

UW Medicine

UW SCHOOL
OF MEDICINE

51st Annual

Advances in Family Medicine & Primary Care



Monday-Thursday
September 11-14, 2023

Hybrid: In-person or via Live Webinar

University of Washington
Husky Union Building, North Ballroom
4001 E. Stevens Way NE
Seattle, WA 98195

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 associates, nurse practitioners, and others interested in primary care. All clinicians providing primary care from all training backgrounds and specialties would benefit from this activity.

COURSE DESCRIPTION

This is the 51st 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 healthcare 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 hybrid course in-person and/or via live webinar with extended viewing options.

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 24 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP (For Live program - In-person or Webinar)

The AAFP has reviewed 51st Annual Advances in Family Medicine and Primary Care and deemed it acceptable for up to 24.00 Live AAFP Prescribed credits. Term of Approval is from 09/11/2023 to 09/14/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

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.
- Review new hands-on techniques related to dermatologic and musculoskeletal care.
- Understand 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.

	Virtual	In-person
All Learners	\$550 USD	\$725 USD
Resident/Fellow/Student*	\$250 USD	\$375 USD

*Resident/Fellow/Student rate requires written confirmation of current status. Failure to provide required documentation may result in additional balance owed.

Beginning August 28, 2023, registration rates will increase by \$50.

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, food, venue, audio-visual services, supplies, and evaluation. If you have not received confirmation prior to the course start, 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.

REFUND AND CANCELLATION POLICY

The Office of Continuing Medical Education must receive written notification of your cancellation by **August 28, 2023**. A \$75 processing fee will be deducted from refund requests received by this date. No refunds will be issued following **August 28, 2023**. 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 notification and issued a full refund. The University of Washington is not responsible for any other costs incurred. Contact the CME Office with questions — cme@uw.edu.

SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected 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 in the application process, contact the department at 206.543.1050 or 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 5, 2023**, for registrants to print and/or download.

EXTENDED ATTENDANCE OPTIONS

Learners can participate in the live offering between September 11-14, 2023 and claim credit for participation. Credit will also be available through March 1, 2024 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 program and then subsequently watching the recording. Learners must register for the program 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

Nina Maisterra, MD,
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PLANNING COMMITTEE

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Division of Oncology
Assistant Member, Clinical Research Division
Fred Hutch Cancer Research Center
Physician, Fred Hutch Cancer Research Center

Agenda *(All times in Pacific Daylight Time)*

Monday, September 11, 2023

7:50 Welcome and Course Introduction

Paul James, MD and Nina Maisterra, MD

8:10 Care of the Geriatric Patient in Primary Care

Jaqueline Raetz, MD

8:55 Caring for Patients with Post COVID Conditions: Current Evidence and Clinical Practice

Janna Friedly, MD

9:40 Approach to the Patient with Rheumatologic Conditions

Dominique Feterman, MD

10:25 Break

10:45 What PCPs Need To Know About Medication Abortion

Emily M. Godfrey, MD, MPH, FAAFP

11:30 Gender Affirming Medication Management for Transfeminine Patients

Corinne Heinen, MD, FAAFP

12:15 Lunch break

1:00 Workshop Session 1

1:50 Break

2:00 *Workshop Session 2*

2:50 Adjourn

Tuesday, September 12, 2023

8:00 Welcome

Grace Shih, MD

8:10 Update on Pediatric Asthma

Eva Doreen Kiss, MD

8:55 Infectious Disease Updates for 2023

Paul Pottinger, MD, DTM&H, FACP, FIDSA

9:40 Breast Cancer Pearls for the PCP

Rachel L. Yung, MD

10:25 Break

10:45 Historical and Intergenerational Trauma and its Effects on Stress, Coping, and Mental Health Outcomes

Daytheon D. Sturges, PhD, MPAS, PA-C

11:30 Cardiac Chest Pain: Initial Clinic Evaluation and Testing

Marta Alhama-Belotto, MD

12:15 Lunch break

1:00 Workshop Session 1

1:50 Break

2:00 *Workshop Session 2*

2:50 Adjourn

Wednesday, September 13, 2023

8:00 Welcome

Karen C. Palalay, PA-C

8:10 Obesity Medicine Treatment Options: A Conversation

Laura Montour, MD and Judy Y. Chen, MD, FACS, FASMBS

8:55 Management of IBS in Primary Care

Jennifer Ray, MD

9:40 Migraine Update 2023

Natalia Murinova, MD, MHA

10:25 Break

10:45 Management of Perinatal Mood, Anxiety and Psychotic Symptoms

Veronika Zantop, MD

11:30 Updates and Review of COPD Management

Laura Spece, MD, MS

12:15 Lunch break

1:00 Workshop Session 1

1:50 Break

2:00 *Workshop Session 2*

2:50 Adjourn

Thursday, September 14, 2023

8:00 Welcome

Danielle B. Debelak, MD

8:10 Alcohol Use Disorder in Primary Care

Jennifer Azen, MD, MPH

8:55 Menopausal Hot Flashes: What's New, What Works? Pharmacologic Treatment Options

