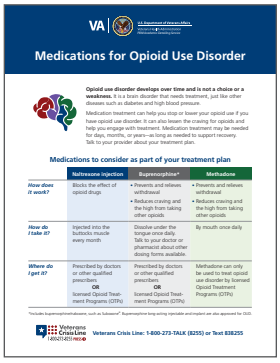
Patient Materials

Do you Know the Truth About Opioid Use Disorder?

Patient Brochure

IB 10-937 P96829

View/Download IB 10-937 Online



Medications for Opioid Use Disorder

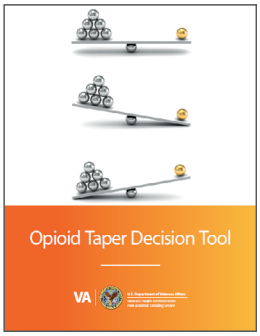
Patient Factsheet

IB B 10-969; P96850 |

View/Download IB 10-969 Online

Pain/Opioid Safety Initiative

Clinician Materials

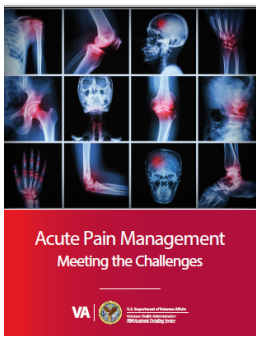


Opioid Taper Decision Tool

Clinician Factsheet

IB 10-939; P96820

View/Download IB 10-939 Online



Acute Pain Management Meeting the Challenges

Clinician Educational Guide

IB 10-998; P96864

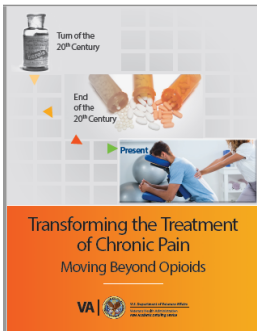
View/Download IB 10-998 Online

Pain: Transforming the Treatment of Pain

Clinician Quick Reference Guide

IB 10-999; P96865

View/Download IB 10-999 Online

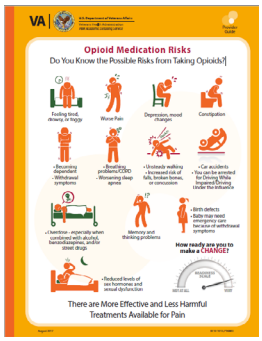


Transforming the Treatment of Chronic Pain Moving Beyond Opioids

Clinician Educational Guide

IB 10-1000; P96866

View/Download IB 10-1000 Online



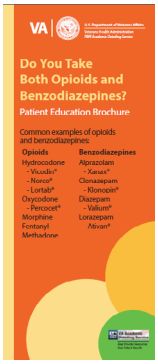
Opioid Medication Risks Do You Know the Possible Risks from Taking Opioids?

Clinician Discussion Tool

IB 10-1015; P96883

View/Download IB 10-1015 Online

Patient Materials



Do You Take Both Opioids and Benzodiazepines?

Patient Brochure

Pain - Patient - Opioid Benzo Direct to Consumer Patient Brochure

IB 10-924; P96806

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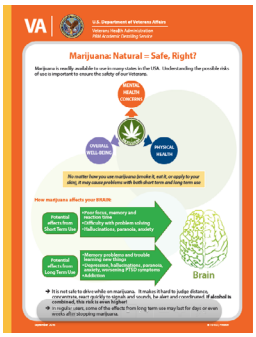

Marijuana: Natural = Safe, Right?

Patient Factsheet

Marijuana Use: Patient Discussion Tool

IB 10-927; P96809

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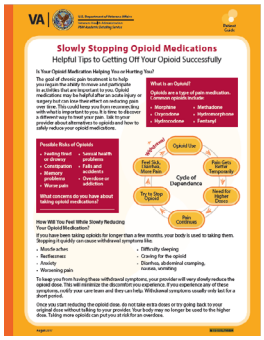
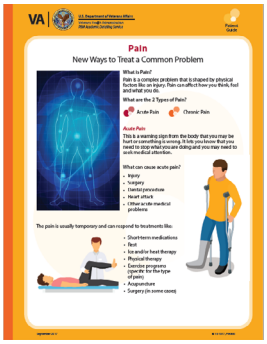


