

The header features a dark purple background on the left with a white text box containing the text 'Dec. 2025 Edition' and 'UNIVERSITY OF WASHINGTON CONTINUING MEDICAL EDUCATION'. To the right, there is a photograph of green evergreen branches.

Dec. 2025  
Edition

UNIVERSITY OF WASHINGTON  
CONTINUING MEDICAL EDUCATION

# NEWSLETTER

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## WELCOME

As we come to the close of 2025, I want to extend my sincere appreciation to our faculty partners, planners, and the entire continuing education community for another remarkable year of collaboration and innovation. This season offers an important moment to reflect on what we've accomplished together—and to look ahead to the opportunities awaiting us in 2026.

Over the past year, our program has continued to grow in both breadth and impact. We expanded our accredited activities across clinical, quality improvement, and equity-focused domains; strengthened our co-planning relationships across the health system; and launched new initiatives designed to support the evolving needs of today's interprofessional healthcare teams. These efforts reflect your commitment to advancing patient care through lifelong learning, and I am grateful for the many contributions you make to this work.

As we prepare for the coming year, our priorities remain clear: elevating educational quality, broadening access, deepening collaboration with clinical departments, and continuing to align our programming with organizational goals and community needs. We look forward to offering new learning opportunities, enhancing our digital and in-person experiences, and further strengthening our infrastructure to support interprofessional educational excellence.

Thank you for your engagement, creativity, and dedication throughout 2025. I hope you find time this month to rest, recharge, and celebrate with those who matter most.

On behalf of the entire CME team, I wish you a peaceful holiday season and an inspiring start to the new year.

Warmest regards,

**Jessica Minick**

Executive Director, Continuing Medical Education  
University of Washington School of Medicine

## CONFERENCE SPOTLIGHT



The graphic features a purple and white color scheme. On the left, the UW Medicine logo is at the top, followed by the title 'DIABETES UPDATE FOR PRIMARY CARE 2026' in large white letters. Below the title, it says 'University of Washington Tower Auditorium'. A calendar icon is next to the dates 'THURSDAY & FRIDAY February 26 - 27, 2026'. At the bottom left, it provides a URL for more information. On the right, there is a hexagonal photo of Dr. Savitha Subramanian, with her name and title 'MD' and 'Lipid management in Diabetes' listed below it. The background of the right side shows a modern building with glass and orange panels.

**UW Medicine**  
UNIVERSITY OF WASHINGTON  
SCHOOL OF MEDICINE

**DIABETES  
UPDATE FOR  
PRIMARY CARE  
2026**

University of Washington  
Tower Auditorium

 **THURSDAY & FRIDAY**  
February 26 - 27, 2026

For More Information  
<https://uw.cloud-cme.com/MJ2608>

**SAVITHA SUBRAMANIAN**  
**MD**  
Lipid management in Diabetes

### Diabetes Update for Primary Care 2026

**February 26-27, 2026**

**UW Tower (In-Person)**

**EARLY BIRD PRICING ENDS DEC. 31!**

This two-day course provides primary care providers with up-to-date guidance on diabetes classification, guideline updates, and the latest therapeutic options, including new pharmacologic agents, insulin therapy, and cardiovascular risk management. Participants will learn to accurately diagnose diabetes, recommend lifestyle interventions, manage type 1 diabetes and special populations, and deliver culturally sensitive care.

**Registration:** [Click here to register](https://uw.cloud-cme.com/MJ2608)

## UPCOMING CME COURSES

### 11th Annual Men's Health Update 2026

**January 30-31, 2026**

*UW Tower (In-Person)*

**UNDER 2 MONTHS LEFT TO REGISTER!**



The 11th Annual Men's Health Update is a two-day, in-person CME event that equips healthcare professionals with the latest evidence-based advances in diagnosing and treating key urologic and men's health conditions. Expert faculty will cover topics such as prostate cancer, testosterone deficiency, urinary dysfunction, sexual health, infertility, and genital pain, with interactive Q&A panels after each session. The course is designed to help clinicians stay current and deliver state-of-the-art care.

**Registration:** [Click here to register](#)

### 22<sup>nd</sup> Annual Reproductive & Gynecology Health Updates

**March 26-27, 2026**

**Hybrid: UW South Lake Union Campus OR Zoom Webinar**

**SAVE THE DATE!**

This conference is an annual update for health care providers who provide care to women+ on relevant topics. The topics are selected from suggestions from previous course attendees, areas with substantial change, and controversial subjects where medical opinions may differ. The purpose is to provide a clinical update for providers who care for these patients in an outpatient setting. The format is a series of short lectures followed by question-and-answer sessions.



**Registration opens soon:** [Click here for more info](#)

**Explore Our Offerings:** [Visit our CME portal](#)

## **Save the Dates:**

### **25<sup>th</sup> Annual Clinical Cardiology Pearls for Primary Care**

*April 24, 2026*

Virtual via Zoom Webinar, Seattle, WA

### **3<sup>rd</sup> Annual Seattle Sudden Cardiac Death Symposium**

*May 30, 2026*

University of Washington South Lake Union Campus, Seattle, WA (In-Person)

### **Emergency Radiology 2026**

*August 2-4, 2026*

University of Washington South Lake Union Campus, Seattle, WA (In-Person)

### **54<sup>th</sup> Annual Advances in Family Medicine and Primary Care**

*September 14-18, 2026*

Husky Union Building OR Zoom Webinar, Seattle, WA (Hybrid)

### **17<sup>th</sup> Annual Comprehensive Hematology & Oncology Review Course**

*October 12-16, 2026*

Bell Harbor International Conference Center, Seattle, WA (In-Person)

## **YEAR IN REVIEW**

Over the past year, our learners demonstrated exceptional engagement across our continuing education programs. A total of 26,223 credits were awarded, showcasing the strong commitment to completing accredited learning and staying current with evidence-based practice.

