Updates in General Internal Medicine for Primary Care 2019

March 8-10, 2019
Francis Marion Hotel
387 King Street
Charleston, South Carolina

Presented and sponsored by the
Medical University of South Carolina
Department of Medicine
Division of General Internal Medicine & Geriatrics
Office of Continuing Medical Education
College of Medicine

http://gimCME.musc.edu

A Bridge to Future Understanding
Updates in General Internal Medicine for Primary Care
2019 Agenda and Learning Objectives

At the end of each presentation learners should be better able to achieve the respective objectives stated.

Friday, March 8th

8:00am Katherine Culp Silver, MD
“Rheumatology Pearls for the Primary Care Provider”
Learning Objectives:
1) Review the basic evaluation and work up of arthralgia/arthritis including OA, RA, gout, etc.; 2) Discuss polymyalgia rheumatica (PMR) and be able to recognize it in the appropriate patient population; 3) Discuss the 101 reasons NOT to check an ANA

9:00 Aundrea Loftley, MD
“Beyond Insulin: Novel Diabetic Treatment Strategies”
Learning Objectives:
1) Review the pathogenesis of type 2 diabetes; 2) Review the defects that contribute to the development of glucose intolerance in type 2 diabetes; 3) Review novel therapeutic strategies based on the pathophysiology of type 2 diabetes

10:00 Break

10:30 Jan Basile, MD
“Reconciling the New Hypertension Guidelines”
Learning Objectives:
1) Discuss with the 2017 ACC/AHA Hypertension Guideline New Definition of Hypertension and How It Changes the US Population at Risk for Hypertension; 2) Recognize how to properly take BP and the Importance of Accurate BP Measurement; 3) Recognize When to Implement Lifestyle Modification in the Treatment Hypertension; 4) Identify the Current First-line Agents for the Treatment of Hypertension; 5) Recognize What BP Goal (Target) Is Recommended to Best Improve CV Outcome in Specific Patient Populations with Hypertension

11:30 Vanessa Hinson, MD
“Parkinson’s Disease and Other Movement Disorders: What’s New?”
Learning Objectives:
1) Recognize how to accurately diagnose and triage common movement disorders; 2) Recognize how to initiate appropriate first line therapies for common movement disorders; 3) Discuss the role and practical implications of newly approved movement disorders therapeutics

1:45pm Valerian Fernandes, MD
“CAD and Ischemia: 2018 in Review”
Learning Objectives:
1) Evaluate clinical outcomes of treatment for coronary artery disease; 2) Analyze the different mortality rates in clinical trials; 3) Apply good decision making while separating fact from fiction

2:45 Temeia Martin, MD
“Primary Care for the Sickle Cell Population”
Learning Objectives:
1) Identify the pathophysiological processes and clinical presentation of sickle cell disorders in primary care settings; 2) Examine diagnostic evaluations and standards of care in sickle cell disorders; 3) Recognize acute and chronic complications of sickle cell disorders; 4) Define the prescribing of Hydroxyurea in sickle cell disorders; 5) Identify new treatment options and clinical research advances in sickle cell disorders.

3:45 Break

4:00 Elizabeth Call, MD
“Depression and Anxiety in Primary Care: an integrated perspective”
Learning Objectives:
1) Define psychosocial determinants of health; 2) Discuss Models of MH integration; 3) Discuss first line treatments of depression; 4) Discuss first line treatments of anxiety; 5) Define cognitive behavioral therapy

5:00 Reception
Conference Agenda / Learning Objectives
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Saturday, March 9th

8:00am Harsha Karanchi, MD
“Transgender Friendly Primary Care: All Aboard?”
Learning Objectives:
1) Evaluate, manage and monitor your patients with gender dysphoria as part of a multi-disciplinary team; 2) Interpret and counsel your transgender patients regarding risks associated with gender affirming hormone therapy

9:00 Dirk Michael Elston, MD
“Rashes”
Learning Objectives:
1) Recognize life-threatening drug rashes; 2) Recognize vasculitis; 3) Recognize skin signs of systemic disease.

