

Virginia Mason Continuing Medical Education

13th Annual Topics in Primary Care

Friday, April 22, 2022
Seattle, Washington

Presented online via livestream



Faculty

COURSE DIRECTORS

Joy B. Bucher, MD, FACP

Internal Medicine
Virginia Mason Franciscan Health, Seattle, Wash.

Ananth K. Shenoy, MD, FACP

Internal Medicine
Virginia Mason Franciscan Health, Lynnwood, Wash.

Lindsay N. Warner, MD

Internal Medicine
Virginia Mason Franciscan Health, Lynnwood, Wash.

GUEST FACULTY

Barak Gaster, MD, FACP

Director, Cognition in Primary Care Program
Professor of Medicine
University of Washington, Seattle, Wash.

S. Max Vale, MD, FAAD

Dermatology
Acting Instructor, Division of Dermatology
University of Washington, Seattle, Wash.

VIRGINIA MASON FACULTY

Erin M. Bauer, MD

Rheumatology

Andrew S. Friedman, MD

Physical Medicine and Rehabilitation

Natalie Lastra, MD

Psychiatry

Asma Siddique, MD

Hepatology

Paul A. Smith, MD, MACP

Internal Medicine

Michael Soung, MD, FACP

General Internal Medicine
Core Faculty, Internal Medicine Residency Program

Nathan W. Summers, PA-C

Physician Assistant, Surgical/Procedural
Orthopedics, Outpatient

13th Annual Topics in Primary Care

“13th Annual Topics in Primary Care” will focus on updates on common problems encountered in primary care practice, bringing excellent instructors to provide teaching geared toward learning and retention.

Grand Rounds features University of Washington Professor and the Director of the Cognition in Primary Care Program Dr. Barak Gaster addressing the evaluation and management of individuals with cognitive impairments in primary care. The morning session will also consist of plenaries on outpatient management of common fractures, non-alcoholic fatty liver disease, psychiatry in primary care, dermatology and rheumatoid arthritis management in primary care.

Afternoon lectures will utilize audience responses and cover topics including cancer screening guidelines, cardiovascular risk stratification, migraine treatments, non-opioid management of pain syndromes, and hyperlipidemia.

We will conclude with a talk on articles that have changed practice by Michael Soung, MD, FACP.

Teaching methods include lecture, Q&A with faculty, case presentation and case discussion with an Audience Response System.

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

OBJECTIVES:

- Evaluate cognitive concerns in the primary care setting
- Manage common fractures and know when to refer
- Review prevalence of NASH and NASH with advanced fibrosis
- Recognize uncommon side effects of SSRI/SNRIs and discontinuation symptoms
- Identify and manage common bacterial and viral skin infections
- Discuss indications, potential side effects and monitoring of new medications for rheumatoid arthritis and psoriatic arthritis
- Summarize updated guidelines on colorectal cancer screening including ages to start and when to discontinue screening
- Review evidence based interventions for migraine prevention and treatment
- Explain non-opioid evidence-based therapies for chronic back pain, acute back pain, sciatica, fibromyalgia, and neuropathy
- Outline updated guidelines for hyperlipidemia management and cardiovascular disease prevention
- Review updated evidence regarding both first-line and add-on therapy for hypertension

Agenda

- 7:30 a.m. GRAND ROUNDS PRESENTATION:**
When Memory Starts to Slip: Work-up and Management of Dementia in Primary Care | Barak Gaster, MD
- 8:30 a.m. Break**
- 8:40 a.m. Opening Remarks** | Paul Smith, MD
- 8:45 a.m. Fractures that May Show Up in Your Clinic** | Nathan Summers, PA-C
- 9:20 a.m. NASH: An Under Recognized and Silent Epidemic**
Asma Siddique, MD
- 9:55 a.m. Psychiatric Management in Primary Care** | Natalie Lastra, MD
- 10:30 a.m. Break**
- 10:45 a.m. Dermatology for Primary Care** | S. Max Vale, MD
- 11:20 a.m. Rheumatology Updates for Primary Care** | Erin Bauer, MD
- 12:00 p.m. Lunch Break**
- 12:45 p.m. Guideline Watch: Review of Practice Changing Guidelines**
Joy Bucher, MD
- 1:20 p.m. What a Headache: Migraine Management in Primary Care**
Ananth Shenoy, MD
- 1:55 p.m. Medications for Common Pain Syndromes: Alternatives to Opioids**
Andrew Friedman, MD
- 2:30 p.m. Break**
- 2:45 p.m. Hyperlipidemia Updates** | Lindsay Warner, MD
- 3:20 p.m. Primary Care Potpourri: Things That Have Changed My Practice This Year** | Michael Soung, MD
- 4:00 p.m. Closing Remarks** | Joy Bucher, MD



This course will be held via livestream presentation.

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



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 **7.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 7.0 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.

Registration

To register, complete the form below and send via:



Mail:

Virginia Mason CME Dept.
1100 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: _____

TUITION: \$175

- Check enclosed. Make check payable to VMCC – CME
 Please charge my: VISA MasterCard American Express Discover

CARD NUMBER: _____ EXP: _____

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SIGNATURE: _____

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