



SCAN FOR
WEB PAGE

12TH ANNUAL UC DAVIS
CLINICAL PHARMACOTHERAPY
Practical Information for Primary Care Providers,
Specialists, Pharmacists, NPs, PAs and Nurses

March 14-16, 2014

Friday - Sunday


The Meritage
Napa, California

SPONSORED BY:
UC DAVIS HEALTH SYSTEM
Office of Continuing Medical Education
and Department of Pharmacy

FRIDAY, MARCH 14, 2014

- 7:00 am** Registration, Continental Breakfast, Visit Exhibits
- 7:50** **Introduction and Review of Objectives**
John H. Grubbs, MS, MBA, R.Ph.
- 8:00** **** Alzheimer's Dementia, Part 1: Making the Diagnosis Alzheimer's Disease**
Jeffrey A. Applebaum, MD, FAAFP
How early is "early recognition"?
Every day dementia is becoming more common. In patients over 65, one in 10-20 are estimated to have dementia. At 85yo, it is closer to a staggering one in two who suffer with dementia. This lecture will include background on Alzheimer's disease including the brain's neural and biochemical states during health and disease. Learn about the disrupted circuitry as symptoms emerge: cognitive, functional, emotional and behavioral.
- 9:10** **Update on Heart Disease in Women**
Amparo C. Villablanca, MD
This lecture will provide an overview of the heart disease prevention guidelines for women, with an emphasis on recommended pharmacotherapy.
- 10:20** Break, Visit Exhibits
- 10:40** *** Opioid Dilemmas - How to Walk the Balance: Addiction, Chemical Coping, and the Treatment of Pain**
David J. Copenhaver, MD
This lecture provides an overview of the current controversies surrounding pain management and presents strategies to help primary care practitioners provide the best possible care for their patients.
- 11:50** Lunch included in tuition
- 1:20 pm** **BREAKOUT SESSIONS**
- 1. Women's Health: Case Discussion and Q&A**
Amparo C. Villablanca, MD
 - *2. Treatment of Pain: Case Discussion and Q&A**
David J. Copenhaver, MD
- 3:20** Adjourn

SATURDAY, MARCH 15, 2014

- 7:00 am** Registration, Continental Breakfast, Visit Exhibits
- 7:50** **Introduction and Review of Objectives**
Jeffrey A. Applebaum, MD, FAAFP
- 8:00** **Management of Osteoporotic Spine Fractures**
Eric O. Klineberg, MD
This lecture will provide an overview of the pharmacologic and non-pharmacologic options for preventing and treating spinal osteoporosis, including a discussion of indications for surgical and non-surgical strategies for managing osteoporotic spine fractures.
- 9:00** **Q&A**
- * Pain Management Credit ** Geriatric Credit**

- 9:15** **Update on Mood Disorders**
Rakesh Jain, MD, MPH
Mood disorders are on the rise, and subsequent impairment is now the highest of any disease state that primary care providers face. Huge progress has been made in the identification, understanding and the treatment of the diverse range of mood disorders. This update will offer cutting edge and practical information to improve the primary care clinician's care of mood disordered patients.
- 10:15** **Q&A**
- 10:30** Break, Visit Exhibits
- 10:50** **** Alzheimer's Dementia, Part 2: Optimal Treatment of this Progressive and Fatal Disease: "A 30 year plan"**
Jeffrey A. Applebaum, MD, FAAFP
By understanding the earliest risk factors and increasing frequency of Alzheimer's Disease with age, prevention techniques can begin early in life. Recognizing these very early symptoms and signs, intervention can be helpful in all stages: mild cognitive impairment, mild, moderate and severe stages of Alzheimer's. Treatment has beneficial effects for the patient, family, medical community and society.
- 11:50** **Q&A**
- 12:00** Lunch included in tuition
- 1:20 pm** **Evidence-based Treatment Options for Depression**
Rakesh Jain, MD, MPH and Saundra Jain, PsyD
Pharmacotherapy is often the right option for depression. Yet is that enough? Can we improve outcomes and reduce relapse by adding non-pharmacologic treatment options? This workshop will address these questions and offer attendees direct, practical tips on how to apply evidence-based treatment options such as exercise and meditation to improve outcomes in major depression. This session will be modeled after a highly-acclaimed, combined presentation at the U.S. Psychiatric and Mental Health Congress in October 2013. The session drew over 600 participants that raved about, and stayed another 30 minutes for Q&A.
- 2:30** Break, Visit Exhibits
- 2:45** **** Dementia and Alzheimer's Disease Interactive Group Discussion**
Moderators: Jeffrey A. Applebaum, MD and Shawn Hayes, PhD
Scientific and general clinical aspects of dementia and Alzheimer's disease will be presented. Discussion will encourage perspectives from the clinician's and neuroscientist's points of view. This format plans to be interactive, lively, challenging and thought-provoking.
- 4:00** Adjourn General Session
- 4:15** **"Dynamic Duo or Double Trouble?"**
Optional CME Credit, Must Pre-register
Jeffrey A. Applebaum, MD and Rakesh Jain, MD
An energetic discussion on mood disorders from different points including views from a psychiatrist and primary care clinician. Cases will be assessed from both the "bottom up" and the "top down". Discussion will include new information about DSM 5.
- 5:15 pm** Adjourn

