

Diabetes Update for Primary Care 2026



**Thursday - Friday
February 26 - 27, 2026**

University of Washington | Tower Auditorium | In-Person
4333 Brooklyn Ave NE
Seattle, WA 98195

Sponsored by UW School of Medicine
Department of Medicine | Division of Metabolism, Endocrinology, and Nutrition
Office of Continuing Medical Education

TARGET AUDIENCE

This activity is designed for an interprofessional healthcare team involved in diabetes care, including family physicians, internists, physician associates, advanced practice nurses, naturopathic physicians, registered nurses, and other clinicians who seek to enhance their knowledge and skills in managing diabetes.

COURSE DESCRIPTION

This two-day course provides primary care clinicians—including physicians, nurse practitioners, physician associates, pharmacists, and nurses—with up-to-date guidance on diabetes classification, clinical guidelines, and the latest therapeutic options. Sessions will cover new pharmacologic agents, insulin therapy, and cardiovascular risk management. Participants will learn to accurately diagnose diabetes, recommend evidence-based lifestyle interventions, manage type 1 diabetes and special populations, and deliver culturally responsive, team-based care.

ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees.

FEES AND REGISTRATION

To enroll, please register online at uwcme.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 cover transcripts, access to online instruction materials, course logistics, food and beverage, faculty planning, and staff salaries.

If you have not received confirmation prior to the course start, please contact the CME office at cme@uw.edu. Continuing Medical Education will not be responsible for expenses incurred by an individual.

Registration Type	Early Bird Pricing	Standard Pricing
All Learners	\$400.00	\$425.00
Residents/Students/Fellows*	\$200.00	\$225.00
Industry Professional (Non-exhibiting)	\$650.00	\$675.00

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

Early Bird Pricing ends December 31, 2025.

Registration rates increase by \$25 effective February 12, 2026.

On-site registration will not be accepted.

COURSE OBJECTIVES

Upon completion of this activity, physicians, nurses, and other healthcare professionals will be able to:

- Accurately identify and differentiate types of diabetes using patient history, physical assessment, laboratory findings, and social determinants of health.
- Develop, implement, and reinforce individualized nutrition and physical activity plans for patients with diabetes, incorporating nursing and physician-led patient education, motivational interviewing, and interprofessional follow-up to support sustained behavior change.
- Evaluate newer and established pharmacologic therapies for diabetes and apply profession-specific responsibilities—including prescribing, administration, patient education, monitoring for adverse effects, and adherence support—to optimize safe, team-based medication management.
- Apply evidence-based strategies for managing type 1 diabetes in the primary care setting, including team coordination of glucose monitoring, insulin administration education, sick-day management, and prevention of acute complications.
- Utilize case-based approaches to initiate and titrate insulin in patients with type 1 and type 2 diabetes, integrating nursing assessment, protocol-driven dose adjustments, patient education, and timely communication among members of the healthcare team.
- Identify, monitor, and manage cardiometabolic comorbidities and complications associated with diabetes, including hypertension, dyslipidemia, and metabolic liver disease to determine appropriate referral, escalation of care, and follow-up.
- Apply interprofessional documentation, communication, and care coordination strategies to improve continuity of care, reduce diabetes-related complications, and enhance patient-centered outcomes.

These learning objectives are designed to address identified practice gaps by improving interprofessional competence and performance, clarifying professional roles, and fostering collaborative practice to enhance patient outcomes in diabetes care.

ACCREDITATION

Accreditation: In support of improving patient care, The University of Washington School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

AMA

The University of Washington School of Medicine designates this Live activity for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC

The University of Washington School of Medicine designates this activity for a maximum of 12.25 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **February 12, 2026**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after February 12, 2026. 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 such as non-refundable airline tickets or hotel penalties. Contact the CME Office with questions.

Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email cme@uw.edu.

ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at ucmce.org (for conference registrants only). Materials will be available starting on February 13, 2026, for registrants to print and/or download. A digital booklet with the conference agenda and pages for note-taking will be uploaded with course materials. The printed syllabus will be available onsite, copies of presentation slides are not included in the syllabus but can be accessed in the CloudCME portal.

DIETARY REQUESTS

UW CME takes into consideration diverse nutritional preferences and restrictions when planning our complimentary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

If you have dietary restrictions (e.g., vegan, gluten-free, etc.), send an email to cme@uw.edu by **February 12, 2026**.

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

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

Graduate Hotel

4507 Brooklyn Ave NE
Seattle, WA 98105
206.634.2000
www.graduatehotels.com

Marriott Residence Inn

4501 12th Avenue NE
Seattle, WA 98105
206.322.8887 or
888.236.2427
www.marriott.com

Silver Cloud Inn

5036 25th Ave NE Seattle,
WA 98105 206.526.5200 or
800.205.6940
www.silvercloud.com

Watertown Hotel

4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or
888.944.4242
www.staypineapple.com

