

What's New in Family Medicine 2021 - Online

Activity Description

The course will focus a myriad of topics that are important to the broad specialty of family medicine. It will provide learners with current and relevant updates for daily management of various patient health concerns encountered commonly in primary care. There are some brief topics involving the COVID19 pandemic including navigating telehealth which has become commonplace in many practices as of late. Topics include the following: abnormal uterine bleeding in post-menopausal women; medication assisted treatment (MAT) for opioid use disorder; irritable bowel syndrome; chronic kidney disease and use of diuretics; acute care/virtual visits; hyperlipidemia/lipid management; transgender care including topics on lactation and overall care of this population; non-alcoholic fatty liver disease (NAFLD); women's health/sexual dysfunction; COVID19 and athlete return to sports; anticoagulation and hypertension.

Target Audience

This activity is appropriate for primary care physicians, (M.D. or D.O.), physician assistants, nurse practitioners and nurses.

Learning Objectives

- Describe best practices and updates in anticoagulation management including use of newer novel anticoagulant agents and employing best practices for care of the patient with the non-alcoholic fatty liver disease (NAFLD).
- Describe best practices and updates for the treatment of abnormal uterine bleeding/post-menopausal bleeding.
- Describe how to integrate telehealth/telemedicine/virtual visits into routine care for your patients including selecting the appropriate patient candidate for virtual visits as well as determining which patient complaints/presentations can be safely performed virtually as opposed to traditional in-person office visits.
- Identify best practices for care of the patient with irritable bowel syndrome.
- Explain when it is safe to use diuretics in patients with various stages of chronic kidney disease including pearls for primary care providers in this field.
- Review updates and clinical practice strategies in commonly treated conditions such as hypertension, hyperlipidemia, women's health/sexual dysfunction and common orthopedic complaints that present to primary care.
- Recognize the signs of opioid use disorder along with evidence-based management options for treatment of this common and devastating condition for both individuals as well as more largely to the entire society at whole.
- Develop strategies to integrate care of transgender populations into one's practice including common concerns that may arise in this sector including but not limited to pregnancy care and lactation for these individuals and their families.

Utilization of this Mayo Clinic online (enduring materials) course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be in this course.

Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Statement(s)

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The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 12.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 12.75

contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

ACPE

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UAN Number: JA0000238-0000-21-115-H01-P

Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

Listed below are individuals with control of the content of this program who have disclosed...

Relevant financial relationship(s) with industry:

Name	Nature of Relationship	Company
None		

No relevant financial relationship(s) with industry:

Jan A. Anderson, Pharm.D., R.Ph.	Robert Jeske, M.D.
Samrat Bhat, M.D., M.P.H.	Susan B. Laabs, M.D.
Kariline E. Bringe, M.D.	Benjamin Lai, M.B., B.Ch., B.A.O.
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Sara Dockendorf, Pharm.D., R.Ph.	John Merfeld, M.D.
Natalie C. Erbs, M.D.	Erin F. Morcomb, M.D.
Jose Emilio Exaire, M.D.	Heather Mpemwangi, CNP, APNP
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Nkechinyere Ijioma, M.B.B.S.	Erin C. Westfall, D.O.
Nathan A. Jacobson, D.O.	Adria Whiting, APRN, C.N.P.

References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:

Name	Manufacturer/Provider	Produce/Device
Sara Oberhelman-Eaton, M.D.	Janssen Pharmaceutical	Domperidone use for lactation induction
Raj Palraj, M.B.B.S, M.D.	Pfizer, Moderna, Johnson and Johnson vaccines	Vaccines – emergency use authorization by FDA

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

Mayo Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

How to Obtain Credit

To obtain credit, complete the post-test, evaluation and submit.

Method of Participation

Participation in this activity consists of reviewing the online videos and completing the post-test and evaluation.

Release and Expiration Dates

Release Date: July 26, 2021

Expiration Date: July 25, 2024









Acknowledgement of Commercial Support (required when applicable*)










No commercial support was received in the production of this activity.

Program Schedule

Pharmacology Content

Select presentations will contain pharmacology content as noted in the program. Identified presentations represent approximately 11 hours of pharmacology content.

Video Length (min/sec)	Presentation Title and Faculty Name
0:03:06	Introduction and overview John Merfeld, M.D. and Erin Morcomb, M.D.
0:32:21	Hypertension  Edward J. Malone, III, M.D.
0:31:40	State of the Art Lipid Management  Andrew D. Calvin, M.D., M.P.H.
0:38:32	The Fatty Elephant in the Room – A Primer on Non-alcoholic Fatty Liver Disease  Erin C. Westfall, D.O. and Robert D. Jeske, M.D.
0:29:01	Peripheral Vascular Disease  Jose E. (Emilio) Exaire, M.D.
0:33:19	Anticoagulation 2021 and Beyond  Jan A. Anderson, Pharm.D., R.Ph. and Sara J. Dockendorf, Pharm.D., R.Ph.
0:43:53	Cardiac Stress Testing  Nkechinyere N. (Nkechi) Ijioma, M.B.B.S.
1:03:22	Outpatient Heart Failure  Heather Mpemwangi, C.N.P., A.P.N.P.
0:33:08	Chronic Kidney Disease and Use of Diuretics  Samrat Bhat, M.D., M.P.H.

0:27:24	Irritable Bowel Syndrome: Diagnosis and Clinical Management Victoria S. Louwagie, P.A.-C 
0:29:36	Abnormal Uterine Bleeding Sarah A. Suarez, P.A.-C (This presentation is not eligible for ACPE credit)
0:15:46	Oral Contraceptives  Ariel D. Ferdock, Pharm.D.
1:24:21	Cervical Cancer Screening Erin Morcomb, M.D. (This presentation is not eligible for ACPE credit)
0:32:00	Primary Care for LGBTQIA Individuals  Natalie C. Erbs, M.D.
0:36:25	Infant Feeding Options for LGBTQI+ Families  Sara S. Oberhelman-Eaton, M.D.
1:03:35	Medications for Opioid Use Disorder (MOUD)  Benjamin Lai, M.B., B.Ch., B.A.O.
0:56:30	Orthopedic Pearls for Primary Care  Kariline E. Bringe, M.D.
0:34:12	The Elbow in Primary Care- Nursemaid's Elbow, Olecranon Bursitis and Tennis & Golfer's Elbow Care Joel E. Gordon, M.D. 
0:42:14	COVID-19: Immunizations, Immunotherapy and Treatment Options Raj Palraj, M.B.B.S., M.D. 
0:44:57	Acute Care/Virtual Visits: What is Appropriate for a Video Visit  Martha A. Murray, APRN, C.N.P.
12:55:22 / 12.75 Credits	

Faculty and Course Director Listing and Credentials

Course Director(s)

John Merfeld, M.D.

Erin F. Morcomb, M.D.

Faculty(s)

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Bibliographic Resources

Bibliographic resources are provided within the activity.

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