

# CURRENT CONCEPTS IN MEDICATION THERAPY 2026

December 7 - 8, 2026

Monday - Tuesday

Live Zoom Webinar

UW Medicine

UNIVERSITY OF WASHINGTON  
SCHOOL OF MEDICINE



## TARGET AUDIENCE

The Current Concepts in Medication Therapy 2026 conference is a 2-day conference focused on strengthening primary healthcare team medication treatment knowledge, team-based approaches to medication management, and providing the most up-to-date guidelines for managing common and complex medical conditions for the entire healthcare team.

## COURSE DESCRIPTION

Healthcare teams face an ever-expanding and increasingly complex landscape of medications. Staying current with new drug approvals, evolving safety concerns, and emerging indications is essential yet challenging. To support clinicians in navigating today's medication formularies with confidence, this course offers timely, practical education for interprofessional healthcare teams.

Using a case-based approach, expert faculty will highlight innovations in medication therapy, review new and expanded indications, and examine clinically significant side effects and drug interactions. Each session will conclude with a panel discussion, providing participants the opportunity to ask questions and apply concepts to real-world practice.

## COURSE OBJECTIVES

- Apply team-based, evidence-informed approaches within primary care to the prevention and management of common chronic conditions, including MAFLD/MASLD, cardiometabolic disease, CKD, heart failure, dyslipidemia, diabetes, obesity, and resistant hypertension, incorporating emerging therapies such as GLP-1 receptor agonists, MRAs, and combination medications to support accessible, longitudinal patient care.
- Integrate collaborative primary-care strategies for menopause and genitourinary health, including non-hormonal options, estrogen/progesterone and testosterone therapy, sexual health counseling, osteoporosis prevention, and chronic pain management, tailoring care plans to patient preferences, risk profiles, and continuity across the care team.

- Implement coordinated preventive and infectious disease practices across the primary care team, including updated immunization guidance (RSV, SARS-CoV-2, influenza), travel medicine counseling, evolving UTI classifications, and appropriate antibiotic use (including long-acting inpatient therapies), to improve safety, prevention, and care transitions.
- Optimize integrated management of mental health, sleep disorders, and substance use conditions in primary care, including depression, anxiety, PTSD, insomnia, dementia, and MOUD, using collaborative care models that leverage behavioral health, psychiatry, sleep medicine, and care coordination to support whole-person care.
- Strengthen interprofessional communication and decision-making through primary-care-based case discussions, addressing common and high-impact clinical presentations—such as dermatologic conditions, cardiology concerns, chronic pain, and headache syndromes—to improve diagnostic confidence, referral appropriateness, and follow-up planning.
- Evaluate medication and therapeutic decisions through a value-based primary care lens, including cost-effective prescribing of GLP-1 therapies (FDA-approved vs compounded), continuous glucose monitoring, cardiometabolic agents, supplements (sexual health, cognition, cardiovascular disease), and combination pills, with attention to affordability, adherence, safety, and health equity.
- Incorporate lifestyle medicine and nutrition interventions into routine primary care workflows, engaging the full care team in counseling on nutrition, physical activity, sleep health, and evidence-based supplement use to prevent and manage chronic disease and improve long-term patient outcomes.

## ATTENDANCE POLICY

Course activities are exclusively reserved for course attendees.

## FEES AND REGISTRATION

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

Interprofessional Continuing Education (IPCE) 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 of credits, access to online instruction materials, course logistics, and staff salaries.

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

Registration	Early Bird Until 8/31	Standard On 9/1
All Learners	\$375.00	\$400.00
*Resident/ Fellow/Student	\$200.00	\$225.00

*\*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.*

Registration rates increase by \$25 effective November 23, 2026.

**Extended Viewing:** This course will be offering CE credit for viewing the recordings of the live event. The recordings will be posted within 4 weeks after the live event. There will be an email announcing when the recordings are available and a link for the Recorded Content evaluation. The extended viewing for credit\* will be available until **March 31, 2027** at 11:59 pm PST. Please contact the IPCE office if you have any questions or issues, [ipce@uw.edu](mailto:ipce@uw.edu).