Mobile texting attendance for educational activities happening across University of Washington campuses continued to be a standout success, with 17,976 SMS check-ins recorded over the last year. Text-based attendance remained the most widely used method, offering a fast and reliable way for participants to document their engagement—whether joining sessions remotely or on-site

## **HOLIDAY TRADITIONS**

Every December, we love highlighting traditions that bring warmth, community, and creativity to the season. This year, we're excited to share a favorite holiday recipe from our team—complete with a festive baking photo!



## Recipe: Ted Lasso Biscuits

### Ingredients:

- 1 cup unsalted butter, softened to 65 to 67°F (18 to 19°C)
- $\frac{2}{3}$  cup granulated sugar, plus more for sprinkling
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  teaspoon kosher salt, or sea salt
- 2 cups all-purpose flour

### Instructions:

1. *Preheat the Oven* – Set the oven rack to the middle position. Heat to 325°F (165°C). Line an 8×8 baking pan with parchment paper with a 1-inch overhang on each side. Set aside.
2. *Make the Dough* – Using a stand or hand mixer fitted with a paddle attachment, mix the butter, sugar, vanilla, and salt, on low speed to combine, then increase to medium speed. Mix until light and creamy, about 2 minutes. Scrape down the sides of the bowl. Add the flour and mix on low until a hydrated and crumbly dough is formed. Do not overmix.
3. *Form the Dough* – Add the dough to the prepared baking pan. Lightly press it down until it evenly fills the pan. Place a piece of plastic wrap on top, and use the bottom of a spatula to flatten the surface.
4. *Prick and Chill* – Use a fork to lightly prick the surface of the dough, about 36 times, evenly spaced. Cover and refrigerate for 30 minutes. Alternatively, freeze for a maximum of 15 minutes.
5. *Bake* – Bake until the surface and edges are golden brown, about 30 to 35 minutes.
6. *Cut* – Cool on a wire rack for 5 minutes. While the biscuits are still hot, use a sharp knife to cut them into rectangles of desired size. Optionally, sprinkle the surface with granulated sugar while warm, about 1 tablespoon.
7. *Cool* – Let it cool completely in the pan. Carefully lift the biscuits out using the parchment paper overhang. Re-slice the lines if needed to separate them. Place them in a Pink Pastry Box for that Ted Lasso touch.

## FAVORITE MOMENTS OF 2025

**As we look back on a full year of CME activities, each of us had moments that stood out—moments that reminded us why this work matters and how meaningful it is to support learning across our clinical community.**

### Jessica's Favorite Moments

“For me, the standout moments came from witnessing how our programs continue to grow in impact and sophistication. Watching course chairs innovate, bring fresh ideas, and build education around emerging needs has been inspiring. I especially appreciated seeing long-term programs take shape—from early planning sessions to the moment they come alive in the room. Those small behind-the-scenes wins are the ones I treasure most.”

### Kristie's Favorite Moments

“One of my favorite moments this year was watching how engaged our learners were during the ILD Summit. Seeing providers lean in, ask thoughtful questions, and connect across



specialties reaffirm the value of interprofessional dialogue. I also loved seeing faculty collaborate in real time—sharing perspectives, debating approaches, and modeling the kind of team-based care we hope to inspire.”

### **Amie’s Favorite Moments**

“One of the highlights of my year was supporting the launch of new hybrid and in-person activities. Seeing participants reconnect after years of virtual programming—and feeling the energy return to our conference spaces—was truly special. I also loved working closely with faculty to refine session materials and build the smooth, organized experiences that make our events feel welcoming and seamless.”

## **RESOURCES**

### **Psychiatry Consultation Line**

#### **Free Psychiatry Consultation Line for WA Providers**

The [UW Psychiatry Consultation Line \(PCL\)](#) helps providers who are seeking clinical advice regarding adult patients (18+) with mental health and/or substance use disorders. The PCL is **free** and funded by the state.

#### **How does PCL work?**

Providers call **877-WA-PSYCH (877-927-7924)**, complete a short intake, and are connected to a UW psychiatrist. At the conclusion of the conversation, the caller will receive written recommendations via encrypted email. You can also schedule a consultation ahead of time via the PCL website.

#### **Who is eligible to call?**

Any health care provider in Washington state. Patients, family, and caregivers are NOT eligible to call.

#### **Why would I call?**

You have questions about assessment, diagnosis and/or treatment planning, including medication management or other

#### **When are PCL psychiatrists available?**

Prescribing providers may call 24 hours a day, 7 days a week. Non-prescribers may call on weekdays, 8 am- 5 pm. [Perinatal psychiatry consultations](#) are available weekdays, 9 am- 5 pm.

## **FUN FACTS**

- The UW Tower hosts one of the largest indoor holiday tree displays in the University District each year? Staff volunteers help decorate the tower lobby, and the tradition dates back more than a decade.

- UW Medical Center used to host a “Holiday Lights on the Lake” installation visible from the Montlake Cut? While the tradition has changed over the years, UWMC still decorates patient-facing spaces each season to bring warmth and comfort.

## CONTACT US

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