

# HARVARD

## MEDICAL SCHOOL

# PRIMARY CARE

## INTERNAL MEDICINE

OCT 19–23

2015

CAMBRIDGE, MA

*Primary care updates, guidelines, risk assessment tools, and best practices  
for Physicians, NPs and PAs*



**Updates, advances, risk assessment  
tools, and best practices to optimize  
patient care and clinical outcomes**

Cardiovascular disease  
Diseases of the colon  
Smoking cessation  
Cerebrovascular disease  
Hypertension post JNC8  
Cholesterol management  
Liver diseases  
Cognitive decline  
Hematologic disorders  
Headaches (of all types)  
Chronic kidney disease

Obesity  
Heart failure  
Pain control  
COPD  
GERD  
Asthma  
Polyarthritis  
Sleep disorders  
Osteoporosis  
Depression  
Anxiety

*(Full program inside and on website)*

*Under the direction of John D. Goodson, MD*

Earn up to 42.75 AMA PRA Category 1 Credits™ • 11.5 Risk Management Credits • 42.50 AAFP Prescribed credits

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# HARVARD MEDICAL SCHOOL

## Harvard Medical School Faculty

Rachel Baden, MD  
Meridale V. Baggett, MD  
Carol K. Bates, MD  
Sigall Bell, MD  
Matt T. Bianchi, MD, PhD  
Joanne Borg-Stein, MD  
Gary J. Brenner, MD, PhD  
Rebecca C. Burch, MD  
Charles S. Day, MD, MBA  
G. William Dec, Jr., MD  
Brian H. Eisner, MD  
James M. Ellison, MD  
Anne D. Emmerich, MD  
Christopher H. Fanta, MD  
Adam S. Feldman, MD, MPH  
Donna Felsenstein, MD  
David A. Fessler, MD  
Robert P. Friday, MD, PhD  
Lawrence S. Friedman, MD  
Patricia A. Gibbons, MD  
Thomas J. Gill, MD  
Jodi Gilman, PhD  
John D. Goodson, MD  
Stacey T. Gray, MD

Todd R. Griswold, MD  
Charles J. Hatem, MD  
Zhiheng H. He, MD, PhD  
Galen V. Henderson, MD  
David C. Hooper, MD  
Eric M. Isselbacher, MD  
Vicki A. Jackson, MD, MPH  
Sahir Kalim, MD  
Kevin D. Kapila, MD  
Lee M. Kaplan, MD, PhD  
Ramin Khorasani, MD, MPH  
Joshua Korzenik, MD  
Daniela Kroshinsky, MD, MPH  
Donald B. Levy, MD  
James A. MacLean, MD  
David M. Nathan, MD  
Walter J. O'Donnell, MD  
J. Carl Pallas, MD, MPH  
Richard J. Pels, MD  
Jorge Plutzky, MD  
Jennifer E. Potter, MD  
Alberto Puig, MD, PhD  
Alicia M. Quesnel, MD  
Claudia U. Richter, MD

Helen Riess, MD  
Nancy A. Rigotti, MD  
Rachel P. Rosovsky, MD  
Jeremy N. Ruskin, MD  
David P. Ryan, MD  
Martin A. Samuels, MD  
Paul E. Sax, MD  
Sachin Shah, MD  
David Shein, MD  
Jane S. Sillman, MD  
Gerald W. Smetana, MD  
U. Shivraj Sohur, MD, PhD  
Kyle D. Staller, MD  
David J. R. Steele, MD  
James K. Takayesu, MD  
George H. Theodore, MD  
Nadine M. Tung, MD  
May M. Wakamatsu, MD  
Lisa B. Weissmann, MD  
Ricardo I. Wellisch, MD  
Douglas E. Wright, MD, PhD  
Bertram Zarins, MD

## Featured Guest Speakers

### Jennifer Allen, PharmD, CDE, BCACP

Advanced Practice Ambulatory Care Clinical Pharmacist,  
Brigham and Women's Hospital

### Andrew E. Budson, MD

Professor of Neurology, Boston University School of Medicine

### Sonia Freitas, PharmD, CDE, BCACP

Advanced Practice Ambulatory Care Clinical Pharmacist,  
Brigham and Women's Advanced Primary Care Associates,  
South Huntington

### Honor MacNaughton, MD

Assistant Professor, Department of Family Medicine,  
Tufts University School of Medicine

### Rachel Woodruff, MD

Department of Family Medicine, Tufts Family Medicine  
Residency Program

## Accreditation

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of **42.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 11.5 credits of Risk Management Study. This includes:

- 5.5 Credits of Opioid Education and Pain Management Training
- 1.25 Credits of End-of-Life Care Studies

Please check your individual state licensing board requirements before claiming these credits.

