

UW Medicine

UW SCHOOL  
OF MEDICINE

*52<sup>nd</sup> Annual*

**Advances in Family Medicine & Primary Care  
with Infectious Disease Update**



**Monday - Friday**  
*September 9 -13, 2024*

**Hybrid: In-Person or Live Webinar**

**University of Washington | Tower Auditorium**  
**4333 Brooklyn Ave NE**  
**Seattle, WA 98195**

Sponsored by UW School of Medicine  
Department of Family Medicine  
Division of Allergy and Infectious Diseases  
Office of Continuing Medical Education

## WHO SHOULD ATTEND

This course is designed for family medicine physicians, and other primary care providers including internists, pediatricians, osteopathic physicians, physician associate, nurse practitioners, and others interested in primary care.

## COURSE DESCRIPTION

This is the 52nd year that the Department of Family Medicine at the University of Washington School of Medicine is offering information from a variety of disciplines including family medicine, cardiology, endocrinology, dermatology, OB-GYN, neurology, pulmonology, ophthalmology, and many other disciplines. The material presented will allow participants to acquire new information as well as review information important to building and maintaining skills valuable for the primary care provider. Review of evidence-based guidelines from recent studies and professional organizations as well as opportunities for hands on learning for those attending in-person will be available.

We are also excited to offer an optional one-day mini-course (Friday, September 13) focused on infectious disease updates for the busy family medicine and primary care provider with talks on immunization updates, travel medicine, antibiotic mythbusters, infections around the world, urinary troubles, tuberculosis, and STI updates.

## COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Apply new knowledge and skills from family medicine, cardiology, pulmonology, endocrinology, OB-GYN, and various other disciplines as noted
- Review evidence based updates from recent studies and professional organizations.
- Learn new hands-on techniques related to dermatologic and musculoskeletal care.
- Identify new and updated knowledge from infectious diseases.

## ACCREDITATION

### Accreditation with Commendation

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Designation

The University of Washington School of Medicine designates this other activity for a maximum of 27.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participating in the conference live (in-person or virtual) will have a maximum of 27.25 AMA PRA Category 1 Credits™ available. With the addition of the extended viewing credits, in-person attendees will have up to an additional 3 AMA PRA Category 1 Credits™ available and virtual attendees will have up to an additional 0.75 AMA PRA Category 1 Credits™ available to claim by watching the post-activity recordings and completing an evaluation.

### AAFP (For Live program or Webinar)

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

## ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

## FEES AND REGISTRATION

To enroll, please register online at [uwcmce.org](http://uwcmce.org).

Continuing Medical Education at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to include transcript of AMA PRA Category 1 Credits™, access to online instruction materials, catering, venue, logistics, taxes, faculty planning and salaries.

If you have not received confirmation prior to the course start, please contact the CME office at [cme@uw.edu](mailto:cme@uw.edu). Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed.

Registration	In-Person	Virtual
All Learner Family Medicine	\$725.00	\$550.00
All Learner Infectious Disease	\$225.00	\$175.00
*Resident/Fellow/Student Family Medicine	\$375.00	\$250.00
*Resident/Fellow/Student Infectious Disease	\$110.00	\$75.00

*\* Resident/Fellow/Student rates require written confirmation of current status. Failure to provide current documentation will result in a higher rate applied to your registration.*

*Beginning August 26, 2024, the registration rate will increase by \$50.*



## CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 26, 2024**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after August 26, 2024. The Office of Continuing Medical Education reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified through email and receive a full refund. The University of Washington is not responsible for any other costs incurred. Contact the CME Office with questions call 206.543.1050, fax 206.221.4525 or email [cme@uw.edu](mailto:cme@uw.edu).

## ONLINE MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on September 3, 2024, for registrants to print and/or download.

## COVID-19 SAFETY MEASURES

Attendees must stay home if they have COVID-19 symptoms, have tested positive in the 5 days leading up to the event, or are still isolating after testing positive. COVID-19 testing within 72 hours of an event is recommended if using a PCR test, testing day of the event is recommended if using a rapid antigen test. Testing 3 to 5 days after attending an event is also encouraged.

## CHILDCARE POLICY/LACTATION SERVICES

In consideration of other participants and speakers, please do not bring infants/children into conference sessions. Please inform the CME Office by August 26, 2024, if you will need to utilize lactation services.

## DIETARY REQUESTS

UW CME considers diverse nutritional preferences and restrictions when planning our complimentary menu. If you have dietary restrictions (i.e. vegan, gluten-free, etc.), please notify us by sending an email to [cme@uw.edu](mailto:cme@uw.edu) by August 26, 2024.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with University policy and applicable federal and state statutes and regulations. The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation in the application process, contact the department at 206.543.1050 or the Disability Services Office at least ten days in advance.

