

UW Medicine

UW SCHOOL
OF MEDICINE

49th Annual

ADVANCES IN FAMILY MEDICINE & PRIMARY CARE



Monday-Thursday

September 13-16, 2021

Online via Zoom Webinar

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 in primary care.

COURSE DESCRIPTION

This is the 49th year that the Department of Family Medicine at the University of Washington School of Medicine is offering 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.

We are pleased to offer this course online only via Zoom webinar.

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 Other activity for a maximum of 19.75 *AMA PRA Category 1 Credits*[™]. 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.
- Review and apply the most recent guidelines from the United States Preventive Services Taskforce (USPSTF).
- Identify and discuss evidence-based updates from recent studies and professional organizations.



FEES AND REGISTRATION

To enroll, please register online at uwcme.org. If you have not received confirmation, please contact the CME office at cme@uw.edu. Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed.

	Registration Fee
All Learners	\$550.00 USD
Resident/Fellow/Student*	\$250.00 USD
<i>*Resident/Fellow/Student rate requires written confirmation of current status. Failure to provide required documentation may result in an additional balance owed.</i>	
Beginning August 31, 2021, the registration rate will 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 recording, instructional materials, transcript of credit, record keeping, faculty planning and evaluation.

REFUND AND CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 31, 2021**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **August 31, 2021**. 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 written notification and issued a full refund. The University of Washington is not responsible for any other costs incurred. Contact CME Office with questions – cme@uw.edu.

Prior to the start of the webinar, please ensure you have the appropriate system requirements to view the webinar. No refunds will be available for technical issues not controlled by UW CME.

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



ONLINE CONFERENCE MATERIALS

Instruction materials will be available online at uwcme.org (for conference registrants only). Materials will be available beginning on **September 7, 2021**, for registrants to print and/or download.

EXTENDED ATTENDANCE OPTIONS

Learners can participate in the live offering between September 13-16, 2021 and claim credit for participation. Credit will also be available through March 1, 2022 for watching the recorded content for those sessions the learner was unable to participate in live. A competency measurement will be required for watching recorded content for credit. **Please note, you may not claim credit twice for participating in the live webinar and then subsequently watching the recording.** Learners must register for the virtual offering in order to receive access to the recorded content and material.

WEBINAR TECHNICAL REQUIREMENTS

Additional technical requirements can be found on the UW CME website (uwcme.org). Minimum browser requirements for successful access and completion for this activity are as follows:

- Chrome version 70.0 or newer, or Firefox version 63.0 or newer.
- You may use any browser to view the Zoom webinar.



Course Planners

CHAIR

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

PLANNING COMMITTEE

Department of Family Medicine
Ashley Austin, MD
Jose Flores-Rodarte, MD, MPH
Dale Robertson, MCHS, PA-C
Ying Zhang, MD, MPH

Guest Faculty



*Part of speaker series for
Department of Family Medicine
50th Anniversary Celebration*

Frank Domino, MD
Professor
University of Massachusetts Medical School
UMass Memorial Health
Shrewsbury, MA

John B. Dunn, MD, MPH
Medical Director
Preventive Care
Kaiser Permanente Washington

Alexander Krist, MD
Professor
Family Medicine and Population Health
Virginia Commonwealth University
Richmond, VA

Richard Waters, MD, MSc
Medical Director, Housing & Street
Outreach
Neighborcare Health
Seattle, WA

UW Faculty

Xenia Averkiou, MS, RDN, CDCES
Registered Dietitian Nutritionist, Certified
Diabetes Care and Education Specialist
UW Medicine/UW Diabetes Institute

Aaron Bunnell, MD
Associate Professor
Department of Rehabilitation Medicine
Attending Physician
Director, Rehabilitation Consultations
UW Medicine

Hugo Carmona, MD
Assistant Professor,
Division of Pulmonary, Critical Care and
Sleep Medicine

Anna Cogen, MD, PhD
Assistant Professor
Division of Dermatology

Mark Duncan, MD
Assistant Professor
Department of Psychiatry & Behavioral
Sciences
Psychiatrist, UWMC and UW Medicine

Barak Gaster, MD, FACP
Professor
Division of General Internal Medicine

Joshua Gellert, DPT, SCS
Physical Therapist, Sports Medicine Center
Husky Stadium

Kimberly G. Harmon, MD
Professor
Departments of Family Medicine and
Orthopaedics and Sports Medicine

UW Faculty (continued)

Paul James, MD

Professor and Chair
Department of Family Medicine

Farah Khan, MD

Clinical Assistant Professor
Division of Metabolism, Endocrinology &
Nutrition

Constance Mao, MD

Associate Professor Emeritus
Department of Obstetrics & Gynecology

Kim O'Connor, MD, FACP

Associate Professor
Division of General Internal Medicine

Douglas S. Paauw, MD, MACP

Professor
Division of General Internal Medicine
Rathmann Family Foundation Endowed
Chair for Patient-Centered Clinical
Education
Physician, UW Medicine

Cary Paine, MD

Clinical Assistant Professor
Division of Nephrology
Medical Director, Dialysis Services
UW Medical Center

