

CME Sponsors: American Medical Seminars, Inc.
 Activity Title: Endocrinology and Rheumatology: The Most Practical and Useful Topics from Two Specialties
 Activity Dates: February 3-7, 2020
 Presenting Faculty: Linda Brecher, DO; Lawrence H. Brent, M.D.; and Stephen J. Winters, M.D.

NARRATIVE DESCRIPTION

Following this course, the participant should be able to appraise the epidemiology and presenting complaints of the commonly seen disorders within the specialties of Endocrinology and Rheumatology; apply a practical approach to the use of laboratory studies and physical exam for developing a differential or diagnosis; determine the various treatment options available and choose appropriate specialty referral or follow-up. 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. Since the specialties of Endocrinology and Rheumatology impact patient populations of all demographics, there is a need for providers to be up-to-date on common Endocrine and Rheumatologic diseases; therefore, this course was designed as an update for all practitioners at the level of a practicing physician.

SPECIFIC OBJECTIVES

DAY 1

Adrenal Insufficiency- Primary and Secondary.

Upon completion of this session, using evidence-based medicine and clinical practice guidelines, to include Endocrine Society Guidelines, the participant should be able to: ^{COMP}

1. Apply principles learned to evaluate the diagnostic tests used to confirm the diagnosis or primary or secondary adrenal insufficiency.
2. Employ therapeutic options for patients including pregnant patients with primary or secondary adrenal insufficiency.

Cushing's Syndrome and other Functional Disorders of the Adrenal.

Upon completion of this session, using evidence-based medicine and clinical practice guidelines, to include Endocrine Society Practice guidelines, the participant should be able to: ^{COMP}

1. Outline the etiology of Cushing's syndrome.
2. Evaluate a patient with an adrenal tumor.
3. Evaluate a patient for suspected hyperaldosteronism.
4. To employ strategies to appropriately diagnosis and manage patients with pheochromocytoma.

Approach to the Patient with Rheumatic Diseases.

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

1. Demonstrate the importance of the history and physical exam including patterns of joints involvement and extra-articular findings in evaluating patients with rheumatic diseases.
2. Distinguish inflammatory (i.e. rheumatoid arthritis) and structural arthritis (i.e. osteoarthritis).
3. Differentiate patterns of articular involvement associated with different arthritides.
4. Utilize laboratory and radiological studies in the evaluation of patients with rheumatic diseases.

Rheumatoid Arthritis.

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

1. Demonstrate the role of genetics, environmental factors, immune cells, and proinflammatory cytokines in the pathogenesis of rheumatoid arthritis.
2. Illustrate the clinical features, extra-articular manifestations, and complications of rheumatoid arthritis.
3. Utilize and compare various methods of measuring disease activity in rheumatoid arthritis.
4. Compare and contrast the mechanisms of action of current and emerging therapies for RA and prescribe treatment for patients with rheumatoid arthritis according to ACR guidelines.

DAY 2

Thyroid Case Studies.

Upon completion of this session, using evidence-based medicine and clinical practice guidelines, to include the American Thyroid Association Guidelines, the participant should be able to: ^{COMP}

1. Appreciate the role of a diagnostic thyroid scan or ultrasound.
2. Evaluate a patient for hyperthyroidism.
3. Prescribe therapeutic options for patients diagnosed with hypothyroidism.

Disorders of Calcium Metabolism.

Upon completion of this session, using evidence-based medicine from the JCEM, Annual of IM and others, the participant should be able to: ^{COMP}

1. Outline the causes of hypercalcemia.
2. Recommend diagnostic testing for hyperparathyroidism.
3. Recognize secondary hyperparathyroidism.
4. Determine appropriate need for surgical intervention using clinical practice guidelines for asymptomatic hyperparathyroidism.

Systemic Lupus Erythematosus.

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

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1. Describe the varied clinical presentations and manifestations in the course of systemic lupus erythematosus.
2. Order and interpret laboratory testing used in the diagnosis of systemic lupus erythematosus in accordance with ACR Guidelines.
3. Monitor and employ treatment options for patients with systemic lupus erythematosus according to EULAR recommendations and evidence-based results from clinical studies.

Scleroderma and Raynaud's Disease.

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

1. Specify the clinical manifestations of scleroderma.
2. Apply the ACR/EULAR classification criteria for systemic sclerosis.
3. Utilize treatment available for symptomatic manifestations as per the current EULAR recommendations.
4. Apply the diagnostic work-up and treatment of Raynaud's Phenomenon.

