

UW Medicine

UW SCHOOL
OF MEDICINE

47th Annual

ADVANCES IN FAMILY MEDICINE
& PRIMARY CARE



Sunday-Friday

September 8-13, 2019

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

Sponsored by UW School of Medicine
Department of Family Medicine
The Osher Center for Integrative 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 in primary care.

COURSE DESCRIPTION

This is the 47th year that the Department of Family Medicine at the University of Washington School of Medicine is offering one week of educational opportunities for family medicine and primary care health care providers.

Each year, the 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, 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.
- 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.

We offer a wide variety of interactive workshops to reinforce and deepen content that is shared in 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 40.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, 47th Annual Advances in Family Medicine & Primary Care, with a beginning date of 09/08/2019, has been reviewed and is acceptable for up to 32.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.
- Identify two basic benefits of the integrative medicine approach to care.
- Review the impact of lifestyle changes on health outcomes.
- Define mind-body medicine and describe the health benefits of this approach.

PRE-CONFERENCE - INTEGRATIVE MEDICINE IN PRIMARY CARE: EXPANDING THE NON-PHARMACOLOGIC TOOLBOX FOR HOLISTIC CARE

"Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing." - Academic Consortium for Integrative Medicine and Health

Faculty will present the evidence for nonpharmacologic strategies that can help overcome chronic conditions. Topics covered include management of stress, digestive health, migraine, palliative care, musculoskeletal injuries, the role of cannabis, acupuncture, biofeedback and epigenetics.

Sunday, September 8, from 8:00 am - 5:00 pm

7.5 AMA PRA Category 1 Credits™

Join us for the UW Osher Center inaugural pre-conference day for primary care.

FEES AND REGISTRATION

To enroll, please register online at uwcme.org. 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.

| | <i>Five-Day</i> | <i>Three-Day</i> | Integrative Medicine (pre-conference) |
|--|-----------------|------------------|--|
| MD/DO/PhD | \$895 | \$625 | \$250 |
| PA/ARNP/RN/Allied Health | \$795 | \$525 | |
| *Resident/Fellow/Student | \$350 | \$250 | \$75 |
| <i>*Resident/Fellow/Student rate requires written confirmation of status</i> | | | |
| Registrations received after August 26 increase by \$25 | | | |

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.

CONFERENCE MATERIALS

Educational materials will be available online at uwcme.org (for conference registrants only). Materials will be available beginning on **September 3, 2019**, for registrants to print and/or download. A booklet with the conference agenda and pages for note-taking will be provided 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.

For the optimum learning experience of all, infants and children are not permitted in the education space for the duration of the program. All CME events support parents and nursing mothers by providing access to lactation spaces. Please send an email to cme@uw.edu by August 30 if you will need to utilize lactation spaces.

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 26, 2019**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **August 26, 2019**. 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. Contact CME Office with questions – call 206.543.1050, fax 206.221.4525 or email cme@uw.edu.

SPECIAL SERVICES

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 • Email: dso@uw.edu

Course Planners

CHAIR

Grace Shih, MD, MAS
Associate Professor of Medicine
Department of Family Medicine

PLANNING COMMITTEE

Department of Family Medicine
Morhaf Al Achkar, MD
Ian Bennett, MD, PhD
Marc Hawkins, MPAS, PA-C
Emily Hilderman, DNP, ARNP
Paul James, MD

Pre-Conference Course Planners

CHAIR

Heather Tick, MD, MA
Associate Director of Clinical Care, Osher Center for
Integrative Medicine
Clinical Professor
Departments of Family Medicine and
Anesthesiology & Pain Medicine

PLANNING COMMITTEE

Iman Majd, MD, MS, L.Ac
Director, Osher Clinic for Integrative Medicine
Clinical Assistant Professor
Department of Family Medicine
Lucille Marchand, MD, BSN, FAAHPM
Executive Director, Osher Center for Integrative
Medicine
Professor
Section Chief of Palliative Care
Department of Family Medicine

Guest Faculty

Mary Brown, MA Ed
Cannabinoid Therapy Educator
AIMS Institute

Arti Chandra, MD
Primary Care Provider
Swedish Medical Group

Maureen Chomko, RD, CDE
Dietician/Nutritionist
UW Neighborhood Clinics

Wayne Jonas, MD
Executive Director
Samueli Integrative Health Programs

Aidan Key
Executive Director, Gender Diversity
Gender Odyssey

Nancy Lawton, MN, ARNP, FNP
Adjunct Clinical Faculty, School of Nursing
Washington State University
Adjunct Clinical Faculty, School of Nursing
University of Washington

Kenneth R. Pelletier, PhD, MD
Clinical Professor
Department of Medicine
University of Arizona

Matt Perez, MD
Clinical Instructor
Neighborcare Health

Jessica Streufert, RRT
Cannabinoid Therapy Educator
Respiratory Therapist
AIMS Institute

