

CME Sponsors: American Medical Seminars, Inc.
 Activity Title: Family Medicine: An Evidence-Based Approach to Patient Care
 Activity Dates: Nov 30 – Dec 3, 2020 – Sarasota, FL
 Presenting Faculty: Michael A. Malone, M.D.; Herbert L. Muncie, Jr., M.D.; and Gary Oberlender, M.D.

NARRATIVE DESCRIPTION

Following this course, the participant should be able to appraise the etiologies and the clinical presentations of the commonly seen disorders presented; indicate diagnostic tests available and the suggested use for making a diagnosis; implement available treatment options and appropriate long-term care when indicated. This activity is expected to result in improved competence in making an appropriate diagnosis and providing effective treatment and referral or follow-up care with the overall goal of improving patient outcomes.

When indicated in the specific objectives, emphasis will be on aligning physician behavior with current guidelines and evidence-based medicine with a focus on diagnosis, treatment and when to refer. This course was designed to inter-relate the disorders presented in an effort to help all practitioners at the level of a practicing physician integrate their medical knowledge with other providers and specialists. By doing this, it will provide them with the competence to appropriately diagnose and refer or effectively treat their patients' conditions to optimize their care.

SPECIFIC TOPIC OBJECTIVES

Day 1

Irritable Bowel Syndrome.

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

1. Appraise possible etiologies for Irritable Bowel Syndrome.
2. Select and utilize diagnostic criteria to identify IBS, based on the current medical evidence and expert recommendations.
3. Use the current medical literature to assess and screen for other conditions that can present with similar IBS symptoms.
4. Detect "red flag" signs and symptoms that should make one question the diagnosis of IBS.
5. Formulate an EBM diagnostic evaluation for patients with signs and symptoms of IBS.
6. Use the current medical literature to develop an EBM treatment plan for Irritable Bowel Syndrome.

Dyspepsia.

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

1. Appraise symptoms and common etiologies for dyspepsia.
2. Use EBM to detect "alarm symptoms" that are suspicious for GI malignancy.
3. Apply current medical evidence and expert guidelines to construct a diagnostic evaluation for Dyspepsia.

4. Determine appropriate treatment for Dyspepsia based on current medical evidence and the likely etiology.

Evaluation and Treatment of Hypertensive Patients.

Upon completion of this session, using the most recent JNC Guidelines, the Cochrane Abstract Database and the evidence-based reports from Clinical Evidence, the participant should be able to: EBM, GL, COMP

1. Employ the non-pharmacologic treatment options to manage hypertension.
2. Specify the pharmacologic treatment options for patients with compelling indications based upon JNC Guidelines.
3. Formulate the therapeutic goal for controlling blood pressure in different patient populations and the combination of medications that can achieve that goal.
4. Distinguish the side effect risks for each class of antihypertensive medications.

Treating Patients with Type 2 Diabetes Mellitus.

Upon completion of this session, using the American Diabetes Association, the European Association for the Study of Diabetes Guidelines and the Cochrane Abstract Database, the participant should be able to: EBM, GL, COMP

1. Evaluate the therapeutic goals in treating type 2 diabetes and their impact on morbidity and mortality.
2. Recommend the approach for choosing an oral hypoglycemic agent to treat type 2 diabetes.
3. Specify the clinical situations that would require the use of insulin to treat type 2 diabetes and the probable dosage form and average amounts required for control of A1c.
4. Develop the therapeutic options for preventing diabetic complications.

Hyperlipidemia and CV Disease Prevention - A Review of the Literature and Recent AHA Guidelines.

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

1. Create a diagnostic and treatment plan for patients based on the current evidence and AHA Guidelines.
2. Explain similarities and differences between the most recent and previous guidelines.
3. Identify areas of strength and weakness in the recent AHA Guidelines.
4. Utilize the most recent cholesterol guidelines at the point of care.

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Day 2

Carpal Tunnel Syndrome.

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

1. Apply an evidence-based approach to the identification of Carpal Tunnel Syndrome.
2. Detect clues that can help identify likely etiologies for Carpal Tunnel Syndrome.
3. Construct a differential diagnosis for Carpal Tunnel Syndrome.
4. Determine which patients would benefit from nerve conduction studies.
5. Discriminate the severity of Carpal Tunnel Syndrome.
6. Use EBM to select an appropriate treatment plan for Carpal Tunnel Syndrome

Migraine Headaches – Update on Diagnosis and Treatment.

Upon completion of this session, using the International Headache Society and U.S. Headache Consortium Guidelines and the National Guideline Clearinghouse and the evidence-based reports from Clinical Evidence, the participant should be able to: EBM, GL, COMP

1. Construct the approach for evaluating a patient with possible migraine headaches.
2. Assess the advantages of supportive therapy and lifestyle changes in treating migraine headaches compared to pharmacologic therapy.
3. Appraise the pharmacologic options for treating the acute pain of a migraine headache.
4. Recommend a prophylactic therapy regimen for patients with recurrent migraine headaches.

Chronic Obstructive Pulmonary Disease (COPD): Evaluation and Treatment.

