

CME Sponsors: American Medical Seminars, Inc.

Activity Title: Family Medicine: A Comprehensive Approach to Clinical Problems

Activity Dates: June 22-26, 2020

Presenting Faculty: Kevin S. Ferentz, M.D.; Lisa R. Ferentz, M.S.W., L.C.S.W.-C., DAPA; David A. Horowitz, M.D. and O. Fred Miller, III, M.D.

## NARRATIVE DESCRIPTION

Following this course, the participant should be able to appraise the etiologies and recognize 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 or practitioner relate their practice strategies with other providers and specialists. By doing this, it will provide them with increased competence to appropriately diagnose and refer or effectively treat their patients' conditions to optimize their care.

## SPECIFIC OBJECTIVES

### Day 1

#### Introduction – Essentials of Dermatology Diagnosis.

Upon completion of this session, the participant should be able to: <sup>COMP<sup>A</sup></sup>

1. Approach dermatologic disorders with a consistent and logical method.
2. Interpret the role of "color" in the diagnosis of cutaneous lesions.
3. Select the appropriate therapy for common disorders.

#### Leg Ulcers and the Principles of Wound Care.

Upon completion of this session, using the Wound and Regeneration Guidelines for the Management and Treatment of Venous and Arterial Ulcers (2006), the participant should be able to: <sup>EBM, GL, COMP</sup>

1. Differentiate and treat leg ulcers, based upon etiology, and the Guidelines of the American Academy of Dermatology for treating venous, arterial, diabetic associated and pressure ulcers.
2. Apply the basic principles of wound care.
3. Appraise the rationale for various wound dressings.

#### Routine Adult Care.

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

1. Determine which screening tests are indicated for particular patients, according to USPSTF guidelines.
2. Employ Guideline recommendations presented for common disorders such as HBP, Lipids, STD's, Cancers-lung, Cx, Breast, etc; AAA, Hep B & C; T2DM, etc., .
3. Advise your patients regarding vitamins and supplements as per the USPSTF and Evidence.
4. Order appropriate immunizations for adult patients as per the ACIP and CDC Schedules.

#### Depression and Anxiety in Primary Care.

Upon completion of this session, the participant should be able to: <sup>COMP, GL</sup>

1. Explain the incidence and prevalence of anxiety and depression.
2. Evaluate patients with signs and symptoms of anxiety and depression so as to make an accurate diagnosis as per the APA and DSM-5 Criteria.
3. Prescribe appropriate medications and/or behavior modification to treat the various degrees of anxiety and depression as well as bipolar disorder from initiation to continuation and maintenance, when needed
4. Identify the suicidal patient and take appropriate actions for their safety as well as the public.

### Day 2

#### Malignant Melanomas, Part I.

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

1. Utilize the ABCDE approach to the description of pigmented lesions and features of melanoma.
2. Analyze the biology of melanoma.
3. Appraise and employ the AAD Guidelines of Care for the Management of Primary Cutaneous Melanoma.
4. Refer for a surgical approach, as per the NCCN (National Comprehensive Clinical Network) Guidelines for melanoma.

#### Malignant Melanomas, Part II.

Upon completion of this session, the participant should be able to: <sup>COMP, GL</sup>

1. Appraise "dysplastic nevi" and describe the relationship between dysplastic nevi and melanomas.
2. Develop an approach to examination, testing and follow up of families with dysplastic nevi and melanomas as per the 2013 NCCN guidelines.
3. Recommend to patients the methods of photoprotection and the relationship of the sun to

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melanomas as per the 2014 NCCN guidelines for patients.

## Smoking Cessation.

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

1. Recognize the role of smoking in disease etiology and the Health Consequences as identified in the 2014 Surgeon General and CDC Report.
2. Develop methods of how to recognize influence and build confidence in a patients' ability to quit smoking as per the AHCPR Guidelines.
3. Utilize techniques and develop resources to enhance a patients' ability to stop smoking, such as the NCI and smokefree.gov.
4. Recognize the various benefits or advantages, indications and contraindications for use of the various available drugs and devices to assisting your patient in smoking cessation.

## Headache.

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

1. Employ the diagnostic criteria for the common types of headaches seen in primary care as per the HA Classification Subcommittee of the International Headache Society and NHF.
2. Be aware of "red flag" symptoms indicating the possibility of a more serious reason for the headache.
3. Determine when diagnostic imaging is indicated in patients presenting with headache.
4. Select appropriate treatment modalities for patients presenting with headache.

## Day 3

### Anemia.

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

1. Develop a diagnostic strategy to ascertain the etiology of the anemia.
2. Utilize the guidelines for diagnosing anemia in children and adults in terms of available testing.
3. Develop a clinical approach to treating various anemias to include Iron Deficiency and "Anemia of Chronic Disease" due to infections, inflammatory dz's, CKD, Malignancies, Cytokines, Interferons, TNF's, etc.
4. Describe the role of consultants in the evaluation and management of anemia.

## Food for Thought: Understanding and Working with Eating Disorders.

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

1. Identify the behavioral and psychosocial triggers that promote eating disordered behaviors.
2. Distinguish between the symptoms of anorexia, bulimia and binge eating behaviors.
3. Recognize the clinical "red flags" that indicate eating disordered behavior.
4. Apply appropriate interventions designed to treat eating disordered behaviors.

## 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 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.

## Day 4

### Improving Compliance.

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

1. Use techniques that can better detect non-compliance in their patients.
2. Apply techniques that can be used to increase compliance in their patients.

## Identification and Treatment of Traumatized Patients.

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

1. Describe the characteristics associated with traumatic events.
2. Interpret the "red flags" or symptomatic manifestations of trauma in patients.
3. Demonstrate how to obtain a trauma history from a patient during the H and P.
4. Identify and propose interventions designed to treat symptoms of trauma and increase comfort during physical exam.

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## 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: <sup>GL, COMP</sup>

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.

## 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: <sup>GL, COMP</sup>

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.

## Day 5

### Thyroid Disease.

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

1. Formulate a plan for the evaluation of a patient with presumed thyroid disease.
2. Interpret common lab and imaging tests in the evaluation of a patient with thyroid disease.
3. Select appropriate treatment modalities, both medical and surgical, for patients with thyroid disease according to the American Thyroid Association Guidelines.

### Obesity.

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

1. State the epidemiology of obesity in America and the health risks associated with obesity.
2. Assess patients who are obese and determine that they are in need of treatment.
3. Recommend and utilize the ACC/AHA/TOS Guidelines for the Management of Overweight and Obese Adults with options available, including diet, exercise, medications, and bariatric surgery.
4. Employ the Endocrinology Society Guidelines on Pharmacological Management of Obesity.

## Medical Marijuana vs. Opioids in the treatment of Chronic Pain - Pros/Cons.

Upon completion of this session, the participant should be able to: <sup>COMP</sup>

1. Understand the clinical underpinnings regarding the treatment of chronic pain.
2. Understand the changes in central nervous system function induced by opioids.
3. Understand the evidence found in various medical literature to be able to utilize medicinal marijuana to treat chronic pain.

## Myths about Medical Marijuana vs the Scientific Evidence.

Upon completion of this session, the participant should be able to: <sup>COMP</sup>

1. Understand the medical evidence to analyze the use medicinal marijuana for certain medical conditions.
2. Demonstrate a rational clinical approach to the use of medical marijuana for indicated medical conditions.