*\*ACPE credit unavailable for extended viewing*

## ONLINE PRESENTATIONS AND MATERIALS

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on **November 23, 2026**, for registrants to print and/or download. A digital booklet with the conference agenda and pages for note-taking will be uploaded with the course materials.

## 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.



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INTERPROFESSIONAL CONTINUING EDUCATION

**Credit Designation:** The University of Washington School of Medicine designates this live with extended viewing activity for a maximum of **14.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Washington School of Medicine designates this activity for a maximum of **14.5 ANCC** contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

The University of Washington School of Medicine designates this activity for **14.5 ACPE** contact hour(s). Pharmacists and pharmacy technicians should claim only the credit commensurate with the extent of their participation in the activity. Credit will be uploaded to the NABP CPE Monitor® within 60 days after the activity completion. Per ACPE rules, the University of Washington School of Medicine does not have access nor the ability to upload credits requested after the evaluation closes. It is the responsibility of the pharmacist or pharmacy technician to provide the correct information (NABP ID and DOB (MMDD)) to receive credit.

Universal Activity Numbers:  
JA0000336-0000-26-007-H01-P  
JA0000336-0000-26-007-H01-T

This activity was planned by and for the healthcare team, and learners will receive a maximum of **14.5** Interprofessional Continuing Education (IPCE) credits for learning and change.

## CANCELLATION POLICY

The Interprofessional Continuing Education (IPCE) Office must receive written notification of your cancellation by **November 23, 2026**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued after November 23, 2026.

The IPCE Office 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 IPCE team with questions call 206.543.1050, fax 206.221.4525, or email [ipce@uw.edu](mailto:ipce@uw.edu).

