

UW Medicine

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OF MEDICINE

# DIABETES UPDATE FOR PRIMARY CARE



March 11-12, 2022  
LIVE WEBINAR

Sponsored by the University of Washington School of Medicine  
Department of Medicine, Division of Metabolism, Endocrinology and Nutrition  
Office of Continuing Medical Education

# Diabetes Update for Primary Care

## March 11-12, 2022

### TARGET AUDIENCE

This course is directed toward primary care providers including family practice physicians, internists, physician assistants, advanced nurse practitioners, nurses and anyone with interest in diabetes care.

### COURSE DESCRIPTION

This is a comprehensive two-day course on diabetes geared towards primary care providers. There is an immense need for education as the incidence of diabetes in the general population reaches 10%, and primary care clinics carry the major burden of these patients. Didactic lectures offered in this program will provide the latest information on current classification of diabetes, and guideline updates. Important offerings of this course include an update on the newer pharmacologic agents for diabetes, insulin therapy, cardiovascular risk mitigation and management of type 1 diabetes in primary care.

A special highlight is a plenary lecture on the 100<sup>th</sup> anniversary of discovery of insulin. Additional topics include:

- Management of diabetes in adolescents and young adults
- Culturally sensitive care of type 2 diabetes in Latinx population
- Diabetes in pregnancy
- Severe insulin resistance management.

### COURSE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Identify and appropriately diagnose the type of diabetes for any given patient.
- Recommend appropriate nutritional interventions and exercise prescriptions for individuals with diabetes.
- Discuss new therapeutics and older agents to treat diabetes.
- Recognize how to manage type 1 diabetes in a primary care setting.
- Identify how to provide culturally sensitive diabetes care.
- Manage diabetes in special populations such as pregnancy, young adults, etc.

### 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 14.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### FEES AND REGISTRATION

<b>MD, DO, ARNP, PA, PharmD and non-UW Allied Health (RN, RD, CDE)</b>	\$400.00
<b>UW Allied Health (RN, RD, CDE)</b>	\$200.00
<b>*Resident/Fellow/Student</b>	\$200.00
<i>*Resident/Fellow/Student rate requires written confirmation of current resident/fellow/student status. Failure to provide required documentation may result in an additional balance owed.</i>	

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. The course fees are estimated to cover transcript of AMA PRA Category 1 Credits™, access to online instruction materials, course logistics, faculty planning and salaries.

If you have not received confirmation prior to the course start, please contact the CME office at [cme@uw.edu](mailto:cme@uw.edu). Continuing Medical Education will not be responsible for expenses incurred by an individual who is not confirmed.

## REFUND & CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **February 25, 2022**. A \$75.00 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **February 25, 2022**. 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 email and receive a full refund. The University of Washington is not responsible for any other costs incurred. Contact the CME Office with questions: email [cme@uw.edu](mailto:cme@uw.edu).

Prior to the start, please ensure you have the appropriate system requirements to view the webinar. More information about the recommended technical requirements is online at [uwcmo.org](http://uwcmo.org). No refunds will be available for technical issues not controlled by UW CME.

## ONLINE MATERIALS

Instruction materials will be available online at [uwcmo.org](http://uwcmo.org) (for conference registrants only). Materials will be available beginning on **March 7, 2022**, for registrants to print and/or download. Content will be recorded and available to attendees for educational purposes. Attendees will be notified when recordings are available, approximately 4-6 weeks after course completion. CME credit is available only for attending the live webinar; no credit is available for watching the recorded lectures.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in accordance with University policy and applicable federal and state statutes and regulations. 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 please contact the Disability Services Office at least ten (10) days in advance.

