

Virginia Mason Continuing Medical Education

Rheumatology 101 for the Primary Care Clinician

Friday, March 25, 2022

Seattle, Washington

Presented online via livestream



Faculty

COURSE DIRECTORS

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VIRGINIA MASON FACULTY

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Rheumatology

Vivian V. Stone, MD

Rheumatology

Su Yin, MD

Rheumatology

Rheumatology 101 for the Primary Care Clinician

Washington State is experiencing a shortage of rheumatologists, ranking #50 out of 50 according to the 2015 joint American College of Rheumatology (ACR) and Association of Rheumatology Health Professional Workforce Survey. Nationally, the rheumatology labor force supply is expected decline sharply by 2030 from 4,497 full-time equivalent (FTE) to 3,455, pushing excess demand to more than double supply. In Washington State, the situation is expected to become exceptionally dire as our state's rheumatologists support a large number of patients from Alaska, Montana, Idaho, Wyoming and even Canada. Furthermore, this shortage of rheumatologists has contributed to fewer rheumatology educational opportunities for primary care providers.

This course is designed to train primary care providers to recognize common rheumatologic conditions and know when to discuss care management with rheumatologists to prevent patient morbidity and mortality. We aim to provide attendees with background and knowledge of common conditions seen by rheumatologists, including rheumatoid arthritis, spondyloarthropathy, systemic lupus erythematosus, many forms of vasculitis, systemic sclerosis, dermatomyositis/polymyositis, crystalline arthropathies, and osteoporosis. We will discuss helpful laboratory tests and imaging modalities in diagnosing inflammatory polyarthritis. We will also review aspects of disease-modifying anti-rheumatic drug (DMARD) treatment and monitoring that are high yield for primary care providers.

Teaching methods include lecture, Q&A with faculty and case presentations.

TARGET AUDIENCE: This course is appropriate for primary care and specialty clinicians.

OBJECTIVES:

- Discuss new approaches expected to change the outcomes for rheumatoid arthritis patients in the next five years
- Review key history and physical exam findings for each form of spondyloarthritis
- Summarize current evidence for the role of diet in gout, inflammatory arthritis and systemic lupus erythematosus
- Recognize rheumatoid arthritis by the pattern of joint involvement, common joint deformities and clinical features of inflammatory arthritis
- Describe the differential diagnosis for and how to classify inflammatory myositis
- Review the epidemiology, diagnostic work-up and management of polymyalgia rheumatica and giant cell arteritis
- Discuss organ-system specific manifestations of systemic sclerosis
- Determine three instances when a patient would postpone taking their biologic injection



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 **8.25 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.

Agenda

- 7:30 a.m.** **GRAND ROUNDS PRESENTATION**
Updates in Rheumatology 2021–2022
Jane Buckner, MD
- 8:30 a.m.** *Break*
- 8:45 a.m.** **Opening Remarks and Overview**
Amish Dave, MD and Erin Bauer, MD
- 9:00 a.m.** **Introduction to Spondyloarthropathies**
Su Yin, MD
- 10:00 a.m.** *Break*
- 10:15 a.m.** **Updates in Gout Management and the Role of Diet in Autoimmune Disease**
Erin Bauer, MD
- 11:00 a.m.** **Rheumatoid Arthritis**
Brittany Frankel, MD
- 11:45 a.m.** *Break*
- 12:00 p.m.** **LUNCH PANEL**
Patient Experience with Rheumatologic Conditions
- 1:00 p.m.** **Inflammatory Myopathies**
Vivian Stone, MD
- 2:00 p.m.** **Giant Cell Arteritis and Polymyalgia Rheumatica**
Elizabeth T. Jernberg, MD
- 3:00 p.m.** *Break*
- 3:15 p.m.** **Systemic Sclerosis and Sjogren's Syndrome**
Amish Dave, MD
- 4:00 p.m.** **From Injections to Infections: Common Issues with Injectable Biologics**
Mary Barbee, RN and Kristine Crawford, PharmD
- 5:00 p.m.** *Adjourn*



This course will be held via livestream presentation.

For 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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Rheumatology 101

Please print clearly

NAME: _____ DEGREE / CREDENTIALS: _____

SPECIALTY: _____

ORGANIZATION: _____

ADDRESS: _____

CITY / STATE / ZIP: _____

PHONE: _____ E-MAIL: _____

Please provide one question for the faculty: _____

TUITION: \$195

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