

NEURO/PSYCH MEDICINE FOR PRIMARY CARE

**Disneyland Resort, California – Disney's Grand Californian Hotel and Spa
June 12 – 15, 2014**

Participating Faculty

Paul W. Brazis, MD

Consultant in Neuro-ophthalmology and Neurology
Professor of Neurology
Mayo Clinic—Jacksonville
Jacksonville, Florida

Rup Tandan, MD, FRCP

Professor of Neurological Sciences
University of Vermont College of Medicine
Attending Neurologist, Fletcher Allen Health Care
Burlington, Vermont

Stephen V. Sobel, MD

Clinical Instructor U.C.S.D. School of Medicine
Author, *Successful Psychopharmacology*, WW Norton & Co, 11/2012
Consulting Psychiatrist NFL San Diego Chargers
Private Practice Adult and Adolescent Psychiatry
San Diego and Carlsbad, California

David Waltos, MD

Court Psychiatrist
Circuit Court for Baltimore County
Baltimore, Maryland

Thursday, June 12th:

7:30 am – 8:00 am

Registration and Hot Breakfast

8:00 am – 9:00 am – Rup Tandan, MD, FRCP

The Neurological Exam

Characteristics and objectives of the examination; exam phases; assessing general mental status; long-term predilections; examination of infants; demonstration on conducting exam

9:00 am – 10:00 am – Rup Tandan, MD, FRCP

Epilepsy, Paroxysmal Disorders, Treatment and Status Epilepticus

Types of paroxysmal disorders; diagnosis of seizures; seizures vs. epilepsy; classification of seizures and epileptic syndrome; treatment of the epilepsies; goals of treatment; initiation and discontinuation of drug therapy; therapeutic monitoring; intractable epilepsy

10:00 am – 10:10am

Coffee Break

10:10 am – 11:10 am – Paul W. Brazis, MD

Prevention and Management of Cerebrovascular Disorders

Epidemiology; identifying the high-risk patient; treatment effects; transient neurological deficit – carotid, vertebrobasilar; non-specific cerebral symptoms. Treatment options; new developments in stroke and in technology; time course of infarction; promising treatments; interim approach; acute stroke intervention

11:10 am – 12:10 pm – Paul W. Brazis, MD

Headaches and Migraines: Vascular & Non-Vascular

Basic headache mechanisms; headache history – characteristics, precipitating factors, medical conditions; migraine – common tension, classic, treatment, complicated, cluster, sinus; trigeminal neuralgia; giant cell arteritis; brain tumor; subarachnoid hemorrhage; emergency room treatment

12:10 pm

Session Adjourns

Friday, June 13th:

7:30 am – 8:00 am

Hot Breakfast

8:00 am – 8:50 am – Paul W. Brazis, MD

Sleep Disorders

Epidemiology assessing sleep patterns; causes and treatment of insomnia; causes, evaluation and treatment of sleep apnea; symptoms and treatment of narcolepsy

8:50 am – 9:40 am – Paul W. Brazis, MD

Alzheimer's Disease and Other Dementias

Definition; statistics; neurological changes of normal aging; pathology; etiological theories; vascular dementias; investigations; social issues; symptomatic treatment; research therapies

9:40 am – 9:50 am

Coffee Break

9:50 am – 10:40 am – Rup Tandan, MD, FRCP

Evaluating Weakness

Using the history and physical examination to distinguish weakness from non-specific symptoms; characteristics of neurological diseases that produce weakness; presentations of representative diseases of the nervous system

10:40 am – 11:25 am – Rup Tandan, MD, FRCP

Parkinson's Disease and Other Movement Disorders

Epidemiology; cardinal features; secondary features; pathology; neurochemistry; differential diagnosis; treatment; complications; other movement disorders; neuroleptic-induced movement disorders

11:25 am – 12:10 pm – Stephen V. Sobel, MD

The Complexity of Adult ADHD

Diagnosis and treatment of ADHD in adults with an emphasis on history taking, differential diagnosis, medical and psychiatric co-morbidity, and FDA-approved treatments

12:10 pm

Session adjourns

Saturday, June 14th:

7:30 am – 8:00 am

Hot Breakfast

8:00 am – 8:50 am – Stephen V. Sobel, MD

Antidepressants Don't Work Doc

Bipolar spectrum disorders in adults compared to children and adolescents; the importance of longitudinal/developmental history; multiple medical and psychiatric co-morbidities; evidence based treatments

8:50 am – 9:40 am – Stephen V. Sobel, MD

I Just Drink a Few Beers At Night (Substance Abuse)

Substance abuse history-taking to encourage patient honesty; accurate diagnosis; use of screening tools; co-morbidities and treatment options.

