

**31st Annual Selected Topics in Internal Medicine
January 28 - February 1, 2019**

Course Directors:
John B. Bundrick, M.D.
Karen F. Mauck, M.D., M.Sc.

SUNDAY, January 27, 2019

Optional PRE-COURSE SESSIONS – (Additional Fees apply)

Pre-Course Option 1: Perioperative Medicine

M. Caroline Burton, M.D., Paul R. Daniels, M.D., David R. Danielson, M.D., and Karna K. Sundsted, M.D.

7:00 a.m. Session Begins
9:00 a.m. Break
9:15 a.m. Session Continues
11:15 a.m. Adjourn

Pre-Course Option 2: Communication for Clinicians: What You Really Need to Know

Elise C. Carey, M.D., Molly A. Feely, M.D., Rachel D. Havyer, M.D., and Kristin S. Vickers, Ph.D., L.P.

12:00 p.m. Session Begins
2:00 p.m. Break
2:15 p.m. Session Continues
4:15 p.m. Adjourn

ABIM SEP Module 1

2018 - 2019 Update in Internal Medicine

Nerissa M. Collins, M.D., Brian M. Dougan, M.D., and Nina M. Schwenk, M.D.

7:00 a.m. Module Begins
9:30 a.m. Adjourn

ABIM SEP Module 2

2018 - 2019 Update in Hospital Medicine

Thomas J. Beckman, M.D., William C. Mundell, M.D., and Dennis W. Regan, M.D.

10:00 a.m. Module Begins
12:30 p.m. Adjourn

ABFM Knowledge Self-Assessment Module

Care of the Vulnerable Elderly

Elizabeth W. Cozine, M.D. and Kyle M. McKenzie, M.D.

12:30 p.m. Module Begins
4:30 p.m. Adjourn

6:00 a.m. Registration and Continental Breakfast

7:00 a.m. Welcome and Course Overview

Karen F. Mauck, M.D., M.Sc.
John B. Bundrick, M.D.

7:15 a.m. Hot Topics in Infectious Diseases 2019

Pritish K. Tosh, M.D.

- What updated vaccine information do I need to know about?
- Which patients are candidates for pre-exposure HIV prophylaxis?
- Which patients on immunosuppressive agents warrant prophylaxis for secondary infection?

7:45 a.m. Optimizing Outpatient Management of CHF

Paul M. McKie, M.D.

- In patients with systolic dysfunction, which medication should be maximized first, ACE-I or B-Blocker and how quickly should they be titrated?
- When should natriuretic inhibitors and/or spironolactone be added?
- What are key management strategies for patients with heart failure with preserved EF?

8:30 a.m. Keeping the Baby Boomer Buff: Activity as We Age

Edward R. Laskowski, M.D.

- What physiologic changes occur with normal aging and how can exercise mitigate these effects?
- What are the Physical Activity Guidelines for Americans?
- What are the components of a comprehensive fitness program, including aerobic, strength, flexibility, and stability exercise?

9:00 a.m. Clinical Pearls in Men's Health

Tobias S. Kohler, M.D., M.P.H.

What are some under-appreciated and clinically useful tips on diagnosis and management of:

- Erectile dysfunction
- Low testosterone
- BPH

9:45 a.m. Question & Answer Session

10:00 a.m. Refreshment Break

10:15 a.m. Symptom Management in Palliative Care

Jacob J. Strand, M.D.

- What is the most effective management of the following symptoms at the end of life?
 - Nausea/Vomiting
 - Dyspnea
 - Constipation

10:45 a.m. A Practical Approach to Dyspepsia and Functional Bowel Symptoms

Madhusudan (Madhu) Grover, M.B.B.S.

- After a negative evaluation for ulcer and malignancy, which patients with dyspepsia benefit from additional testing?
- In patients with functional dyspepsia, what treatments are most effective?
- What are some pearls for assessment and management of irritable bowel syndrome?

11:15 a.m. Symptomatic Management of Neuropathic Pain

James C. Watson, M.D.

- How do I select among the first line adjuvants for treating neuropathic pain?
- What are some strategies to mitigate first line adjuvant failures?
- What focal treatment options are effective?

11:45 a.m. Practical Tips for Managing the Poorly Controlled Diabetic

Vinaya Simha, M.B.B.S., M.D.

- What are some strategies to maximize the use of metformin?
- When cost considerations are paramount, what are the most reasonable insulin regimens to use?
- For patients who refuse to check blood sugars and adjust insulin, which regimen is most appropriate and what HbA1c is a reasonable goal?

12:15 p.m. Question & Answer Session

12:30 p.m. Adjourn

TUESDAY, January 29, 2019

6:00 a.m. Breakfast Roundtable Discussion with the Professor

7:00 a.m. Management of Chronic Coronary Artery Disease

Michael W. Cullen, M.D.

