



Best Approaches in Primary Care

Monday, April 11 – Thursday, April 14 2016
Sheraton Resort Kauai, Poipu Beach, Kauai, Hawaii

About the Course

This course is designed to update clinicians on the best approaches to care for patients and enhance their profession to effectively sustain their practice. Expert faculty will discuss current information regarding evidence-based treatments and management of common clinical conditions including diabetes, asthma, TIA/stroke, orthopedics, and more. Through lectures and case presentations, clinicians will learn about the latest tools and techniques to improve patient care, as well as methods to integrate quality into their practice.

Target Audience

Primary Care Practitioners, PA-C, ARNP, Nursing, General Internists and health care professional teams



Objectives

At the end of this conference, participants will be able to:

- Describe the diagnostic approach to asthma and recognize asthma mimics and complicating comorbidities.
- Identify how IgE mediated food allergies may be prevented and summarize the management of IgE mediated food allergy vs food intolerances.
- Identify the risks of polypharmacy in geriatric patients.
- Use evidence-based criteria (e.g. BEERS, STOPP, START) to evaluate medication regimens for older adults.
- Develop a systematic approach to manage elderly patients with multiple chronic conditions that focuses on patient health, quality of life, health services utilization, and caregiver support.
- Summarize normal sleep processes and causes of insomnia, complete an insomnia assessment, and make a differential diagnosis of other sleep disorders.
- Explain the basic concepts of cognitive behavioral therapy for insomnia and outline the value and hazards of medical treatment for insomnia.
- Use tools to address concerns about memory, aging, and prevention of dementia; know how to recognize and diagnose dementia; practice primary disease modifying treatment; and manage complications of dementia (agitation, driving, home safety, caregiver support).
- Apply current best practices for stroke prevention, review options for atrial fibrillation, recognize common and uncommon acute stroke presentation signs, and review recent advances in acute stroke treatment.
- Recognize key clinical features of acne, rosacea, and perioral dermatitis, and formulate sound initial treatment plans for each condition.
- Identify clinical features of benign versus malignant neoplasms.
- Discuss proper methods of biopsying various skin lesions and outline appropriate treatment plans and referrals for malignant skin lesions.
- Develop priorities with patients that will help keep them healthier for longer and describe the key principles of a “treat-to-target” strategy.
- Explain the pros and cons of different screening strategies for managing patients with “prediabetes”.
- Describe when newer diabetic medications might be most effective and useful.
- Practice and become familiar with common shoulder and knee injection techniques that are simple and reproducible.
- Quickly perform a thorough shoulder or knee exam and identify common causes of shoulder and knee pain.
- Diagnose and help manage eating disorders.
- Utilize current contraception recommendations.
- Evaluate and manage chest pain.
- Diagnose and manage abdominal pain.

Accreditation

Group Health Cooperative is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Group Health Cooperative designates this live activity for a maximum of **18.25 AMA PRA Category 1 Credit(s)**™.

This activity meets the criteria for up to **18.25** hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

David Dempster, MD

Consultative Internal Medicine
Tacoma Medical Center
Assistant Service Line Chief, Hospitalist, Tacoma
Group Health Physicians

Anjeli Isaac, MD

Dermatology, Bellevue Medical Center
Group Health Physicians

Mark La Shell, MD

Allergy & Asthma, Program Chief
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Group Health Physicians

David K. McCulloch, MD, FRCP

Diabetologist
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Group Health Physicians
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Thomas Stoll, MD

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Group Health Physicians

Gina Sucato, MD, MPH

Adolescent Medicine Specialist
Factoria Medical Center
Group Health Physicians

Best Approaches in Primary Care ~ Mon., Apr. 11 - Thurs., Apr. 14, 2016

All faculty disclosed that their presentation includes no promotion of any commercial products or services. They have no relationships with commercial entities to report and do not anticipate discussing any off-label uses of a product.

Monday, April 11, 2016

- 6:30 – 7:00 a.m. Registration & Refreshments
- 7:00 – 7:30 Introductions and Course Overview – David K. McCulloch, MD, FRCP
- 7:30 – 7:45 Clinical Quality – Audience Response Session
- 7:45 – 8:45 “Prediabetes” and Other Controversies in Diabetes – David K. McCulloch, MD, FRCP
- 8:45 – 9:45 Asthma: Mimics and Management Dilemmas – Mark La Shell, MD
- 9:45 – 10:00 Break
- 10:00 – 11:00 Chest Pain – David Dempster, MD
- 11:00 – 12:00 Things that Go Bump in the Night - Tricky Skin Cases: Identification of Benign, Atypical, and Cancerous Moles, and Skin Lesions – Anjeli Isaac, MD
- 12:00 p.m. Evaluation & Adjournment

