

46th Annual

ADVANCES IN FAMILY MEDICINE & PRIMARY CARE



Monday-Friday

September 10-14, 2018

University of Washington Health Sciences Center-Hogness Auditorium 1959 NE Pacific Street Seattle, WA

Sponsored by UW School of Medicine
Department of Family Medicine
Office of Continuing Medical Education

TARGET AUDIENCE

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

COURSE DESCRIPTION

This is the 46th year that the Department of Family Medicine at the University of Washington School of Medicine is offering five days of educational opportunities for family medicine and primary care 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 these 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, quality improvement, and educating future primary care providers.

We offer a wide variety 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.

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 32.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

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 and understand patient safety and quality metrics as applied to primary care.
- Describe new practice designs to optimize practice effectiveness in chronic disease management, detecting and treating mental health problems, and opioid addiction.

FEES AND REGISTRATION

The course fee includes catering, access to online instruction materials and transcript of AMA PRA Category 1 Credits™. To enroll, please complete the enclosed registration and workshop selection forms and include with payment or register online at **uwcme.org**. Allow up to 15 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 CME office at 206.543.1050. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed if space is not available at the course.

COURSE FEES	Family Medicine Program			
	Five-Day	Three-Day		
MD/DO/PhD	\$850	\$600		
PA/ARNP/RN/Allied Health	\$750	\$525		
*Resident/Fellow/Student \$300 \$200				
*Resident/Fellow/Student rate requires written confirmation				

*Resident/Fellow/Student rate requires written confirmation of current resident/fellow/student status

Registrations received on or after August 27 increase by \$25

CONFERENCE MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available beginning on September 4, 2018, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided at the conference.

Optional Media Products: A printed course syllabus is available for purchase for a production fee of \$200, or an electronic version on a USB is available for \$50. To order, select with your registration. Orders must be received by August 27, 2018, and will be available for pick-up at the conference.

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.

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

ON-SITE REGISTRATIONS

If the course is not sold out, registrations will be accepted on-site. An administrative fee of \$25 will be applied to the base registration fee for walk-in registrations.

CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by August 27, 2018. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following August 27, 2018. 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 Office with questions - call 206.543.1050, fax 206.221.4525 or email cme@uw.edu.

SPECIAL SERVICES

Please inform the CME Office (i.e., send an email to cme@uw.edu) ten days in advance of the conference if you will need to utilize lactation services.

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. 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, beverages, 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, contact 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

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

206.826.4242 or 866.944.4242 Rates depend on availability Ask for the "University" rate Silver Cloud Inn - University District 206,526,5200 or 800,205,6940

Rates depend on availability Ask for "UW CME Conference"

rate

Residence Inn by Marriott 206.322.8887 or 888.236.2427 Rates depend on availability Online reservations only - under "Special Rates" select "Corporate/ Promo" and enter code UWD

Course Faculty

COURSE CHAIR

Grace Shih, MD, MAS

Associate Professor of Medicine Department of Family Medicine

PLANNING COMMITTEE

Department of Family Medicine

Kimberly Collins, MD

Paul James, MD

Lucille Marchand, MD, BSN, AAHPM

Tomoko Sairenji, MD, MS

GUEST FACULTY

Shoshana Aleinikoff, MD

Attending Physician, Family Medicine & Obstetrics Healthpoint

Des Moines, WA

Serena Brewer, DO

Family Practice Specialist

Southwest Montana Community Health Center

Butte, MT

David C. Grossman, MD, MPH

Senior Associate Medical Director

Kaiser Permanente Washington Health Research

Institute

Matt Perez, MD

Clinical Instructor

Neighborcare Health

UW FACULTY

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Fellow, Department of Medicine