This Live activity, Primary Care Internal Medicine, with a beginning date of 10/19/2015, has been reviewed and is acceptable for up to 42.50 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.

**The Royal College of Physicians and Surgeons of Canada** recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

**AMA PRA Category 1 Credits™** claimed by physicians attending live events certified and organized in the United States for **AMA PRA Category 1 Credits™** can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the European Continuous Medical Education Credits (ECMEC©) granted by the UEMS. One **AMA PRA Category 1 Credit™** is equivalent to one (1) hour of **European EACCME Credit (ECMEC©)**, therefore up to 42.75 ECMEC© Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

## ACGME Competencies

This course is designed to meet one or more of the following Accreditation Council of Graduate Medical Education competencies: patient care, medical knowledge, professionalism, practice-based learning and improvement, interpersonal and communication skills, and systems-based practice.

# Reasons to Attend in 2015

Designed for busy clinicians, this comprehensive program provides a single immersive experience to ensure you are current with the most important clinical changes and innovations impacting primary care, and prepared to integrate them into your practice.

- ▶ A core curriculum that focuses sharply on **complex care management themes in primary care**, such as:
  - Hypertension: How JNC 8 changes practice
  - Diabetes: How new treatment strategies have evolved
  - Cholesterol management: How to determine targets and achieve goals
  - Anticoagulation: How to choose Factor Xa inhibition vs. warfarin
- ▶ More than 40 workshops through which you can **customize your learning experience** based on your practice needs, including:
  - Pain management
  - Medical marijuana
  - Fluid and electrolyte imbalances
  - Suturing techniques
  - ENT
  - Dermatology
  - Ophthalmology
  - Preoperative evaluation
  - Movement disorders
  - GYN
  - Allergies
  - SVTs
  - STDs
  - Thyroid diseases
  - Prostate conditions
  - Joint exams and injections
  - Incontinence
  - Travel medicine
- ▶ **Hands-on demonstrations** of best practices for common primary care procedures, such as suturing, joint examination and injection
- ▶ **Interactive discussions** of the most timely topics in primary care medicine today, including:
  - How will primary care handle the future?
  - Guidelines: How to assess and utilize
  - Open notes: What happens when patients can see everything in the chart?
  - Primary Care payment: What are we doing to ensure the survival of our profession?
  - Global health at home: What is the role of primary care in worldwide pandemics?
  - Patient engagement: How to build trust with your patients
  - Practice management: How should we organize our practices for patient care?
  - The physical examination in current practice

## Course Director



**John D. Goodson, MD**



MASSACHUSETTS  
GENERAL HOSPITAL

John D. Goodson, MD, Associate Professor of Medicine, Harvard Medical School, and Physician, Massachusetts General Hospital, works daily in primary care. Dr. Goodson is renowned as a teacher, an advocate and an innovator of primary care medicine. He is a founder of the John D. Stoeckle Center for Primary Care Innovation and leads national efforts to improve the work experience for primary care clinicians.

## Course Co-Directors

### **Jennifer E. Potter, MD**

Associate Professor of Medicine, Harvard Medical School  
Director, Women's Health Center, Department of Medicine, Division of General Medicine, Beth Israel Deaconess Medical Center

### **Richard J. Pels, MD**

Assistant Professor of Medicine, Harvard Medical School  
Associate Chief of Medicine, Director, Graduate Medical Education and Residency Program Director, Internal Medicine, Cambridge Health Alliance

### **David Shein, MD**

Assistant Professor of Medicine, Harvard Medical School  
Medical Director of the Mount Auburn Cambridge IPA

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# Course Overview

This course, designed by and for primary care clinicians, presents content specifically selected to refresh the existing knowledge of participants in areas that are familiar, and to expand knowledge in areas where innovations have emerged to improve health care practice. We have designed this course to improve the competence and performance of primary care physicians by increasing knowledge of the most dynamic and clinically relevant components of general internal medicine and helping primary care clinicians implement better clinical decision-making strategies. Material is presented to optimize the transfer of new information to clinicians for use in patient care. The learning environment has been structured to optimize the retention of new knowledge with carefully paced presentations by focused, lively and effective speakers known to engage learners. The course offers large and small group education free from distraction.