10:00 Break

10:15 Michelle Meglin, MD
“What a Woman Wants (her doctor to know)”
Learning Objectives:
1) Describe contraception options and recognize common contraindications to estrogen containing contraceptives; 2) Discuss care for patients with suspected or known diagnosis of endometriosis; 3) Describe the initial management of postmenopausal bleeding; 4) Discuss evidence based GYN cancer screening

11:15 Kelli Williams, MD
“Allergy for the PCP: Testing and Beyond”
Learning Objectives:
1) Recognize the many different types of adverse reactions and that only IgE mediated allergies put someone at risk for anaphylaxis; 2) Review the broad differential for common dermatologic conditions (e.g. rash, pruritus, urticaria, angioedema); 3) Discuss the mechanism, indications for, risks, benefits and limitations of allergy testing

12:15pm Jay Brzezinski, MD
“Evaluating hypercalcemia: is it a brown horse or a green zebra?”
Learning Objectives:
1) Review the initial evaluation of elevated calcium; 2) Evaluate examples of the most common causes (the brown horses); 3) Discuss unusual causes of increased calcium (the green zebras)

Sunday, March 10th

8:30am “What’s new in Washington and Baltimore?”
William P. Moran, MD MS
Learning Objectives:
1) Review relevant congressional Health Care legislative efforts; 2) Examine CMS rules which may dramatically change primary care practice

9:30 Greg Sahlem, MD
“How to approach insomnia in clinical practice: Nailing the diagnosis, brief interventions that work, and knowing when to engage specialty care”
Learning Objectives:
1) Review the basic physiology of sleep, and how to leverage that knowledge to understand how insomnia can develop, and persist; 2) Differentiate between insomnia disorder, acute insomnia disorder, and common disorders that mimic insomnia disorder; 3) Discuss how to effectively intervene in many cases of insomnia disorder/brief insomnia disorder, know when to engage specialty care

10:30 Amanda Overstreet, DO
“Mind the gap: Hospital to long-term care or other transitions”
Learning Objectives:
1) Differentiate options for post-acute care and review Medicare requirements; 2) Review locations for long term care and associated costs; 3) Discuss the role of the primary care provider in helping our patients navigate these transitions; 4) Discuss a social worker’s perspective on patient centered recommendations for care location
## Program Faculty
**Twelfth Annual • Updates in General Internal Medicine for Primary Care 2019**
*A Bridge to Future Understanding*

## Conference Chairpersons

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Department</th>
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<tr>
<td>Kimberly S. Davis, MD, FACP</td>
<td>Associate Professor</td>
<td>Division of General Internal Medicine</td>
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<tr>
<td>Elizabeth B. Kirkland, MD, MSCR</td>
<td>Assistant Professor</td>
<td>Division of General Internal Medicine</td>
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## MUSC Presenters

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<tr>
<th>Name</th>
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<tr>
<td>Jan N. Basile, MD</td>
<td>Professor</td>
<td>Division of Cardiology</td>
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<tr>
<td>Walter A. Brzezinski, MD</td>
<td>Professor</td>
<td>Division of General Internal Medicine</td>
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<tr>
<td>Elizabeth Crigler Call, MD</td>
<td>Clinical Instructor</td>
<td>Department of Psychiatry and Behavioral Sciences</td>
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<tr>
<td>Dirk Michael Elston M.D.</td>
<td>Professor, Chairman</td>
<td>Department of Dermatology and Dermatologic Surgery</td>
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<tr>
<td>Valerian Fernandes, MD</td>
<td>Assistant Professor</td>
<td>Division of Cardiology</td>
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<tr>
<td>Vanessa K. Hinson, MD, PhD</td>
<td>Professor</td>
<td>Department of Neurology</td>
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<tr>
<td>Harsha Karanchi, MD</td>
<td>Assistant Professor</td>
<td>Division of Endocrinology, Diabetes, and Metabolic Diseases</td>
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<td>Michelle F. Meglin, MD</td>
<td>Assistant Professor</td>
<td>Department of Obstetrics and Gynecology</td>
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<tr>
<td>William P. Moran, MD MS</td>
<td>Professor, Director</td>
<td>Division of General Internal Medicine</td>
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<td>Amanda N. Overstreet, DO</td>
<td>Assistant Professor</td>
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<td>Katherine Culp Silver, MD, MSCR</td>
<td>Assistant Professor</td>
<td>Division of Rheumatology &amp; Immunology</td>
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<tr>
<td>Kelli W. Williams, MD, MPH</td>
<td>Clinical Assistant Professor</td>
<td>Carolina Family Care</td>
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Accreditation
The Medical University of South Carolina is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
The Medical University of South Carolina designates this live educational activity for maximum of 15 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse: For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.

Physician Assistant: The National Commission on Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification.

