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.
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 uwcmee.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.

**FEES AND REGISTRATION**
To enroll, please register online at uwcmee.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>
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<tr>
<td>MD/DO/PhD</td>
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Registrations received after August 26 increase by $25

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Disability Services Office
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**Course Planners**

**CHAIR**
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Department of Family Medicine

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Ian Bennett, MD, PhD  
Marc Hawkins, MPAS, PA-C  
Emily Hilderman, DNP, ARNP  
Paul James, MD

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Section Chief of Palliative Care  
Department of Family Medicine

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Cannabinoid Therapy Educator  
AIMS Institute

Arti Chandra, MD  
Primary Care Provider  
Swedish Medical Group

Maureen Chomko, RD, CDE  
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UW Neighborhood Clinics

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Aidan Key  
Executive Director, Gender Diversity  
Gender Odyssey

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Washington State University  
Adjunct Clinical Faculty, School of Nursing  
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Department of Medicine  
University of Arizona

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Neighborcare Health

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Respiratory Therapist  
AIMS Institute

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John O’Kane, MD
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Division of Sports Medicine

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Assistant Professor  
Department of Family Medicine  

Crystal Wong, MD  
Clinical Assistant Professor  
Department of Family Medicine  

Eugene Yang, MD, MS, FACC  
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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)

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<tr>
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| 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                                                                      |
| 2:00-3:30 | Workshops (choose one)                                          |
| 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

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<tr>
<td>7:00</td>
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<tr>
<td>8:00</td>
<td>Welcome and Introduction</td>
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</table>
| 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

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  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
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/](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  
  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**

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| 2:45-5:00 | Workshop Option 1  
Advanced Suturing Technique (limited enrollment)  
David Evans, MD |
| OR      | 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                                                              |

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| 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                                                              |
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