## Learning Objectives

By completion of this course, participants will be able to:

- Recognize the interactions among medications prescribed by general internists and specialty physicians
- Appraise the specific diagnostic tests used in general internal medicine and specialty practices, including test sensitivity, specificity and predictive values
- Summarize the current treatment strategies for common conditions in medical and nonmedical specialties, including cardiovascular, pulmonary, neurologic/neurovascular, endocrine, ophthalmic, orthopedic, immunologic, reproductive, dermatologic, gastrointestinal, hepatic, geriatric, psychiatric, metabolic, and sleep medicine
- Discuss the expected results of therapies used in general internal medicine and specialty practice
- Recognize the side effects of therapies used in general internal medicine and specialty practice
- Describe clinical strategies for optimal opioid and buprenorphine management
- Apply evidence-based palliative care strategies to your clinical practice
- Specify the disease-prevention and health-promotion goals of general internal medicine
- Define the intellectual framework for assessing new medical information
- Identify and address the clinical issues faced most frequently in office practice
- Analyze updates from subspecialties relevant to office practice
- Apply problem-solving strategies to achieve better patient outcomes
- Design new strategies for patient interaction and shared decision making
- Apply the clinical decision making processes of master clinicians

## Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## Who Attends

Continuing education for:

- Internists
- Family Physicians
- Specialists
- Nurse Practitioners
- Physician Assistants
- Advanced Practice Nurses



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# Agenda

	Monday, October 19, 2015	Tuesday, October 20, 2015
6:30am	Registration and Continental Breakfast	
6:45am	Continental Breakfast	
7:15am	Introduction and Welcome John D. Goodson, MD	
7:30am	Updating for Clinical Practice: Bringing Knowledge to Patient Care* John D. Goodson, MD	The Science of Empathy in Practice Helen Riess, MD
8:30am	Advanced Treatment Choices for Ischemic Heart Disease Eric M. Isselbacher, MD	Contemporary Management of Heart Failure G. William Dec, Jr., MD
9:30am	Diseases of the Colon: IBS and IBD Joshua Korzenik, MD	Cerebrovascular Disease Galen V. Henderson, MD
10:30am	Coffee Break	
10:45am	Smoking Cessation: Where Are We Now? Nancy A. Rigotti, MD	Asthma Update 2015 Christopher H. Fanta, MD
11:45am	Radiology Update: How to Effectively Employ Current Imaging Technologies Ramin Khorasani, MD, MPH	Pain Management* Gary J. Brenner, MD, PhD
12:45pm	Lunch Break	
1:30pm	Obesity Lee M. Kaplan, MD, PhD	Hematology in Primary Care Practice Lisa B. Weissmann, MD
2:30pm	Colon Cancer: Screening, Evaluation and Treatment David P. Ryan, MD	Lipid Management: Goals and Therapies Jorge Plutzky, MD
3:30pm	Break	
4:00pm	Case-Based Workshops A	Case-Based Workshops C
	<a href="#">A1</a> Management of Noncognitive Behavioral Symptoms (NCBS) in Patients with Major Neurocognitive Disorders (Dementia) James M. Ellison, MD	<a href="#">C1</a> Nephrolithiasis Brian H. Eisner, MD
	<a href="#">A2</a> Otolaryngology in Primary Care (Repeated Session B) Stacey T. Gray, MD and Alicia M. Quesnel, MD	<a href="#">C2</a> Introduction to Mindfulness and Medical Practice Todd R. Griswold, MD
	<a href="#">A3</a> Medical Marijuana Jodi Gilman, PhD	<a href="#">C3</a> Wrist and Hand Complaints Charles S. Day, MD, MBA
	<a href="#">A4</a> Breast/Ovarian Cancer Risk Assessment* Nadine M. Tung, MD	<a href="#">C4</a> Suturing Workshop (Repeated Session D) James K. Takayesu, MD
	<a href="#">A5</a> Fluid and Electrolyte Abnormalities Sahir Kalim, MD	<a href="#">C5</a> Opioid and Buprenorphine Management* Kevin D. Kapila, MD
	<a href="#">A6</a> Case Studies in Abdominal Pain Lawrence S. Friedman, MD	<a href="#">C6</a> Thyroid Disease Zhiheng H. He, MD, PhD
	<a href="#">A7</a> Preoperative Medical Evaluation (Repeated Session E) Meridale V. Baggett, MD and Douglas E. Wright, MD, PhD	<a href="#">C7</a> The Prostate and Its Challenges in the Aging Male Adam S. Feldman, MD, MPH
5:10pm	Break	
5:20pm	Case-Based Workshops B	Case-Based Workshops D
	<a href="#">B1</a> Lower Back Pain* Joanne Borg-Stein, MD	<a href="#">D1</a> Concussions: On the Field and in the Office Patricia A. Gibbons, MD
	<a href="#">B2</a> Otolaryngology in Primary Care (Repeated Session A) Stacey T. Gray, MD and Alicia M. Quesnel, MD	<a href="#">D2</a> Movement Disorders: Principles of Approach in the Primary Care Setting — Focus on Essential Tremor and Parkinson's Disease U. Shrivraj Sohur, MD, PhD
	<a href="#">B3</a> Curbside GYN Honor MacNaughton, MD, and Rachel Woodruff, MD	<a href="#">D3</a> Female Urinary Incontinence May M. Wakamatsu, MD
	<a href="#">B4</a> Therapeutic Approaches to the Knee Bertram Zarins, MD	<a href="#">D4</a> Suturing Workshop (Repeated Session C) James K. Takayesu, MD
	<a href="#">B5</a> Using Risk Calculators in Daily Practice Sachin Shah, MD	<a href="#">D5</a> Dermatology A-Z: A Refresher for Primary Care (Repeated Session F) Daniela Kroshinsky, MD, MPH
	<a href="#">B6</a> Supraventricular Arrhythmias Jeremy N. Ruskin, MD	<a href="#">D6</a> Travel Medicine David A. Fessler, MD
	<a href="#">B7</a> Sexually Transmitted Diseases Donna Felsenstein, MD	<a href="#">D7</a> Challenges in Opioid Prescribing for Chronic Non-Cancer Pain* Richard J. Pels, MD
6:30pm	Daily program ends	Daily program ends