Disclosure
In accordance with the ACCME Essentials and Standards, anyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests in the healthcare industry. This information will be made available to participants at the beginning of the activity. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

Registration Fees
The registration fees for Updates in General Internal Medicine for Primary Care 2018 are:

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<th>Category</th>
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<tr>
<td>Physicians in Practice</td>
<td>$525</td>
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<tr>
<td>Nurse Practitioners, Physician Assistants, Physicians in Training</td>
<td>$425</td>
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*The fee includes continental breakfasts, coffee/snacks, Friday evening reception, CME credit processing, paper and electronic course syllabus. If you do not need a paper syllabus please indicate this on your registration.

Please make all checks payable to MUSC General Internal Medicine and mail with registration form to:

Division of General Internal Medicine
Medical University of South Carolina
135 Rutledge Ave., MSC 591
Charleston, SC 29425

Tel: (843) 876-8547
Fax: (843) 792-7283
Visit our website http://gimCME.musc.edu for more information.

Americans with Disabilities Act
It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call Gayle Cox at 843 792 5386 or attach a note to your registration prior to March 1, 2019.
Program Information
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A Bridge to Future Understanding

Cancellations
A refund will be made upon written request prior to March 1, 2019, however $100 will be retained for administrative costs. We reserve the right to cancel the program if necessary (due to Acts of God or other unforeseen events). In such case, full registration fees will be refunded for canceled programs. We cannot be responsible for reimbursement of airline or other transportation fares, hotel or rental car charges, including penalties.

Hotel Accommodations
The historic Francis Marion Hotel, named for the Revolutionary War hero Francis Marion, has a long tradition of gracious service, elegant accommodations, and hosting splendid banquets and events dating back to its opening in 1924. The Hotel now combines 1920’s style and grace with 21st Century comfort and convenience in the heart of historic Charleston on Marion Square. Rising 12 stories, many of the Hotel’s 235 guestrooms and suites offer spectacular views of Charleston’s historic harbor, church steeples and legendary King Street. With its central downtown location, it is an easy walk to the antebellum homes, magnificent gardens, antique shops and boutiques, and world-class restaurants. Hotel rates are $249 Single/Double and subject to applicable taxes and assessments which are currently 14%. Please call the hotel and reference “2019 Updates in General Internal Medicine” to reserve a room under our discounted rate.
843-722-0600 or toll free 843-722-0600
Discounted rates available until 5:00 PM on February 5th based on availability of rooms that have been allotted to this conference.
www.francismarioncharleston.com

Statement of Purpose
This conference will provide primary care physicians and mid-level providers with the tools to better manage their practice and address disease states common to the adult primary care population today and to optimize quality of care and patient outcomes. This three day course will emphasize diagnosis, treatment, and management of these diseases and conditions and will discuss new advances in care and technology related to primary care.

For more information Please call MUSC Division of General Internal Medicine:
Tel: (843) 876-8547 • Fax: (843) 792-7283 • http://gimCME.musc.edu
Charleston, South Carolina

Charleston is a uniquely magical place. From exquisite hand-fashioned wrought ironwork to stately antebellum mansions. From half-hidden gardens to a shimmering blue sea that is never far from view. From battle-ravaged historic shrines to the quiet sanctuary of historic churches. From quaint treasure-laden antique shops to haute-style fashion boutiques.

You’ll love Charleston!

Registration Form

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(Please print clearly)

Name ___________________________________________________
(As you would like it printed on your name badge)

☐ MD ☐ DO ☐ NP ☐ PA ☐ Other (specify) _____________________

Address ________________________________________________

City _____________________________ State _____ Zip _________

Phone: ( _____ ) _____ - _______, Fax: ( _____ ) _____ - _______
(If international, include country/city codes)

E-mail address: ___________________________________________

What is your primary medical specialty? (Check one)
☐ Internal Medicine ☐ Family Medicine
☐ Other (specify) ____________________

Please check your tuition category
☐ Physicians in Practice $525
☐ Nurse Practitioners, Physician Assistants, Physicians in Training $425

Please check if you don’t need a paper syllabus
☐ I do not need a paper syllabus

Payment must accompany registration

☐ Check payable to: MUSC General Internal Medicine in U.S. dollars drawn on U.S. bank

☐ Visa, ☐ MC, ☐ AMEX, ☐ DC

Expiration date: _____ / _____

Card Number

3 Digit Card Verification Number

Cardholder’s Name

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☐ Mail registration form with check or credit card information to:
Division of General Internal Medicine
Medical University of South Carolina
135 Rutledge Ave., MSC 591
Charleston, SC 29425

☐ Fax: (843) 876-8547

☐ Register online at:
http://gimCME.musc.edu