SUNDAY, MARCH 16, 2014

- 7:00 am** Registration, Continental Breakfast, Visit Exhibits
- 7:50** **Introduction and Review of Objectives**
John H. Grubbs, MS, MBA, RPh
- 8:00** **Dermatology Update**
Barbara A. Burrell, MD
Zits, nuts and bolts: Review of dermatology for the primary care provider. Sharpen your skills in diagnosing and treating both common as well as elusive diagnoses that cross your doorstep daily. Recognize varying presentations of melanoma that can save lives. This promises to be an enjoyable and fast-moving learning session.
- 8:50** **Q&A**
- 9:10** **Post Traumatic Stress Disorder (PTSD) Update**
Lorin Scher, MD
PTSD involving the military and our veterans has created serious morbidity and mortality, more than from death by military action itself. This is a rapidly growing psychiatric disorder that must be recognized and treated as quickly and effectively as possible. PTSD from multiple causes often masquerades as depression and generalized anxiety. Dr. Scher will review anxiety and trauma-related disorders, especially PTSD. Make the diagnosis in light of the new, 2013 DSM 5 criteria. Then utilize evidence-based treatment for acute and long term care.
- 10:00** **Q&A**
- 10:20** Break, Visit Exhibits
- 10:50** **Current Perspectives on Childhood/Adolescent Obesity Based on a Multi-Year, Ongoing, National Study Through HealthCorps**
Shawn Hayes, PhD
Childhood obesity is not only a major public health problem with increasing prevalence, but is linked to a range of immediate and long-term health implications, including increased risk of heart disease, diabetes, lipid abnormalities and premature death. HealthCorps' national high school project has helped create student and family behavioral modification. Inroads have begun regarding self-motivated changes in diet, exercise, and weight reduction. Behavioral modification is beginning to make a difference in thousands of high school students. Dr. Hayes is a leader of this project, and will provide a progress report on large scale benefits to the next generation of emerging adults.
- 11:30** **Q&A**
- 11:50** Adjourn

Faculty

COURSE CO-CHAIRS

John H. Grubbs, MS, MBA, RPh
Director of Pharmacy
UC Davis Medical Center
Adjunct Professor and
Assistant Dean of Clinical Pharmacy
UC San Francisco School of Pharmacy

Jeffrey A. Applebaum, MD, FAAFP
Assistant Clinical Professor of
Family Practice
UC Davis Medical Center
Primary Care Medicine and
Primary Care Psychiatry
Master Clinician's Certification
in Psychopharmacology from
Neuroscience Education Institute
University of California,
San Diego

GUEST FACULTY

Shawn Hayes, PhD
Chief of the Scientific Division
HealthCorps / Dr. Oz
Chief Scientific Officer for
Dr. Mehmet Oz

