

Management of Pediatric Health in Primary Care: Borderline Personality Disorder in Adolescence: What's the Confusion?

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Zoom Access and Attendance Process

1. **First Time Users:** Register at <https://cpd.education.bcm.edu/> and Verify Phone Number
2. Register for CME at: <https://forms.office.com/r/cDeAqF4cPT>

Overview: Pediatricians and primary care providers (PCPs) are the first-line clinicians for children, adolescents, and young adults. The prevalence of psychiatric disorders within this population is high, with depression, anxiety and ADHD being most common. The morbidity and mortality of these disorders is significant; however, they remain under-treated. Given the limitations of referral to specialty care, PCPs are tasked with managing these illnesses. Both in our experience working in a consultation center and based on the literature, PCPs face many barriers to doing so, including limitations in knowledge about and comfort in prescribing psychiatric medications.

There is evidence that borderline personality disorder (BPD) is commonly misdiagnosed as Bipolar Disorder, Type 2. One study showed that 40% of people who met criteria for BPD, but not for bipolar disorder, were nevertheless misdiagnosed with Bipolar Type 2. Identifiable challenges include some similarities between symptoms: impulsive behavior, intense emotions, and suicidal thinking. However, they are very different diagnoses with different treatments methods, so it's crucial for mental health professionals to understand and know the difference.

Objectives: At the conclusion of the session, the participants should be able to:

- Identify borderline personality disorder (BPD) in children and adolescents using the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) criteria.
- Describe evidence-based treatment for BPD including pharmacotherapy and psychotherapeutic interventions.
- Discuss how to appropriately manage related side effects of selective serotonin reuptake inhibitors (SSRIs).

Target Audience: Pediatricians and primary care providers (family practitioners, NPs, registered nurses, PAs) who care for children and adolescents in the outpatient setting.

Educational Methods: Lecture

Activity Evaluation: Participants may be asked to complete a session evaluation.

Accreditation/Credit Designation:

Physician: Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing: Texas Children's Hospital is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This professional development activity awards 1.0 contact hour each session.