UW Faculty

Morhaf Al Achkar, MD
Assistant Professor
Department of Family Medicine

Ashley Austin, MD
Fellow, Sports Medicine
Department of Family Medicine

Nisha Bansal, MD, MAS
Associate Professor
Division of Nephrology

Melissa A. Bender, MD
Assistant Professor
Department of Family Medicine

Nathalie Bentov, MD, MA
Clinical Assistant Professor
Department of Family Medicine

Kari Bernard, MS, PA-C
Lecturer
MEDEX Physician Assistant Program
Department of Family Medicine

UW Faculty (continued)

Cora Breuner, MD, MPH

Professor
Department of Pediatrics
Division of Adolescent Medicine

Andrew Cheng, MD

Assistant Professor
Division of Cardiology

Kimberly Collins, MD

Assistant Professor
Department of Family Medicine

Arielle P. Davis, MD

Assistant Professor
Department of Neurology

Mark Duncan, MD

Assistant Professor
Department of Psychiatry & Behavioral Sciences

Jennifer Erickson, MPH, PA-C

Lecturer
MEDEX Physician Assistant Program
Department of Family Medicine

Jennifer M. Erickson, DO

Acting Assistant Professor
Department of Psychiatry & Behavioral Sciences

Daniel Evans, PhD, MS

Assistant Professor
Department of Family Medicine

David Evans, MD

Associate Professor
Department of Family Medicine

James Fausto, MD, MHA, FAAHPM

Associate Professor
Department of Family Medicine

Deepthi Gupta, MD

Assistant Professor
Division of Dermatology

M. Kennedy Hall, MD, MHS

Assistant Professor
Department of Emergency Medicine

Corinne Heinen, MD

Clinical Associate Professor
Department of Family Medicine

Gary Huang, MD

Clinical Assistant Professor
Division of Cardiology

Sabina Hossain, MSN, ARNP

Teaching Associate

Stephen Hunt, MD, MPH

Director, Deployment Health Clinic
Veterans Administration Health Care Puget Sound

Jeffrey Jacobs, MD

Fellow
Division of Gastroenterology

Anju Jain, MS, ATC, PA-C

Lecturer
MEDEX Physician Assistant Program
Department of Family Medicine

Abena Knight, MD

Associate Clinical Professor
Department of Pediatrics

Ruth Kohen, MD

Associate Professor
Department of Psychiatry & Behavioral Sciences

John B. Lynch, MD, MPH

Associate Professor
Division of Allergy & Infectious Diseases

Suzan Mazor, MD

Associate Professor
Department of Pediatrics
Medical Director, Toxicology
Seattle Children's

Adelaide McClintock, MD

Assistant Professor
Division of General Internal Medicine

Natalia Murinova, MD, MHA

Clinical Associate Professor
Department of Neurology

Kim O'Connor, MD, FACP

Associate Professor
Division of General Internal Medicine

John O'Kane, MD

Professor
Department of Family Medicine
Division of Sports Medicine

Sarah Patton, MSHS, PA-C

Lecturer
MEDEX Physician Assistant Program
Department of Family Medicine

Pamela Pentin, MD, JD, FAAFP

Associate Professor
Department of Family Medicine

Paul Pottinger, MD, FACP, FIDSA

Professor of Medicine
Division of Allergy & Infectious Diseases

Celeste Quitiquit, MD

Assistant Professor
Department of Pediatrics

Ashwin Rao, MD

Associate Professor
Department of Family Practice

UW Faculty (continued)

Matthew Rivara, MD
Assistant Professor
Division of Nephrology

Stephen Reeves, MD, PhD
Acting Assistant Professor
Department of Pediatrics

Melissa R. Robinson, MD, FHRS, FACC
Clinical Associate Professor
Division of Cardiology

Mara Y. Roth, MD
Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Christopher Sanford, MD, MPH, DTM&H
Associate Professor
Departments of Family Medicine & Global Health

Crystal Shen, MD, MPH
Department of Pediatrics
Seattle Children's

David Siebert, MD
Assistant Professor
Department of Family Medicine

Rebecca Simon, MD
Fellow, Maternal-Fetal Medicine
Department of Obstetrics & Gynecology

Mark Stein, PhD
Professor
Department of Psychiatry & Behavioral Sciences

Alyssa Stephenson-Famy, MD
Associate Professor
Department of Obstetrics and Gynecology

Breana Taylor, MD
Fellow
Department of Neurology

Yana Thaker, MD
Fellow
Division of Gastroenterology

James Town, MD
Assistant Professor
Division of Pulmonary, Critical Care & Sleep Medicine

Subbulaxmi Trikudanathan, MD, MRCP, MMSc
Clinical Assistant Professor
Division of Metabolism, Endocrinology & Nutrition

Jay Vary, MD, PhD
Assistant Professor
Division of Dermatology

Megan Wilson, MD
Assistant Professor
Department of Family Medicine

Crystal Wong, MD
Clinical Assistant Professor
Department of Family Medicine

Eugene Yang, MD, MS, FACC
Clinical Associate Professor
Division of Cardiology

Jaquelyn Yeh, MD
Fellow, Reproductive Health
Department of Family Medicine

Ying Zhang, MD, MPH
Assistant Professor
Department of Family Medicine

Faculty and agenda are subject to change.