Rakesh Jain, MD, MPH
Director, Psychiatric Drug Research
R/D Clinical Research Center, Inc.
Assistant Clinical Professor
Department of Psychiatry
Texas Tech University
Health Science Center,
School of Medicine
Lubbock, Texas

Saundra Jain, MA, PsyD, LPC
Adjunct Clinical Affiliate
University of Texas at
Austin School of Nursing
Austin, Texas
Executive Director,
Mental Aerobics Project (MAP)

UC DAVIS FACULTY

Barbara A. Burrell, MD
Associate Clinical Professor
Director of Pigmented Lesions Clinic
Department of Dermatology

David J. Copenhagen, MD
Assistant Professor
Division of Pain Medicine
Department of Anesthesiology
and Pain Medicine

Eric O. Klineberg, MD
Associate Professor
Spine Fellowship Program Director
Adult & Pediatric Spinal Surgery
Department of Orthopaedics

Lorin Scher, MD
Assistant Clinical Professor
Department of Psychiatry
and Behavioral Sciences

Amparo C. Villablanca, MD
Professor and Lazda Endowed
Chair Cardiovascular Medicine
Dir. Women's Cardiovascular
Medicine Program
Associate Director,
Women's Center for Health
Division of Cardiovascular
Medicine

CONFERENCE COORDINATOR

Pamela Schneider
CME Specialist
Office of Continuing
Medical Education
UC Davis Health System



TARGET AUDIENCE

This activity is designed for Primary Care Physicians, Specialists, Pharmacists, Nurse Practitioners, Physician Assistants, and Nurses. This activity is knowledge based and appropriate for Pharmacists.

WHY YOU SHOULD ATTEND

Depression is the #1 medical burden to our society in 2014. Depression commonly coexists with chronic medical conditions such as Alzheimer's dementia, obesity, heart disease, and pain. You will learn how to easily recognize and manage the confluence of these problems.

As practitioners, we stand at the intersection of "mind and body" often with intrepidation, hoping to have the ability to control these coexisting issues. We will review how to use our sophisticated tools for treating patients and their families and how to keep our patients functional both at home and in the workplace.

This activity is designed to increase knowledge and improve competence in the diagnosis, treatment and management of patients in the primary care setting. Course participant evaluations and our community physician annual needs assessment survey have identified the need for up to date information about various mood disorders which coexists with chronic medical conditions. Topics to be presented include mood disorders, Alzheimer's dementia, obesity, heart disease in women and pain management.

Learning this becomes an extremely complex and dynamic target that tremendously challenges us. We are here at this conference in Napa to meet these challenges and to increase our knowledge and competence for the coming years ahead.

This year's conference will provide practitioners with evidence based methods and strategies to assist them in providing better treatment options for their patients. Faculty presenting and interacting with participants at this activity have been selected on the basis of their comprehensive clinical experience and academic excellence.

EDUCATIONAL METHODS

- Lectures with Q and A will be used to facilitate the dissemination of up to date information
- Case studies and discussion will highlight conditions commonly seen in clinical practice
- Interactive workshops are included to facilitate a more in-depth understanding of clinical issues
- Pre/post tests will be given using an audience response system to help attendees ascertain the level of learning being achieved

EDUCATIONAL OBJECTIVES

At the end of the activity, participants should be able to:

Chronic Medical Conditions

- Describe an approach to managing pain that helps patients achieve optimal relief management while minimizing the risk of addiction
- Compare the benefits of different pharmacotherapies for preventing orthopaedic and spine fractures in post-menopausal patients
- List the common strategies for primary prevention of heart disease in women
- Evaluate various skin lesions, both benign and malignant, organize into typical dermatologic categories and based on this recognize when to treat and when to refer
- Recognize how to deal with our adolescent, obese patients in an effective way, by motivating them to use proper diet, exercise and weight loss

Mental Health Psychopharmacology

- Recognize and alter potentially reversible risk factors of Alzheimer's disease years before symptoms and signs are manifested using both simple and complex tools
- Formulate the most effective medication combination for Alzheimer's patients to maximize functional ability and improve the patient/family quality of life
- Utilize the newest therapeutic guidelines and pharmaceutical agents available to treat mood and anxiety disorders
- Define the major changes to mood and anxiety disorders listed in the DSM 5
- Recognize the early and late findings of PTSD and describe the evidence-based treatments relevant for both inpatient and outpatient care



CONFERENCE REGISTRATION

Please register early – space is limited.

