43rd Annual Advances in Family Practice and Primary Care

Monday - Friday
September 14 - 18, 2015
University of Washington Health Sciences Building
1959 N.E. Pacific Street
Hogness Auditorium
Seattle, WA

Sponsored by the University of Washington School of Medicine
Department of Family Medicine • Office of Continuing Medical Education
WHO SHOULD ATTEND
This course is designed for primary care providers including family medicine physicians, general internists, physician assistants and nurse practitioners.

COURSE DESCRIPTION
This is the 43rd year that the Department of Family Medicine at the University of Washington School of Medicine is offering five days of educational opportunities for family practice and primary health care providers. Each year our goal is to provide current information about practice skills and the diagnosis and management of a broad array of primary health care issues within family medicine, cardiology, endocrinology, psychiatry and behavioral science, neurology, sports medicine, women’s health, pulmonology, nephrology, infectious disease, chronic pain, pediatrics and gastroenterology. Course topics are chosen with four criteria in mind:
• Suggestions from previous course attendees
• Distribution of topics should reflect the content of primary care
• Recent breakthroughs that may have significant impact on primary care practice and health outcomes
• Controversial topics where medical opinions may vary or are in flux

In addition, course content includes information about practice transformation in line with new health care legislation to help attendees know more about becoming a patient-centered medical home and working within an accountable care organization.

We offer a wide array of interactive workshops to reinforce and deepen content that is shared in large group plenary sessions. We are also integrating educational methods that engage learners and deepen learning during plenary sessions. We offer two ABFM SAMs (Self-Assessment Modules). These SAMs will help interested participants meet recertification requirements of the American Board of Family Medicine. These SAMs are applicable to ABFM MC-FP enrollees and are offered at no extra charge, although registration is limited.

PLANNING COMMITTEE
Department of Family Medicine
David Evans, MD
Matthew Jaffy, MD
Jeanne Cawse Lucas, MD
Thomas E. Norris, MD
Pamela L. Pentin, JD, MD
Linda Vorvick, MD

COURSE OBJECTIVES
Upon completion of this activity, attendees should be able to:
• Apply new knowledge and skills from family medicine, cardiology, endocrinology, psychiatry and behavioral science, neurology, sports medicine, women’s health, pulmonology, nephrology, infectious disease, chronic pain, pediatrics and gastroenterology to the care of patients in primary care
• Integrate teamwork designs into practice to improve efficiency and quality of care within the context of a patient-centered medical home
• Describe new practice designs to optimize practice effectiveness in chronic disease management, restricting opioid abuse, detecting and treating mental and substance abuse

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 live activity for a maximum of 33.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

FEES AND REGISTRATION

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<th>Five-Day</th>
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<td>$225</td>
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The fee for this course includes catering, all instruction materials and transcript of AMA PRA Category 1 Credits™. To ensure enrollment, please complete the enclosed registration form and forward it with the appropriate tuition. Allow up to fifteen working days to receive your email confirmation of enrollment. If you have not received confirmation prior to your departure for the course, please contact the Continuing Medical Education office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.
ATTENDANCE POLICY
Course activities are exclusively reserved for course attendees. Badges provided at registration are required for entrance into all functions and this requirement will be strictly enforced.

UWCME 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.

CHILD CARE POLICY
In consideration of other participants and speakers, please do not bring infants/children into conference sessions.

CONFERENCE SYLLABUS IS GOING GREEN
Syllabus materials will be available for download at uwcmee.org (for conference registrants only). Materials will be available from September 8 - October 9, 2015, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference.

CANCELLATION POLICY
The Office of Continuing Medical Education must receive written notification of your cancellation by September 3, 2015. A $50.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following September 3, 2015. 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 by telephone followed by written notification and 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 CME Registrar with questions — call 206.543.1050, fax 206.221.4525 or email cme@uw.edu.