Disability Services Office  
206.543.6450/Voice • 206.543.6452/TTY 206.685.7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)

## ACCOMMODATIONS

*The following hotels are located near the conference site. To make reservations, please directly contact the hotels.*

### College Inn Hotel

4000 University Way NE  
Seattle, WA 98105  
206.633.4441  
[www.collegeinnseattle.com](http://www.collegeinnseattle.com)

### Silver Cloud Hotel Seattle

5036 25th Avenue NE  
Seattle, WA 98105  
206.526.5200 or 800.205.6940  
[www.silvercloud.com](http://www.silvercloud.com)

### Graduate Hotel

4507 Brooklyn Ave NE  
Seattle, WA 98105  
206.634.2000  
[www.graduatehotels.com/seattle](http://www.graduatehotels.com/seattle)

### University Inn

4140 Roosevelt Way NE  
Seattle, WA 98105  
206.632.5055  
[www.staypineapple.com](http://www.staypineapple.com)

### Residence Inn by Marriott

4501 12th Avenue NE  
Seattle, WA 98105  
206.322.8887 or 888.236.2427  
[www.marriott.com](http://www.marriott.com)

### Watertown Hotel

4242 Roosevelt Way NE  
Seattle, WA 98105  
206.826.4242 or 866.944.4242  
[www.staypineapple.com](http://www.staypineapple.com)

## Course Planners

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### CHAIR

**Nina Maisterra, MD**

Clinical Assistant Professor  
Department of Family Medicine  
Physician  
UW Primary Care at SLU

### PLANNING COMMITTEE

*Department of Family Medicine*

**Anna Bazinet, MD, MS****Nelson Chiu, MD****Bryna McCollum, PA-C, IBCLC****Joseph Nelson, MD**

## Guest Faculty

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**Nayan Arora, MD**

Associate Professor  
Division of Nephrology  
Oregon Health and Sciences University  
Portland, OR

**Miranda Lu, MD**

Physician Faculty  
Swedish Family Medicine Residency  
Seattle, WA

**Marianne E Dubard-Gault, MD, MS**

Medical Director  
Cancer Genetics & High-Risk Service  
Swedish Cancer Institute  
Seattle, WA

**Kendall Shibuya, DO**

Swedish Family Medicine - Ballard  
Seattle, WA

**Jeremy Johnson, MD, MPH, RMSK**

Polyclinic Madison Center  
Seattle, WA

**Veronika Zantop, MD**

Psychiatrist  
Swedish First Hill  
Seattle, WA

## University of Washington Faculty

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**Erin Cleveland, MD**

Clinical Assistant Professor  
Division of Gastroenterology  
Medical Director  
Harborview Liver Clinic

**Supaksh Gupta, MD**

Clinical Assistant Professor  
Division of Pulmonary, Critical Care & Sleep Medicine  
VA Puget Sound Health Care

**Linda Eckert, MD**

Professor  
Department of Obstetrics & Gynecology  
Gynecology Director, Sexual Assault Center  
Harborview Medical Center

**Suha Kadura, MD**

Assistant Professor  
Department of Medicine  
Division of Pulmonary, Critical Care, and Sleep Medicine  
Center for Interstitial Lung Disease

**John L. Gore, MD, MS**

Professor  
Department of Urology  
Adjunct Professor of Surgery  
Fellowship Director of Urologic Oncology

**Corinne Heinen, MD, FAAFP**

Clinical Professor  
Department of Family Medicine  
Division of Allergy and Infectious Diseases  
Physician Lead, Transgender/Gender Non-Binary Health  
Program (UW Medicine)  
Director, UWSOM LGBTQ Health Student Pathway

# University of Washington Faculty

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**Emily Hilderman, DNP, ANP-BC**

Teaching Associate  
Department of Family Medicine

**Elizabeth Hutchinson, MD**

Clinical Assistant Professor  
UW Medicine - Primary & Urgent Care at Ravenna

**Ruchi Kapoor, MD, PhD**

Clinical Assistant Professor  
Division of Cardiology

**Eva Doreen Kiss, MD**

Clinical Professor  
Department of Pediatrics

**Douglas Leedy, MD**

Acting Assistant Professor of Medicine  
Attending Physician  
Division of Cardiology

**Edwin G Lindo, JD**

Associate Teaching Professor  
Department of Family Medicine  
Associate Director  
Critical Teaching and Equity, CLIME

**Livingston Martin, MD**

Clinical Informatics Fellow  
Department of Family Medicine

**Laura Montour, MD**

Clinical Assistant Professor  
Department of Family Medicine

**Paul Pottinger, MD, DTM&H, FACP, FIDSA**

Professor  
Division of Allergy & Infectious Diseases  
Director of Infectious Disease Training Program

