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.

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.
• 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.

<table>
<thead>
<tr>
<th></th>
<th>Five-Day</th>
<th>Three-Day</th>
<th>Integrative Medicine (pre-conference)</th>
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<tbody>
<tr>
<td>MD/DO/PhD</td>
<td>$895</td>
<td>$625</td>
<td>$250</td>
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<tr>
<td>PA/ARNP/RN/Allied Health</td>
<td>$795</td>
<td>$525</td>
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<tr>
<td>*Resident/Fellow/Student</td>
<td>$350</td>
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*Resident/Fellow/Student rate requires written confirmation of status

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
Clinical Associate Professor
Departments of Family Medicine and Anesthesiology & Pain Medicine

PLANNING COMMITTEE
Iman Majd, MD
Clinical Associate Professor
Department of Family Medicine
Lucille Marchand, MD, BSN, FAAHPM
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

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

Sunil Aggarwal, MD
Clinical Assistant Professor
Department of Rehabilitation Medicine

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

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  
Assistant Professor  
Department of Family Medicine  

Deepi 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  
Clinical Assistant 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  

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

Matthew Rivara, MD  
Assistant Professor  
Division of Nephrology
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

Lois Thetford, PA-C
Lecturer
MEDEX Physician Assistant Program
Division of Family Medicine

James Town, MD
Clinical Instructor, Department of Medicine
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
**Sunday, September 8, 2019 (pre-conference)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Registration &amp; Continental Breakfast/Mindfulness Exercise</td>
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<tr>
<td>8:00</td>
<td>Change Your Mind: Change Your Genes</td>
<td>Kenneth R. Pelletier, PhD, MD (keynote)</td>
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<tr>
<td>9:00</td>
<td>Key to Health Is In the Gut</td>
<td>Arti Chandra, MD</td>
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<td>10:00</td>
<td>Break</td>
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<tr>
<td>10:15</td>
<td>Biofeedback: Fact or Fantasy</td>
<td>Cora Breuner, MD, MPH</td>
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<tr>
<td>11:00</td>
<td>Cannabis: The Evidence and Pearls for Patient Guidance</td>
<td>Sunil Aggarwal, MD</td>
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<tr>
<td>12:00</td>
<td>Lunch (provided)</td>
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<tr>
<td>1:00</td>
<td>Integrative Strategies for Headache Relief</td>
<td>Natalia Murinova, MD</td>
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<tr>
<td>2:00</td>
<td>Break; transition to workshops</td>
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<tr>
<td>2:15-</td>
<td>Workshops (choose one)</td>
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<tr>
<td>3:45</td>
<td>1. Auricular Acupuncture and Pain Management (hands-on ear acupuncture)</td>
<td>Iman Majd, MD</td>
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<td>2. Integrative Palliative Care</td>
<td>Lucille Marchand, MD</td>
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<td>3. Common Myofascial Conditions: Diagnosis and Treatment</td>
<td>Heather Tick, MD</td>
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<td>4:00</td>
<td>How Healing Works</td>
<td>Wayne Jonas, MD (keynote)</td>
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<td>5:00</td>
<td>Adjourn</td>
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**Monday, September 9, 2019**

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:00</td>
<td>Registration &amp; Continental Breakfast</td>
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<tr>
<td>8:00</td>
<td>Welcome and Introduction</td>
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<tr>
<td>8:10</td>
<td>From SOAP to HOPE: Implementing Integrative Care in Practice</td>
<td>Wayne Jonas, MD</td>
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<td>8:55</td>
<td>Nephrology Cases for Primary Care</td>
<td>Matthew Rivara, MD</td>
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<tr>
<td>9:40</td>
<td>Break</td>
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<tr>
<td>10:00</td>
<td>Osteoporosis</td>
<td>Kim O’Connor, MD</td>
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<td>10:45</td>
<td>Colonization or Infection? Thinking about C. Difficile and UTIs</td>
<td>John Lynch, MD, MPH</td>
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<tr>
<td>11:30</td>
<td>Health Effects of Vaping</td>
<td>Crystal Shen, MD, MPH</td>
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<tr>
<td>12:15</td>
<td>Lunch (provided)</td>
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<tr>
<td>1:00</td>
<td>Pediatric Fracture Management</td>
<td>Celeste Quitiquit, MD</td>
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<tr>
<td>1:45</td>
<td>Outpatient Management of VTE Disease in an Era of Direct Oral Anticoagulation</td>
<td>M. Kennedy Hall, MD, MHS</td>
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<tr>
<td>2:30</td>
<td>Break; transition to workshops</td>
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</table>
Monday, September 9, 2019

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, PA-C

- 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 Management of 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
Tuesday, September 10, 2019

1:00-5:00 Workshop Option 1
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
Wednesday, September 11, 2019

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
Lois Thetford, PA-C

Pediatric Poisonings - A Hands-On Workshop
Suzan Mazor, MD

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

Advance Care Planning
Lucille Marchand, MD, James Fausto, MD, 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

2:45-  Workshop Option 1
5:00  Advanced Suturing Technique  (*limited enrollment*)
      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 GI Updates
      Jeffrey Jacobs, MD

12:15 Adjourn