Upon completion of this session, using the ACCP GOLD guidelines, the AACVPR practice guidelines and the evidence-based reports from Clinical Evidence, the participant should be able to: EBM, GL, COMP

1. Appraise patient specific data to determine if they meet diagnostic criteria for COPD.
2. Analyze the role of cigarette smoking in the etiology and natural history of COPD.
3. Formulate a treatment plan for the stages of COPD.
4. Recommend the follow-up required to assess the therapeutic efficacy of the treatment options.

Evaluation and Treatment of Respiratory Infections Commonly Seen in Primary Care.

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

1. Formulate appropriate evaluation strategies for patients who present with respiratory conditions.

2. Identify history and exam findings that help differentiate common respiratory conditions.
3. Determine situations when antibiotics are appropriate for the treatment sinus infections.
4. Utilize severity index tools in the evaluation of pneumonia.
5. Utilize EBM to determine appropriate treatment for common respiratory conditions.
6. Discuss some of the controversies in the treatment of common respiratory infections seen in primary care.

Dementia.

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

1. Detect symptoms consistent with the diagnosis of dementia.
2. Distinguish dementia from treatable conditions that have similar presentations.
3. Construct a diagnostic plan utilizing EBM and Expert Guidelines.
4. Differentiate the common Dementia syndromes and distinguish the characteristics between them.
5. Use EBM to design a treatment plan for dementia.

Day 3

Delirium in the Elderly - Current Concepts.

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

1. Specify diagnostic features and common causes of delirium in seniors.
2. Distinguish the causes of persistent delirium.
3. Use evidence based medicine to formulate treatment approaches to delirious seniors.
4. Recognize treatment options for intermittent agitation using evidence based medicine.

Geriatric Depression: Advances in Diagnosis and Treatment.

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

1. Differentiate the variety of clinical presentations of depressive disorders in seniors.
2. Appraise the utility of, and plan to use, the Geriatric Depression Scale.
3. Apply an evidence based approach to antidepressant drug therapy in seniors.
4. Apply the evidence based recommendations for use of non-drug antidepressant therapy.

Adult Health Screening and Immunizations – Evidence-Based Approach.

Upon completion of this session, using the USPSTF and Cochrane Abstract Database, the participant should be able to: EBM, GL, COMP

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1. Apply the evidence-based recommendations for preventive screening tests for adults.
2. Determine the immunizations required for adults.
3. Appraise the side effects of adult immunizations.
4. Select the contraindications for each adult immunization and their alternative therapy.
5. Plan when screening tests can be discontinued in adults.

Venous Thromboembolism (VTE): Diagnosis and Treatment.

Upon completion of this session, using the ACCP and ATS Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Determine the diagnostic testing for evaluating a patient for possible VTE.
2. Apply the algorithm for diagnosing a pulmonary embolism in multiple clinical settings.
3. Differentiate the advantages and disadvantages of outpatient treatment compared to inpatient treatment for venous thromboembolism (VTE).
4. Order the frequency of monitoring and the adjustments needed for warfarin therapy in the treatment of VTE.

A Practical Approach to Falls and Urinary Incontinence in the Elderly.

Upon completion of this session, the participant should be able to: ^{EBM, GL, COMP}

1. Integrate the concept of multifactorial causes underlying falls and employ the American Geriatrics Society Guidelines for the Prevention of Falls and urinary incontinence in seniors.
2. Develop a full assessment approach to evaluate different causes, using detailed physical examination and functional performance evaluations.
3. Differentiate the effects of normal aging from pathologic processes and adverse drug effects as risk factors for falls and incontinence.
4. Apply NIH guidelines to formulate a preventative and therapeutic plan of care.

Day 4

Vitamin B-12 and Vitamin D in Seniors.

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

1. Integrate the normal physiology of Vitamins B-12 and D.
2. Differentiate the pathologic syndromes associated with B-12 and D deficiency.
3. Develop an evidence based evaluation of B-12 and D deficiency for seniors.
4. Develop an evidence based approach to treatment options for B-12 and D in seniors.

Advanced Nutritional Assessment and Therapy.

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

1. Integrate readily available clinical data to make accurate nutritional assessments in seniors.
2. Relate metabolic changes in aging to assess risk for malnutrition.
3. Apply an evidence based approach to treatment of undernutrition in seniors.

Anemia – A Finding, Not Yet a Diagnosis.

Upon completion of this session, using the Cochrane Abstract Database and AAFP Guidelines, the participant should be able to: ^{GL, COMP}

1. Distinguish the etiologies for the common anemias.
2. Construct the diagnostic evaluation to determine the etiology of each anemia.
3. Develop the therapeutic options for each identified anemia.
4. Formulate the appropriate follow-up evaluations for assessing the treatment efficacy.

Osteoporosis: Treatment and Prevention.

Upon completion of this session, using the USPSTF, NOF Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Debate the importance of the risk factors for an osteoporosis fracture.
2. Employ the diagnostic testing for patients at risk with osteoporosis.
3. Select the therapeutic medication to treat osteoporosis based upon the indications and side effects.
4. Assess the therapeutic role of repeating the DXA scan in patients treated for osteoporosis.

Sensible Prescribing Practices for the Elderly.

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

1. Appraise and appreciate the limits of published trials studies on drug safety and efficacy for seniors.
2. Assess the subtle but significant drug side effects in the elderly.
3. Distinguish undesirable prescribing practices and employ better approaches based on current evidence-based referenced literature.