Laurel Pellegrino, MD

Acting Assistant Professor
Department of Psychiatry & Behavioral
Sciences

Katherin Peperzak, MD

Assistant Professor
Department of Anesthesiology & Pain
Medicine
Interim Medical Director, Center for Pain
Relief, UW Medical Center

Paul Pottinger, MD, FACP, FIDSA

Professor
Division of Allergy & Infectious Diseases
Director, Infectious Disease Training
Program

Jordan Prutkin, MD, MHS, FACC, FHRS

Professor
Division of Cardiology
Section of Electrophysiology

Jaqueline Raetz, MD

Associate Professor
Department of Family Medicine

Tomio Tran, MD

Fellow
Division of Cardiology

Jay Vary, MD, PhD

Associate Professor
Division of Dermatology

Elizabeth Wahl, MD, MAS

Acting Assistant Professor
Division of Rheumatology
Acting Section Chief, Rheumatology
VA Puget Sound Health Care System

Jessica Whitfield, MD, MPH

Acting Assistant Professor
Department of Psychiatry & Behavioral
Sciences
Physician, Outpatient Psychiatry Clinic
UW Medical Center

Eugene Yang, MD, MS, FACC

Clinical Professor
Division of Cardiology
Carl and Renée Behnke Endowed
Professorship for Asian Health
Medical Director, UW Medicine Eastside
Specialty Center
Co-Director, Cardiovascular Wellness and
Prevention Program

Bessie Young, MD

Professor
Division of Nephrology
Section Head
VA Puget Sound Health Care System

Monday, September 13, 2021

- 8:00 Welcome and Course Introduction
Grace Shih, MD, and Paul James, MD
- 8:15 Update from the U.S. Preventive Services Task Force
Alexander Krist, MD
- 9:00 Atrial Fibrillation 2021
Jordan Prutkin, MD, MHS, FACC, FHRS
- 9:45 Keeping Up with Changes to Cervical Cancer Guidelines
Constance Mao, MD
-

10:30 Break

- 10:45 COPD: Guideline-Based Practice in Primary Care
Hugo Carmona, MD
- 11:30 Osteoporosis
Kim O'Connor, MD, FACP
-

12:15 Lunch break

- 1:00 Treatment Resistant Depression: A Case-Based Approach
Jessica Whitfield, MD, MPH, and Laurel Pellegrino, MD
- 1:45 Immunizations: Recent Changes and Challenges
John B. Dunn, MD, MPH
-

2:30 Adjourn

Tuesday, September 14, 2021

- 7:55 Welcome Remarks
Grace Shih, MD
- 8:00 Equity in Dermatology
Jay Vary, MD, PhD
- 8:45 Microscopic Hematuria
Cary Paine, MD
- 9:30 Medication Management to Support Controlled Drinking
Mark Duncan, MD
-

10:15 Break

- 10:30 ECG Refresher for Primary Care
Tomio Tran, MD
- 11:15 Post-Acute Sequelae of SARS-CoV-2 (PASC) - Recovery and Rehabilitation
Aaron Bunnell, MD
-

12:00 Lunch break

- 1:00 Gout 2021: A Case-Based Review of the New Guidelines
Elizabeth Wahl, MD, MAS
- 1:45 Got Questions About ID? - Open Mic
Paul Pottinger, MD, FACP, FIDSA
-

2:30 Adjourn

Schedule Subject to Change
All Times in Pacific

Wednesday, September 15, 2021

7:55 Welcome Remarks
Grace Shih, MD

8:00 Top 10: EBM Updates From The Medical Literature
Frank Domino, MD

8:45 Assessment and Management of Chronic Pain
Katherin Peperzak, MD

9:30 When and How to Refer for Nutrition and Diabetes Self-Management Education
Xenia Averkiou, MS, RDN, CDCES

10:15 Break

10:30 Structural and Cultural Strategies for Effective OUD Treatment
Richard Waters, MD, MSc

11:15 What Every PCP Should Know About Physical Therapy
Joshua Gellert, DPT, SCS

12:00 Lunch break

1:00 Youth Return to Sport After COVID-19
Kimberly Harmon, MD

1:45 Visual Recognition: Dermatology for Primary Care Providers
Anna Cogen, MD, PhD

2:30 Adjourn

Thursday, September 16, 2021

7:55 Welcome Remarks
Grace Shih, MD

8:00 Advanced Cases in T2DM: Using the Latest Therapeutic Options
Farah Khan, MD

8:45 Dementia and Geriatrics Q&A
Jaqueline Raetz, MD, and Barak Gaster, MD, FACP

9:30 To Stent or Not to Stent: The ISCHEMIA Trial
Eugene Yang, MD, MS, FACC

10:15 Break

10:30 Estimating GFR and Race: Is It Time For a New Perspective?
Bessie Young, MD

11:15 How to Become Better at Diagnosis: Recognizing the Horses and Taming the Zebras
Douglas Paauw, MD, MACP

12:00 Adjourn

Schedule Subject to Change
All Times in Pacific

Register Online: www.uwcme.org