SPECIAL SERVICES
Continuing Medical Education at the University of Washington is a totally self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. Fees for this course are estimated to cover the costs of conducting this course. These costs include salaries, registration and credit, instructional materials, record keeping, faculty planning and evaluation and may include food, alcohol, taxes and gratuities to vendors. The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability or status as a disabled veteran or Vietnam era 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.

Contact Disability Services Office
206.543.6450/Voice ● 206.543.6452/TTY ● 206.685.7264/Fax ● e-mail: dso@u.washington.edu

HOTEL ACCOMMODATIONS
The following hotels are located near the conference site. To make reservations, please call the hotels directly. No room block has been reserved.

Watertown Hotel
4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or 866.944.4242
Rates depend on availability
Ask for UW CME conference rate

Silver Cloud Inn
5036 25th Avenue NE
Seattle, WA 98105
206.526.5200 or 800.205.6940
Rates depend on availability
Ask for UW CME conference rate
Course Faculty

COURSE CO-CHAIRS

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UWMC

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Department of Neurology

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Department of Obstetrics and Gynecology

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Associate Professor
Department of Family Medicine

Justin Osborn, MD
Assistant Professor
Department of Family Medicine

Henry F. Pelto, MD
Acting Assistant Professor
Department of Family Medicine
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Department of Family Medicine

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Professor
Department of Family Medicine

Raimund Pichler, MD
Clinical Associate Professor
Department of Nephrology

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Department of Family Medicine

Ashwin L. Rao, MD
Assistant Professor
Department of Family Medicine

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Department of Psychiatry & Behavioral Sciences

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Department of Pediatrics

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Department of Radiology

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Department of Radiology

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Department of Medicine

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Department of Pediatrics

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Associate Professor
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Department of Family Medicine

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Department of Medicine

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Acting Instructor
Department of Medicine, Division of Gastroenterology

Timothy L. Zisman, MD, MPH
Assistant Professor
Department of Medicine, Division of Gastroenterology

GUEST FACULTY

Sam Eggertsen, MD
Physician Provider
HealthPoint
Bothell, WA
43rd Annual Advances in Family Practice and Primary Care
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REGISTRATION

First | MI | Last

Professional Title □ MD □ DO □ PhD □ RN □ ARNP □ PA □ Other:

Street

City | State | Zip

Phone ( ) - Email

PAYMENT

*Residency Program (if applicable) ____________________________________________

□ Check (payable to University of Washington) for $

□ Credit Card charge $

□ Visa □ MC □ Discover

Card # Exp Date

Signature CVV #

□ UW Budget | Budget Name | Budget #

Box # Proj Opt Task

Register online at uwcme.org

RETURN COMPLETED REGISTRATIONS
(include workshop form)

BY MAIL:
UWCME
Box 359441
Seattle, WA 98195-9441

BY FAX:
206.221.4525

CALL:
206.543.1050
with questions

COURSE FEES

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## Workshops

### MONDAY, SEPTEMBER 14

<table>
<thead>
<tr>
<th>SESSION 1</th>
<th>ABFM Self-Assessment Module: Well Child Care (applicable to ABFM MC-FP enrollees only - limited enrollment, held from 1-5 pm)</th>
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<tbody>
<tr>
<td>SESSION 2</td>
<td>Suturing Techniques for the Primary Care Provider (hands-on) (Closed at capacity - waitlist only) held from 2:45-5 pm</td>
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<tr>
<td>SESSION 3</td>
<td>Approach to Pulmonary Function Test Interpretation</td>
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### TUESDAY, SEPTEMBER 15

<table>
<thead>
<tr>
<th>SESSION 5</th>
<th>ABFM Self-Assessment Module: Cerebrovascular Disease (applicable to ABFM MC-FP enrollees only - limited enrollment, held from 1-5 pm)</th>
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<tr>
<td>SESSION 6</td>
<td>Practical Applications of Motivational Interviewing for Primary Care Providers</td>
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<tr>
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<td>Cutaneous Infections of the Skin: MRSA and Beyond</td>
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<td>60-Minute MSK Fellowship</td>
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<td>Diabetic Kidney Disease</td>
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<td>Management of Chronic Pain in Primary Care</td>
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### WEDNESDAY, SEPTEMBER 16

