

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

Common Conditions in Primary Care

Friday, February 26, 2016 • Seattle

Improving Adolescent Behavioral Health Care in the Office Practice

Saturday, February 27, 2016 • Seattle



Virginia Mason™

Common Conditions in Primary Care

The “Common Conditions in Primary Care” course will highlight topics that primary care providers treat on a daily basis, reviewing evidence-based practice on hypertension, depression, and cough as well as more vexing and less well studied anorectal disorders, pelvic floor disorders, and alopecia. Morning sessions will consist of lectures and discussion panels while the afternoon workshops give participants hands-on practice at skin biopsy, knee and shoulder exams, common hand conditions, and case-based billing.

Teaching methods include lectures, panel question-and-answer sessions with faculty, and small 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:

- Utilize pharmacologic, non-pharmacologic, and team-based approaches to managing depression in primary care.
- Select evidence-based medication options for management of hypertension in primary care.
- Apply an evidence-based approach to management of cough.
- Effectively treat patients with fecal incontinence and constipation.
- Assess and manage alopecia, eczema and acne in the primary care setting.
- Summarize the risks, benefits, and indications for weight loss medications.
- Manage hemorrhoids, anal fissures, and pruritis ani.
- Identify which pneumonia vaccine to use and when to use it.
- Develop confidence in performing skin biopsies with hands-on practice.
- Examine the knee and shoulder using a systematic and practical approach.
- Accurately bill in primary care.
- Evaluate and treat common hand problems including osteoarthritis, carpal tunnel and simple fractures.
- Assess risk for breast cancer incorporating breast density and discuss screening for breast cancer with patients.

Agenda – Friday, February 26, 2016

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

**7:30 a.m. GRAND ROUNDS PRESENTATION:
Best Practices in Primary Care: Depression, Hypertension and Cough** | Michael Soung, MD; Ananth Shenoy, MD; Tony Gerbino, MD

8:30 a.m. Break

8:40 a.m. Introduction, Overview of Course Objectives | Paul Smith, MD

8:45 a.m. Pelvic Floor Problems | Susan McCormick, MD

9:15 a.m. Alopecia, Eczema, and Acne | Catherine Pham, MD

9:45 a.m. Vexing Problems in Primary Care | Paul Smith, MD

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- 10:15 a.m.** **Discussion Panel** | Susan McCormick, MD; Catherine Pham, MD; Paul Smith, MD
- 10:30 a.m.** *Break*
- 10:45 a.m.** **Obesity** | Jonathan Stoehr, MD
- 11:15 a.m.** **Infectious Disease Pearls: Pertussis, Prevnar, Pneumovax**
Christopher Baliga, MD
- 11:45 a.m.** **Discussion Panel** | Jonathan Stoehr, MD; Christopher Baliga, MD
- 12:00 p.m.** *Lunch (provided)*
- 12:45 p.m.** **WORKSHOP SESSION 1:**
- A. Skin Biopsy Practice** | Thomas Gunby, MD
 - B. Knee and Shoulder Exam** | Greg Nakamoto, MD
 - C. Fun with Billing in Primary Care** | John Peng, MD
 - D. Common Hand Problems** | Paul Smith, MD
- 1:45 p.m.** **WORKSHOP SESSION 2:**
Attend second workshop choice (see above).
- 2:45 p.m.** *Break*
- 3:00 p.m.** **Breast Topics for the Generalist** | Joy Bucher, MD
- 3:45 p.m.** *Adjourn*
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Faculty

COURSE DIRECTORS:

Joy B. Bucher, MD

General Internal Medicine
Virginia Mason, Seattle, Wash.

Paul A. Smith, MD, FACP

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

VIRGINIA MASON FACULTY:

Christopher S. Baliga, MD

Section of Infectious Diseases
Medical Director of Infection
Prevention and Control

Tony Gerbino, MD

Section Head, Pulmonary Medicine

Thomas C. Gunby, MD, FACP

Hospitalist

Susan E. McCormick, MD

Gastroenterologist

Greg I. Nakamoto, MD, FACP

Orthopedics and Sports Medicine

John Y. Peng, MD

Internal Medicine

Catherine M. Pham, MD

Dermatologist

Ananth K. Shenoy, MD

General Internal 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

Improving Adolescent Behavioral Health Care in the Office Practice

Behavioral disorders—which can include depression, conduct disorder, and substance abuse—affect large numbers of young people. A 2009 report from The Institute of Medicine indicates fifty percent of adult mental health conditions are first diagnosed by age 14, and almost one in five young people have one or more behavioral disorders at any given time. There is a need to improve the delivery of behavioral health care to the adolescent population and the value of early identification of “at risk” patients by primary care providers cannot be understated. This course will provide attendees with a review of tools for screening adolescents for these disorders, integrating new care delivery models into practice and — when a higher level of intervention is needed beyond the PCP office — better connection to community partners and services. Teaching methods include lectures, small group discussion and Q&A with faculty.

TARGET AUDIENCE: This course is appropriate for physicians in pediatrics, family practice, psychiatry and general practice. This course is also appropriate for residents and advanced practice providers.