Slowly Stopping Opioid Medications
Helpful Tips to Getting Off Your Opioid Successfully

Patient Factsheet

IB 10-1016; P96884

View/Download IB 10-1016 Online



Pain
New Ways to Treat a Common Problem

Patient Information Guide

IB 10-1017; P96885

View/Download IB 10-1017 Online

Patient Materials in Spanish

Suspender Gradualmente Medicamentos Opioides Consejos útiles para descontinuar su opioide con éxito

Patient Factsheet

IB 10-1016; P96884

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Dolor
Nuevas formas de tratar un problema común

Patient Information Guide

IB 10-1017; P96885

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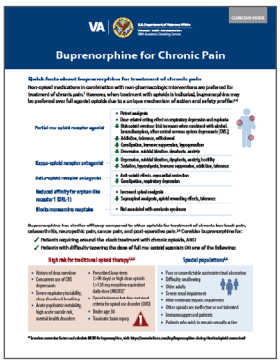
Also see…

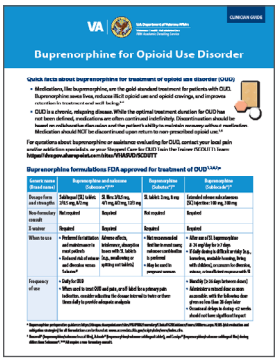


Buprenorphine for Chronic Pain

Clinician Educational Guide

IB 10-1497; P97020

View/Download IB 10-1497 Online



Buprenorphine for Opioid Use Disorder

Clinician Educational Guide

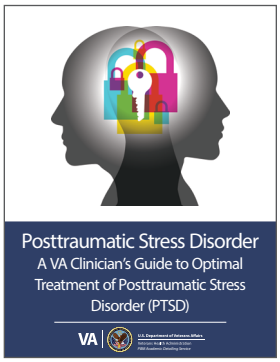
IB 10-1498; P97021

View/Download IB 10-1498 Online

Placeholder for Youtube links

Post-Traumatic Stress Disorder (PTSD)

Clinician Materials



Posttraumatic Stress Disorder
A VA Clinician's Guide to Optimal Treatment of Posttraumatic Stress Disorder (PTSD)

Clinician Educational Guide

IB 10-751; P96755

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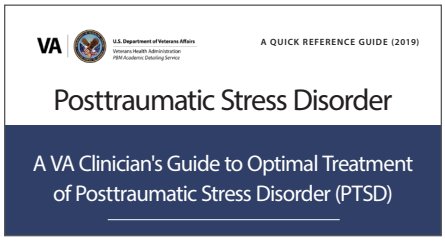

Posttraumatic Stress Disorder
A VA Clinician's Guide to Optimal Treatment of Posttraumatic Stress Disorder (PTSD)

Clinician Quick Reference Guide

IB 10-752; P96756

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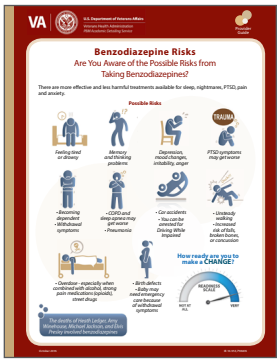

Trauma-focused Psychotherapy Primer
What You Need to Know to Connect Patients to First-line Treatment for Posttraumatic Stress Disorder (PTSD)

Clinician Guide

IB 10-953; P96757

View/Download IB 10-953 Online

Patient Materials

PTSD - Sound Familiar?

Patient Poster

IB 10-906; P96794

View/Download IB 10-906 Online

Things Change… Including Your PTSD Medication

Patient Poster

IB 10-907; P96795

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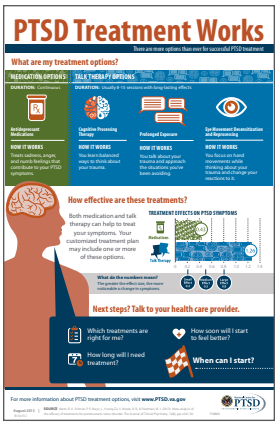

PTSD Treatment Works

Patient Poster

IB 10-912; P96800

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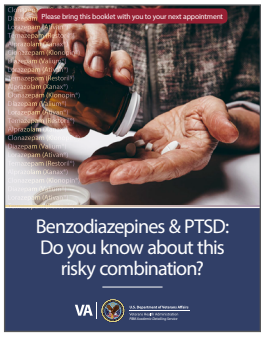


Benzodiazepines & PTSD: Do you know about this risky combination?