# Agenda

	Wednesday, October 21, 2015	Thursday, October 22, 2015
6:45am	Continental Breakfast	
7:30am	<b>Hypertension</b> Gerald W. Smetana, MD	<b>Osteoporosis</b> John D. Goodson, MD
8:30am	<b>Dementia</b> Andrew E. Budson, MD	<b>Differential Diagnosis of Polyarthritis</b> Robert P. Friday, MD, PhD
9:30am	<b>Diabetes: Innovative Management</b> David M. Nathan, MD	<b>COPD and Interstitial Lung Disease</b> Walter J. O'Donnell, MD
10:30am	Coffee Break	
10:45am	<b>Curbside Infectious Disease Consults</b> Paul E. Sax, MD	<b>Managing Menopause Amid Controversy</b> Carol K. Bates, MD
11:45am	<b>Hepatitis</b> Rachel Baden, MD	<b>Dizziness</b> Martin A. Samuels, MD
12:45pm	<b>Open Notes: A Report from the Field</b> Jennifer E. Potter, MD and Sigall Bell, MD	<b>What Is the Future of Primary Care?*</b> John D. Goodson, MD
1:30pm	Lunch Provided	Lunch Provided
2:30pm	<b>Updates in Headaches: Assessment and Treatment*</b> Rebecca C. Burch, MD	<b>New Anticoagulants and Antiplatelet Agents</b> Rachel P. Rosovsky, MD
3:30pm	Break	
4:00pm	<b>Case-Based Workshops E</b>	<b>Case-Based Workshops F</b>
	<b>E1 Ophthalmology in Primary Care</b> Claudia U. Richter, MD	<b>F1 Difficult Conversations</b> Ricardo L. Wellisch, MD
	<b>E2 Diabetes Workshop</b> Jennifer Allen, PharmD, CDE, BCACP and Sonia Freitas, PharmD, CDE, BCACP	<b>F2 Shoulder Pain</b> Thomas J. Gill, MD
	<b>E3 Palliative Care: What Do You Need to Know?*</b> Vicki A. Jackson, MD, MPH	<b>F3 Case Studies in Office Endocrinology</b> J. Carl Pallais, MD, MPH
	<b>E4 Preoperative Medical Evaluation (Repeated Session A)</b> Meridale V. Baggett, MD and Douglas E. Wright, MD, PhD	<b>F4 Thinking About Clinical Problem Solving*</b> Charles J. Hatem, MD
	<b>E5 Complementary Medicine and Herbal Treatments</b> Donald B. Levy, MD	<b>F5 Dermatology A-Z: A Refresher for Primary Care (Repeated Session D)</b> Daniela Kroshinsky, MD, MPH
	<b>E6 Foot and Ankle Problems</b> George H. Theodore, MD	<b>F6 Contraception</b> Jane S. Sillman, MD
	<b>E7 Allergy and Urticaria</b> James A. MacLean, MD	<b>F7 Clinical Challenges: An App for This and an App for That</b> David Shein, MD
5:10pm	Daily program ends	
5:20pm	<b>7:00pm-8:30pm</b>	Daily program ends
	<i>Special Evening Lecture:</i> <b>The Physical Examination: The Privilege to Touch</b> Alberto Puig, MD, PhD	

