



Advances in Family Medicine & Primary Care  
Enduring Material  
University of Washington School of Medicine

## COURSE DESCRIPTION

The goal of this enduring material 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. Course topics are chosen with these criteria in mind:

- Suggestions from previous course attendees
- Distribution of topics should reflect the content of primary care
- 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

In addition, course content includes information about practice transformation, quality improvement, and educating future primary care providers.

## 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.

## ACCREDITATION

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this enduring material for a maximum of 25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## MEDIA/METHOD OF PARTICIPATION

In order to complete this training, access to the internet and a computer is required. You must receive a passing score on the post-test in order to receive your CME credit. The estimated time to complete the activity is 25 hours. Each module will have a required pre-test, educational component, and post-test.

## DATE

Date of original release: December 1, 2018

Termination date: December 1, 2020



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**POST-TEST/EVALUATION**

In order to receive CME credit, an 80% pass rate is required. If after two (2) attempts you are unsuccessful, you will be ineligible to receive CME credit. However, content will always be available to you. It is important to know that once you have started the Post-Test (Examination), if you exit the Post-Test without responding to all 50 questions, it will be counted as a failed attempt. Only two (2) attempts are permitted.

**TECHNICAL REQUIREMENTS**

Minimum browser requirements for successful access and completion for this activity are as follows:  
 Chrome version 70.0 or newer | Firefox version 63.0 or newer | Internet Explorer version 11.0 or newer | Safari version 12.0 or newer

**CONTENT & FACULTY & DISCLOSURES**

The University of Washington School of Medicine, as part of its accreditation from the Accreditation Council on Continuing Medical Education (ACCME), is required to “resolve” any reported conflicts of interest prior to the educational program. Therefore, in light of the relationships/affiliations designated, each speaker/planner/author/reviewer has attested:

1. that these relationships/affiliations will not bias or otherwise influence their involvement in the program;
2. that practice recommendations given relevant to the companies with whom they have relationships/affiliations will be supported by the best available evidence or, absent evidence, will be consistent with generally accepted medical practice;
3. that all reasonable clinical alternatives will be discussed when making practice recommendations; and
4. all scientific research referred to, reported or used in support or justification of a patient care recommendation will confirm to the generally accepted standards of experimental design, data collection and analysis.

<b>The following planners have no relevant financial relationships to disclose: <i>Grace Shih, MD (Course Chair/Planner/Reviewer), Jessica Minick, MPA (Reviewer)</i></b>		
<b>Talk Title</b>	<b>Faculty</b>	<b>Disclosures</b>
Conflicting Hypertension Guidelines: Lessons for Primary Care	<i>Paul James, MD</i>	<i>None</i>
Challenging Headache Cases	<i>Natalia Murinova, MD, MHA</i>	<i>None</i>
Quality Improvement Basics for Primary Care Clinicians	<i>Lori E Rutman, MD, MPH</i>	<i>None</i>
NSAIDS and Primary Care	<i>David Siebert, MD</i>	<i>None</i>
Common Challenges in DM Management	<i>Subbulaxmi Trikudanathan, MD</i>	<i>Grant/Research Support: Novo Nordisk; Sanofi</i>
Medical Management of Kidney Stones	<i>Jonathan D Harper, MD</i>	<i>None</i>
Inflammation	<i>Iman Majd, MD</i>	<i>None</i>
Primary Care of Trans and Nonbinary Gender Adults	<i>Corinne Heinen, MD</i>	<i>None</i>



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<b>Talk Title</b>	<b>Faculty</b>	<b>Disclosures</b>
Cannabis - When and Why Should I Care if My Patient Uses It	Mark Duncan, MD	None
Revenge of the Syph	Meena Ramchandani, MD	None
Antibiotic Update for 2018: YES WE CAN	Paul Pottinger, MD, DTM&H	None
Treating Pain Beyond Opioids	Brett Stacey, MD	Grant/Research Support: Axsome, Vertex
Dementia in Primary Care: Practical Tools, Real World Advice	Barak Gaster, MD	None
Pediatric Dermatology	Deepti Gupta, MD	None
Hypothyroidism and Subclinical Hypothyroidism	Mara Y Roth, MD	None
Women's Healthcare Update	Grace Shih, MD	None
Advance Care Planning Along the Continuum of Our Lives	Lucille Marchand, MD, BSN, Melissa Bender, MD, James Fausto, MD	None None None
Update on Bariatric Surgery	Judy Chen, MD	None
Basic Musculoskeletal Ultrasound of the Knee and Shoulder	Ashwin Rao, MD	None
Asthma Management in Children: An Overview	Stephen R Reeves, MD, PhD	None
Drop Your Assumptions and Pick Up the Evidence: Strategies to Address Vaccine Hesitancy	Douglas Opel, MD, MPH	None
Screening and Treating Complications of DM in Primary Care	Brent Wisse, MD	Royalty: T4M
Update on Lipid Management 2018	Eugene Yang, MD, MS, FACC	Consulting, Speaking & Teaching: Amgen, RubiconMD; Grant/Research Support: Amgen
Helping Our Opioid Addicted Patients	Megan Wilson, MD & Matt Perez, MD	None None
Cirrhosis Management on the Front Lines	Rex G Cheng, MD	None
Brief CBT for Insomnia in Primary Care	Daniel Evans, PhD, MS	None
Choose Your Own Cough!	James Town, MD	None
Female Sexual Dysfunction	Kim O'Connor, MD	None

**CONTACT**

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