AMERICAN MEDICAL SEMINARS®

SPECIFIC OBJECTIVES

Enhancing Clinical Excellence

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Hospitalist and Internal Medicine Review and Update: Inpatient and Outpatient Care
Activity Dates: April 6-10, 2020
Presenting Faculty: Vandana Y. Bhide, M.D., F.A.C.P., F.A.A.P., A.B.I.H.M.; David A. Horowitz, M.D.; and Kendal Williams, M.D., M.P.H.

NARRATIVE DESCRIPTION

Following this course, the participant should be able to develop an approach to the patient with metabolic disorders to arrive at a cost-effective diagnosis; apply a treatment plan that considers lifestyles, medications and specialty referral or monitoring needs; identify patients likely to develop complications and determine the long-term needs as well as resource management. This activity is expected to result in improved competence in making appropriate diagnosis and providing effective treatment and referral or follow-up care with the overall goal of improving patient outcomes.

The emphasis will be on aligning physician behavior with current guidelines and evidence-based medicine, as indicated within each topic's specific objectives. Since Internal Medicine takes a lead role in medicine in general, this course was designed for all practitioners at the level of a practicing physician to provide a review and update in their application of medical knowledge and practice strategies to diagnose, treat and improve patient care.

SPECIFIC OBJECTIVES

Day 1

Practical Approach to the Patient with Hypertension.

Upon completion of this session, using multiple research trials as well as the current JNC recommendations, the participant should be able to: GL, COMP

1. Apply the current JNC recommendations for treatment of hypertension.
2. Develop a rational approach to choosing medication in treating hypertension.
3. Decide when and how to evaluate for secondary causes of hypertension.

Practical Approach to the Patient with Potential DVT.

Upon completion of this session, using multiple research trials as well as applying recommendations from the ACCP, AAFP/ACP, and the AHA/ACC, the participant should be able to: GL, COMP

1. Obtain an appropriate medical history to better identify those patients at risk.
2. More confidently evaluate and assess the patient suspected of having DVT.
3. Better manage patients with the confirmed diagnosis of DVT.

Practical Approach to the Patient with Headache.

Upon completion of this session, while applying recommendations from the IHC, NHF, AAFP, AAN and ACP, the participant should be able to: GL, COMP

1. Review the differential diagnosis of a patient presenting with the complaint of headache.
2. More confidently evaluate the patient with headache and appreciate the indications for imaging.
3. Develop a treatment plan that considers lifestyle changes as well as medications.

Practical Approach to the Patient with Diabetes.

Upon completion of this session, using multiple research trials as well as recommendations from the ADA, EASN, AGA, CDA, AACE, ACP, and the AAFP, the participant should be able to: GL, COMP

1. Consider this primer on management.
2. Distinguish the patient who is likely to go on to develop complications and appreciate the potential long-term course.
3. Apply the current guidelines for therapy and access the anticipated outcome goals.

Day 2

Practical Approach to the Outpatient with Dementia.

Upon completion of this session, while applying recommendations from the AAN and the USPSTF, the participant should be able to: GL, COMP

1. Formulate a practical approach to screening for dementia.
2. Discuss medication management to include polypharmacy, drug-drug interactions, as well as new drugs and their potential efficacy and side effects.
3. Develop a long-term follow-up and referral process that considers cost-effective and resource management.

Strategies to Address the Issue of Preventable Hospital Readmissions.

Upon completion of this session, the participant should be able to: EBM, COMP

1. Identify the factors which contribute to increase risk of readmission.
2. Stratify the risk for readmission utilizing evidence-based tools.
3. Develop a transition of care strategy to reduce the likelihood of a preventable readmission.

Update on the Management of COPD and Asthma in the Hospitalized Patient.

Upon completion of this session, the participant should be able to: COMP, GL

1. Perform initial management and stabilization of the patient with asthma or COPD exacerbation and distinguish between the strategies for each condition.

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Hospitalist and Internal Medicine Review and Update: Inpatient and Outpatient Care
Activity Dates: April 6-10, 2020
Presenting Faculty: Vandana Y. Bhide, M.D., F.A.C.P., F.A.A.P., A.B.I.H.M.; David A. Horowitz, M.D.; and Kendal Williams, M.D., M.P.H.

2. Develop an evidence-based strategy for the management of COPD based on the GOLD criteria.
3. Prescribe an effective therapeutic strategy for asthma, taking into account recent studies on the safety and effectiveness of various agents.
4. Detect conditions that may mimic asthma or COPD in the clinical setting.

The Evaluation and Management of Syncope and Vertigo.
Upon completion of this session, the participant should be able to: GL, COMP
1. Appropriately evaluate patients with syncope or vertigo.
2. Formulate a diagnostic evaluation strategy of syncope or vertigo that is based on best practices and the 2017 ACC/AHA/HRS guidelines.
3. Debate the value of the various diagnostic approaches to the workup of syncope.
4. Prescribe an effective therapeutic strategy for the management of both syncope and vertigo per the 2017 ACC/AHA/HRS guidelines.

Day 3
Practical Approach to Thyroid Disease: 1. Hypothyroidism/Elevated TSH 2. Patient with a Thyroid Nodule.
Upon completion of this session, by applying recommendations from the AAFP, AACE, ACP, ATA, USPSTF, IOM, and ACOG, the participant should be able to: GL, COMP
1. Appreciate the role of the screening TSH and what to do with the results.
2. Develop a reasonable and cost-effective approach to diagnosing the thyroid nodule.
3. Discuss the management of hypothyroidism.