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<tr>
<th>SESSION 8</th>
<th>Optimizing Patients for Upcoming Surgery</th>
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<tr>
<td></td>
<td>Shoulder Examination and Common Problems</td>
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<td>Vaccinations: What’s New for Adults and Peds</td>
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<td>A Tightrope Balancing Act: Fertility Challenges in Women of Advanced Maternal Age</td>
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<tr>
<td>SESSION 9</td>
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### THURSDAY, SEPTEMBER 17

<table>
<thead>
<tr>
<th>SESSION 10</th>
<th>If You Don’t Ask, They May Not Tell: Communication and Advance Care Planning in the Primary Care Setting</th>
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<td>Challenging Hypertension Cases Review</td>
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<td>Joint Injection Workshop</td>
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<td>The Spectrum of Alcohol Use Disorders and Harm Reduction</td>
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<td>Cardiac Screening in Athletes: Symptoms and Family History Not to Miss</td>
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When registering please include both the completed registration form and workshop selection form (pages 6 and 7)
### Monday, September 14, 2015

**7:00** Registration and Continental Breakfast

8:00 Welcome and Introduction
8:10 Update on Treating Lung Disease in Children  
**Gregory Redding, MD**
8:55 Upper and Lower Respiratory Infections - Where Are the Wise Choices?  
**Matthew Thompson, MBChB, MPH, DPhil, MRCHP**

**9:45** Break

10:00 Women’s Health Update 2015  
**Pamela Pentin, MD, JD, FAAFP**
10:45 EKG Interpretation in Primary Care - Case-Based Review  
**Melissa Robinson, MD**
11:30 Collaborative Care: Evidence-Based Integration of Mental Health into Primary Care Settings  
**Anna Ratzliff, MD, PhD**

**12:15** Lunch (provided)

1:00 Assessment and Management of PTSD in Primary Care  
**Bradford Felker, MD**
1:45 Geriatrics Review for the Primary Care Provider  
**Jaqueline Raetz, MD**

1:00 **Workshop: Session 1** (Applicable to ABFM MC-FP enrollees only - limited enrollment)  
to ABFM Self-Assessment Module: Well Child Care

5:00 **Ying Zhang, MD**

**2:30** Break

**2:45** Workshop: Session 2 - (Closed at capacity - waitlist only)  
to Suturing Techniques for the Primary Care Provider (hands-on)

5:00 **David Evans, MD and Justin Osborn, MD**

**2:45** Workshops: Session 3

3-1 Approach to Pulmonary Function Test Interpretation  
**Başak Çoruh, MD**
3-2 Psychiatric Case Studies  
**Chris Famy, MD**
3-3 Care of the Cancer Survivor  
**Elizabeth Kaplan, MD and Leslie Heron, MN, ARNP, FNP-BC**
3-4 Male Sexual Dysfunction - What to Ask, How to Treat, and When to Refer  
**Thomas Walsh, MD, MS**
3-5 Pediatric Management of Obesity  
**Lenna Liu, MD, MPH**

**3:45** Break

**4:00** Workshops: Session 4

4-1 Approach to Pulmonary Function Test Interpretation  
**Başak Çoruh, MD**
4-2 Psychiatric Case Studies  
**Chris Famy, MD**
4-3 Care of the Cancer Survivor  
**Elizabeth Kaplan, MD and Leslie Heron, MN, ARNP, FNP-BC**
4-4 Male Sexual Dysfunction - What to Ask, How to Treat, and When to Refer  
**Thomas Walsh, MD, MS**
4-5 Pediatric Management of Obesity  
**Lenna Liu, MD, MPH**