DAY 3

Male Hypogonadism.

Upon completion of this session, using evidence-based medicine from the JCEM, NEJM and others, the participant should be able to: COMP

1. Outline the classic causes of male hypogonadism.
2. Appreciate the entity of adult onset hypogonadism.
3. Describe the risks and benefits of testosterone use and apply toward decision making when reviewing treatment options.

Polycystic Ovary Syndrome.

Upon completion of this session, using evidence-based medicine and clinical practice guidelines, to include Rotterdam Guidelines, the participant should be able to: COMP

1. Recognize the distinguishing features of PCOS.
2. Prescribe appropriate laboratory tests to evaluate women with hirsutism.
3. Describe the non-reproductive aspects of PCOS.

Cardiovascular Complications of Rheumatic Diseases (BRECHER).

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

1. Recognize the increased risk for cardiovascular diseases in specific rheumatic disorders.
2. Identify types of patients with rheumatic disorders which have high risk for cardiovascular disease.

Osteoporosis (BRECHER).

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

1. Detect patients who are at risk for osteoporosis.
2. Recognize the need for bone density testing as recommended by the International Society of Clinical Densitometry and the National Osteoporosis Foundation guidelines.
3. Differentiate the nonpharmacologic and pharmacologic treatments for osteoporosis as recommended by the National Osteoporosis Foundation guidelines.

DAY 4

Spondyloarthropathies.

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

1. Distinguish the clinical features of the different spondyloarthropathies to improve diagnostic accuracy.
2. Utilize clinical features, laboratory studies, and radiological studies to make a diagnosis of axial spondyloarthropathy.
3. Prescribe pharmacologic agents according to ACR and EULAR recommendations and evidence-based results from clinical trials for patients with spondyloarthropathies.

Rheumatologic Procedures.

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

1. Use techniques for appropriate indications for intra-articular and soft tissue injections in rheumatology.
2. Employ appropriate pharmacologic and non-pharmacologic therapies including injections for painful joints as per the ACR recommendations and the various sited rheumatologic and META analysis studies.

Idiopathic Inflammatory Myopathies (BRECHER).

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

1. Distinguish the different inflammatory myopathies as outlined in the 2017 European League Against Rheumatism/American College of Rheumatology Classification Criteria.
2. Utilize clinical features and appropriate testing to make the diagnosis of inflammatory myopathies.
3. Illustrate the pharmacologic agents used according to ACR and EULAR recommendations based upon evidence-based results from clinical trials for patients with idiopathic inflammatory myopathy.

Crystal Arthropathies (BRECHER).

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

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1. Illustrate the presenting signs and symptoms of crystal induced arthritis using evidence-based medicine.
2. Order appropriate testing to confirm the diagnosis of crystal induced arthritis.
3. Apply American College of Rheumatology guidelines in the treatment of crystal arthropathies including gout and pseudogout.
3. Utilize clinical history, physical exam, and appropriate laboratory testing to support a clinical diagnosis related to musculoskeletal complaints using evidence -based medicine.

DAY 5

Septic Arthritis.

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

1. Determine the risk factors associated with septic arthritis.
2. Utilize the British Society of Rheumatology Guidelines for management of the hot swollen joint in adults to differentiate septic arthritis from other causes of acute monoarticular arthritis.
3. Utilize epidemiological and clinical clues to determine bacterial etiology in patients with septic arthritis.

Lyme Disease and Other Topics in Rheumatology.

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

1. Apply CDC and Infectious Diseases Society of America Guidelines for the diagnosis, treatment, and prevention of Lyme disease.
2. Evaluate skin rashes as manifestations of systemic diseases.
3. Using the Guidelines of the Bone Research Society of the United Kingdom to prescribe appropriate therapy for patients with Paget's disease of the Bone.

Vasculitis. (BRECHER).

Upon completion of these sessions, the participant should be able to:

1. Recognize the various types of vasculitis as defined by the revised International Chapel Hill si
2. Demonstrate an understanding of the treatments for polymyalgia rheumatica and giant cell arteritis as well as their potential treatment toxicities using evidence – based medicine

Approach to Musculoskeletal Pain. (BRECHER).

Upon completion of these sessions, the participant should be able to:

1. Assess a patient presenting with musculoskeletal complaints.
2. Employ appropriate pattern recognition to elucidate the underlying cause of musculoskeletal complaints.