



Continuing Medical Education

15th Annual Topics in Primary Care

Friday, April 19, 2024

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.

Kavita P. Chawla, MD, FACP, MHA

Internal Medicine

Virginia Mason Kirkland Medical Center, Kirkland, Wash.

Michelle S. Lam, MD, MPH, FACP

Internal Medicine

Virginia Mason Franciscan Health, Seattle, Wash.

GUEST FACULTY

Jaelyn M. Lemon, MD

Internal Medicine

Providence Regional Medical Center, Everett, Wash.

Lauren A. Weber, MD, FACC, CEC

Cardiology, Confluence Health

All Levels Leadership, Co-Founder and Director

Wenatchee, Wash.

VIRGINIA MASON FACULTY

Iram Ahmad, MD

Endocrinology

Brandon Auerbach, MD, MPH

Concierge Medicine

Blaire E. Burman, MD

Section Head, Gastroenterology
and Hepatology

Gregor F. Derupe, PharmD, BC-ADM

Endocrinology and Diabetes/
Clinical Pharmacy

Natalie H. Moriarty, MD

Dermatology

Elham Rahmati, MD, MPH

Infectious Disease

Michael C. Soung, MD, FACP

General Internal Medicine
Core Faculty, Internal Medicine
Residency Program

Mahmuda Tasneem, MD

Internal and Obesity Medicine

Tiffany T. Truong, DO

Nephrology & Transplant Medicine



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 **6.75 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 6.75 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.

15th Annual Topics in Primary Care

The 15th 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. We encourage in-person attendance, when possible, for learning and camaraderie.

Grand Rounds features Dr. Lauren Weber addressing cardiovascular risk stratification and treatment, answering the question “How Low Can You Go?” The morning sessions will cover updates in chronic kidney disease, common infectious diseases in primary care, fatty liver disease, thyroid conditions, and skin disorders tailored to primary care.

The afternoon sessions allow a choice of lecture-based topics on financial wellness and abnormal uterine bleeding and menopause or interactive workshops on transgender care and practical use of diabetic supplies.

We will conclude with talks on new medications and novel uses of older medications and the annual “Primary Care Potpourri” talk on practice changing updates 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:

- Explain how to assess cardiovascular disease (CVD) risk beyond the atherosclerotic cardiovascular disease (ASCVD) risk calculator
- Discuss evidence for treatments that could reduce chronic kidney disease (CKD) progression
- Recommend treatment for skin and soft tissues infections and recurrent urinary tract infections
- Review changes in nomenclature and new terminology in fatty liver disease
- Summarize a practical approach to diagnosis and management of hypo- and hyper-thyroidism
- Discuss how to avoid common pitfalls when managing dermatologic conditions in primary care
- Identify and evaluate fiduciary financial advisors and obtain good advice at a fair price
- Review combination therapy of anti-obesity medications for treatment of obesity
- Describe an approach to abnormal uterine bleeding including when endometrial biopsies are indicated
- Support primary care clinicians with indications for how to use continuous glucose monitors and injectable medications
- Identify novel agents for preventing progression of diabetic kidney disease
- Distinguish the risks and benefits of indefinite anticoagulation for unprovoked venous thromboembolism
- Utilize shared decision making around options for colorectal cancer screening and discrepant guidelines

Agenda

- 7:00 a.m.** *Registration opens, coffee provided*
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**
Cardiovascular Risk Reduction and Lipid Management: How Low Should You Go? | Lauren Weber, MD
- 8:30 a.m.** *Break*
- 8:40 a.m.** **Opening Remarks** | Joy Bucher, MD
- 8:45 a.m.** **Chronic Kidney Disease: What's New for PCP** | Tiffany Truong, DO
- 9:20 a.m.** **Infectious Diseases in Primary Care – Wound, Water, Wind**
Elham Rahmati, MD
- 9:55 a.m.** **MASH is the New NASH** | Blaire Burman, MD
- 10:30 a.m.** *Break*
- 10:45 a.m.** **Thyroid Lumps and Labs** | Iram Ahmad, MD
- 11:20 a.m.** **Dermatology Pearls for the Primary Care Provider** | Natalie Moriarty, MD
- 12:00 p.m.** *Lunch*
- 12:45 p.m.** **WORKSHOP SESSION 1** (choose one):
A. **Clinician Financial Wellness** | Jaclyn Lemon, MD
B. **Case Presentation: Reviewing Medical Management of Obesity**
Mahmuda Tasneem, MD and Brandon Auerbach, MD
For videoconference participants, "A" is your Session 1 Workshop.
- 1:30 p.m.** *Break*
- 1:45 p.m.** **WORKSHOP SESSION 2** (choose one):
A. **Abnormal Uterine Bleeding and Menopause** | Joy Bucher, MD
B. **Diabetes Equipment: Pearls and Hands-On Practice with Continuous Glucose Monitors and Injectable Therapies** | Gregor Derupe, PharmD
For videoconference participants, "A" is your Session 2 Workshop.
- 2:30 p.m.** *Break*
- 2:45 p.m.** **New Indications, New Medications** | Kavita Chawla, MD
- 3:20 p.m.** **Primary Care Potpourri** | Michael Soung, MD
- 4:00 p.m.** **Closing Remarks/Adjourn**

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@virginiamason.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. Clinician Financial Wellness (*livestream option*)
(choose one) B. Reviewing Medical Management of Obesity

WORKSHOP SESSION 2: A. Abnormal Uterine Bleeding and Menopause
(choose one) (*livestream option*)
 B. Diabetes Equipment

TUITION: \$195 – I will attend in person (includes lunch)
 \$170 – 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: _____

Please add me to your e-mail list for news of upcoming CME courses.

