

FOURTH ANNUAL PRACTICAL, EVIDENCE-BASED MEDICINE FOR THE PRIMARY CARE CLINICIAN

• MONDAY, AUGUST 22, 2016 •

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A continuing education service of Penn State College of Medicine



PennState
College of Medicine



University Conference Center • Penn State Health Milton S. Hershey Medical Center
500 University Drive • Hershey, Pennsylvania 17033

PURPOSE

Conference faculty will present reviews and updates of the latest medical evidence in sports medicine dermatology, holistic medicine, cardiology, infectious disease, women's health, endocrinology and preventive care as it relates to primary care.

AUDIENCE

This conference is designed to teach primary care physicians, physician assistants, and nurse practitioners clinically useful topics from various areas of medicine.

FEE

- ▶ \$150 Per Person
- ▶ \$65 Resident/Student*

*To receive this special rate, send verification of student status to –
Fax: 717-531-5604 or email: ContinuingEd@hmc.psu.edu

Registrations received after Sunday, August 21, 2016, will incur a \$25 late fee.

ACCESS

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education at least one week in advance of your participation or visit.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

FACULTY*

Jeffrey Baker, MD**

Assistant Professor
Penn State College of Medicine
State College, PA

Raman Baweja, MD, MS*

Assistant Professor
Department of Psychiatry

Laura E. Bujold, DO, MMed**

Assistant Professor

Anthony Dambro, MD**

Assistant Professor

Todd M. Felix, MD**

Assistant Professor
Director of Core Clinical Medicine

M. Joyce Green, MD**

Assistant Professor

Shwetha Gurram, MD**

Resident Physician

Madie D. Hartman, DO**

Assistant Professor

Sukhjeet Kamboj, MD**

Assistant Professor

Tara M. Kennedy, MD**

Resident Physician, PGY-2

Stacey Milunic, MD**

Assistant Professor

Cayce Onks, DO, MS, ATC*

Assistant Professor
Department of Family Medicine
and Orthopaedics

Shawn Phillips, MD*

Assistant Professor
Department of Family Medicine
and Orthopaedics

Alexis Reedy-Cooper, MD**

Assistant Professor

Jarrett Sell, MD, AAHIVS**

Assistant Professor

Lauren Jodi Van Scoy, MD*

Assistant Professor
Departments of Medicine and Humanities

Abdul Waheed, MD**

Assistant Professor

Jason R. Woloski, MD**

Chief Resident

Jay Zimmermann, MD**

Assistant Professor

COURSE DIRECTORS

Ayesha Abid, MD**

Resident Physician, PGY-2

Jeffrey Baker, MD**

Abdul Waheed, MD**

* Penn State Health Milton S. Hershey Medical Center
Penn State College of Medicine, Hershey, PA

** Department of Family and Community Medicine

AGENDA / 7A.M.–5:30P.M.

- 7:00 Check In/Continental Breakfast
- 7:30 Welcome/Introductions
[Abdul Waheed, MD](#); [Jeffrey Baker, MD](#); [Ayesha Abid, MD](#)
- 7:40 “Weight, Weight, Don’t Tell Me!”: An Update on Obesity Medicine
[Laura Bujold, DO, MMEd](#); [Sukhjeet Kamboj, MD](#)
- Discuss evidence-based recommendations for diet and exercise for weight loss
 - Explore over-the-counter agents and prescription medications in use for obesity
 - Review the various surgical weight loss options available for appropriate patients
- 8:30 Management of Depression and Anxiety in Primary Care
[Raman Baweja, MD, MS](#)
- Discuss pharmacologic and non-pharmacologic interventions for the management of depression and anxiety in a primary care setting
 - Perform risk assessment and determine appropriate level of care as part of treatment plan
- 9:15 Overview of Evidence-Base Medicine to Treat Patients with Chronic Obstructive Pulmonary Disease (COPD)
[Lauren Jodi Van Scoy, MD](#)
- Describe key evidence-based guidelines for the diagnosis and treatment of patients with COPD
 - Identify indications for referral to a pulmonary specialist for patients with COPD
- 10:05 Morning Break
- 10:15 Infectious Disease Update for Primary Care
[Jarrett Sell, MD, AAHIVS](#)
- Discuss updated screening, diagnosis, treatment and prevention for infectious diseases that are relevant to primary care
 - Review recent endemics and what primary care providers can learn from these outbreaks to improve future patient care
- 11:00 Sniffles, Sneezes and Sinusitis: A Review of Rhinitis
[Anthony Dambro, MD](#)
- Describe the likely etiology of upper respiratory symptoms
 - Develop appropriate, evidence-based treatment plans for allergic rhinitis, the common cold and chronic rhinosinusitis
- 11:30 Rethinking the Pre-Participation Exam (PPE) – Are We Changing Outcomes?
[Cayce Onks, DO, MS, ATC](#)
- Discuss the current evidence for use of PPE’s
 - Identify key components for completion of the PPE’s
- 12:00 Lunch
- 12:30 The Politics of Medicine—What Primary Care Clinicians Need to Know†
[Jason Woloski, MD](#)
- Discuss how updates in legislation affect patient safety in primary care