## 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)

## COURSE CHAIRS



**Nina Tan, MD**  
Clinical Assistant Professor  
Division of General Internal Medicine  
UW Medicine



**Srirama Josyula, MD**  
Clinical Assistant Professor  
Division of General Internal Medicine  
UW Medicine

## PLANNING COMMITTEE



**Rini Kasinathan, MD, PhD**  
Clinical Assistant Professor  
Division of General Internal Medicine  
UW Medicine



**Lisa Garza, PharmD**  
Clinical Assistant Professor  
UW School of Pharmacy

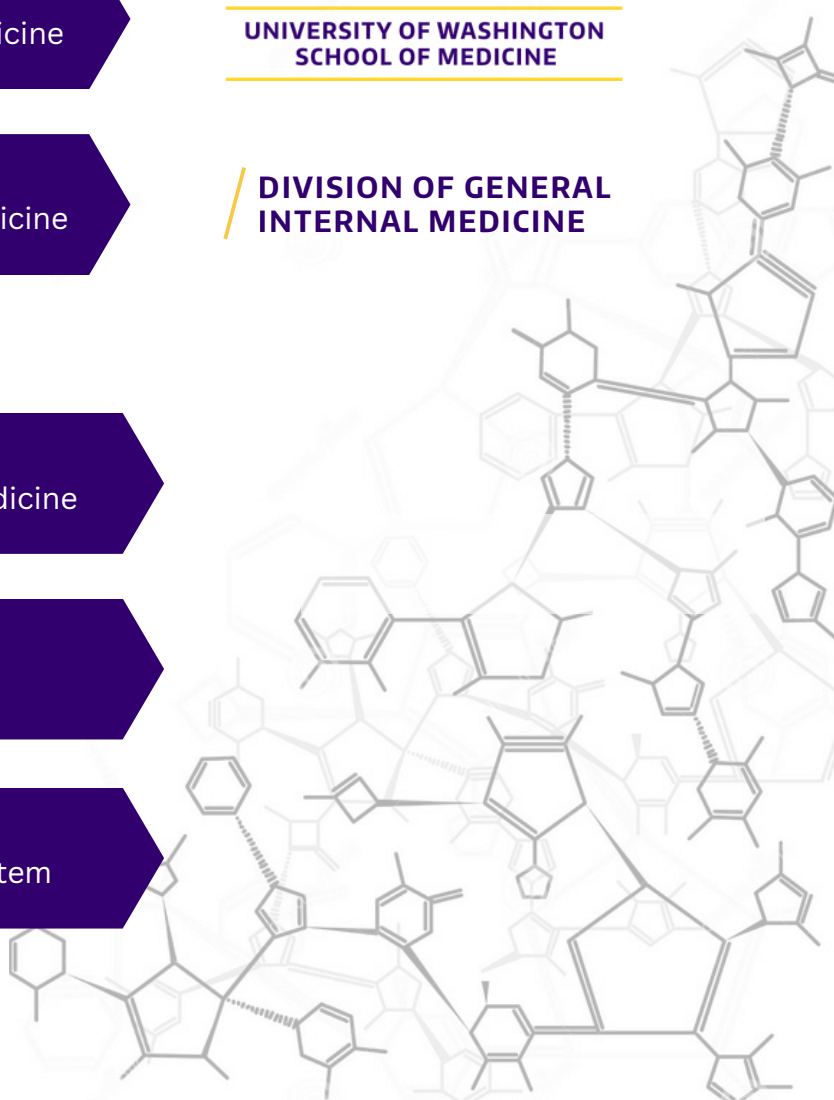


**Joy Vander Linden, NP**  
Clinical Nurse Practitioner  
VA Puget Sound Healthcare System

# UW Medicine

UNIVERSITY OF WASHINGTON  
SCHOOL OF MEDICINE

DIVISION OF GENERAL  
INTERNAL MEDICINE



# Course Faculty

## UW Faculty

### **John Amory, MD, MPH, MSc**

Professor  
Translational Health Sciences Associate Dean  
Director, Institute of Translational  
Health Sciences  
Division of General Internal Medicine

### **Abbey Barnard Giustini, MD, MPH**

Assistant Professor  
Liver Clinic Director  
VA Puget Sound Healthcare System  
Division of Gastroenterology

### **Chloe Bryson-Cahn, MD**

Associate Professor  
Medical Director, Antimicrobial Stewardship  
Harborview Medical Center  
Associate Medical Director Infection  
Prevention Harborview Medical Center  
Associate Medical Director, University of  
Washington Tele-Antimicrobial Stewardship  
Program (UW TASP)  
Division of Allergy and Infectious Diseases

### **Jehan Budak, MD**

Associate Professor  
HIV Pathway Director, UW Internal  
Medicine Residency  
Assistant Medical Director, Madison Clinic,  
Harborview Medical Center  
Division of Allergy and Infectious Diseases

### **Lingtak-Neader Chan, PharmD**

Professor  
Interdisciplinary Faculty in Nutritional Sciences  
UW School of Pharmacy

### **Rebecca Chung, MD, FACOG**

Assistant Professor  
Division of Reproductive Endocrinology &  
Infertility

### **Emalee Danforth, ARNP, CNM, MSN**

Teaching Associate  
Division of Reproductive Endocrinology &  
Infertility

### **Alexandra Deng, PharmD, BCACP**

Clinical Pharmacist  
UW Medicine

### **Shireesha Dhanireddy, MD**

Professor  
Associate Chief Medical Officer, UW Medicine  
Co-Founder, S.H.E (Safe.Healthy.Empowered)  
Clinic Section Head, Harborview Medical  
Center Infectious Diseases Section  
Division of Allergy and Infectious Diseases

### **Clayton English, PharmD, MS**

Assistant Professor  
UW School of Pharmacy

### **Jacob Gross, MD, MPH**

Assistant Professor  
Director of UW TelePain  
Division of Anesthesiology and Pain Medicine

### **Amy Kennedy, MD, MS**

Assistant Professor  
Director of GMS Addiction Medicine Program,  
VA Puget Sound Healthcare System  
VA Site Director, UW Addiction  
Medicine Fellowship  
Division of General Internal Medicine

### **Cooper Kersey, MD**

Assistant Professor  
Director, Harborview Echo Lab  
Division of Cardiology

### **Chris Knight, MD, FACP**

Professor  
Associate Program Director for Evaluations  
and Outcome Measures  
Division of General Internal Medicine

### **Catherine McCall, MD**

Acting Assistant Professor  
Director, VA Puget Sound Sleep Medicine  
Provider Clinics  
Department of Psychiatry and Behavioral  
Health Sciences