Tuition is \$410 for physicians and \$350 for all others. **Confirmation of registration will be sent within two weeks after receipt of registration form.** The fees will increase after February 10, 2014.

Tuition includes continental breakfasts, lunch on Friday and Saturday, refreshment breaks, electronic syllabus, and an online certificate of attendance. Tuition may be paid by check, American Express, Discover, MasterCard or VISA. Cash is not accepted. Conference materials cannot be guaranteed unless registration is received by **February 28, 2014**.

The Office of Continuing Medical Education reserves the right to cancel this conference. In such a case, a full refund will be given.

Registration forms received without payment will not be processed until payment is received, and payment must follow within 10 days. Early discount rates are honored if payment is received by the date noted on the registration form. After that date, the late fee is applied.

On-site Fees: At door registrations will be charged at a higher rate. Please see registration form for details.

Cancellation and Refund Policy:

A refund of tuition, less \$75 administrative fee, will be allowed if requested in writing by February 28, 2014. No refunds will be provided after this date.

ELECTRONIC EVALUATION AND CREDIT

The link to your electronic syllabus, evaluation and certificate of credit will be available for 30 days after the last day of the conference. Once you have completed the online evaluation your certificate will be available to print. **However, after 30 days this link will expire** and these items are no longer available online. You must contact the Office of CME to receive your certificate. A \$15 administrative fee will be applied.

The electronic syllabus will be available to pre-registered attendees online prior to the conference for downloading and printing. A flash drive containing the syllabus will be distributed at the conference. If you prefer to have a printed syllabus, we will be happy to accommodate you for an additional fee of \$30 if ordered by February 28, 2014.

PAIN MANAGEMENT

California Business and Professions Code (Section 2190.5) requires physicians and surgeons to complete 12 hours of mandatory continuing education on pain management and the appropriate care of the terminally ill. Physicians licensed prior to January 2002 were to have completed this requirement by December 31, 2006. Physicians licensed on or after January 1, 2002 must complete this requirement within 4 years of their initial license or by their second renewal date, whichever occurs first.

GERIATRIC COMPETENCY REQUIREMENT

The Geriatric Medical Training Act of 2000 requires general internists and family physicians caring for a patient population in which 25 percent or greater are 65 years old or older to complete at least 20 percent of all mandatory continuing education hours in geriatric medicine or the care of older patients. (California Business and Professions Code, Section 2190.3)

Psychologist: This educational activity is recognized by the California Board of Psychology as meeting the continuing education requirements toward license renewal for California psychologists (self-reporting required).

ACCREDITATION

The University of California, Davis, Health System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION

PHYSICIAN CREDIT: The University of California, Davis, Health System designates this live activity for a maximum of 16.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

AMA PRA Category 1 Credits™ acceptable for other healthcare providers

NURSE: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™ (report hours of credit and fill in "CME Category 1" for the provider number).

PHYSICIAN ASSISTANT: The National Commission on Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification.



PHARMACIST: The University of California, Davis Health System Department of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Pharmacists must attend the entire day to receive full ACPE credit. **No partial credit will be awarded. This activity provides a total of 16.50 contact hours (1.650 CEUs) of continuing education credit.**

MARCH 14, 2014: ACPE Universal Activity Number 0277-0000-14-212-L01-P has been assigned to this activity. This knowledge-based activity provides 5.75 contact hours (0.575 CEUs) of continuing education credit.

MARCH 15, 2014 – GENERAL SESSION: ACPE Universal Activity Number 0277-0000-14-213-L01-P has been assigned to this activity. This knowledge-based activity provides 6.25 contact hours (0.625 CEUs) of continuing education credit.