Division of Pulmonary, Critical Care and Sleep

Medicine

Melissa A. Bender, MD

Assistant Professor of Medicine

Department of Family Medicine

Ian Bennett, MD, PhD

Professor of Medicine

Departments of Family Medicine and

Psychiatry & Behavioral Sciences

Jeanne Cawse-Lucas, MD

Associate Professor of Medicine

Department of Family Medicine

Judy Chen-Meekin, MD

Assistant Professor of Medicine

Department of Surgery

Rex G. Cheng, MD

Clinical Assistant Professor of Medicine

Division of Gastroenterology & Hepatology

Maureen Chomko, RD, CDE

Dietician/Nutritionist

UW Neighborhood Clinics

Arielle P. Davis, MD

Assistant Professor of Medicine

Department of Neurology

Mark Duncan, MD

Assistant Professor of Medicine

Department of Psychiatry & Behavioral Sciences

Daniel Evans, PhD, MS

Assistant Professor of Medicine

Department of Family Medicine

James Fausto, MD

Assistant Professor of Medicine

Department of Family Medicine

Barak Gaster, MD

Professor of Medicine

Division of General Internal Medicine

Deepti Gupta, MD

Assistant Professor of Medicine

Division of Dermatology

Jonathan D. Harper, MD

Assistant Professor of Medicine

Department of Urology

Leah Haseley, MD

Clinical Professor of Medicine

Department of Nephrology

Corinne Heinen, MD

Clinical Associate Professor of Medicine

Department of Family Medicine

Emily Hilderman, DNP, ARNP

Teaching Associate

Department of Family Medicine

Irl B. Hirsch, MD

Professor of Medicine

Division of Metabolism, Endocrinology and Nutrition

Anju Jain, MS, ATC, PA-C

Lecturer

Department of Family Medicine/MEDEX

Paul James, MD

Professor of Medicine & Chair

Department of Family Medicine

Gorav Kalra, MD

Clinical Assistant Professor of Medicine

Division of Gastroenterology

Jessica Kim, MPH, RD

Registered Dietician

UW Neighborhood Clinics

Course Faculty (continued)

Lawrence Kirven, MD

Clinical Assistant Professor of Medicine Department of Family Medicine

Claudius Mahr, DO, FACC, FESC

Clinical Associate Professor of Medicine Division of Cardiology

Iman Majd, MD

Clinical Assistant Professor of Medicine Department of Family Medicine

Lucille Marchand, MD, BSN, FAAHPM

Professor of Medicine

Department of Family Medicine

Natalia Murinova, MD, MHA

Clinical Assistant Professor of Medicine

Department of Neurology

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John O'Kane, MD

Professor of Medicine

Department of Family Medicine

Division of Sports Medicine

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Department of Pediatrics, Division of Bioethics

Kevin Ostrowski, MD

Assistant Professor of Medicine

Department of Urology

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Division of Metabolism, Endocrinology & Nutrition

Elizabeth Parsons, MD, MSc

Assistant Professor of Medicine

Division of Pulmonary, Critical Care and Sleep Med.

VA Puget Sound Healthcare System

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Division of Allergy & Infectious Diseases

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Division of Cardiology

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Ashwin Rao, MD

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Fellow

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Brett Stacey, MD

Professor of Medicine

Department of Anesthesiology & Pain Medicine

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Department of Obstetrics and Gynecology

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Assistant Professor of Medicine

Division of Dermatology

Megan Wilson, MD

Assistant Professor of Medicine

Department of Family Medicine

Brent Wisse, MD

Associate Professor of Medicine

Division of Metabolism, Endocrinology & Nutrition

Eugene Yang, MD, FACC

Clinical Associate Professor of Medicine

Division of Cardiology

Ying Zhang, MD, MPH

Assistant Professor of Medicine

Department of Family Medicine

Faculty are subject to change.

Monday, September 10, 2018

7:00 Registration & Continental Breakfast

- 8:00 Welcome and Introduction
- 8:10 Conflicting Hypertension Guidelines: Lessons for Primary Care Paul James, MD
- 8:55 Challenging Headache Cases Natalia Murinova, MD, MHA

9:40 Break

- 10:00 Quality Improvement Basics for Primary Care Clinicians Lori E. Rutman, MD, MPH
- 10:45 NSAIDS and Primary Care David Siebert, MD
- 11:30 Common Challenges in DM Management Subbulaxmi Trikudanathan, MD, MRCP, MMSc

12:15 Lunch (provided)

- 1:00 Erectile Dysfunction: Management Guidelines for Primary Care Clinicians Kevin Ostrowski, MD
- 1:45 Medical Management of Kidney Stones Jonathan D. Harper, MD

2:30 Break

2:45-5:00 Workshop Options

(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

Weight Loss: What Works, What Doesn't?

Maureen Chomko, RD, CDE and Jessica Kim, MPH, RD

Inflammation

Iman Maid, MD

Primary Care of Trans and Nonbinary Gender Adults

Corinne Heinen, MD

CPAP Bootcamp for the Primary Care Clinician (hands on)

Elizabeth Parsons, MD, MSc

Radiology Cases for Primary Care

Gautham Reddy, MD, MPH

EKG Cases

Melissa Robinson, MD, FACC, FHRS

5:00 Adjourn

Tuesday, September 11, 2018

7:30 Sign-In & Continental Breakfast

- 8:00 Introduction and Announcements
- 8:10 Cannabis -When and Why Should I Care if My Patient Uses It Mark Duncan, MD

Tuesday, September 11, 2018

(...continued)

8:55 Adult Dermatology Jay Vary, MD, PhD

9:40 Break

10:00 Revenge of the Syph Meena Ramchandani, MD

11:00 Course Review

11:15 Fact-Checking Osteoporosis Guidelines Susan Ott, MD

12:15 Lunch (provided)

1:00 Antibiotic Update for 2018: YES WE CAN! Paul Pottinger, MD, DTM&H

1:45 Treating Pain Beyond Opioids Brett Stacey, MD

2:30 Break

2:45-5:00 Workshop Options

Choose 2 from this list.