### **Josh Thaler, MD, PhD**

Associate Professor  
Director of Enrichment Program  
Associate Director of Energy Balance Core,  
Nutrition and Obesity Research Center  
Principal Investigator of Thaler Lab  
Division of Metabolism, Endocrinology, and  
Nutrition

### **Owen Thompson, MD**

Clinical Assistant Professor  
Division of Metabolism, Endocrinology, and  
Nutrition

### **Stephanie Wang, ND, LAc**

Teaching Associate  
Osher Center of Integrative Health  
UW Medicine

# Monday, December 7, 2026

- 8:00** Welcome and Introduction | *Srirama Josyula, MD & Nina Tan, MD*
- 8:05** ADHD Prescribing and Management | *Clayton English, PharmD, MS*
- 8:45** Sleep Medicine | *Catherine McCall, MD*
- 9:25** Panel Discussion | *Clayton English, PharmD, MS & Catherine McCall, MD*
- 9:35** **BREAK**
- 9:50** Updates in Dyslipidemia Management | *Owen Thompson, MD*
- 10:30** Combo Pills (Cardiovascular) Guideline Review | *Alexandra Deng, PharmD, BCACP*
- 11:10** Management of Congestive Heart Failure and Coronary Artery Disease | *Cooper Kersey, MD*
- 11:50** Panel Discussion | *Owen Thompson, MD, Alexandra Deng, PharmD, BCACP, Cooper Kersey, MD*
- 12:00** **LUNCH**
- 1:00** Dermatology | *TBD*
- 1:40** Updates on Primary Prophylaxis for Esophageal Varices | *Abbey Barnard Giustini, MD, MPH*
- 2:20** Panel Discussion | *TBD & Abbey Barnard Giustini, MD, MPH*
- 2:30** **BREAK**
- 2:45** Long-Acting Lipoglycopeptides | *Jehan Budak, MD*
- 3:25** Medications for Opioid Use Disorder (MOUD) | *Amy Kennedy, MD*
- 4:05** Chronic Pain Management | *Jacob Gross, MD*
- 4:45** Panel Discussion | *Jehan Budak, MD ; Amy Kennedy, MD; & Jacob Gross, MD*
- 4:55** **ADJOURN**

*All times listed are in Pacific Time*

# Tuesday, December 8, 2026

**8:00** Welcome Back | *Srirama Josyula, MD & Nina Tan, MD*

**8:05** Prescribing GLP-1s | *Josh Thaler, MD, PhD*

**8:25** Nutritional Changes After Prescribing GLP-1s | *Lingtak-Neader Chan, PharmD*

**8:45** Lifestyle Changes After Prescribing GLP-1s | *TBD*

**9:05** Panel Discussion | *Josh Thaler, MD, PhD, Lingtak-Neader Chan, PharmD, and TBD*

**9:35** **BREAK**

**9:50** Fertility and Infertility | *Rebecca Chung, MD, FACOG*

**10:30** Menopause and Hormones | *Emalee Danforth, ARNP, CNM, MSN*

**11:10** Men's Reproductive Health | *John K. Amory, MD, MPH, MSc*

**11:50** Panel Discussion | *Rebecca Chung, MD, FACOG, Emalee Danforth, ARNP, CNM, MSN, and John K. Amory, MD, MPH, MSc*

**12:00** **LUNCH**

**1:00** Supplements - Sexual Health and Cognition | *Stephanie Wang, ND, LAc*

**1:40** UTI Classifications | *Chloe Bryson-Cahn, MD*

**2:20** Panel Discussion | *Stephanie Wang, ND, LAc & Chloe Bryson-Cahn, MD*

**2:30** **BREAK**

**2:45** Updates in Travel Medicine | *Lisa Garza, PharmD*

**3:25** Vaccine Updates | *Shireesha Dhanireddy, MD*

**4:05** Panel Discussion | *Lisa Garza, PharmD & Shireesha Dhanireddy, MD*

**4:45** Medication Therapy, New Drugs, and Approvals | *Chris Knight, MD, FACP*

**4:55** **ADJOURN**

*All times listed are in Pacific Time*