

Continuing Medical Education

14th Annual Topics in Primary Care

Friday, April 21, 2023

Presented at Virginia Mason Medical Center, Seattle,
and online via livestream



Faculty

COURSE DIRECTORS

Joy Bucher, MD, FACP

Internal Medicine

Associate Program Director, Internal Medicine Residency

Virginia Mason Franciscan Health, Seattle, Wash.

Ananth Shenoy, MD, FACP

Internal Medicine

Core Faculty, Internal Medicine Residency

Virginia Mason Franciscan Health, Lynnwood, Wash.

GUEST FACULTY

Meghan Eagen-Torkko, PhD, CNM, ARNP, FACNM

Associate Professor and Director of Nursing

UWB School of Nursing and Health Studies

Family Planning Program, Public Health Seattle-King County, Seattle, Wash.

Sarah Gollhofer, ARNP

Nurse Practitioner

Public Health Seattle-King County, Seattle, Wash.

Adelaide McClintock, MD

General Internal Medicine

Women's Health Care Center at UW Medical Center, Seattle, Wash.

S. Max Vale, MD, FAAD

Clinical Assistant Professor, Division of Dermatology

University of Washington, Seattle, Wash.

VIRGINIA MASON FACULTY

Pilar Almy, DPM

Podiatry & Wound Care

Erin Bauer, MD

Rheumatology

John Paul Flores, MD

Hematology & Medical Oncology

Greg Nakamoto, MD, FACP

Primary Care Sports Medicine

Heidi Nicewarner, MD, MPH, FACC, RPVI

Cardiology

Leizl Sapico, MD, FACOG, MA, PMH-C

Obstetrics and Gynecology

Michael Soung, MD, FACP

General Internal Medicine

Core Faculty, Internal Medicine

Residency Program

Jonathan Stoeher, MD, PhD

Endocrinology, Diabetes & Metabolism

Sara Weiss, MD

Cardiology



Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION: Virginia Mason Medical Center designates this live activity for a maximum of **7.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM Maintenance of Certification (MOC): Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.50 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.

14th Annual Topics in Primary Care

The 14th Annual Topics in Primary Care will focus on updates on common problems encountered in primary care, bringing excellent instructors to provide teaching geared toward learning, retention and practice change. The conference will have a hybrid format to facilitate both in-person and remote learning.

Grand Rounds features Professor Adelaide McClintock, MD, from the Women's Health Care Center at the University of Washington Medical Center, addressing updates in women's health including peri- and post-menopausal symptoms, updates in treatment for sexually transmitted infections and antidepressant management during pregnancy. The morning session will cover outpatient dermatologic concerns, pharmacologic obesity management, congestive heart failure and bleeding disorders. It will also examine updates in rheumatology with a focus on crystalline arthropathies, rheumatoid arthritis and lupus, tailored to primary care.

The afternoon session will include hands-on workshops on shoulder pathology and nail dystrophy, and concurrent talks on reproductive health and management of foot problems in primary care. The workshops will be followed by another round of plenaries addressing contraceptive management and peripartum care.

We will conclude with a talk on recent updates that have changed primary care practice by Michael Soung, MD, FACP.

Teaching methods include lecture, Q&A with faculty, small group discussion and breakout sessions, simulation, laboratory with hands-on practice and case discussion with Audience Response System.

TARGET AUDIENCE: This course is appropriate for clinicians in general and family practice and internal medicine.

OBJECTIVES:

- Recognize appropriate use for systemic and local hormone replacement therapy for peri- and post-menopausal women
- Review the diagnosis and management of atopic dermatitis and its mimics
- Explain our current understanding of the neurohormonal pathways involved in appetite and weight regulation
- Identify disparities in access to rheumatology care and outcomes in lupus, osteoarthritis and autoimmune arthritis
- Summarize the new universal definition of heart failure and approaches to confirm the diagnosis
- Review the coagulation cascade and etiologies of the abnormalities in coagulation lab tests
- Discuss the implications of the Supreme Court Dobbs decision on Sexual and Reproductive Health (SRH) care in Washington and nationally
- Complete a diagnosis driven examination of the shoulder through demonstration and hands-on practice
- Review management of ingrown nails and other nail dystrophies
- Describe the Postpartum Wellness and Recovery Program (PWR) and how primary care is essential to patient success
- Discuss patient-centered contraceptive counseling
- Review updated guidelines for perioperative medication management