- How long should dual antiplatelet therapy be continued after acute coronary syndromes and percutaneous interventions?
- Which patients (if any) need repeat stress testing if they remain asymptomatic?
- How should patients with a mildly positive stress test be managed?

7:30 a.m. ADHD in Adults: Diagnosis and Management

William B. Leasure, M.D.

- How do I distinguish adult-onset ADHD from overlapping similar conditions?
- How often are non-pharmacologic approaches successful in treatment?
- If pharmacologic treatment is indicated, what are the best options?
- When, if ever, can pharmacologic treatment be stopped?

8:00 a.m. Cases in Contraception: Navigating the Options

Emily L. Leasure, M.D.

- What contraceptive choice should I recommend in patients who have had bariatric surgery?
- How can contraceptives help patients with hormonal migraines?
- What are the contraceptive considerations for women at high risk for breast cancer?
- What is the most effective emergency contraception in women with a BMI > 30?

8:30 a.m. Common Side Effects of New Biologic Therapies for Cancer

Uma Thanarajasingam, M.D., Ph.D.

- What are the most common side effects of the different biological therapies used for cancer treatment?

9:00 a.m. Question & Answer Session

9:15 a.m. Refreshment Break

9:30 a.m. Beyond OSA: A Practical Approach to the Sleepy Patient

Michael H. Silber, M.B., Ch.B.

- What are the common causes of hypersomnolence, beyond OSA?
- What clinical features indicate a diagnosis of narcolepsy and how is this diagnosed and treated?
- How should a patient without a specific etiology of hypersomnolence be managed?

10:00 a.m. Evaluation and Management of Urinary Incontinence

Aqsa A. Khan, M.D.

- Which patients with incontinence need urodynamic testing?
- Which medical management options are most efficacious with the least amount of side effects?
- Which surgical and non-surgical options are available for those who fail conservative and pharmacologic management?

10:30 a.m. Question & Answer Session

10:45 a.m. Move to Concurrent Sessions/ Workshops

11:00 a.m. Concurrent Sessions/Workshops

Option #1: Lost in Translation: Clinical Pearls for Engaging Patients from Another Culture
Onelis Quirindongo-Cedeno, M.D. and Jane W. Njeru, M.B., Ch.B.

Option #2: Cases in Cognitive Impairment and Dementia Management
David S. Knopman, M.D. and Gabrielle J. Melin, M.D., M.S.

Option #3: Strategies to Improve Health Care Delivery to LGBT Patients
John M. Knudsen, M.D. and Denise M. Dupras, M.D., Ph.D.

Option #4: Surviving Burnout: Solutions for Clinicians and the Systems They Work In
Colin P. West, M.D., Ph.D. and Larissa Thomas, M.D., M.P.H.

Option #5: Dermoscopy Skills for the Generalist
David L. Swanson, M.D. and William J. Ward, M.D.

Option #6: Hospital Medicine Update
Deanne T. Kashiwagi, M.D. and A. Scott Keller, M.D.

Option #7: Interpretation of Chest Imaging and PFTs
Eric S. Edell, M.D. and Darlene R. Nelson, M.D.

Option #8: Physical Examination of the Neck and Shoulder With Clinical Correlates: Live Demonstration
Edward R. Laskowski, M.D.

Option #9: A Practical Approach to the Chronically Dizzy Patient
Scott D. Eggers, M.D. and Jeffrey P. Staab, M.D.

12:15 p.m. Adjourn

WEDNESDAY, January 30, 2019

6:00 a.m. Breakfast Roundtable Discussion with the Professor

7:00 a.m. Improving Outcomes in Patients with Non-Alcoholic Steatohepatitis (NASH)

William Sanchez, M.D.

- Which patients with NASH require further evaluation for fibrosis?
- What are the most effective lifestyle interventions for patients with NASH?
- When is medication indicated and which medications are of most benefit?

7:30 a.m. Dermatologic Symptoms without Clinical Findings

Rochelle R. Torgerson, M.D., Ph.D.

- What is the best approach to diagnosis and management of:
 - Pruritis without a rash
 - Burning mouth syndrome
 - Vulvodynia

- 8:00 a.m. Primary Care for the Transplant Patient**
Carrie A. Schinstock, M.D.
- What does the primary care physician need to know about
 - Medication management
 - Perioperative care
 - Preventive services (cancer surveillance, vaccines, etc)
- 8:30 a.m. Lung Cancer Screening and Pulmonary Nodules**
Craig E. Daniels, M.D.
- What important updates do I need to know about lung cancer screening and follow up of nodules?
 - What are key recommendations from the 2017 update of the Fleischner Society guideline?
- 9:00 a.m. Question & Answer Session**
- 9:15 a.m. Refreshment Break
- 9:30 a.m. Hypertension: Practical Application of Divergent Guideline Recommendations**
Gary L. Schwartz, M.D.
- Which patients need more aggressive control of blood pressure, and which need less?
- 10:00 a.m. Myth Busting Diagnoses from Dr. Google**
Ravindra Ganesh, M.B.B.S., M.D.
- How do I effectively communicate to patients who present with concerns about:
 - MHTFR
 - Chronic Lyme
 - Ehlers Danlos
 - Adrenal Fatigue
- 10:30 a.m. Question & Answer Session**
- 10:45 a.m. Medical Quiz Show**
Jason A. Post, M.D. and Mark L. Wieland, M.D.
- 11:45 a.m. Adjourn