5:00 Adjourn

### Tuesday, September 15, 2015

**7:30** Sign-In and Continental Breakfast

8:00 Introduction and Announcements
8:10 Updates in Adult Dermatology  
**Jay Vary, MD, PhD**
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<tbody>
<tr>
<td>8:55</td>
<td><strong>A Practical Differential for Dementia</strong></td>
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<td><em>Eric Kraus, MD</em></td>
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<td>9:45</td>
<td><strong>Break</strong></td>
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<td>10:00</td>
<td><strong>Anticoagulation</strong></td>
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<td><em>Barbara Konkle, MD</em></td>
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<td>10:45</td>
<td><strong>Care of the Adolescent</strong></td>
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<td><em>Emily Ruedinger, MD</em></td>
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<td>11:30</td>
<td><strong>Preventing Physician Burnout</strong></td>
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<td><em>Christina Surawicz, MD</em></td>
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<td>12:15</td>
<td><strong>Lunch (provided)</strong></td>
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<td>1:00</td>
<td><strong>Difficult Diarrhea Cases</strong></td>
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<td><em>Christina Surawicz, MD</em></td>
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<td>1:45</td>
<td><strong>An Update on Common Thyroid Disorders</strong></td>
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<td><em>R. Alan Failor, MD</em></td>
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<td>2:00</td>
<td><strong>Workshop: Session 5 (Applicable to ABFM MC-FP enrollees only - limited enrollment)</strong></td>
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<td>to ABFM Self-Assessment Module: Cerebrovascular Disease</td>
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<td>2:30</td>
<td><strong>Break</strong></td>
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<td>2:45</td>
<td><strong>Workshops: Session 6</strong></td>
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<td>3:45</td>
<td><strong>Break</strong></td>
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<tr>
<td>4:00</td>
<td><strong>Workshops: Session 7</strong></td>
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<td>5:00</td>
<td><strong>Adjourn</strong></td>
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**Wednesday, September 16, 2015**

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<tr>
<td>7:30</td>
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<tr>
<td>8:00</td>
<td><strong>Introduction and Announcements</strong></td>
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<tr>
<td>8:10</td>
<td><strong>Pre-Sports Participation in Physicals: Identifying High-Risk Patients</strong></td>
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<td><em>Henry Pello, MD</em></td>
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<tr>
<td>8:55</td>
<td><strong>Care Management Programs in Primary Care Practice</strong></td>
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<td><em>David C. Dugdale, MD</em></td>
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<tr>
<td>9:45</td>
<td><strong>Break</strong></td>
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</tbody>
</table>
### Wednesday, September 16, 2015

10:00 Recruiting and Integrating PAs and NPs into Your Primary Care Practice  
*Ruth Ballweg, MPA, PA-C*

10:45 Common Pediatric Rashes  
*Heather Brandling-Bennett, MD*

11:30 Practical Management of Concussion in the Office Setting  
*Kimberly G. Harmon, MD*

12:15 **Lunch (provided)**

1:00 Update in Nephrology for Primary Care  
*Michael Ryan, MD*

1:45 Radiology Decision-Making: What to Order and When  
*Gautham Reddy, MD, MPH*

2:30 **Break**

2:45 **Workshops: Session 8**

8-1 Optimizing Patients for Upcoming Surgery  
*Nathalie Bentov, MD, MA*

8-2 Shoulder Examination and Common Problems  
*Jon Drezner, MD*

8-3 Vaccinations: What’s New for Adults and Peds  
*Chris Sanford, MD, MPH, DTM&H & Sharon Kunin, DO, MPH*

8-4 A Tightrope Balancing Act: Fertility Challenges in Women of Advanced Maternal Age  
*Genevieve Neal-Perry, MD, PhD*

8-5 Integrative Medicine Case Studies  
*Heather Tick, MD, MA*

8-6 Questioning the Cholesterol Treatment Guidelines  
*Sam Eggertsen, MD*

3:45 **Break**

4:00 **Workshops: Session 9**

9-1 Optimizing Patients for Upcoming Surgery  
*Nathalie Bentov, MD, MA*

9-2 Shoulder Examination and Common Problems  
*Jon Drezner, MD*

9-3 Vaccinations: What’s New for Adults and Peds  
*Chris Sanford, MD, MPH, DTM&H & Sharon Kunin, DO, MPH*