Choose from among 42 knowledge-building and skills-advancement workshops to customize your learning experience for your specific practice needs.

Program changes/substitutions may be made without notice.

\*Meets criteria for Risk Management credit in Massachusetts.



# Agenda

**Friday, October 23, 2015**

6:45am	<i>Continental Breakfast</i>
7:30am	<b>Active Management of Chronic Kidney Disease</b> David J. R. Steele, MD
8:30am	<b>GERD, Ulcer Disease and Celiac Sprue</b> Kyle D. Staller, MD
9:30am	<b>Pandemics: Lessons Learned from Ebola</b> David C. Hooper, MD
10:30am	<i>Coffee Break</i>
10:45am	<b>Sleep Disorders: Assessment and Therapeutic Options</b> Matt T. Bianchi, MD, PhD
11:45am	<b>Depression/Anxiety</b> Anne D. Emmerich, MD
12:45pm	<b>Program Concludes</b>

## **Comments from Last Year**

*“It is indeed exceptional that so many speakers/teachers of this quality could be gathered together in one week in one course.”*

*“Every clinician delivered their information clearly and with a real understanding of the challenges we face with our patients every day.”*


*“Your senior clinicians are able to inspire and educate.”*



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# Registration Information

Primary Care Internal Medicine 2015 • October 19–23 • Cambridge, MA • Course #732255-1601

 <b>HARVARD</b> MEDICAL SCHOOL	Register after September 20, 2015	Register on or before September 20, 2015
<b>Physicians</b>	\$1625	<b>\$1525</b> (Save \$100)
<b>Trainees or Allied Health Professionals</b>	\$1495	<b>\$1395</b> (Save \$100)

Tuition includes a lunch with lecture on Wednesday afternoon, a special program on Wednesday evening, and a second lunch with lecture on Thursday afternoon. All attendees of Primary Care Internal Medicine 2015 will receive a flash drive containing course materials. You can purchase a printed copy of these materials at the time of registration for \$50, or on site at the course for \$90.

## Registration, Payment, Confirmation and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website.

At the end of the registration process you will have the choice of paying by check or credit card (VISA, MasterCard or American Express). If you are paying by check, the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted.

Upon receipt of your paid registration, an email confirmation from the HMS DCE office will be sent to you. **Be sure to include an email address that you check frequently.** Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by postal mail, email, or fax. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.



## Venue

Boston Marriott Cambridge Hotel  
Two Cambridge Center  
50 Broadway  
Cambridge, MA 02142  
617-494-6600

## Accommodations

A limited number of rooms have been reserved at the Boston Marriott Cambridge Hotel until September 26, 2015. To make reservations by phone, call 800-228-9290. When calling the hotel, be sure to specify that you are enrolled in this activity using **Group Code HMS** to receive a reduced room rate. Hotel reservations can also be made online by visiting the course website at [PCIM.HMSCME.com](http://PCIM.HMSCME.com).

**Please do not make non-refundable travel arrangements until you've received an email from the HMS-DCE office confirming your registration.**

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (EST) or send email to [hms-cme@hms.harvard.edu](mailto:hms-cme@hms.harvard.edu)

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