THURSDAY, January 31, 2019

- 6:00 a.m. Breakfast Roundtable Discussion with the Professor**
- 7:00 a.m. Parkinson Disease: More than Just a Movement Disorder**
Jeremy K. Cutsforth-Gregory, M.D.
- In patients with underlying Parkinson's disease, how do I identify when new symptoms are related to the Parkinson's (or its treatment) and not to another etiology?
 - How are common Parkinson's related symptoms best managed?
- 7:30 a.m. Sexuality in the Older Woman**
Carol L. Kuhle, D.O., M.P.H.
- What is a good approach to evaluating the older female with decreased sexual functioning?
 - Which treatment options are most beneficial?
- 8:00 a.m. Alcohol Withdrawal: Assessment and Treatment Strategies**
John T. Ratelle, M.D.
- Which hospitalized patients are at risk for alcohol withdrawal syndrome (AWS)?
 - What are the major stages of AWS and their general onset and time courses?
 - Which patients with AWS are appropriate for symptom-triggered therapy (i.e. CIWA)?
 - What is the role of non-benzodiazepine therapy for AWS?

- 8:30 a.m. A Simplified Approach to Choosing Inhaler Therapy in Patients with Obstructive Lung Disease**
Natalya Azadeh, M.D., M.P.H.
 In which patients is it acceptable to use albuterol prn?
- What is the comparative efficacy of a LABA versus a LAMA?
 - Can you provide a simplified approach of how you treat your COPD patients?
 - For patients concerned about medication cost, which inhalers are most affordable?
- 9:00 a.m. Question & Answer Session**
- 9:15 a.m. Refreshment Break
- 9:30 a.m. Medical Cannabis: Weeding Through the Options**
Jon O. Ebbert, M.D.
- What is the data for using medical marijuana/cannabis to treat pain and other symptoms of serious illness?
 - What are the potential risks and benefits to participating in medicinal marijuana prescribing and/or certifying with selected patients?
 - What do I tell patients who are interested in hemp or CBD oils?
- 10:00 a.m. A Practical Approach to Evaluating the Patient with Lymphadenopathy**
Carrie A. Thompson, M.D.
- What is the differential diagnosis of enlarged lymph nodes?
 - What is a stepwise approach to the evaluation of lymphadenopathy?
 - What is the appropriate type and timing of lymph node biopsy?
- 10:30 a.m. Question & Answer Session**
- 10:45 a.m. Move to Concurrent Sessions
- 11:00 a.m. Concurrent Sessions/Workshops**
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- 12:15 p.m. Adjourn

6:00 a.m. Breakfast Roundtable Discussion with the Professor

7:00 a.m. Engaging with Challenging Patients and Families

Christopher D. Sletten, Ph.D., L.P.

- What are the different ways that make a patient challenging?
- Are there specific strategies that are more successful in certain types of challenging patients?
- What pitfalls should be avoided?

7:45 a.m. Fibromyalgia: Finding Your Way Through the Fog

Jeffrey M. Thompson, M.D.

- What are the diagnostic criteria for fibromyalgia?
- What is the role of central sensitization in the etiology of widespread muscle pain?
- How are patients with fibromyalgia best managed?

8:15 a.m. Bacteria That Infect the Gut: Highlights From Recent Guideline Updates

Sahil Khanna, M.B.B.S.

- Practice Guidelines for the Diagnosis and Management of Infectious Diarrhea (IDSA)
- ACG Clinical Guideline: Treatment of H-Pylori
- Clinical Practice Guidelines for *Clostridium difficile* Infection (IDSA)

8:45 a.m. Suspected Diagnosis of Cancer: Next Steps

Andrea E. Wahner-Hendrickson, M.D.

- What can the clinician do for the patient while waiting for their oncology appointment.

9:15 a.m. Question & Answer Session

9:30 a.m. Refreshment Break with the Professor

10:00 a.m. Cases from the Travel Medicine Clinic

Abinash Virk, M.D.

What does the primary care physician need to know about:

- New updates
- Fever in the returning traveler
- Traveler's diarrhea

10:45 a.m. A Simplified Approach to Prescribing Oxygen

Clayton T. Cowl, M.D., M.S.

- What is the best strategy for preventing my Oxygen prescription from “bouncing back”?
- How do I navigate the multiple options available?
- How do I assess a patient's need for oxygen with air travel and what documentation does the patient need?

11:15 a.m. Question & Answer Session

11:30 a.m. Adjourn

Mahalo!