

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Women's Health Update

Friday, October 14, 2016 • Seattle

Primary Care Updates in Urogynecology and Pelvic Floor Medicine

Saturday, October 15, 2016 • Seattle



Virginia Mason™

Women's Health Update

Primary care providers see women for preventive care as well as initial evaluation and management of gynecological problems. This course will review the latest screening and preventive care guidelines for women at all ages across the life cycle. Diagnosis and management guidelines for common conditions including abnormal menstrual bleeding, pelvic pain and menopause will be presented. Practical information applicable to daily patient encounters will include sessions focused on differential diagnosis, including use of testing and imaging and available treatment options, with a focus on new medications, devices and procedures. Screening, testing and treatment for women in different age ranges will be emphasized. Attention will be directed to special populations, such as LGBTQ persons, who have often experienced disparities in care.

Teaching methods include lectures and question and answer with faculty.

TARGET AUDIENCE: This course is appropriate for physicians in family practice, general practice, internal medicine, and naturopathic medicine, and will be of interest to gynecologists and hospitalists. This course is also appropriate for residents and advanced practice providers.

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

- Describe a sensitive approach to and utilize appropriate language with gender non-conforming persons
- Discuss the benefits and risks of various contraceptive methods with patients and recommend appropriate methods
- Review current treatment options and investigational treatments for abnormal menstrual bleeding
- Specify current recommended intervals for cervical cytology, HPV testing, mammography and pelvic exam
- Identify types of prolapse and common causes
- Summarize the current understanding of ovarian cancer causation and hereditary cancer screening guidelines
- Evaluate and manage pelvic pain
- Recommend appropriate hormone therapy or alternatives for management of menopause
- Assess sexual dysfunction and recommend resources for treatment

Agenda – Friday, October 14, 2016

7:00 a.m. Registration opens, breakfast selection available

7:30 a.m. **GRAND ROUNDS PRESENTATION:**
Broadening the Scope of Women's Health Care: Caring for Transgender People | Linda Mihalov, MD; Jessica Rongitsch, MD

8:30 a.m. Break

8:45 a.m. **Introduction, Overview of Course Objectives** | Linda Mihalov, MD

8:50 a.m. **Conception and Contraception** | Janet Dwight, ARNP; Susan Sandblom, ARNP; Nancy Tipton, MD

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- 9:30 a.m. Abnormal Menstrual Bleeding** | Linda Mihalov, MD;
Nancy Tipton, MD; Kirsten Wolff, MD
- 10:15 a.m. Break**
- 10:30 a.m. HPV: Prevention, Screening, Management** | Amy Brockmeyer, MD;
Dawanda Pesicka, PA-C; Karen Ruhl, ARNP
- 11:15 a.m. Pelvic Organ Prolapse** | Blair Washington, MD
- 12:00 p.m. Lunch (provided)**
- 12:45 p.m. Cancer Update** | Amy Brockmeyer, MD
- 1:15 p.m. Pelvic Pain** | Marisa Dahlman, MD; Alan Rothblatt, MD
- 2:00 p.m. Break**
- 2:15 p.m. Menopause Update** | Linda Mihalov, MD
- 3:00 p.m. Sexual Function and Dysfunction** | Jil Johnson, DO
- 3:45 p.m. Final Q&A, Closing Remarks** | Linda Mihalov, MD
- 4:00 p.m. Adjourn**
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Faculty

COURSE DIRECTOR:

Linda S Mihalov, MD, FACOG

General Gynecologist, Minimally Invasive Surgeon

Head, Sections of Gynecology, Gynecologic Oncology and Urogynecology
Virginia Mason, Seattle, Wash.

GUEST FACULTY:

Jessica Rongitsch, MD, FACP

Internal Medicine

Capitol Hill Medical, Seattle, Wash.