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

- Review tools for screening for mental health disorders in adolescents.
- Identify the most commonly abused substances and understand their dangers.
- Describe the rationale behind the promotion of behavioral health integration into primary care.
- Recognize the real constraints involved in talking about behavioral health concerns in primary care visits.
- Plan key strategies from motivational interviewing, safety assessment, stages of change and parental involvement to craft a useful intervention of 15 minutes or less.
- Become familiar with and describe at least one model of integrated care which might work in your practice setting.
- Discuss evidence based therapies utilized in the therapist’s office to manage common behavioral and mental health conditions in pediatrics.
- Increase ability to recognize and determine when treatment is indicated for depression and anxiety in adolescents.
- Review best practices in diagnosing ADHD in the adolescent and young adult.

Agenda – Saturday, February 27, 2016

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

8:00 a.m. **Introduction, Overview of Course Objectives**
Michael Dudas, MD

Identifying Patients at Risk

8:10 a.m. **Screening for Mental Health Disorders in Adolescents**
Karina Uldall, MD

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8:55 a.m. Adolescent Substance Abuse: What are Teens Using and How to Screen | Yolanda Evans, MD, MPH

9:45 a.m. *Break*

Incorporating Behavioral Health into the Medical Home

10:00 a.m. Behavioral Health Integration into Primary Care
William French, MD

11:00 a.m. Talking with Parents and Teens about Behavioral Health Issues
Dan O'Connell, PhD

Lunch: Small Group Discussions

12:00 p.m. *Break (select box lunch and go to breakout)*

12:10 p.m. LUNCH SESSION A: Demonstrations/Role-playing of Effective/Efficient Conversations | Dan O'Connell, PhD

LUNCH SESSION B: Discussion Panel on Behavioral Health Integration | Will French, MD and Karina Uldall, MD

1:00 p.m. *Break – reconvene in auditorium*

Office Management of Common Behavioral Health Disorders

1:15 p.m. What's Happening in the Therapist's Office
Jennifer Tininenko, PhD

2:00 p.m. Management of Adolescent Depression and Anxiety in Primary Care | Lauren Boydston, MD

3:00 p.m. Managing ADHD in the Adolescent and Young Adult
Jason Law, ARNP

3:45 p.m. *Adjourn*

Faculty

COURSE DIRECTORS:

Michael S. Dudas, MD, FAAP

Chief, Pediatrics

Deputy Chief, Primary Care

Virginia Mason University Village Medical Center

Seattle, Wash.

Karina K. Uldall, MD, MPH

Medical Director, Behavioral Health

Virginia Mason

Seattle, Wash.

FACULTY:

Lauren Boydston, MD

Kootenai Behavioral Health

Kootenai Clinic

Coeur d'Alene, Idaho

continued >

Yolanda N. Evans, MD, MPH

Assistant Professor

Division of Adolescent Medicine | Department of Pediatrics

Center for Child Health, Behavior and Development

Seattle Children's Hospital

Seattle, Wash.

William P. French, MD

Assistant Outpatient Medical Director

Assistant Training Program Director for Outpatient Psychiatry

Assistant Professor | Psychiatry and Behavioral Medicine

University of Washington

Seattle Children's Hospital

Seattle, Wash.

Jason R. Law, MSN, ARNP

Behavioral Pediatrics

Virginia Mason University Village Medical Center, Seattle

Daniel O'Connell, PhD

The Communication Training Group

Seattle, Wash.

Jennifer Tininenko, PhD

Co-Director, Child Anxiety Center

Clinical Psychologist, Anxiety Center

Evidence Based Treatment Centers of Seattle

Seattle, Wash.



ACCREDITATION WITH COMMENDATION:

Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION:

Common Conditions in Primary Care

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.

Improving Adolescent Behavioral Health Care in the Office Practice

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 Hospital & Seattle Medical Center in the Volney Richmond Auditorium in Lindeman Pavilion, Level One, 1201 Terry Avenue (between Seneca and University Streets) in Seattle, Washington. For further information, please contact the CME Department at (206) 341-0142 or e-mail 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

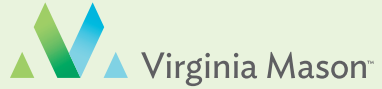


E-MAIL: cme@virginiamason.org
WEB: VirginiaMasonCME.org

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 _____

Common Conditions in Primary Care (FEB. 26)

Choose two workshops: **SESSION 1** **SESSION 2**

A. Skin Biopsy Practice

B. Knee and Shoulder Exam

C. Fun with Billing in Primary Care

D. Common Hand Problems

Adolescent Behavioral Health Care (FEB. 27)

Choose a lunch session: **A.** Demonstrations/Role-playing of Effective/
Efficient Conversation
 B. Discussion Panel on Behavioral Health Integration

PAYMENT:

\$350 – Attend *both* courses and save \$40 (FEB. 26 & 27)

\$195 – Common Conditions in Primary Care (FEB. 26)

\$195 – Improving Adolescent Behavioral Health (FEB. 27)

Check enclosed. Make check payable to Virginia Mason CME

Please charge my: VISA MasterCard Am Exp Discover

CARD NUMBER _____ EXPIRATION DATE _____

CARDHOLDER NAME _____ SIGNATURE _____