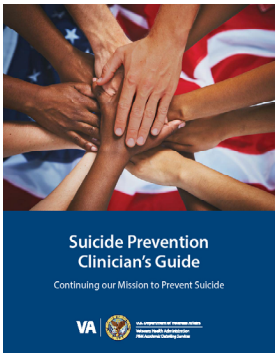
Patient Brochure

IB 10-1114; P98002

View/Download IB 10-1114 Online

Suicide Prevention

Clinician Materials



Suicide Prevention
Take Action, Save a Life

Clinician Educational Guide

IB-10-1525; P97045

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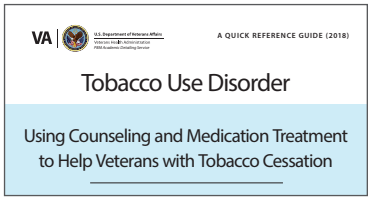
Tobacco Use Disorder

Clinician Materials



Tobacco Use Disorder
Using Counseling and Medication Treatment to Help Veterans with Tobacco Cessation

Clinician Quick Reference Guide

IB 10-1149; P96911

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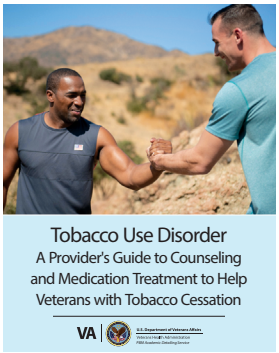


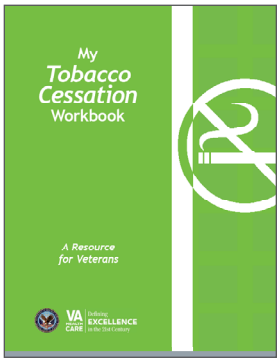
Tobacco Use Disorder
A Provider's Guide to Counseling and Medication Treatment to Help Veterans with Tobacco Cessation

Clinician Educational Guide

IB 10-1150; P96912

View/Download IB 10-1150 Online

Patient Materials



My Tobacco Cessation Workbook: A Resource for Veterans

Patient Workbook

IB 10-564; P96621

View/Download IB 10-564 Online

VA Video Connect (VVC)

Clinician Materials

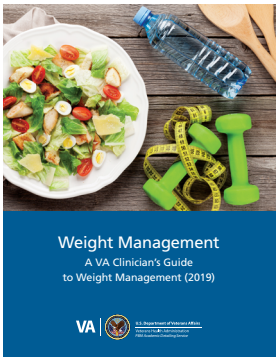
VA Video Connect: How to Get Started
A Quick Guide for Academic Detailers

Clinician Video

View/Download VA Video Connect - How to Get Started Online

Weight Management

Clinician Materials



Weight Management
A VA Clinician's Guide to Weight Management

Clinician Educational Guide

IB 10-1158; P96920

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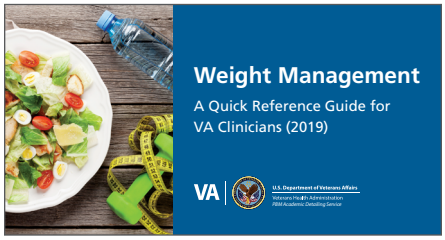

Weight Management
A Quick Reference Guide for VA Clinicians

Clinician Quick Reference Guide

IB 10-1159; P96921

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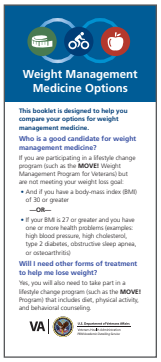
Patient Materials



Weight Management Medicine Options

Patient Brochure

IB 10-1160; P96922

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Notes

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IB 10-963; P96846
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