VIRGINIA MASON FACULTY:

Amy Brockmeyer, MD

Gynecologic Oncologist

Marisa Dahlman, MD, MPH

Gynecologist

Janet M. Dwight, ARNP

Gynecologist

Jil Johnson, DO

Gynecologist

Dawanda R. Pesicka, PA-C

Gynecology Oncology

Alan B. Rothblatt, MD

Obstetrician – Gynecologist

Karen M. Ruhl, ARNP, CNM, MSN

Gynecology

Susan Sandblom, ARNP

Gynecology

Nancy Tipton, MD

Gynecologist

Blair Washington, MD, MHA

Urogynecologist, Female Pelvic Medicine
& Reconstructive Surgery

Kirsten Wolff, MD

Gynecologist

Primary Care Updates in Urogynecology and Pelvic Floor Medicine

Primarily care physicians, allied health professionals, and nurses are of paramount importance in the care of patients. They play a fundamental role in the screening, diagnosis and treatment of many important medical conditions, as well as numerous impactful quality of life conditions—many of which can be treated definitively under the care of the primary care team.

The primary care team is often the gateway for patients to seek and obtain care for quality of life issues that can be very troublesome to patients. This is particularly true of pelvic floor disorders, such as urinary or fecal incontinence and pelvic prolapse. If not given the “safe” opportunity to express their troubles with sensitive issues such as those associated with pelvic floor disorders, many patients will unfortunately continue to live their lives with very treatable conditions. Appropriate knowledge and care in the primary setting can have a tremendous positive impact on patient’s lives.

This course will provide the primary care team with practical knowledge and approaches to many common uro-gynecologic conditions and pelvic floor disorders that are often encountered first by the primary care provider. The course will provide valuable information and practice tools to effectively meet the needs of our patients and know when to refer to the specialist.

Teaching methods include lectures, case presentation and question and answer with faculty. Point-counterpoint and interactive multidisciplinary panel discussions will provide a practical perspective for review of the material presented.

TARGET AUDIENCE: This course is appropriate for physicians in family practice, general practice, internal medicine, and hospitalists. 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 pelvic floor anatomy and the potential disorders associated with the pelvic floor
- Differentiate between the types of urinary incontinence
- Review the evaluation and management of urinary incontinence — both overactive bladder (urgency incontinence) and stress urinary incontinence
- Summarize treatment options for patients with fecal incontinence and constipation
- Recommend options for patients with pelvic organ prolapse
- Discuss the evaluation and initial management of female sexual dysfunction
- Discuss the evaluation and medical management of pelvic pain, based on the guidelines for bladder pain syndrome/interstitial cystitis
- Recognize the concerns and controversies around the use of mesh for slings (incontinence) and pelvic floor reconstruction (prolapse).