**Susan Ott Ralph, MD**

Professor  
Division of Metabolism, Endocrinology & Nutrition

**Subbulaxmi Trikudanathan, MD, MRCP, MMSc**

Clinical Associate Professor  
Division of Metabolism, Endocrinology & Nutrition  
Medical Director  
UW Diabetes Institute

**Julianna Sabo, MD**

Clinical Assistant Professor  
Division of Rheumatology

**Grace Shih, MD**

Associate Professor  
Department of Family Medicine

**Claire Simon, MD**

Clinician Researcher  
Department of Family Medicine

**Laura Spece, MD, MS**

Assistant Professor  
Division of Pulmonary, Critical Care and Sleep Medicine

**Breana L Taylor, MD**

Assistant Professor  
Department of Neurology

**Lisa Olmos, MD, MBA**

Associate Professor  
Department of Ophthalmology

**Jay Vary, MD, PhD**

Associate Professor  
Division of Dermatology

**Mari Yamamoto, PhD**

Assistant Professor  
Director of Behavioral Health Education  
Department of Family Medicine

# Monday, September 9, 2024

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- 7:50** Welcome & Introduction | *Nina Maisterra, MD & Paul James, MD*
- 8:10** The Red Eye: Approach & Practical Considerations | *Lisa Olmos de Koo, MD*
- 8:55** Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) in 2024: Evaluation and Management for Primary Care Providers | *Erin Cleveland, MD*
- 9:40** Making Sense of Genetic Information for People At-Risk of Cancer(s) | *Marianne E Dubard-Gault, MD*
- 10:25** **BREAK**
- 10:45** Pathologizing Racism: Building Upon Health Equity to Achieve Health Justice | *Edwin G Lindo, JD*
- 11:30** Common Urology Concerns In Primary Care Practice | *John L. Gore, MD*
- 12:15** **LUNCH**
- 1:00** Breakout Session 1
- 1:50** **BREAK**
- 2:00** Breakout Session 2

# Tuesday, September 10, 2024

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- 7:50** Welcome & Introduction | *Nina Maisterra, MD & Anna Bazinet, MD, MS*
- 8:10** Heart Failure for Primary Care Providers | *Ruchi Kapoor, MD, PhD*
- 8:55** Dermatology Issues in Primary Care | *Jay Vary, MD, PhD*
- 9:40** Electrocardiogram and Heart Monitors: Arrhythmias, Blocks, and Myocardial Infarctions | *Douglas Leedy, MD*
- 10:25** **BREAK**
- 10:45** Substance Use Disorder Management in Primary Care | *Claire Simon, MD*
- 11:30** Chronic Kidney Disease in Primary Care Patients with Diabetes Mellitus | *Nayan Arora, MD*
- 12:15** **LUNCH**
- 1:00** Breakout Session 1
- 1:50** **BREAK**
- 2:00** Breakout Session 2
- 2:50** **ADJOURN**

## Wednesday, September 11, 2024

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- 7:50** Welcome & Introduction | *Nina Maisterra, MD & Joseph Nelson, MD*
- 8:10** Cervical Cancer Screening and Surveillance | *Linda Eckert, MD*
- 8:55** Developmental Screening in Early Childhood | *Eva Doreen Kiss, MD*
- 9:40** E-Cigarettes, E-Juice, and Vaping: Review of Devices, Substances, and the Medical Risks and Benefits | *Laura Spece, MD, MS*
- 10:25** **BREAK**
- 10:45** How to Decide Which Medications to Use in Your Patients With Low Bone Density | *Susan Ott Ralph, MD*
- 11:30** Rheumatology Pearls for the Family Medicine Provider | *Julianna Sabo, MD*
- 12:15** **LUNCH**
- 1:00** Breakout Session 1
- 1:50** **BREAK**
- 2:00** Breakout Session 2
- 2:50** **ADJOURN**

## Thursday, September 12, 2024

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- 7:50** Welcome & Introduction | *Nina Maisterra, MD & Nelson Chiu, MD*
- 8:10** Challenging Cases in Obesity Medicine | *Laura Montour, MD*
- 8:55** Obstructive Sleep Apnea: Updates, Evidence, and Management Options | *Supaksh Gupta, MD*
- 9:40** Recent Developments in Contraception: What's New-ish and Noteworthy | *Corinne Heinen, MD, FAAFP*
- 10:25** **BREAK**
- 10:45** Novel Strategies in the Management of Diabetes -Role of Diabetes Technology and Devices in Primary Care | *Subbulaxmi Trikudanathan, MD, MRCP, MMSc*
- 11:30** Novel Strategies in the Management of Diabetes - Incretins and Newer Insulin | *Subbulaxmi Trikudanathan, MD, MRCP, MMSc*
- 12:15** **LUNCH**
- 1:00** Breakout Session 1
- 1:50** **BREAK**
- 2:00** Breakout Session 2
- 2:50** **ADJOURN**

