FAMILY MEDICINE UPDATE 2019

June 10–14, 2019
Turtle Point Clubhouse
Kiawah Island Golf Resort
Kiawah Island, South Carolina

www.musc.edu/cme
### COURSE FACULTY

#### COURSE DIRECTOR
Alexander W. Chessman, M.D.
Professor
Department of Family Medicine
Medical University of South Carolina

#### FACULTY

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Department</th>
<th>Institution</th>
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<tr>
<td>Cristin Adams, D.O.</td>
<td>Assistant Professor</td>
<td>Family Medicine</td>
<td>Medical University of South Carolina</td>
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<tr>
<td>Ryan Barnes, D.O.</td>
<td>Emergency Ultrasound Fellowship Director</td>
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<td>Medical University of South Carolina</td>
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<td>Jan Basile, M.D.</td>
<td>Professor</td>
<td>Medicine</td>
<td>Seinsheimer Cardiovascular Health Program</td>
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<td>Joseph Benich, M.D.</td>
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<td>Division Chief, Pediatric Endocrinology</td>
<td>Pediatrics</td>
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<td>Scott Bragg, Pharm.D., BCPS</td>
<td>Assistant Professor</td>
<td>Pharmacy</td>
<td>MUSC College of Pharmacy and Department of Family Medicine</td>
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<td>Academic Hospitalist</td>
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<td>Otolaryngology - Head and Neck Surgery</td>
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<td>Alec De Castro, M.D.</td>
<td>Residency Program Director, Chief of Primary Care Sports Medicine</td>
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<td>Ophthalmology</td>
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<td>Robert Murphy, M.D.</td>
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<td>Rheumatology &amp; Immunology</td>
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<td>Neurology</td>
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<td>C. Wayne Weart, Pharm.D., BCPS, FASHP, FAPhA</td>
<td>Professor of Clinical Pharmacy and Outcome Sciences</td>
<td>Pharmacy</td>
<td>SC College of Pharmacy MUSC Campus</td>
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<td>Ruth Weber, M.D.</td>
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 COURSE DESCRIPTION
The purpose of this conference is to review common problems and chronic conditions in family medicine and provide practical approaches to their prevention, evaluation and treatment.

TARGET AUDIENCE & SCOPE OF PRACTICE
The conference is designed for family medicine, internal medicine, and other primary care providers, residents, physician assistants, nurse practitioners and pharmacists.

PROGRAM OBJECTIVES
At the conclusion of this conference, the participant should be able to:

• Describe current diagnosis and therapy for conditions seen in primary care.
• Discuss controversial and emerging issues in primary care.
• Explain new trends in the diagnosis and management of typical presentations to primary care.

A refund for conference registration will be made upon written request prior to May 10, 2019, however, $100.00 will be retained for administrative costs. No refunds will be made after this date. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for canceled programs. The Medical University cannot be responsible for reimbursement of airline or other transportation fees, hotel or rental car charges, including penalties. By registering for this conference, you acknowledge and agree to this cancellation policy.

CANCELLATIONS

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 the Office of CME at 843-876-1925.

CREDIT DESIGNATION
The Medical University of South Carolina designates this live activity for a maximum of 22.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for continuing medical education credit has been filed with the American Academy of Family Physicians. Determination of credits is pending.

Nursing Credit: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 22.5 AMA PRA Category 1 Credit(s)™.

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.

DISCLOSURE
In accordance with the ACCME Essentials & Standards, anyone involved in planning or presenting at this educational activity will be required to disclose any relevant financial relationships with commercial interests in the health care 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 required to disclose that information at the beginning of their presentation.

ELECTRONIC SYLLABUS - PLEASE NOTE!
We’re going green! In our efforts to “go green”, the syllabus will be provided on our website, www.musc.edu/cme. Information will be emailed to you the week prior to the conference so that you may download a copy. Internet connection will also be available in the meeting room. A printed syllabus (3 slides per page) is available upon request at the time of your registration for an additional fee of $55.00.
At the end of each presentation, learners should be better able to achieve the respective objectives stated.

**MONDAY, JUNE 10, 2019**

7:30 am  Registration and Breakfast

8:00  New Drug Update 2019
Wayne Weart, Pharm.D.
Discuss the FDA Warnings and label changes that relate to medication safety and how this information should be applied in the selection and monitoring of evidence-based pharmacotherapy to achieve better patient related outcomes; Describe the updated ACIP/CDC Immunization recommendations and new FDA approved vaccines; Describe the current information concerning newly FDA approved medications (pharmacology, pharmacokinetics, efficacy and safety data, drug interactions, dosing, monitoring and cost) in the selection of evidence-based pharmacotherapy; Compare and contrast these selected newer agents to the existing therapies and be able to recommend an appropriate medication regimen for a specific patient.