9-4 A Tightrope Balancing Act: Fertility Challenges in Women of Advanced Maternal Age  
*Genevieve Neal-Perry, MD, PhD*

9-5 Integrative Medicine Case Studies  
*Heather Tick, MD, MA*

9-6 Questioning the Cholesterol Treatment Guidelines  
*Sam Eggertsen, MD*

5:00 **Adjourn**

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### Thursday, September 17, 2015

7:30 **Sign-In and Continental Breakfast**

8:00 Introduction and Announcements

8:10 Update on GI Issues  
*Timothy Zisman, MD, MPH*

8:55 Update on Infectious Diseases for Primary Care  
*Shireesha Dhanireddy, MD*

9:45 **Break**

10:00 Headache Management in Primary Care  
*Natalia Murinova, MD*

10:45 Systems-Based Safeguards for Safe and Effective Opioid Prescribing  
*Moderator: Pamela Pentin, MD, JD, FAAFP*

Panelists: Mark Parrent - US Attorney’s Office for the Western District of Washington; Ricardo Quintero - US Drug Enforcement Administration, Seattle Division; Gary Garrety - Washington State Department of Health, Prescription Monitoring Program; Denise Gruchalla, Chief Investigator & James McLaughlin, General Counsel - Washington State Department of Health Medical Quality Assurance Commission
Thursday, September 17, 2015

12:15 Lunch (provided)

1:00 Update on Hypertension Management 2015
   Eugene Yang, MD, FACC

1:45 Recognizing Rheumatologic Disease in Common Complaints Seen in Primary Care
   Gregory Gardner, MD

2:30 Break

2:45 Workshops: Session 10

   10-1 If You Don’t Ask, They May Not Tell: Communication and Advance Care Planning in the
       Primary Care Setting
       Kathryn Schlenker, DO and Carol Kummet, LICSW, MTS
   10-2 Challenging Hypertension Cases Review
       Eugene Yang, MD, FACC
   10-3 Joint Injection Workshop
       Ashwin Rao, MD
   10-4 Solving the Puzzle of Prenatal Diagnosis
       Alyssa Stephenson-Famy, MD
   10-5 The Spectrum of Alcohol Use Disorders and Harm Reduction
       Mark Duncan, MD
   10-6 Cardiac Screening in Athletes: Symptoms and Family History Not to Miss
       Jon Drezner, MD

3:45 Break

4:00 Workshops: Session 11

   11-1 If You Don’t Ask, They May Not Tell: Communication and Advance Care Planning in the
       Primary Care Setting
       Kathryn Schlenker, DO and Carol Kummet, LICSW, MTS
   11-2 Challenging Hypertension Cases Review
       Eugene Yang, MD, FACC
   11-3 Joint Injection Workshop
       Ashwin Rao, MD
   11-4 Solving the Puzzle of Prenatal Diagnosis
       Alyssa Stephenson-Famy, MD
   11-5 The Spectrum of Alcohol Use Disorders and Harm Reduction
       Mark Duncan, MD
   11-6 Cardiac Screening in Athletes: Symptoms and Family History Not to Miss
       Jon Drezner, MD

5:00 Adjourn

Friday, September 18, 2015

7:30 Sign-In and Continental Breakfast

7:50 Introduction and Announcements

8:00 US Preventive Services Task Force - Recent Recommendations and Current Controversies
   William Phillips, MD, MPH

8:45 What’s New in Diabetes Management
   Savitha Subramanian, MD

9:25 Management of Chronic Pain in Primary Care
   David Tauben, MD

10:05 Break

10:20 Update on Management of Depression in Primary Care
   Amy Bauer, MD, MS

11:00 Complex Contraception
   Emily Godfrey, MD, MPH

11:40 What’s New in IBS Management
   Jasmine Zia, MD

12:20 Adjourn