(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

Death with Dignity: A Conversation about the Ethical Considerations of Physician Aid in Dving

Melissa A. Bender, MD and James Fausto, MD

Under Pressure: Management of Hypertension in Pregnancy

Alyssa Stephenson-Famy, MD and Laura Sienas, MD

Using the WA Portal to Support Transformation in Your Clinic

Ian Bennett, MD, PhD

Shoulder Exam

David Siebert, MD

Dementia in Primary Care: Practical Tools, Real World Advice

Barak Gaster, MD

Bring Your Difficult Diabetes Cases For Discussion

Irl B. Hirsch, MD

5:00 Adjourn

Wednesday, September 12, 2018

7:30 Sign-In & Continental Breakfast

8:00 Introduction and Announcements

8:10 USPSTF Update

David C. Grossman, MD, MPH

8:55 Pediatric Dermatology Deepti Gupta, MD

9:40 Break

Wednesday, September 12, 2018

(...continued)

10:00 Hypothyroidism and Subclinical Hypothyroidism *Mara Y. Roth*, MD

- 10:45 Advance Care Planning Along the Continuum of Our Lives Lucille Marchand, MD, BSN, FAAHPM, Melissa A. Bender, MD and James Fausto, MD
- 11:30 Pulmonary Hypertension Pearls Joseph Adler, MD

12:15 Lunch (provided)

- 1:00 Update on Bariatric Surgery Judy Chen-Meekin, MD
- 1:45 Basic Musculoskeletal Ultrasound of the Knee and Shoulder Ashwin Rao, MD

2:30 Break

2:45-5:00 Workshop Option 1

Practical Strategies, Skills and Documents Needed for Effective Advance Care Planning (Workshop)

Lucille Marchand, MD, BSN, FAAHPM, Melissa A. Bender, MD and James Fausto, MD

(OB)



2:45-5:00 Workshop Option 2

Choose 2 from this list

(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

Neuro Exam: Tricks and Tips

Arielle P. Davis, MD

Musculoskeletal Ultrasound Workshop (hands on; 25 max. per session)

Ashwin Rao, MD

Atrial Fibrillation 2018

Jordan Prutkin, MD, MHS

Common Challenges in Geriatric Care

Emily Hilderman, DNP, ARNP and Jaqueline Raetz, MD

Primary Care for Newly Arrived Refugees

Shoshana Aleinikoff, MD and Ying Zhang, MD, MPH

5:00 Adjourn

Thursday, September 13, 2018

7:30 Sign-In & Continental Breakfast

- 8:00 Introduction and Announcements
- 8:10 Asthma Management in Children: An Overview Stephen R. Reeves, MD, PhD
- 8:55 Drop Your Assumptions and Pick Up the Evidence: Strategies to Address Vaccine Hesitancy Douglas Opel, MD, MPH

9:40 Break

- 10:00 Screening and Treating Complications of DM in Primary Care Brent Wisse, MD
- 11:00 Course Review

Thursday, September 13, 2018

(....continued)

11:15 Update on Lipid Management 2018 Eugene Yang, MD, MS, FACC

12:15 Lunch (provided)

1:00 Introduction to Buprenorphine for Opioid Use Disorder Megan Wilson, MD and Matt Perez, MD

1:45 Cirrhosis Management on the Front Lines Rex G. Cheng, MD

2:30 Break

2:00-5:00 Workshop Option 1

Buprenorphine Certification Workshop (see page 10 for more information; attendees of this workshop will miss the 1:45 pm plenary session) Megan Wilson, MD and Matt Perez, MD



2:45-5:00 Workshop Option 2

Choose 2 from this list

(Sessions run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.)

Creating a Positive Learning Environment (only 2:45-3:45)

Lawrence Kirven, MD

Integrating Learners Into Your Clinic (only 4:00-5:00)

Jeanne Cawse-Lucas, MD and Serena Brewer, DO

The Pre-Travel Consult: Case Studies Christopher Sanford, MD, MPH, DTM&H

Brief CBT for Insomnia in Primary Care Daniel Evans, PhD, MS

Knee and Hip Exam

John O'Kane, MD

Choose Your Own Cough!