9:30  Coffee Break

9:45  Solving the Mystery of Anemia in Family Practice Clinic
Charles Greenberg, M.D.
Use an algorithm to approach and solve anemia problems; Use specific criteria to refer anemia case to hematologists; Identify causes of anemia that can save lives; Use a common sense approach to manage the most common and complex causes of anemia in family practice.

10:30  Diabetes Medication Update
Scott Bragg, Pharm.D.
Identify which diabetes medications may reduce cardiovascular events in high risk patients; Recall major adverse effects on drugs for diabetes mellitus; Solve medication cost issues with expensive diabetes medications

11:15  Coffee Break

11:30  Updates in Insomnia Psychopharmacology
Joseph Benich, M.D. and Scott Bragg, Pharm.D.
Recall 3 changes with the DSM-5 criteria on the diagnosis of insomnia; Apply non-pharmacologic treatments (e.g. sleep hygiene, CBT techniques) to patients; Identify 5 medications that can supplement first line non-drug treatment in insomnia.

12:15 pm  When to Call a Vascular Surgeon: Navigating Lower Extremity Wounds
Elizabeth Genovese, M.D., MS
Differentiate between arterial, venous and neurogenic wounds; Determine what the appropriate first line, non-invasive tests to order; Implement initial management of these wounds.

1:00 pm  Adjourn for the day

**TUESDAY, JUNE 11, 2019**

7:30 am  Registration and Breakfast

8:00  Update on Dermatology
Laura Winterfield, M.D.
Identify common skin conditions presenting in the primary care clinic and list the differential diagnosis for each; Formulate a treatment algorithm for each common skin disease, including initial therapy and when to refer; Identify cutaneous side effects from commonly-prescribed medications.

8:45  Evidence Supported Well Child Care
Cristin Adams, D.O.
Select screenings and assessments to perform at preventive visits during early and middle childhood; Evaluate evidence basis for recommended elements of pediatric preventive healthcare; Appraise resources related to pediatric preventive healthcare.

9:30  Coffee Break

9:45  Primary Care EKG Review
Kesh Hebbar, MBBS
Diagnose normal variants in Primary Care EKG and common abnormalities.

10:30  Common Eye Disorders
George Magrath, M.D.
Identify common eye conditions; Triage and appropriate management of common eye conditions.

11:15  Coffee Break

11:30  Nutrition and Exercise: What We Think We Know vs What the Evidence Says
Alec DeCastro, M.D.
Explain exercise modalities and health impact; Learn about different diets and evidence based approach; Apply diet and exercise recommendations to specific diseases and patient populations.

12:15  Geriatric Updates and Highlights
Russell Blackwelder, M.D.
Apply updated geriatric recommendations in their practice; Implement meaningful changes to improve quality of life in older adult patients.

1:00 pm  Adjourn for the day
WEDNESDAY, JUNE 12, 2019

7:30 am  Registration and Breakfast

8:00  Pediatric Spine and Neurologic Screening Exam  
Robert Murphy, M.D.
Describe spinal deformity using orthopaedic nomenclature; Perform a screening neurologic exam; Review the presentation of common types of scoliosis; Identify which patients may benefit from screening imaging; Identify which patients may benefit from pediatric orthopaedic referral.

8:45  Identifying Potentially Inappropriate Medications in Elders  
Ruth Weber, M.D.
Compare and contrast Beer’s criteria vs. STOPP-STOPP criteria; Use the Beers list and STOPP-START criteria to identify potentially inappropriate medication use in older patients.

9:30  Coffee Break

9:45  Ears, Sinuses, and Tonsils: Updates in Pediatric Otolaryngology  
Clarice Clemmens, M.D.
Implement oral anticoagulant for treat of venous thromboembolism; Implement oral anticoagulant for CVA prevention in atrial fibrillation patients; Monitoring oral anticoagulants; Reversal of direct oral anticoagulants.

10:30  Belly Badness; Point-of-Care Ultrasound for Acute Abdominal and Flank Pain  
Ryan Barnes, D.O.
Use bedside ultrasonography to identify common causes of acute abdominal pain (cholecystitis, small bowel obstruction, and appendicitis); Use bedside ultrasonography to identify a common cause of flank pain (urolithiasis); Use bedside ultrasonography to screen for abdominal aortic aneurysm; Incorporate bedside ultrasound findings into your workup of patients presenting with abdominal or flank pain.

11:15  Coffee Break

11:30  Updated Screening Guidelines: Clinically Integrating Updated 2018 USPSTF Recommendations  
Sean Haley, M.D.
Integrate obesity, alcohol use disorder and intimate partner violence screening into your clinic workflow; Bill for time spent on obesity, alcohol use disorder and intimate partner violence screenings; Identify the next steps with positive screens; Identify 3 other new/updated grade A or B recommendations from the USPSTF.

