

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

# 11th Annual Topics in Primary Care

Friday, April 5, 2019

Virginia Mason • Seattle, Washington



Virginia Mason™

# Faculty

## COURSE DIRECTORS:

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

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

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

General Internal Medicine  
Virginia Mason, Seattle, Wash.

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

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

## KEYNOTE SPEAKER:

### **Paul S. Pottinger, MD, DTM&H, FIDSA**

Associate Professor, Department of Medicine, Division of Allergy and Infectious Diseases  
Director, Infectious Diseases Fellowship Training Program  
Director, UWMC Antimicrobial Stewardship Program  
Director, UWMC Infectious Diseases & Tropical Medicine Clinic  
University of Washington, Seattle, Wash.

## GUEST FACULTY:

### **Barak Gaster, MD, FACP**

General Internal Medicine  
Professor of Medicine  
University of Washington, Seattle, Wash.

### **Jay Vary, MD, PhD**

Associate Professor, Division of Dermatology  
University of Washington School of Medicine  
VA Puget Sound Medical Center, Seattle, Wash.

## VIRGINIA MASON FACULTY:

### **Brandon J. Auerbach, MD, MPH**

General Internal Medicine

### **Erin M. Bauer, MD**

Rheumatology

### **Leah J. Geyer, MD**

General Internal Medicine

### **Michael J. Longo, MD, FACC**

Director, Echocardiography Laboratory

### **Linda S. Mihalov, MD, FACOG**

Section Head, Gynecology

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

Orthopedics and Sports Medicine

### **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

### **Karina Uldall, MD, MPH**

Medical Director, Behavioral Health

Virginia Mason’s “11th 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 consist of lectures with discussion panels on topics including antibiotic updates, treatment of opioid use disorder with buprenorphine, colorectal cancer screening, and a variety talk by Dr. Michael Soung. The final session of the morning is a panel of specialists moderated by Dr. Paul Smith, MD, MACP, fielding pre-selected questions from the audience. ***The audience is encouraged to come prepared with questions for expert specialists from cardiology, endocrinology, gynecology, and rheumatology.***

Afternoon workshops provide opportunities for hands-on practice of knee and shoulder exams and case-based interactive discussions on common musculo-skeletal problems, psychiatry pearls, and dementia in primary care.

#### TARGET AUDIENCE:

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

#### OBJECTIVES:

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

- Deploy evidence-based strategies for non-antibiotic management of upper respiratory infections
- Discuss evidence-based options for treatment of functional bowel disorders
- Summarize the evidence behind medication-assisted therapy for opioid use disorder
- Teach patients about non-pharmacologic approaches to prevent UTI
- Discuss common patient questions about role of diet in gout
- Apply feedback from specialists in cardiology, endocrinology, gynecology, and rheumatology on self-identified practice questions from attendees
- Manage difficult behaviors that patients with dementia often exhibit
- Use practical advice from a front-line psychiatrist including initial medication choice and follow-up, cross tapering from SSRI to SNRI, augmentation, and use of second line medications
- Apply evidence-based diagnosis and treatment of cervical spine conditions
- Examine the knee and shoulder using a systematic and practical approach
- Review approach and treatment options for common skin pathology



**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 the amount

## Agenda

- 7:00 a.m.** Registration opens, breakfast selection available
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**  
**2019 Antibiotic Update** | Paul Pottinger, MD
- 8:30 a.m.** Break
- 8:40 a.m.** **Opening Remarks** | Paul Smith, MD
- 8:45 a.m.** **The Bowels: Updates in colorectal cancer screening, functional bowel disorders and abdominal pain** | Ananth Shenoy, MD
- 9:15 a.m.** **Medications for Opioid Use Disorder**  
Brandon Auerbach, MD
- 9:45 a.m.** **Primary Care Potpourri: Things that have changed my practice**  
Michael Soung, MD
- 10:15 a.m.** **Discussion Panel and Q&A** | Ananth Shenoy, MD; Brandon Auerbach, MD; Michael Soung, MD
- 10:30 a.m.** Break
- 10:45 a.m.** **Gout Update** | Erin Bauer, MD
- 11:15 a.m.** **Hot Questions PCPs have for Specialists**  
Moderator: Paul Smith, MD | Panel: Erin Bauer, MD; Michael Longo, MD; Linda Mihalov, MD; Jonathan Stoehr, MD, PhD
- 12:00 p.m.** Lunch (provided)
- 12:45 p.m.** **WORKSHOP SESSION 1:**
- A. Dementia in Primary Care: Practical Tools; Real World Advice**  
Barak Gaster, MD
  - B. Primary Care Psychiatry Pearls** | Karina Uldall, MD
  - C. Practical Musculoskeletal Practice: Lumbar and cervical spine disorders**  
Paul Smith, MD; Joy Bucher, MD; Leah Geyer, MD
  - D. Evaluation of Common Shoulder and Knee Problems**  
Greg Nakamoto, MD
- For videoconference participants, “A” is your Session 1 Workshop.*
- 1:45 p.m.** *Wrap-up Session 1; consult the specialists; move to next workshop*
- 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
- 3:15 p.m.** **Dermatology for Primary Care** | Jay Vary, MD, PhD
- 4:00 p.m.** Adjourn

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](mailto: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](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.

## Registration

### 11th Annual Topics in Primary Care

Friday, April 5, 2019



Please print clearly

NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: \_\_\_\_\_

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

SESSION 1

SESSION 2

A. Dementia in Primary Care

B. Primary Care Psychiatry Pearls

C. Practical Musculoskeletal Practice

D. Evaluation of Common Shoulder and Knee Problems

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