Sunday, September 8, 2019 (pre-conference)

7:30 Registration & Continental Breakfast/Mindfulness Exercise

8:00 Change Your Genes, Change Your Life: Creating Optimal Health with the New Science of Epigenetics
Kenneth R. Pelletier, PhD, MD (keynote)

9:00 Medical Cannabis in Primary Care: Science, Politics and Practical Patient Care
Lucille Marchand, MD, BSN, FAAHPM, Mary Brown, MA Ed, and Jessica Streufert, RRT

10:15 Biofeedback: Fact or Fantasy
Cora Breuner, MD, MPH

11:00 Gut Health for Whole Health: Supporting a Path to Digestive and Overall Wellness
Arti Chandra, MD

12:00 Lunch (provided)

1:00 Integrative Strategies for Headache Relief
Natalia Murinova, MD

2:00- Workshops (choose one)

- 3:30
1. Auricular Acupuncture and Pain Management (hands-on ear acupuncture)
Iman Majd, MD, MS, L.Ac
 2. Integrative Palliative Care
Lucille Marchand, MD, BSN, FAAHPM
 3. Common Myofascial Conditions: Diagnosis and Treatment
Heather Tick, MD
-

3:30 Break; transition to auditorium

3:50 Breathing exercise instruction

4:00 How Healing Works
Wayne Jonas, MD (keynote)

5:00 Adjourn

Monday, September 9, 2019

7:00 Registration & Continental Breakfast

8:00 Welcome and Introduction

8:10 From SOAP to HOPE: Implementing Integrative Care in Practice
Wayne Jonas, MD

8:55 Nephrology Cases for Primary Care
Matthew Rivara, MD

9:40 Break

10:00 Osteoporosis
Kim O'Connor, MD

10:45 Colonization or Infection? Thinking about C. Difficile and UTIs
John Lynch, MD, MPH

11:30 Health Effects of Vaping
Crystal Shen, MD, MPH

12:15 Lunch (provided)

1:00 Pediatric Fracture Management
Celeste Quitiquit, MD

1:45 Outpatient Management of VTE Disease in an Era of Direct Oral Anticoagulation
M. Kennedy Hall, MD, MHS

2:30 Break; transition to workshops

Monday, September 9, 2019

(...continued)

2:45 Workshop Options (choose 2 from 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.)

Psychological Trauma and Health: What You Need to Know and Do
Stephen Hunt, MD, MPH

Skin Cancer: Tips from 15 Years of Practice
Sarah Patton, MSHS, PAC

The Pretravel Encounter
Christopher Sanford, MD, MPH, DTM&H

The Spectrum of DM Diagnoses: A Case-Based Discussion
Sabina Hossain, MSN, ARNP

IUD Insertion, Endometrial Biopsy, and Uterine Aspiration - A Hands-On Workshop
(limited enrollment)
Grace Shih, MD, MAS, Ying Zhang, MD, MPH, and Jaquelyn Yeh, MD

Joint Injections: Applications for the Primary Care Provider
Ashley Austin, MD

5:00 Adjourn

Tuesday, September 10, 2019

7:30 Sign-In & Continental Breakfast

8:00 Opening Remarks

8:10 Updates on Ischemic Heart Disease
Andrew Cheng, MD

8:55 Cases in Adult Dermatology - Best Practices for Common Conditions
Jay Vary, MD, PhD

9:40 Break

10:00 Review of 2018 ACC/AHA Lipid Guidelines - How to Implement in Clinical Practice
Eugene Yang, MD, MS, FACC

10:45 Role of Primary Care in IBD
Yana Thaker, MD

11:30 Knee Pain in the Recreational Athlete - Clinical Pearls for PCPs
Ashwin Rao, MD

12:15 Lunch (provided)

1:00 Antibiotics: 2019 and Beyond
Paul Pottinger, MD, DTM&H

1:45 ADHD Grown Up
Mark Stein, PhD

2:30 Break; transition to workshops

1:00- Workshop Option 1

5:00 Helping Our Patients with Opioid Use Disorder: Buprenorphine Waiver Training
(limited enrollment; attendees will miss the plenary sessions at 1:00 and 1:45 pm)
 Megan Wilson, MD, and Matt Perez, MD

Buprenorphine Waiver Workshop - Limited Enrollment

Learn to identify and treat opioid use disorder (OUD), prescribe buprenorphine and utilize urine drug screening (sponsored by American Academy Addiction Psychiatry). This course plus 4 hours of online modules will allow physicians to get their buprenorphine waiver and will count as 8 hours of the required training for ARNPs/PAs.