MARCH 15, 2014 – OPTIONAL SESSION: ACPE Universal Activity Number 0277-0000-14-214-L01-P has been assigned to this activity. This knowledge-based activity provides 1.00 contact hours (0.1 CEUs) of continuing education credit.

MARCH 16, 2014: ACPE Universal Activity Number 0277-0000-14-215-L01-P has been assigned to this activity. This knowledge-based activity provides 3.50 contact hours (0.350 CEUs) of continuing education credit.

AMA PRA CATEGORY 1 CREDITS™:

GENERAL SESSION: Up to 15.5 AMA PRA Category 1 Credits™

OPTIONAL AFTERNOON WORKSHOP:
Up to 1 AMA PRA Category 1 Credits™

PAIN CREDIT: Up to 3.25 AMA PRA Category 1 Credits™

GERIATRIC CREDIT: Up to 3.5 AMA PRA Category 1 Credits™

LOCATION



875 Bordeaux Way
Napa, California 94558
(707) 251-1900 or (866) 370-6272
<http://themeritageresort.com>
Reservation Deadline: February 20, 2014

Superior Double Queen Room \$219
Superior King Room \$219

A block of rooms is being held for conference participants at a rate of **\$219 single or double occupancy** plus hotel and sales tax (extension dates may be available). After February 20, 2014, reservations will be on a space and rate available basis. Reservations should be made directly with the hotel. Please reserve your room early as the hotel block will likely sell out.

The Meritage Resort and Spa, an idyllic Napa Valley luxury hotel and resort, is set against rolling hills with its own private vineyards. A destination unto itself with Tuscan inspired guestrooms and luxury suites, seasonal farm-to-table cuisine in the Siena restaurant and wine tasting in the Estate Cave featuring Trinitas Cellars.

Far more than a place for unsurpassed relaxation, our unique property is an Old World escape from the ordinary. Experience the Meritage Resort and Spa – an extraordinary Napa luxury resort blending gracious hospitality, unrivaled amenities, and the ultimate food, wine and spa experience.



SPA TERRA:

(A 20% spa discount is available Mon-Thur with advance appointment - excluding packages)

A unique underground luxury spa experience situated in the Estate Cave, Spa Terra offers a variety of treatments in 12 treatment rooms and features tranquil walls of water, whirlpools, steam grottos and a relaxation lounge to unwind and rejuvenate. This Napa Valley treasure is experience unto itself.

TRINITAS TASTING ROOM

Open seven days a week, the Trinitas Tasting Room allows guests to experience wines from Trinitas Cellars of Napa Valley in the dramatic, richly appointed bar, located in the Estate Cave.

CRUSH ULTRA LOUNGE:

Sports themed entertainment space and bar with six luxury bowling lanes, a pool table, shuffle board, fireplace and dining

RESORT FEE

There will be a daily resort fee of \$20.00 per room and includes the following amenities:

- Welcome Bottle of Wine
- Bottled Waters Refreshed Daily
- Local and 800 Number Toll Free Calls
- Daily Newspaper
- Access to Credit Card Phone Numbers
- Resort Business Center and Fax Service
- In-Room High Speed Internet Access
- Wireless Internet Access in All Public Areas
- Valet and Self-Parking
- Use of Resort Fitness Facilities
- Evening Downtown Napa Shuttle
- Shuttle to Eagle Vines and Chardonnay Golf Courses (using Hotel vehicles only)



AIR TRAVEL

The Office of Continuing Medical Education has arranged group rates with United Airlines.

SAN FRANCISCO AIRPORT (SFO): 55 miles

OAKLAND AIRPORT (OAK): 47 miles

SACRAMENTO AIRPORT (SMF): 60 miles – quickest route

UNITED AIRLINES: www.united.com Enter Offer Code **#ZQZ5 235294**

GROUND TRANSPORTATION

HERTZ CAR RENTAL: www.hertz.com or (800) 654-2240 and request ID CV#04H70005 for discounted rates.