Susan D. Reed, MD, MPH, MS

9:40 Hey Doc, I think I have ADHD - A Research Update on New Diagnostic and Treatment Approaches for Adults

Kerry E. Meyer, ARNP, PhD

10:25 Break

10:45 Introduction to Integrative Medicine: Pearls for Primary Care

Debra Bell, MD

11:30 USPSTF Update

Alexander Krist, MD

12:15 Lunch break

1:00 Workshop Session 1

1:50 Break

2:00 *Workshop Session 2*

2:50 Adjourn

WORKSHOP SCHEDULE

We are excited to offer two workshop sessions each conference day. All learners have the option to join both session one and two held in the main ballroom. The sessions in the ballroom will have different content for each session. The sessions in Husky Union Building (HUB) Breakout Room 332 are for in-person learners only. Each HUB Room 332 session has a limited seating capacity of 30 learners. Session Two in Room 332 is a repeat of Session One. In-Person learners should only select one of the two sessions in room 332 each day.

Hybrid Option: North Ballroom

In-Person Option: HUB Room 332

Monday, September 11, 2023		
Session 1: 1:00 PM	Case-Based Lipid Management in Primary Care: Part 1 <i>Savitha Subramanian, MD</i>	Hands-on Dermatology Procedures Part 1 <i>S. Max Vale, MD, FAAD</i>
Session 2: 2:00 PM	Case-Based Lipid Management in Primary Care: Part 2 <i>Savitha Subramanian, MD</i>	Hands-on Dermatology Procedures Part 2 <i>S. Max Vale, MD, FAAD</i>
Tuesday, September 12, 2023		
Session 1: 1:00 PM	Addressing Vaccine Hesitancy - HPV <i>Yolanda Evans, MD, MPH</i>	Musculoskeletal Ultrasound for the Primary Care Provider: Hands-on Practice and Cases Part 1 <i>Christopher W. McMullen, MD</i> <i>Eric T. Chen, MD, CAQSM</i>
Session 2: 2:00 PM	Office-Based Opioid Treatment Workshop: Substance Use Disorder Treatment and Cases in the Primary Care Setting <i>Mark Duncan, MD</i>	Musculoskeletal Ultrasound for the Primary Care Provider: Hands-on Practice and Cases Part 2 <i>Christopher W. McMullen, MD</i> <i>Eric T. Chen, MD, CAQSM</i>
Wednesday, September 13, 2023		
Session 1: 1:00 PM	Endocrine Workshop: Current Strategies for Diabetes Mellitus Management - Clinical Vignettes <i>Subbulaxmi Trikudanathan, MD, MRCP, MMSc</i>	Hands-on Dermatology Procedures Part 1 <i>Jay Vary, MD, MPH</i>
Session 2: 2:00 PM	Endocrine Workshop: Current Strategies for Diabetes Mellitus Management - Clinical Vignettes <i>Subbulaxmi Trikudanathan, MD, MRCP, MMSc</i>	Hands-on Dermatology Procedures Part 2 <i>Jay Vary, MD, MPH</i>
Thursday, September 14, 2023		
Session 1: 1:00 PM	Breastfeeding and Lactation Medicine for Primary Care Providers <i>Bryna McCollum, PA-C, IBCLC</i>	Musculoskeletal Ultrasound for the Primary Care Provider: Hands-on Practice and Cases Part 1 <i>Christopher W. McMullen, MD</i> <i>Eric T. Chen, MD, CAQSM</i>
Session 2: 2:00 PM	Psychedelic-Assisted Psychotherapy: What Primary Care Providers should know <i>Darron T. Smith, PhD, PA-C</i>	Musculoskeletal Ultrasound for the Primary Care Provider: Hands-on Practice and Cases Part 2 <i>Christopher W. McMullen, MD</i> <i>Eric T. Chen, MD, CAQSM</i>