Practical Approach to the Patient with Hyperlipidemia.
Upon completion of this session, using multiple research trials as well as the recommendations of the NCEP, the participant should be able to: GL, COMP
1. Apply the current NCEP guidelines.
2. Develop a practical approach for considering the new medications available.
3. Consider the new targets developed for cholesterol end point.

Update on the Management of Stroke and Transient Ischemic Attack.
Upon completion of this session, the participant should be able to: GL, COMP
1. Assess common presentations of cerebrovascular insufficiency.
2. Prescribe the initial management of patients with a suspected acute CVA.
3. Apply cutting edge strategies and therapies for the management of hemorrhagic and thrombotic strokes.
4. Distinguish between stroke and TIA and appropriately assess the patient with TIA for early risk of stroke.
5. Formulate an effective post-stroke secondary prevention plan as per the AHA/ASA guidelines.

The Inpatient Management of Diabetes.
Upon completion of this session, the participant should be able to: COMP, GL
1. Based on the guidance of the American Diabetes Association (ADA) and the American Society of Clinical Endocrinologists (ASCE), develop an inpatient diabetes plan for patients that defines the target glucose and the strategy to achieve that target.
2. Design an individualized inpatient management strategy for the diabetic patient that is integrated with the best practice strategies for chronic management.
3. Apply strategies for the effective use of insulin in the inpatient setting.
4. Formulate a transitional care plan for the new diabetic patient.

Day 4
Update on the Evaluation of Chest Pain.
Upon completion of this session, the participant should be able to: GL, COMP
1. Based on recent standard of care publications, review the contribution of history, physical exam, and EKG findings to the evaluation of chest pain.
2. Distinguish ischemic EKG changes from their common mimics.
3. Apply the use of novel and standard cardiac biomarkers to the diagnosis of ACS.
4. Based on the guidance from the ACC/AHAS and recent significant research studies, determine the best evaluation strategy for the individual chest pain patient.

Update on the Management of Acute Coronary Syndromes.
Upon completion of this session, the participant should be able to: GL, COMP
1. Distinguish the forms of ACS and their relative prognoses.
2. Based on the most recent AHA/ACC guidelines, apply the appropriate initial management of patients experiencing acute coronary syndromes.

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Hospitalist and Internal Medicine Review and Update: Inpatient and Outpatient Care
Activity Dates: April 6-10, 2020
Presenting Faculty: Vandana Y. Bhide, M.D., F.A.C.P., F.A.A.P., A.B.I.H.M.; David A. Horowitz, M.D.; and Kendal Williams, M.D., M.P.H.

3. Based on the most recent AHA/ACC guidelines, categorize the therapeutic options for patients with unstable angina and post-MI.
4. Based on the most recent AHA/ACC guidelines, employ the secondary prevention strategies for patients who have experienced an acute coronary syndrome.

Update in Perioperative Medicine.
Upon completion of this session, the participant should be able to: EBM, GL, COMP

1. Appraise pre-operative cardiac risk stratification and management strategies, as per the ACC/AHA Risk Clinical Predictors.
2. Determine the role of non-invasive stress testing, echocardiography, coronary angiography and the use of biomarkers to assess peri-operative cardiac risk, as per the ACC/AHA (2014) Perioperative CV Evaluation Guidelines.
3. Relate the indications for beta blockers, statins and aspirin in the peri-operative period.
4. Evaluate the bleeding risks of commonly prescribed medications and OTC supplements taken pre-operatively.

Challenging Infections: MRSA and *C. difficile.*
Upon completion of this session, the participant should be able to: GL, COMP

1. Assess and apply appropriate treatment strategies for different types of methicillin resistant staph aureus infections.
2. Employ rational use and relate the precautions of newer antibiotics when treating resistant bacteria.
3. Distinguish Guideline based treatment of *Clostridium difficile* infections.

Day 5
Systolic and Diastolic Heart Failure.
Upon completion of this session, the participant should be able to: EBM, GL, COMP

1. Appropriately manage decompensated heart failure in hospitalized patients.
2. Assess the indications for positive inotropic agents and ultrafiltration in systolic heart failure.
3. Distinguish the treatment of systolic versus diastolic heart failure, as per the 2013 ACCF/AHA Guidelines for heart failure management.

Atrial Fibrillation in the Hospitalized Patient.
Upon completion of this session, the participant should be able to: GL, COMP

1. Assess and evaluate treatment options for atrial fibrillation with rapid ventricular response, as per the 2010 HFSA Guidelines.
2. Employ appropriate anticoagulation strategies for atrial fibrillation.
3. Distinguish the advantages of rhythm versus rate control treatment strategies, 2014 ACC/AHA Guidelines for atrial fibrillation management.
4. Determine the possible underlying causes of CHF exacerbations.

Delirium, Dementia, and Psychosis – The Diagnosis and Management of the Inpatient with Mental Status Change.
Upon completion of this session, the participant should be able to: EBM, COMP

1. Apply a diagnostic approach to the hospitalized patient with acute mental status change.
2. Discuss the differential diagnosis of psychosis in the hospitalized patient.
3. Based on a systematic review of the best evidence, formulate an evidence-based management strategy for delirium in the hospital setting.
4. Develop an evidence-based screening and treatment protocol for the prevention and management of alcohol withdrawal syndromes.

Overview of the Inpatient Management of Skin and Soft Tissue Infections.
Upon completion of this session, the participant should be able to: EBM, COMP

1. Review the clinical presentation and categorization of common skin and soft tissue infections.
2. Differentiate common non-infectious conditions that can mimic skin and soft tissue infections.
3. Based on evidence from the CDC and standard of care publications, recognize and incorporate the changing epidemiology and resistance patterns impacting skin and soft tissue infections into therapeutic plans.
4. Recognize the types of drug-associated rashes and formulate an effective treatment plan for each.