NATIONAL CAR RENTAL: 1 (800) CAR-RENT and request ID #5282865 for discounted

UC DAVIS CME

MISSION STATEMENT

To educate health care providers through evidence-based activities that emphasizes advances in medicine, new medical technology, biomedical research, and changes in health care delivery to improve clinical outcomes.

UC DAVIS CME VISION

Providing medical education for health care professionals to improve patient care.

FOR FURTHER INFORMATION

UC Davis Health System
Office of Continuing Medical Education
3560 Business Drive, Suite 130
Sacramento, CA 95820-2161
<http://cme.ucdavis.edu>
(916) 734-5390
(866) CME4EDU (263-4338)
(916) 734-0742 Fax

BROCHURE ART CREDIT

Brochure images courtesy of Accreditation Council for Continuing Medical Education, Accreditation Council for Pharmacy Education (if credit is given), UC Davis Public Affairs, Meritage Hotel & Spa, and iStockphoto.com.

Registration Form

PHARMACOTHERAPY CONFERENCE • MARCH 14-16, 2014

First Name _____ M.I. _____ Last Name _____ Lic. #: _____

☐ MD ☐ DO ☐ PhD ☐ PharmD ☐ RPh ☐ PA ☐ NP ☐ RN ☐ Psychologist ☐ LCSW ☐ MFT ☐ Other: _____

Institution/Employer (as you would like it to appear on your badge) _____

Profession/Occupation _____

Address (or where you would like your receipt mailed) _____

City _____ State _____ Zip Code _____

() ()

Day Phone _____ Fax Number _____

Email for link to electronic syllabus. UC Davis CME will not use your email for any purpose other than corresponding with you.

Physician information: Please indicate primary medical specialty:

☐ FP ☐ GP ☐ IM ☐ PSY ☐ Other (specify) _____

Social Security Number (last 4 digits required for transcript purposes)

□ □ □ □ – □ □ □ □ – □ □ □ □

HAVE YOU ATTENDED THIS COURSE IN THE PAST?

☐ YES ☐ NO

Please copy the mail code from the address side of the brochure (above your name, e.g. PPHARM, MMSPHARM, CRDPHARM)

eMktg

If you did not receive a brochure in the mail, how did you hear about this conference? (Example: PT&MG, UCD website, web search, magazine, friend) _____

SCAN FOR ONLINE REGISTRATION



REGISTRATION FEES (Receipt/Confirmation will be mailed within two weeks)

	Early Discount	After February 10
Physician	☐ \$420	☐ \$470
Other health-care professional	☐ \$365	☐ \$415

Please check box for the workshop you want to start in.

SELECT ONE WORKSHOP: Friday, March 15, 2014

☐ Wkshp 1: Women's Health ☐ Wkshp 2: Treatment of Pain

OPTIONAL WORKSHOP ENROLLMENT

Please check box if you plan to attend:

☐ Saturday, March 15th, 2014

4:15 - 5:15 p.m.

SYLLABUS FORMAT CHOICE:

My choice of syllabus is:

☐ PRINTED (Black & White) \$30,
If ordered by February 28, 2014

☐ USB DRIVE (FULL color and B&W versions), included in tuition

If you do not choose, you will receive the USB drive only

☐ If you need disability accommodations at the meeting, please let us know by February 28 and our representative will contact you.

☐ Please note special dietary/food allergy requirements: _____

Please check your payment method: Registration forms received without check, credit card number or purchase order number will not be processed until payment is received.

☐ Check enclosed payable to: UC Regents ☐ AMEX ☐ Discover ☐ MasterCard ☐ VISA

Account Number _____ Expiration Date _____

Authorized Signature (name on card) - do not mail if previously faxed or telephoned _____ 3 Digit Security Code _____

Please use ONE of these methods to register:



MAIL APPLICATION AND PAYMENT TO:
Office of Continuing Medical Education
c/o UC Davis Cashier's Office
PO Box 989062, West Sacramento, CA 95798-9062



TELEPHONE: (916) 734-5390

FAX APPLICATION: (916) 734-0742

For Office Use Only

PHARM14
6040

REGISTER ONLINE AT: <http://cme.ucdavis.edu/conferences>