12:15 pm  Headaches Management 2019  
Aljoeson Walker, M.D.
Recognize the learning mechanisms of action for migraine agents; Describe the application of some rules for migraine management; Evaluate the headache patient for management.

1:00  Adjourn for the day

THURSDAY, JUNE 13, 2019

7:30 am  Registration and Breakfast

8:00  Update for COPD  
Charlie Strange, M.D.
Interpret spirometry; Adjust medication classes based on symptoms, eosinophilia, and exacerbation frequency, Improve medication compliance in their patients by better understanding the definition of an exacerbation; Determine when a CT scan is indicated for obstructive lung diseases.

8:45  Incorporating Remote Patient Monitoring Into Primary Care Practice  
Vanessa Diaz, M.D.
Discuss two telehealth modalities that can be incorporated into primary care practices; Identify resources needed to incorporate remote patient monitoring into primary care practice; Describe the components of virtual check-ins.

9:30  Coffee Break

9:45  Update on Resistant Hypertension 2019  
Jan Basile, M.D.
Define the new definition of resistant hypertension; Review the clinical workup of resistant hypertension including the importance of out-of-office vs 24-hr ABPM to secure the diagnosis; Recognize the importance of lifestyle modification and the evidence for the use of chlorothalidone rather than hydrochlorothiazide, and mineralocorticoid receptor antagonism spironolactone or eplerenone) as a 4th drug to improve BP control in those with resistant hypertension.

10:30  MAT 101- Everything You Need to Know About Medication Assisted Treatment of Opioid Disorders  
Sarah Bradford, M.D.
Contrast the pharmacologic features of methadone, buprenorphine, and naltrexone; Describe the efficacy and adverse side-effects of methadone buprenorphine, and naltrexone; Identify substances with potentially dangerous interactions with methadone, buprenorphine, and naltrexone; Describe the goals of an initial evaluation for patients with opioid use disorder; Identify important components of history-taking for patients with opioid use disorder; Explain the rationale for physical examination of patients with opioid use disorder and identify appropriate lab tests for a patient with opioid use disorder; Describe factors to consider in treatment planning to determine if Office-Based Opioid Treatment (OBOT) is appropriate for the patient; Identify ways to train to get a buprenorphine waiver; Identify where you can refer patients for MAT in your practice area.

11:15  Coffee Break

11:30  Depression and Bipolar Disorder  
John Freedy, M.D., Ph.D.
Apply USPSTF recommendations for the screening and management of depression in primary care settings; Recognize both psychological depression and related disorder treatment strategies for special populations.
At the end of each presentation, learners should be better able to achieve the respective objectives stated.

**THURSDAY, JUNE 13, 2019 (CONTINUED)**

**12:15 pm**  Primary Care Management of Chronic Kidney Disease  
*Vinaya Rao, M.D.*

Reduce patients’ risks for worsening of chronic kidney disease; Recognize and treat complications of progressive chronic kidney disease; Educate patients about treatment options for chronic kidney disease and ESRD; Identify and manage common complications of patients with ESRD; Motivate appropriate candidates to consider kidney transplantation; Explain the referral, approval, and management process for kidney transplantation.

**1:00**  Adjourn for the day

**FRIDAY, JUNE 14, 2019**

**7:30 am**  Registration and Breakfast

**8:00**  Hypercalcemia  
*Beatrice Hull, M.D.*

Review calcium homeostasis; Order correct test for the evaluation of hypercalcemia; Recognize causes of hypercalcemia; Treat acute hypercalcemia; Recognize when to refer for parathyroidectomy.

**8:45**  Updates in Inflammatory Bowel Disease  
*Erin Forster, M.D.*

Identify presenting features of IBD (Crohn’s disease and Ulcerative Colitis); Explain common therapies for IBD and peri-operative management.

**9:30**  Coffee Break

**9:45**  Getting It Right: Update on ADHD Diagnosis and Management  
*Claire MacGeorge, M.D.*

Explore the differential diagnosis and identify comorbidities of ADHD; Describe novel medication management strategies for treatment of ADHD.

**10:30**  Pediatric Gender Dysphoria  
*Deborah Bowlby, M.D.*

Explain the diagnosis of pediatric gender dysphoria; Delineate medical, mental health and community support; Discuss pediatric endocrine management options.

**11:15**  Coffee Break

**11:30**  Updates in Oral Anticoagulation  
*Brandon Brown, M.D.*

Implement oral anticoagulant for treatment of venous thromboembolism; Implement oral anticoagulant for CVA prevention in atrial fibrillation patients; Monitor use of oral anticoagulants; Detail reversal of direct oral anticoagulants.

**12:15 pm**  Rheumatology Pearls for the Primary Care Provider  
*Katherine Silver, M.D.*

Review the basic evaluation and work up of arthralgia/arthritis including OA, RA, gout, etc.; Discuss polymyalgia rheumatica (PMR) and be able to recognize it in the appropriate patient population; Recall the 101 reasons NOT to check an ANA.