Agenda

- 7:00 a.m.** *Registration opens, complimentary coffee*
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**
Updates in Women's Health | Adelaide McClintock, MD
- 8:30 a.m.** *Break*
- 8:40 a.m.** **Opening Remarks/Overview** | Joy Bucher, MD
- 8:45 a.m.** **Dermatology for Primary Care** | Max Vale, MD
- 9:20 a.m.** **Recent Advances in the Medical Management of Obesity**
Jonathan Stoehr, MD
- 9:55 a.m.** **Rheumatology Updates for Primary Care** | Erin Bauer, MD
- 10:30 a.m.** *Break*
- 10:45 a.m.** **Heart Failure: A Current Review** | Sara Weiss, MD
- 11:20 a.m.** **Bleeding Disorders** | John Paul Flores, MD
- 12:00 p.m.** *Lunch*
- 12:45 p.m.** **WORKSHOP SESSION 1 (choose one):**
A. **Disruption and Possibility: Sexual and Reproductive Healthcare After Roe** | Meghan Eagen-Torkko, PhD
B. **Physical Examination of the Shoulder** | Greg Nakamoto, MD
For videoconference participants, "A" is your Session 1 Workshop.
- 1:30 p.m.** **WORKSHOP SESSION 2 (choose one):**
A. **Foot Pain: Evaluation and Treatment for Primary Care Providers**
Pilar Almy, DPM
B. **Physical Examination of the Shoulder** | Greg Nakamoto, MD
C. **Not Your Usual Pedicure: Ingrown Nail Management**
Ananth Shenoy, MD & Joy Bucher, MD
For videoconference participants, "A" is your Session 2 Workshop.
- 2:15 p.m.** **Navigating Hypertensive Disorders of Pregnancy: Recommendations for Primary Care Providers** | Leizl Sapico, MD & Heidi Nicewarner, MD
- 2:55 p.m.** *Break*
- 3:05 p.m.** **Contraceptive Method Updates and Patient Centered Contraceptive Counseling** | Sarah Gollhofer, ARNP
- 3:50 p.m.** **Primary Care Potpourri: Practice Changing Updates** | Michael Soung, MD
- 4:30 p.m.** **Closing Remarks/Questions** | Ananth Shenoy, MD

LOCATION: This course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) Please note the Terry Street entrance into Lindeman Pavilion is Level Two.



This course will also be livestreamed.

For more information, contact the CME Department at 206-341-0142 or email cme@virginiamason.org.

Registration

To register, complete the form below and send via:



Mail:

Virginia Mason CME Dept.
1 100 Ninth Ave, D3-CME
Seattle, WA 98101



Phone: 206-341-0142



Fax: 206-341-1480



E-mail: cme@viriniamason.org

Web: VirginiaMasonCME.org

Cancellation and Refund Policy: Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

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Please print clearly

NAME: _____ DEGREE / CREDENTIALS: _____

SPECIALTY: _____

ORGANIZATION: _____

ADDRESS: _____

CITY / STATE / ZIP: _____

PHONE: _____ E-MAIL: _____

Please provide one question for the faculty: _____

WORKSHOP SESSION 1: ☐ A. Disruption and Possibility After Roe (*livestream option*)
(choose one) ☐ B. Physical Examination of the Shoulder

WORKSHOP SESSION 2: ☐ A. Foot Pain (*livestream option*)
(choose one) ☐ B. Physical Examination of the Shoulder
☐ C. Ingrown Nail Management

TUITION: ☐ \$215 – I will attend in person (includes lunch)
☐ \$190 – I will attend the livestream

☐ Check enclosed. Make check payable to VMMC – CME

☐ Please charge my: ☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

CARD NUMBER: _____ EXP: _____

CARDHOLDER NAME: _____

SIGNATURE: _____

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