

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

# 12th Annual Topics in Primary Care

Friday, April 10, 2020

Virginia Mason Hospital and Seattle Medical Center

*Videoconference also available in Yakima*



Virginia Mason

# Faculty

## COURSE DIRECTORS

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### **Joy B. Bucher, MD, FACP**

Associate Program Director, Internal Medicine Residency  
General Internal Medicine  
Virginia Mason, Seattle, Wash.

### **Ananth K. Shenoy, MD**

Core Faculty, Internal Medicine Residency  
General Internal Medicine  
Virginia Mason, Seattle, Wash.

### **Paul A. Smith, MD, FACP**

Core Faculty, Internal Medicine Residency  
General Internal Medicine  
Virginia Mason, Seattle, Wash.

## GUEST FACULTY

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### **Douglas Paauw, MD, MACP**

Professor of Medicine  
Rathmann Family Foundation Endowed Chair Patient-centered Clinical Education  
University of Washington School of Medicine, Seattle, Wash.

## VIRGINIA MASON FACULTY

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### **M. Pilar Almy, DPM**

Podiatry

### **Christopher Fellows, MD**

Cardiology

### **Robert E. Geise, MD, FIDSA**

Infectious Disease

### **Kathleen L. Horan, MD**

Pulmonary Medicine

### **Uma Malhotra, MD, FIDSA**

Infectious Disease  
Clinical Associate Professor, University of Washington

### **Greg I. Nakamoto, MD, FACP**

Orthopedics and Sports Medicine

### **Michael Soung, MD, FACP**

Core Faculty, Internal Medicine Residency  
General Internal Medicine

### **Zori Stoilova, MD**

Neurology

### **Nathan Summers, PA-C**

Surgical and Procedural Orthopedics

# 12th Annual Topics in Primary Care

Virginia Mason's "12th Annual Topics in Primary Care" will focus on updates on common problems encountered in primary care practice, bringing excellent instructors to provide teaching in a variety of formats geared toward learning and retention. Morning sessions will consist of lectures with discussion panels on topics including common myths in internal medicine with Dr. Doug Paauw, followed by cases in diabetic care, non-operative orthopedic fractures, atrial tachycardias and electro-physiology, headache management and guidelines for asthma.

Afternoon workshops give opportunities for hands-on practice of knee and shoulder exams and case-based interactive discussions on common musculoskeletal foot problems, anorectal disorders and infectious disease. To conclude the day, Dr. Michael Soung will highlight medical articles that have changed practice over the past year.

Teaching methods include lectures, faculty panel discussion with Q&A, audience response, workshop sessions, and hands-on practice.

**TARGET AUDIENCE:** This course is appropriate for physicians, residents and advanced practice providers in family practice, general practice, and internal medicine.

## **COURSE OBJECTIVES:**

- Recognize medical myths, ponder why they occur, and identify why they persist despite evidence against them
- Summarize the evidence for microvascular and macrovascular outcomes with use of SGLT2 and GLP1 medications in diabetes management
- Recognize when to consider secondary causes of headache
- Manage common finger and foot fractures, and recognize when expert consultation is needed
- Recognize the important role of primary care practice in the prevention of atrial fibrillation and maintenance of sinus rhythm after specialty intervention
- Interpret new guidelines on the outpatient management of community-acquired pneumonia
- Review local antibiotic resistance prevalence to guide treatment of specific infections
- Develop a practical primary care approach to common anorectal problems and know when to refer to a specialist
- Recognize the common causes of disabling knee pain and swelling in a patient who has had a knee trauma
- Evaluate and treat common foot and ankle problems including digital deformities, bunions, metatarsalgia, heel pain and ankle injuries
- Identify risks and effectiveness of pharmacologic and non-pharmacologic treatments from urinary incontinence



**Accreditation with Commendation:** 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 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

# Agenda

- 7:00 a.m. Registration opens, continental breakfast
- 7:30 a.m. **GRAND ROUNDS PRESENTATION**  
**Busting Medical Myths: When Dogma is for the Dogs**  
Douglas Paauw, MD
- 8:30 a.m. Break
- 8:40 a.m. **Opening Remarks** | Paul Smith, MD
- 8:45 a.m. **Cases in Diabetes: Roles for New Drugs** | Ananth Shenoy, MD
- 9:15 a.m. **Approach to Headache Management** | Zori Stoilova, MD
- 9:45 a.m. **Common Nonoperative Fractures** | Nathan Summers, PA-C
- 10:15 a.m. **Discussion Panel** | Ananth Shenoy, MD; Zori Stoilova, MD and Nathan Summers, PA-C
- 10:30 a.m. Break
- 10:45 a.m. **Atrial Fibrillation Physiology and Management** | Christopher Fellows, MD
- 11:15 a.m. **Every Puff You Take: Interpreting the 2019 GINA Guidelines for Asthma**  
Kathleen Horan, MD
- 11:45 a.m. **Discussion Panel** | Christopher Fellows, MD and Kathleen Horan, MD
- 12:00 p.m. Lunch (provided)
- 12:45 p.m. **WORKSHOP SESSION 1**  
**A. Hot Topics in Infectious Disease** | Robert Geise, MD and Uma Malhotra, MD  
**B. Anorectal Disorders** | Paul Smith, MD  
**C. The Sports Medicine Curbside Consult** | Greg Nakamoto, MD  
**D. Foot Pain: Evaluation and Treatment for PCPs**  
Pilar Almy, DPM and Joy Bucher, MD  
*For videoconference participants, “A” is your Session 1 Workshop.*
- 1:45 p.m. Break
- 2:00 p.m. **WORKSHOP SESSION 2**  
**Attend second workshop choice (see above)**  
*For videoconference participants, “B” is your Session 2 Workshop.*
- 3:00 p.m. Break – reconvene in auditorium
- 3:15 p.m. **Primary Care Potpourri: Things That Have Changed My Practice This Year**  
Michael Soung, MD
- 4:00 p.m. Adjourn

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.**

**Location:** The 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.* For information, contact the CME Department at 206-341-0142 or email [cme@virginiamason.org](mailto:cme@virginiamason.org).

**Yakima Videoconference Site:** Virginia Mason Memorial Auditorium, 2811 Tieton Dr., Yakima, WA 98902.

# 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](mailto:cme@virginiamason.org)

**WEB:** [VirginiaMasonCME.org](http://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.

## 12th Annual Topics in Primary Care

Friday, April 10, 2020



Virginia Mason

**Yakima Videoconference Site:** Save the drive and participate via videoconference at Virginia Mason Memorial Auditorium, 2811 Tieton Dr., Yakima, WA 98902. Lunch and refreshments provided.

*Please print clearly*

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

### PLEASE CHOOSE TWO WORKSHOPS FOR THE SEATTLE BREAKOUT SESSIONS:

SESSION 1    SESSION 2

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- A.** Hot Topics in Infectious Disease
- B.** Anorectal Disorders
- C.** The Sports Medicine Curbside Consult
- D.** Foot Pain: Evaluation and Treatment for PCPs

### TUITION:

- \$195 – I will attend the live conference in Seattle
- \$195 – I will attend the live videoconference in Yakima
- Check enclosed. Make check payable to Virginia Mason CME.
- Please charge my:     VISA     MasterCard     American Express     Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE