

UW Medicine

UW SCHOOL  
OF MEDICINE

*47<sup>th</sup> 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 47<sup>th</sup> 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](http://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)
<b>MD/DO/PhD</b>	\$895	\$625	\$250
<b>PA/ARNP/RN/Allied Health</b>	\$795	\$525	
<b>*Resident/Fellow/Student</b>	\$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](http://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](mailto: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](mailto: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](mailto: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

---

**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

# UW Faculty (continued)

**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**

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

## UW Faculty (continued)

**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  
Department 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

*Faculty and agenda are subject to change.*





## Sunday, September 8, 2019 (pre-conference)

### 7:30 Registration & Continental Breakfast/Mindfulness Exercise

---

8:00 Change Your Mind: Change Your Genes  
*Kenneth R. Pelletier, PhD, MD (keynote)*

9:00 An Integrative Perspective on Medical Cannabis in Primary 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; mindful eating exercise  
*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*
  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

**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 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**

---



**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  
*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, 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 GI Updates  
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

**47<sup>th</sup> Annual Advances in Family Medicine & Primary Care**  
September 8 - 13, 2019

Register online at [uwcme.org](http://uwcme.org)