- 12:45 Evidence-Based Medicine (EBM) Updates:
Top Ten Practice-Changing Articles of the Year
[Todd Felix, MD](#); [Jay Zimmermann, MD](#)
- Incorporate EBM from ten recent articles related to primary care and utilize that information to optimize patient outcomes
- 1:30 Diabetes Type 2 – What’s New?
Discuss Not Only the Recommendations but the Evidence Too!
[Mary Joyce Green, MD](#)
- Discuss latest evidence-based recommendations in the diagnosis and treatment of type 2 diabetes
 - Develop individualized therapeutic goals and treatment plans based upon personal characteristics and comorbidities
- 2:10 Resident Case Presentation: Mystery Case #1†
[Tara Kennedy, MD](#)
- Identify common presentation of rare disease that can affect patient safety
 - Review an individualized work-up for lymphadenopathy
- 2:30 Resident Case Presentation: Mystery Case #2†
[Shwetha Gurram, MD](#)
- Identify how rare presentation of a common condition can affect patient safety in primary care
- 2:50 Updates in Obstetrics for Primary Care: From A to Zika
[Stacey Milunic, MD](#)
- Discuss the evaluation and management of common, non-obstetric, acute complaints in pregnant patients
 - Identify the impact of updated prenatal care guidelines on primary care of the pregnant patient
- 3:30 Afternoon Break
- 3:40 Unlocking the Shackles of Addiction in the Primary Care Setting
[Alexis Reedy-Cooper, MD](#)
- Explore the methods used to screen for addiction
 - Identify local resources for addiction treatment
 - Describe the treatment options available to treat addiction in the office
- 4:20 Understanding the Guidelines and Uses for Vitamin D in a Primary Care Setting
[Madie Hartman, DO](#)
- Review the evidence-based screening and replacement guidelines for Vitamin D deficiency
 - Discuss evidence-based supplementation of Vitamin D
- 5:00 Concussion: Let’s Tease the Fact Out of Fad
[Shawn Phillips, MD](#)
- Discuss the evaluation and diagnosis of concussion
 - Develop evidence-based approach to the management of concussion
- 5:30 Conference Wrap-Up/Adjournment

CREDIT

AMA

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Penn State College of Medicine designates this live activity for a maximum of 9 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP

This Live activity, 4th Annual Practical, Evidence-Based Medicine for the Primary Care Clinician, with a beginning date of 08/22/2016, has been reviewed and is acceptable for up to 9.00 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.

AANP

This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 9 contact hours of accredited education.

PATIENT SAFETY/RISK

This program includes 3 hours of patient safety/risk management education as required by the Pennsylvania State Board of Medicine. Please see the program schedule for the topic marked with a "†."

CANCELLATION POLICY

Cancellations received later than:

► **Monday, August 15**
will incur a \$25 processing fee.

No refunds after:

► **Thursday, August 18**

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute change or cancellation. If a program is canceled or postponed, the University will refund registration fees but is not responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

REGISTRATION

Register online using COMPASS, Penn State Health's registration and records system. New users are required to set up an account, which will provide access to your CE certificates and conference materials. A [tutorial](#) is available on our website.



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COURSE # E5860-17-Y

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