Disability Services Office

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# Conference Faculty

## Course Co-Chairs

**Irl B. Hirsch, MD, MACP**

Professor

Division of Metabolism, Endocrinology  
& Nutrition

Professor and Diabetes Treatment Chair  
Diabetes Institute

**Savitha Subramanian, MD**

Associate Professor

Division of Metabolism, Endocrinology  
& Nutrition

Director, UW Lipid Clinic

## Course Planner

**Farah Khan, MD**

Clinical Assistant Professor

Division of Metabolism, Endocrinology &  
Nutrition

Board-Certified Physician

Endocrine & Diabetes Care Center

UW Medical Center

## Division of Metabolism, Endocrinology & Nutrition Faculty

**Anthony DeSantis, MD**

Clinical Professor

Director, Clinical Services

**Nicole Ehrhardt, MD**

Assistant Professor

Lead, UW Diabetes ECHO Project

**Alison Evert, MS, RD, CDE**

Manager, Nutrition and Diabetes Programs

UW Neighborhood Clinics

**Ramachandra Naik, MD, DM, DNB**

Professor

Director, Diabetes Clinical Innovation

UW Medicine

**Tiffany Nguyen, MD**

Clinical Assistant Professor

**Arthi Thirumalai, MBBS**

Assistant Professor

**Subbulaxmi Trikudanathan, MD, MRCP,  
MMSc**

Clinical Associate Professor

**Kathryn Weaver, MD**

Clinical Assistant Professor

**Brent Wisse, MD**

Associate Professor

**Lorena Alarcon-Casas Wright, MD, FACE**

Clinical Associate Professor

## UW Faculty

**Faaiza Alibhai, PharmD**

Pharmacist

UW Medical Center - Montlake

**Xenia Averkiou, MS, RDN, CDCES**

Registered Dietitian Nutritionist

Certified Diabetes Care and Education Specialist

UW Diabetes Institute

**Brett Stacey, MD**

Professor and Division Chief Pain Medicine

UW Department of Anesthesiology & Pain  
Medicine

# AGENDA

## Friday, March 11, 2022

### 7:50 **Welcome & Introduction**

- 8:00 What Type of Diabetes Does This Patient Have? - *Anthony DeSantis, MD*  
8:45 Effective Nutrition Strategies in Primary Care - *Alison Evert, MS, RD, CDE*  
9:30 Effective Use of Older Oral Therapies in Type 2 Diabetes -  
*Ramachandra Naik, MD, DM, DNB*

### 10:15 **Break**

- 10:30 Using SGLT2 Inhibitors: Update on Current Evidence - *Tiffany Nguyen, MD*  
11:15 Incorporating Incretin-Based Therapies in Type 2 Diabetes -  
*Subbulakshmi Trikudanathan, MD, MRCP, MMSc*

### 12:00 **Lunch**

- 1:00 Special Lecture: The 100-Year Evolution of Insulin Therapy: What Can We Expect  
Moving Forward? - *Irl Hirsch, MD, MACP*  
1:45 Insulin Strategies for T2DM for Primary Care - *Farah Khan, MD*

### 2:30 **Break**

- 2:45 Cardiovascular Risk Reduction in Diabetes - *Savitha Subramanian, MD*  
3:30 Painful Diabetic Peripheral Neuropathy - *Brett Stacey, MD*  
4:15 Q&A - *Savitha Subramanian, MD*

### 4:30 **Adjourn**

## Saturday, March 12, 2022

- 8:00 Management of Type 1 Diabetes in the Primary Care Setting - *Irl Hirsch, MD, MACP*  
8:45 Fatty Liver Disease in Type 2 Diabetes - *Arthi Thirumalai, MBBS*  
9:35 Management of Diabetes in Older Adults - *Brent Wisse, MD*

### 10:15 **Break**

- 10:30 RT-CGM in Pregnancy Update - *Kathryn Weaver, MD*  
11:15 Diabetes Management in Pregnancy: Gestational Diabetes and Type 2 Diabetes -  
*Nicole Ehrhardt, MD*

### 12:00 **Lunch break**

- 1:00 Management of Severe Insulin Resistance - *Savitha Subramanian, MD*  
1:45 Culturally Sensitive Care of Type 2 Diabetes in Latinx Population -  
*Lorena Wright, MD, FACE*

### 2:30 **Break**

- 2:45 Diabetes Technology: CGMs - *Faaiza Alibhai, PharmD*  
3:30 Diabetes Technology: Glucose Meters, Smart Pens, Apps - Oh My! -  
*Xenia Averkiou, MS, RDN, CDCES*

- 4:15 Bring Your Cases - *Savitha Subramanian, MD*

### 5:00 **Adjourn**

*All times listed are in Pacific Time*

**For course details and registration, visit [uwcme.org](http://uwcme.org)**

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