# Afternoon Schedule Options

We are excited to offer the Dermatology and Musculoskeletal Breakout sessions again this year. The first half of the breakout will be a didactic presentation, the format is listed below in the table, and the second half of the breakout will be a **hands-on in-person only** session with instruction by our faculty. The Dermoscopy Primer Breakout will be offered on Monday and Wednesday, and the Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout will be offered on Tuesday and Thursday. The content will be the same for both offerings of the breakouts. **The Dermoscopy Primer breakout sessions will be capped at 30 participants and the Shoulder & Foot/Ankle Exam breakout sessions will be capped at 40 participants.** In-person learners should plan to attend either both of the dermatology didactic and hands-on sessions on either Monday or Wednesday as the sessions build on one another. Also plan to attend both sessions on the same day for the Tuesday or Thursday musculoskeletal breakout.

If you do not participate in the breakouts, there will be presentations in the auditorium as well. Each didactic breakout session in the auditorium will have unique content which will only be presented one time. These presentations will be recorded for the extended viewing available for attendees to view the recordings and claim credit until December 31, 2024 if you do attend any of the didactic sessions. Recordings will be available within 4 weeks after the live offering.

## Auditorium

## Breakout: Ravenna

(Cap of 30 for Derm/40 MSK, Located on 22nd Floor)

Monday, September 9, 2024		
1:00	Interstitial Lung Disease   <i>Suha Kadura, MD</i>	Dermoscopy Primer Breakout - Didactic (Hybrid)   <i>Miranda Lu, MD</i>
2:00	Contraceptive Update   <i>Grace Shih, MD</i>	Dermoscopy Primer Breakout - Hands-On (In-Person)   <i>Miranda Lu, MD</i>
Tuesday, September 10, 2024		
1:00	Tools for the Advanced Care Planning Conversation in Primary Care   <i>Emily Hilderman, DNP, ANP-BC</i>	Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout - Didactic (In-Person)   <i>Hutchinson, Johnson &amp; Shibuya</i>
2:00	Stroke Management for the Primary Care Provider   <i>Breana L Taylor, MD</i>	Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout - Hands-On (In-Person)   <i>Hutchinson, Johnson &amp; Shibuya</i>
Wednesday, September 11, 2024		
1:00	Infectious Disease Update for 2024   <i>Paul Pottinger, MD, DTM&amp;H, FACP, FIDSA</i>	Dermoscopy Primer Breakout - Didactic (Hybrid)   <i>Miranda Lu, MD</i> (Repeat of Monday)
2:00	Neuropsychiatric Prescriptions in Peri- Menopause   <i>Veronika Zantop, MD</i>	Dermoscopy Primer Breakout - Hands-On (In-Person)   <i>Miranda Lu, MD</i> (Repeat of Monday)
Thursday, September 12, 2024		
1:00	A Behavioral Health Toolkit for Primary Care   <i>Mari Yamamoto, PhD</i>	Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout - Didactic (In-Person)   <i>Hutchinson, Johnson &amp; Shibuya</i> (Repeat of Tuesday)
2:00	AI in Primary Care: Essential Foundations and Digital Health Innovations   <i>Livingston Martin, MD</i>	Shoulder & Foot/Ankle Exam for the Primary Care Physician (APCO) Breakout - Hands-On (In-Person)   <i>Hutchinson, Johnson &amp; Shibuya</i> (Repeat of Tuesday)



# Friday, September 13, 2024 | *Infectious Disease Update*

- 7:50** Welcome & Introduction | *Paul Pottinger, MD, DTM&H, FACP, FIDSA*
- 8:00** Infectious Disease Mythbusters | *Raaka Kumbhakar, MD*
- 8:45** Recent Developments in Contraception: What's New-ish and Noteworthy | *Shireesha Dhanireddy, MD*
- 9:30** The Pre-Travel Encounter: 2024 Update | *Christopher Sanford, MD, MPH, DTM&H*
- 10:15** **BREAK**
- 10:30** Primary Immunodeficiency in Primary Care | *Ania Lang, MD, PhD*
- 11:15** Skin, Lungs, Pee: The Holy Three | *Paul Pottinger, MD, DTM&H, FACP, FIDSA*
- 12:00** **LUNCH**
- 1:00** Meet the Mycobacteria: TB & Beyond | *Jason Simmons, MD, PhD*
- 1:45** Sexually transmitted infections: epidemiology, diagnosis, treatment, and prevention | *Tim Menza, MD, PhD*
- 2:30** **Adjourn**



*All times listed are in Pacific Time*