James Town, MD

5:00 Adjourn

Friday, September 14, 2018

7:30 Sign-In & Continental Breakfast

- 8:00 Introduction and Announcements
- 8:10 Pediatric Orthopedic Cases Anju Jain, MS, ATC, PA-C
- 8:55 Female Sexual Dysfunction Kim O'Connor, MD

9:40 Break

10:00 CHF Update

Claudius Mahr, DO, FACC, FESC

10:45 Chronic Abdominal Pain Gorav Kalra, MD

11:30 Nephrology Cases Leah Haseley, MD

12:15 Adjourn

Workshop Options

	N	MONDAY, SEPTEMBER 10
Se		Choose 2 from the following. run from 2:45 to 3:45, and from 4:00 to 5:00. There is a break for rotation at 3:45.
		Weight Loss: What Works, What Doesn't?
		Inflammation
		Primary Care of Trans and Nonbinary Gender Adults
		CPAP Bootcamp for the Primary Care Clinician (hands on)
		Radiology Cases for Primary Care
		EKG Cases

	TU	JESDAY SEPTEMBER 11
Se		Choose 2 from the following. In from 2:45 to 3:45, and from 4:00 to 5:00. In the second secon
		Under Pressure: Management of Hypertension in Pregnancy
		Using the WA Portal to Support Transformation in Your Clinic
		Death with Dignity: A Conversation about the Ethical Considerations of Physician Aid in Dying
		Shoulder Exam
		Dementia in Primary Care: Practical Tools, Real World Advice
		Bring Your Difficult Diabetes Cases for Discussion

WEDNESDAY SEPTEMBER 12			
OPTION 1		Practical Strategies, Skills and Documents Needed for Effective Advance Care Planning held from 2:45 - 5:00 pm	
	ssions r	from the following if not attending Option 1 un from 2:45 to 3:45, and from 4:00 to 5:00. here is a break for rotation at 3:45.	
		Neuro Exam: Tricks and Tips	
7		Atrial Fibrulation 2018	
OPTION 2		Common Challenges in Geriatric Care	
OPT		Primary Care for Newly Arrived Refugees	
		Musculoskeletal Ultrasound Workshop (hands on, 25 max. per session)	

	TH	URSDAY SEPTEMBER 13	
OPTION 1		Buprenorphine Certification Workshop (see additional information below) held from 2:00 - 5:00 pm Note: Attendees of this workshop will miss the 1:45 pm plenary session	
	ssions ru	from the following if not attending Option 1 un from 2:45 to 3:45, and from 4:00 to 5:00. here is a break for rotation at 3:45.	
		Knee and Hip Exam	
		The Pre-Travel Consult: Case Studies	
N 2		How to Help Your Patients Sleep Better Using Brief CBT for Insomnia	
Using Brief CBT for Insomnia Choose Your Own Cough!		Choose Your Own Cough!	
0		Creating a Positive Learning Environment held from 2:45-3:45 pm	
		Integrating Learners Into Your Clinic held from 4:00-5:00 pm	

Buprenorphine Certification Workshop - Limited Space Available

Learn to identify and treat opioid use disorder (OUD), prescribe buprenorphine and utilize urine drug screening (sponsored by American Academy Addiction Psychiatry). Physicians will need to do an additional 4 hours of online training and PAs/NPs will need to do an additional 20 hours of online training to apply for their buprenorphine waiver.

For more info on the waiver process: https://pcssnow.org/education-training/mat-training/

When registering, please include both the completed registration form and workshop selection form (pages 10 and 11)

46th Annual Advances in Family Medicine REGISTER ONLINE AT UWCME.ORG September 10-14, 2018 & Primary Care

□\$50 (USB) Three-Day Registrations received on or after August 28 increase 009\$□ **□**\$525 **□**\$200 **Optional Media Products** Family Medicine Course **□**\$200 (Paper) Five-Day **□**\$850 **□**\$300 **□\$150** by \$25 □ **COURSE FEES** Syllabus Other Disciplines Resident/Fellow* MD/DO/PhD 1061[M

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RETURN COMPLETED

REGISTRATIONS

ndicate which three days If attending three days,

TOTAL FEES:

(include workshop form on page 10)

BY MAIL:

JW CME

Resident/Fellow rate requires written confirmation of current resident/fellow status *Residency Program (if applicable) PAYMENT

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