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

2:45 Workshop Option 2 (choose 2 from 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.)

Managing Common Symptoms of Pregnancy
 Alyssa Stephenson-Famy, MD, and Rebecca Simon, MD

Using Attachment Theory to Navigate Challenging Patient Encounters
 Daniel Evans, PhD, MS

Interpreting the New 2019 ADA Medication Guidelines: Best Candidates for Classes of Diabetes Medications
 Maureen Chomko, RD, CDE

To Stop or Not To Stop: Pre-Operative Management
 Nathalie Bentov, MD, MA

Integrating Evidence-Based Medicine and Guidelines into Practice
 Morhaf Al Achkar, MD

5:00 Adjourn

Wednesday, September 11, 2019

7:30 Sign-In & Continental Breakfast

8:00 Opening Remarks

8:10 Cardiac Imaging: Which Test to Order and When
 Gary Huang, MD

8:55 Pediatric Dermatology
 Deepti Gupta, MD

9:40 Break

10:00 Management of Thyroid Nodules
 Mara Y. Roth, MD

10:45 Outpatient Management of Bipolar Mania
 Mark Duncan, MD

11:30 Racism in Medicine
 Abena Knight, MD

12:15 Lunch (provided)

1:00 Examination of the Knee
 John O’Kane, MD

1:45 Dizzy: Distinguishing Benign vs. Devastating
 Arielle P. Davis, MD

2:30 Break; transition to workshops

2:45 Workshop Options (choose 2 from 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.)

Healthcare Needs of Homeless Women
Nancy Lawton, MN, ARNP, FNP

Pediatric Poisonings - A Hands-On Workshop **SOLD OUT**
Suzan Mazor, MD

Trans Children: Barriers to Care/Barriers in Life
Aidan Key

Advance Care Planning
*Lucille Marchand, MD, BSN, FAAHPM, James Fausto, MD, MHA, FAAHPM, and
Melissa Bender, MD*

Celiac Disease: A Case-Based Approach
Jennifer Erickson, MPH, PA-C

ECG Pearls and Pitfalls
Melissa Robinson, MD, FACC, FHRS

5:00 Adjourn

Thursday, September 12, 2019

7:30 Sign-In & Continental Breakfast

8:00 Opening Remarks

8:10 Recognizing Opioid Use Disorder in Opioid-Dependent Chronic Pain Patients
Pamela Pentin, MD, JD, FAAFP

8:55 TIA/Stroke
Breana Taylor, MD

9:40 Break

10:00 Risk-Based Breast Cancer Screening: Who, When, Why and How?
Adelaide McClintock, MD

10:45 COPD
James Town, MD

11:30 Integrative Approach to IBS and Headaches
Iman Majd, MD

12:15 Lunch (provided)

1:00 No Longer Toughing It Out: Youth Sports-Related Concussion
Anju Jain, MS, ATC, PA-C

1:45 Treating Anxiety and Depression in Geriatric Patients
Ruth Kohen, MD

2:30 Break; transition to workshops

Thursday, September 12, 2019

(...continued)

2:45- Workshop Option 1

5:00 Advanced Suturing Technique (*limited enrollment*) **SOLD OUT**
David Evans, MD

OR

2:45 Workshop Option 2 (choose 2 from 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.)

Primary Care in a Digital Age: Lessons from Telehealth Implementation
Crystal Wong, MD

The Sad Kidney: Management of Psychiatric Symptoms in CKD
Jennifer Erickson, DO

Shoulder Exam
David Siebert, MD

Healthcare Provider Burnout
Kari Bernard, MS, PA-C

Postpartum Depression
Kimberly Collins, MD

5:00 Adjourn

Friday, September 13, 2019

7:30 Sign-In & Continental Breakfast

8:00 Opening Remarks

8:10 CKD Management
Nisha Bansal, MD, MAS

8:55 Update on Diabetic Meds
Subbulaxmi Trikudanathan, MD

9:40 Break

10:00 Primary Care of Transgender and Gender Non-Binary Patients
Corinne Heinen, MD

10:45 Pediatric Asthma Cases
Stephen Reeves, MD, PhD

11:30 Functional GI Disorders: The Role of Food, Fiber, and Herbs
Jeffrey Jacobs, MD

12:15 Adjourn



UW Medicine

UW SCHOOL
OF MEDICINE

University of Washington | School of Medicine
Office of Continuing Medical Education
Box 359558
Seattle, WA 98195-9558

47th Annual Advances in Family Medicine & Primary Care
September 8 - 13, 2019

Register online at uwcme.org