Agenda – Saturday, October 15, 2016

7:30 a.m. Registration opens, breakfast selection available

7:55 a.m. **Introduction, Overview of Course Objectives**
Kathleen Kobashi, MD

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- 8:00 a.m. Urinary Incontinence: Is there more than one type?**
Kathleen Kobashi, MD
- 8:15 a.m. Evaluation of Urinary Incontinence** | Una Lee, MD
- 8:35 a.m. SUI: What are our options?** | Alvaro Lucioni, MD
- 8:55 a.m. Overactive Bladder Treatments** | Kathleen Kobashi, MD
- 9:15 a.m. Evaluation of Fecal Incontinence** | Susan McCormick, MD
- 9:30 a.m. Questions and Discussion with Faculty**
- 9:45 a.m. Fecal Incontinence and Constipation: Treatment Options**
Anjali Kumar, MD
- 10:05 a.m. Rectal Prolapse** | Ravi Moonka, MD
- 10:20 a.m. Questions and Discussion**
- 10:30 a.m. Break**
- 10:45 a.m. What About Mesh?** | Blair Washington, MD
- 11:05 a.m. Pelvic Pain: Is there hope?** | Ksenija Stefanovic, MD
- 11:20 a.m. Panel Discussion: Neuromodulation**
Moderator: Blair Washington, MD
Panel: Alvaro Lucioni, MD; Una Lee, MD and Kathleen Kobashi, MD
- 11:40 a.m. Panel Discussion: Fecal Incontinence**
Moderator: Ravi Moonka, MD.
Panel: Susan McCormick, MD and Anjali Kumar, MD
- 12:00 p.m. Lunch (provided)**
- 12:45 p.m. Can Men Have Incontinence?** | Alvaro Lucioni, MD
- 1:05 p.m. Female Sexual Function** | Ksenija Stefanovic, MD
- 1:25 p.m. Questions and Discussion**
- 1:40 p.m. Non-Surgical Treatment of Pelvic Floor Disorders**
Lesley Weinberg, PT
- 2:00 p.m. Prolapse Evaluation** | Alvaro Lucioni, MD
- 2:15 p.m. Treatment of Prolapse** | Una Lee, MD
- 2:30 p.m. Point-Counterpoint: Treatment of Pelvic Organ Prolapse**
Ksenija Stefanovic, MD and Alvaro Lucioni, MD
Moderator: Una Lee, MD
- 2:50 p.m. Break**
- 3:00 p.m. Point-Counterpoint: Treatment of SUI**
Leslie Weinberg, PT and Blair Washington, MD
- 3:15 p.m. Clinical Trials at Virginia Mason: Brief Overview**
Una Lee, MD
- 3:35 p.m. Case Discussion: Pelvic Floor Disorders**
Moderator: Kathleen Kobashi MD,
Panel: Anjali Kumar, MD; Una Lee, MD; Alvaro Lucioni, MD;
Ravi Moonka, MD; Ksenija Stefanovic, MD; Blair Washington, MD;
Lesley Weinberg, PT
- 3:55 p.m. Closing Remarks, Final Questions**
- 4:00 p.m. Adjourn**

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Faculty

COURSE DIRECTOR:

Kathleen C. Kobashi, MD, FACS

Female Pelvic Medicine and Reconstructive Surgery
Head, Section of Urology and Renal Transplantation
Virginia Mason, Seattle, Wash.

VIRGINIA MASON FACULTY:

Anjali S. Kumar, MD, MPH, FACS, FASCRS

Colorectal Surgeon
Digestive Disease Institute

Una Lee, MD

Urologist, Female Pelvic Medicine
and Reconstructive Surgery

Alvaro Lucioni, MD

Urologist, Female Pelvic Medicine
and Reconstructive Surgery

Susan E. McCormick, MD

Gastroenterologist
Digestive Disease Institute

Ravi Moonka, MD, FACS

Colorectal Surgeon
Digestive Disease Institute

Ksenija B. Stefanovic, MD, PhD

Urologist

Blair Washington, MD, MHA

Urogynecologist, Female Pelvic Medicine
& Reconstructive Surgery

Lesley Weinberg, PT, DPT, GCS

Physical Medicine and Rehabilitation

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:

Women's Health Update

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.

Primary Care Updates in Urogynecology and Pelvic Floor Medicine

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.

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 at Virginia Mason Medical Center in the Volney Richmond Auditorium in Lindeman Pavilion, Level One, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) Please note the Terry Street entrance into Lindeman Pavilion is on Level Two. For information, contact the CME Department at (206) 341-0142 or email cme@virginiamason.org.

If you are a person with a disability or dietary restriction, please e-mail or call the office so we may assist in accommodating your needs.

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

Please print clearly



NAME

DEGREE/CREDENTIALS

SPECIALTY

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL

Please provide one question for the faculty: _____

☐ I will attend at the Videoconferencing Site in: _____

For information, call (206) 341-0142.

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

PAYMENT:

☐ \$350 – Attend *both* courses and save \$40 (OCT. 14 & 15)

☐ \$195 – Women's Health Update (OCT. 14)

☐ \$195 – Urogynecology and Pelvic Floor Medicine (OCT. 15)

☐ Check enclosed. Make check payable to Virginia Mason CME

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