9:40 am – 9:50 am

Coffee Break

9:50 am – 10:40 am – David Waltos, MD

I Don't Care About Anything, Doc (Depression)

History taking, diagnosis and treatment of depression across the lifespan; pharmacologic and non-pharmacologic treatment options; rational polypharmacy

10:40 am – 11:25 am – David Waltos, MD

I'm Always So Nervous, Doc (Anxiety Disorders)

Generalized anxiety disorder, panic disorder, and social phobia; focus on etiology, diagnosis, co-morbidity and treatment of these common and disabling conditions

11:25 am – 12:10 pm – Stephen V. Sobel, MD

Please be a "No Show" (The Difficult Patient)

Understanding patient who interprets benign interpersonal and social interactions in an idiosyncratic and negative way; management of such behavior and avoidance of negative feelings in the physician

12:10 pm

Session Adjourns

Sunday, June 15th:

7:30 am – 8:00 am

Continental Breakfast

8:00 am – 9:00 am – David Waltos, MD

Prevention, Adherence, and Coping with Chronic Illness

Optimization of psychiatric and medical treatment; strengthening the patient's response to psychiatric and medical treatment through optimizing adherence; behavioral strategies and specific tools to help change health behaviors

9:00 am – 10:00 am – David Waltos, MD

Suicide and Violence

Risk assessment for suicide and violence; the relationship between psychotropic medications and suicide or violent behavior; management of the suicidal and violent patient

10:00 am

Conference Adjourns

Target Audience

This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives

Upon completion of this program, participants should be better able to:

- Explain the differential diagnosis of seizures and the clinical pharmacology of anti-epileptic drugs
- Distinguish dementia from delirium, as well as recognize the neurological changes of normal aging
- Assess and manage vascular and non-vascular headaches and migraines
- Accurately diagnose and treat (pharmacologic and nonpharmacologic) substance abuse, anxiety disorders, and ADHD in adults
- Discuss mood stabilizing psychosocial and pharmacologic treatments of bipolar disorder as well as frequent co-morbid psychiatric disorders
- Describe common obstacles to coping with chronic illness, and understand strategies that facilitate medication adherence, including the role of self-concept in adapting
- Understand risk factors and assess patients at risk for suicide and violence and intervene to make timely referrals to combat hopelessness

Nursing Purpose Statement

To provide updates in primary care medicine to office based providers

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<i>Name of Faculty</i>	<i>Reported Financial Relationship</i>
Paul W. Brazis, MD	No financial relationships to disclose
Rup Tandan, MD, FRCP	Grants/Research Support: ALS Association, Mary Hitchcock Memorial Hospital, Novartis Consulting Fees: Myasthenia Gravis Foundation, National ALS Association, The Myositis Association of America
Stephen V. Sobel, MD	Speakers' Bureau: Forest, Sunovion, Takeda
David Waltos, MD	No financial relationships to disclose

The **content managers** reported the following financial relationships with commercial interests whose products or services may be mentioned in this CME activity:

<i>Name of Content Manager</i>	<i>Reported Financial Relationship</i>
MER content reviewer	No financial relationships to disclose
MER nurse planner	No financial relationships to disclose

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All lectures incorporate time for questions and answers.

Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.

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This Live activity, *Neuro/Psych Medicine for Primary Care*, with a beginning date of June 12, 2014 has been reviewed and is acceptable for up to 14 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

American Osteopathic Association

These programs are approved for 14 hours in Category 2-A by the American Osteopathic Association.

American College of Emergency Physicians

This program is approved by the American College of Emergency Physicians for a maximum of 14 hours of ACEP Category I credit.

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Universal Program Number: 0816-0000-14-XXX-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity.

This activity is certified as Knowledge-based CPE.