

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

10th Annual Topics in Primary Care

Friday, April 27, 2018

Virginia Mason • Seattle, Washington



Virginia Mason™

Faculty

COURSE DIRECTORS:

Joy B. Bucher, MD

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

Ananth K. Shenoy, MD

General Internal Medicine
Core Clinical Faculty, Internal Medicine Residency
Virginia Mason, Seattle

Paul A. Smith, MD, MACP

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

VIRGINIA MASON FACULTY:

Jonathan Clabeaux, MD

Orthopedics and Sports Medicine

Richard M. Furlong, MD

General Internal Medicine
Section Head, Virginia Mason Kirkland

Leah J. Geyer, MD

General Internal Medicine

Camille I. Johnson, MD

General Internal Medicine

Jennifer Kohr, MD

Radiology

Linda S Mihalov, MD, FACOG

Gynecology
Head, Section of Gynecology

Greg I. Nakamoto, MD, FACP

Orthopedics and Sports Medicine

Brandon R. Peters-Mathews, MD

Sleep Medicine
The Sleep Disorders Center at Virginia Mason

Michael Soung, MD, FACP

General Internal Medicine
Core Clinical Faculty, Internal Medicine Residency

Jonathan Stoehr, MD, PhD

Endocrinology, Diabetes, Metabolism
Benaroya Diabetes Center at Virginia Mason

The “10th Annual Topics in Primary Care” will focus on updates on common problems encountered in primary care practice. Morning sessions will consist of lectures with discussion panels on topics including diabetes management, hip osteoarthritis, breast imaging, dementia and evidence-based laboratory testing. Afternoon workshops provide opportunities for hands-on practice of knee and shoulder exams and case-based interactive discussions on common musculoskeletal problems, cognitive behavioral therapy for insomnia, and care of issues specific to transgender patients.

Teaching methods include lectures, panel question-and-answer sessions with faculty, and workshop sessions with hands-on practice.

TARGET AUDIENCE:

This course is appropriate for physicians in family practice, general practice and internal medicine. This course is also appropriate for residents and advanced practice providers.

OBJECTIVES:

At the conclusion of this activity, participants should be able to:

- Review the therapies for type 2 diabetes with evidence for improving survival and reducing cardiovascular events
- Assess appropriate use of topical antibiotics for wounds and systemic onychomycosis therapy
- Cite two evidence-based interventions that impact Tau protein, Beta amyloid in the brain
- Utilize three clinical pearls in interpretation of structured cognitive testing
- Utilize risk assessment and shared-decision making to prescribe menopausal hormone therapy appropriately and effectively for treatment of systemic and genitourinary symptoms
- Diagnose source of hip pain and hip osteoarthritis and discuss indications and evidence for operative and non-operative management
- Discuss 2D versus 3D (tomosynthesis) mammograms with patients and appropriately select patients for tomosynthesis
- Discuss basis and techniques for cognitive behavioral therapy to treat insomnia
- Review risks and benefits of sex hormone therapy for transgender patients
- Apply evidence-based diagnosis and treatment of greater trochanteric pain syndrome, elbow epicondylitis, pre-patellar and olecranon bursitis, and metatarsalgia
- Examine the knee and shoulder using a systematic and practical approach
- Use the USPSTF decision aid to enhance shared-decision making with patients eligible for prostate cancer screening



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.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.75 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to

Agenda

- 7:00 a.m. Registration opens, breakfast selection available
- 7:30 a.m. **GRAND ROUNDS PRESENTATION:**
Beyond Glucose: Improving survival and quality of life in patients with type 2 diabetes | Jonathan Stoehr, MD, PhD
- 8:30 a.m. Break
- 8:40 a.m. **Opening Remarks** | Paul Smith, MD
- 8:45 a.m. **Choosing Wisely: A whirlwind tour of thyroid imaging, hypercoagulable workup, insomnia, and antimicrobials for the skin** | Ananth Shenoy, MD
- 9:15 a.m. **Screening and Evaluation of Cognitive Impairment in the Primary Setting** | Rich Furlong, MD
- 9:45 a.m. **Management of Menopausal Symptoms** | Linda Mihalov, MD
- 10:15 a.m. **Discussion Panel and Q&A** | Ananth Shenoy, MD; Rich Furlong, MD; Linda Mihalov, MD
- 10:30 a.m. Break
- 10:45 a.m. **Hip Pain and Osteoarthritis Management** | Jonathan Clabeaux, MD
- 11:15 a.m. **Breast Imaging for the Primary Care Provider** | Jennifer Kohr, MD
- 11:45 a.m. **Discussion Panel and Q&A** | Jonathan Clabeaux, MD; Jennifer Kohr, MD
- 12:00 p.m. Lunch (provided)
- 12:45 p.m. **WORKSHOP SESSION 1:**
- A. DIY: Cognitive Behavioral Therapy for Insomnia**
Brandon Peters-Mathew, MD
 - B. Cases in Transgender Health** | Camille Johnson, MD
 - C. Practical Musculoskeletal Potpourri**
Paul Smith, MD; Leah Geyer, MD; Joy Bucher, MD
 - D. Knee and Shoulder Exam Practice** | Greg Nakamoto, MD
- For videoconference participants, “A” is your Session 1 Workshop.
- 1:45 p.m. **WORKSHOP SESSION 2:**
Attend second workshop choice (see above).
For videoconference participants, “B” is your Session 2 Workshop.
- 2:45 p.m. Break
- 3:00 p.m. **New Guidelines and Guidance for Common Primary Care Issues: Hypertension, prostate cancer, iron deficiency** | Michael Soung, MD
- 3:45 p.m. Adjourn

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. 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.

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.

Registration

10th Annual Topics in Primary Care

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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: _____

ON-SITE PARTICIPANTS, PLEASE INDICATE YOUR WORKSHOP CHOICES:

SESSION 1

SESSION 2

A. DIY: Cognitive Behavioral Therapy for Insomnia

B. Cases in Transgender Health

C. Practical Musculoskeletal Potpourri

D. Knee and Shoulder Exam Practice

I will attend at the Videoconferencing Site in: _____

For information, call 206-341-0142.

PAYMENT:

Tuition: \$195.00

Check enclosed. Make check payable to Virginia Mason CME

Please charge my: VISA MasterCard American Express Discover

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

SIGNATURE