**1:00**  Adjourn until 2020

**QUESTIONS?**

Call the Office of CME at 843-876-1925 or email cmeoffice@musc.edu
**REGISTRATION INFORMATION**

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<th>On or Before 4/15/2019</th>
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<th>Limited 3 Day Reg Fee</th>
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*Extra Syllabus may or may not be available on site to purchase.*

Registration fee includes continental breakfasts, coffee breaks, electronic course syllabus and credit processing. No pre-registrations will be accepted after June 4, 2019. After this date, you must contact the Office of CME at 843-876-1925 to see if space is still available. If space is available you must register onsite. Note: There will be an increased rate for on-site registrations!

**REGISTRATION METHODS**

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- **Online:** Visit [https://tinyurl.com/ FMU2019](https://tinyurl.com/ FMU2019)
- **Mail:** Please send registration form with check payable to “Medical University of South Carolina” or credit card information to: Elizabeth Gossen, Office of CME - MUSC, 96 Jonathan Lucas Street, HE 221A, MSC 754, Charleston, SC 29425
- **Telephone:** 843-876-1925 - Credit card only.
- **Fax:** 843-876-1931 - Credit card only. (Secured area)

**ACCOMMODATIONS**

**The conference will be held at the Turtle Point Clubhouse**

Kiawah Island Resort, just outside of Historic Charleston is drenched in southern charm and natural grace. An unforgettable coastal setting with miles of undisturbed beaches and tidal marshes, yet still a short drive to experience the city life on the Charleston Peninsula. This resort and residential community has a gracious character of its own, giving guests a unique resort experience unlike any other. Kiawah is a popular vacation destination for families, where southern hospitality is defined and a welcoming community is waiting.

The resort has activities daily for children and teens and many evenings are scheduled with fun activities for the whole family to include entertainment for all. Please check with the Kiawah Resort (843-768-2121) or visit [www.kiawahresort.com](http://www.kiawahresort.com) for a schedule of these events. A children’s camp is also available by registering directly with the resort.

A block of 1, 2 and 3 bedrooms villas have been reserved in the Turtle Point and East Beach areas. These villa rates range from $260–$475.00 per night. Reserve your villa before May 10, 2019 to receive the discounted rates. Please call 866-224-2612, ask for Villa Reservations and mention the “MUSC Family Medicine” or booking ID #14243 to receive these lower rates. For more information on Kiawah Resort, visit their web site at [www.kiawahresort.com](http://www.kiawahresort.com).

A resort service fee of 9% per villa, per day will apply to all guest rooms utilized. The resort service fee includes on demand, on-island transportation to all resort owned venues via the existing fleet of resort vehicles, local & 800 phone calls, credit card access calls and in-room coffee.

Rates are subject to a 6.5% South Carolina state tax and a total of 6% local tax (subject to change). The maximum occupancy at Kiawah is two (2) adults per bedroom. Children under the age of 18, when accompanied by an adult and staying in the same room, are free of charge.
By registering for this conference, you acknowledge and agree to the cancellation policy stated below.

Name ____________________________  Personal ID# XXX - XX - ___________
As you would like it printed on your name badge

Please use the last four digits of your SSN

Address ____________________________  City ____________  State ____________  Zip Code ____________

Specialty ____________________________  Degree/Credentials ____________________________

Business Phone # (__________) ____________  Business Fax # (__________) ____________

Email ____________________________

Please provide your active email address to ensure proper receipt of all CME Credit documentation.

Please read the statements below and check the box if you agree.

☐ I do NOT want my name included on a list of participants to be included in handouts at the conference.
☐ YES, I would like to purchase a copy of the printed course syllabus
☐ NO, I do not want a printed copy of the course syllabus.

### Registration Fees

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Total Registration Fee Included: $________

**NOTE:** Registering on-site will increase the above registration fees by $25.00. On-site availability will be limited; pre-registration is recommended. This fee includes continental breakfasts, coffee breaks, access to online course syllabus and credit processing.

**Conference Registration may be charged to:**

☐ Enclosed Check Payable to Medical University of South Carolina
☐ MasterCard ☐ Visa ☐ Discover ☐ American Express

Card Number ____________________________  Expiration Date ____________________________

Name as it appears on card

**Registration methods:** (Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- Mail registration form with credit card information or check made payable to “Medical University of South Carolina” to: Office of CME, Medical University of South Carolina, 96 Jonathan Lucas Street, HE221A, MSC 754, Charleston, SC 29425
- Telephone: (843) 876-1925 – Registration by credit card only
- Fax: (843) 876-1931 – Registration by credit card only
- Online: Visit https://tinyurl.com/FMU2019

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Register Online! www.musc.edu/cme