Tuesday, April 12, 2016

- 12:00 – 12:30 p.m. Registration & Refreshments
- 12:30 – 12:45 Introduction & Quality Story
- 12:45 – 1:45 TIA/Stroke: Recent Developments in Primary and Secondary Prevention of Stroke and Update on New Acute Stroke Treatments – Tim Searce, MD
- 1:45 – 2:30 Got Pain? The Shoulder and Knee Exam Made Simple! – Thomas Stoll, MD
- 2:30 – 2:40 Break
- 2:40 – 4:10 Workshops
 - 1) Who Want’s an Injection? The Shoulder and Knee Injection in 4 Easy Steps! – Thomas Stoll, MD
 - 2) Dementia: Strategies for Talking About Memory Concerns; Recognition and Diagnosis of Dementia; and Current Treatment Options for Dementia Complications – Tim Searce, MD
- 4:15 – 5:45 Workshops Repeat
- 5:45 p.m. Evaluation & Adjournment

6:30 p.m. Family Reception

Wednesday, April 13, 2016

- 6:30 – 7:00 a.m. Registration & Refreshments
- 7:00 – 7:15 Introduction & Patient Experience Story
- 7:15 – 8:15 Food Allergies: Keeping the Horse in the Barn and Managing it Once it’s Out – Mark La Shell, MD
- 8:15 – 9:15 A Good Night’s Sleep: The Insomniac’s Dream – Angie Sparks, MD
- 9:15 – 9:30 Break
- 9:30 – 10:30 From ARFID to UFED: Eating Disorders and the DSM 5 – Gina Sucato, MD, MPH
- 10:30 – 11:30 Abdominal Pain – David Dempster, MD
- 11:30 a.m. Evaluation & Adjournment

Thursday, April 14, 2016

- 6:30 – 7:00 a.m. Registration & Refreshments
- 7:00 – 7:15 Introduction
- 7:15 – 8:15 Acne, Rosacea, and Perioral Dermatitis -- Anjeli Isaac, MD
- 8:15 – 9:15 Best Practices in Contraception – Gina Sucato, MD, MPH
- 9:15 – 9:30 Break
- 9:30 – 10:30 Too Many Pills: Medication Safety in Older Adults – Angie Sparks, MD
- 10:30 – 11:30 New Approaches to Managing Difficult Diabetes and Hypertension Cases – David K. McCulloch, MD, FRCP
- 11:30 – 11:45 Closing Remarks & Conference Reflections
- 11:45 a.m. Evaluation & Adjournment



Lodging and Registration

Sheraton Resort Kauai, Hawaii

Imagine a destination where warm tropical days, brilliant blue skies, crystalline waters, and cool breezes converge. On the south side of serene Kauai, nestled along the shoreline, you'll be immersed in the heart of the island's beauty while experiencing a luxurious vacation. Many Hawaii hotels are surrounded by incredible natural wonders, and it's at the beachfront Sheraton Kauai Resort where you can experience a beauty of rare splendor with personal service and Aloha. Every guest room in the Beach and Ocean Wings faces the sea, and is perfectly situated to greet the morning sunrise. For those who prefer quiet beauty, the Garden Wing accommodations overlook acres of vibrant tropical blooms and sparkling waterfalls.



The Sheraton Resort Kauai is offering Garden View rooms at \$199, Deluxe Garden View rooms at \$229 and Deluxe Ocean View rooms at \$244. Rates are based on single or double occupancy, and do not include tax (currently at 13.416%).

Reservation Information

1. Reservations can be made by calling Sheraton toll-free at 1-888-627-8113. A deposit equal to two (2) nights' stay is required to hold the reservation. Deposits paid by guests are refundable if notice is received by the Sheraton at least 14 days prior to arrival and a cancellation number is obtained
2. Group name: You must indicate our group name as **Group Health Cooperative** and make your reservation no later than March 9, 2016 to receive these special group rates.
3. Booking: We encourage you to reserve your rooms using the number listed above so that you are eligible for the room charge benefits and to ensure that we meet our hotel obligations.
4. Availability: The above rate is available to attendees for three (3) days before the conference and three (3) days after the conference, subject to availability
5. The \$30 daily resort fee has been waived.

Group Health Cancellation Policy

To receive a refund on tuition, Group Health Continuing Medical Education must receive telephone or written notification of your cancellation at least 15 days before the first day of the activity. Cancellations received 8 to 14 days before the first day of the activity will be granted a 50% refund. No tuition refunds will be issued for cancellations less than 7 days before the first day of the activity.

The Office of Continuing Medical Education exercises the right to conduct its courses based on meeting a minimum enrollment. This office reserves the right to cancel this course 30 days prior to the course date. Each registrant will be notified and given a full refund. Group Health Cooperative is not responsible for any costs incurred, such as airline or hotel penalties.

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Register online using our secure registration and payment site →
If you prefer to pay over the phone, please call 206-326-2337

[Click Here to
Register Online](#)

Tuition: ☐ Medical Staff: \$710
☐ Locum Tenens, ARNPs, Nursing, Resident and Others: \$610

Register and pay in full by
November 20, 2015 and
deduct \$50 from
your tuition payment!

For more information contact:

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Visit <https://cmetracker.net/GHC/Catalog> to view and register for upcoming activities.



Continuing Medical Education
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