Course Faculty

Course Co-Chairs

Savitha Subramanian, MD

Professor of Medicine

Division of Metabolism, Endocrinology & Nutrition

Director of UW Lipid Clinic

University of Washington

Farah Naz Khan, MD

Associate Professor of Clinical Practice

Division of Metabolism, Endocrinology & Nutrition

UW Diabetes Institute

University of Washington

Planning Committee

Faaiza Alibhai, PharmD

Clinical Pharmacist

UW Medical Center | Montlake

Prachi Thekdi, DNP, ARNP, BC-ADM

Teaching Associate

Division of Metabolism, Endocrinology & Nutrition

Nurse Practitioner

UW Medical Center | Montlake

University of Washington Faculty

Laura Bovee, MD

Assistant Professor of Clinical Practice

Division of Metabolism, Endocrinology, and

Nutrition

Arthi Thirumalai, MBBS

Associate Professor

Division of Metabolism, Endocrinology & Nutrition

UW Lipid Clinic

UW Diabetes Institute

Harborview Medical Center

Kathleen Cummer, PT, DPT, PhD

Acting Instructor

Department of Rehabilitation Medicine

Subbulaxmi Trikudanathan, MD, MRCP, MMSc

Professor of Clinical Practice

Division of Metabolism, Endocrinology & Nutrition

UW Diabetes Institute

University of Washington

UW Medical Center | Roosevelt

Amy Eby, MD

Clinical Assistant Professor

Division of General Internal Medicine

UW Diabetes Institute

Sumangala Vasudevan, MD

Clinical Assistant Professor

Division of Metabolism, Endocrinology & Nutrition

UW Diabetes Institute

UW Medical Center | Roosevelt

Irl B. Hirsch, MD, MACP

Professor of Medicine

Division of Metabolism, Endocrinology & Nutrition

Chair | Diabetes Treatment and Teaching

UW Diabetes Institute

Kathryn Weaver, MD

Associate Professor of Clinical Practice

Division of Metabolism, Endocrinology & Nutrition

Co-Director Achieving Health in Emerging Adults

UW Diabetes Institute

UW Medical Center | Roosevelt & Montlake

Stephanie Kim, MD, MPH

Assistant Professor of Clinical Practice

Division of Metabolism, Endocrinology & Nutrition

UW Diabetes Institute

UW Medical Center | Montlake

Lorena Alarcon-Casas Wright, MD, FACE

Professor of Clinical Practice

Division of Metabolism, Endocrinology & Nutrition

Director of LatinX Diabetes Clinic

UW Diabetes Institute

Laura Mayeda, MD, MPH

Clinical Assistant Professor

Division of Nephrology

Director of Hypertension Clinic

Medical Director Northwest Kidney Centers

Harborview Medical Center

Thursday, February 26, 2026

7:15 Registration and Continental Breakfast

7:50 Welcome and Introduction | *Savitha Subramanian, MD*

8:00 Diagnosing Typical and Atypical Forms of Diabetes: What the Primary Care Physician Needs to Know | *Amy Eby, MD*

8:45 Exercise Prescriptions for People with Diabetes | *Kathleen Cummer, PT, DPT, PhD*

9:15 Lifestyle Management for People with Diabetes | *Lorena Alarcon-Casas Wright, MD, FACE*

9:45 SGLT2 Inhibitors in 2026: Glucose Lowering and Beyond | *Subbulaxmi Trikudanathan, MD, MRCP, MMSc*

10:30 BREAK

10:45 Update on Incretin Based Therapies in Type 2 Diabetes: What's New in 2026 | *Farah Naz Khan, MD*

11:30 Older Therapies - When to Use? | *Laura Bovee, MD*

12:10 LUNCH

1:15 How and When to Use Insulin in Management of Patients with Type 2 Diabetes | *Kathryn Weaver, MD*

2:00 Practical Use of Insulin Therapy: A Case-Based Approach | *Prachi Thekdi, DNP, ARNP, BC-ADM*

2:40 BREAK

3:00 Using Continuous Glucose Monitoring in People with Diabetes | *Stephanie Kim, MD, MPH*

3:45 Continuous Glucose Monitoring Workshop | *Farah Naz Khan, MD; Savitha Subramanian, MD & Prachi Thekdi, DNP, ARNP, BC-ADM*

4:15 ADJOURN

Friday, February 27, 2026

7:15 Registration and Continental Breakfast

7:50 Welcome and Introduction | *Savitha Subramanian, MD*

8:00 Management of Type 1 Diabetes in Primary Care | *Irl Hirsch, MD, MACP*

**9:00 Pearls in Hypertension Management in People with Diabetes |
*Laura Mayeda, MD, MPH***

10:00 BREAK

10:15 Lipid Management in Diabetes | *Savitha Subramanian, MD*

**11:15 Screening and Treatment of Diabetes Complications (and When to Refer) |
*Sumangala Vasudevan, MD***

12:00 LUNCH

1:15 Metabolic Dysfunction-Associated Steatotic Liver Disease: Update for Primary Care in 2026 | *Arthi Thirumalai, MBBS*

2:15 Putting It All Together - Bring Your Cases | *Farah Naz Khan, MD; Savitha Subramanian, MD & Prachi Thekdi, DNP, ARNP, BC-ADM*

3:15 Closing Remarks | *Savitha Subramanian, MD*

3:30 ADJOURN



All times listed are in Pacific Time