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 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)

AMA
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**
Mayo Clinic College of Medicine and Science designates this educational activity for a maximum of 11.00 ACPE Knowledge-based contact hours. Participants should claim only credit commensurate with the extent of their participation in the activity.

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

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

**Relevant financial relationship(s) with industry:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Nature of Relationship</th>
<th>Company</th>
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<tbody>
<tr>
<td>None</td>
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</table>

**No relevant financial relationship(s) with industry:**

- Jan A. Anderson, Pharm.D., R.Ph.
- Samrat Bhat, M.D., M.P.H.
- Karlene E. Bringe, M.D.
- Andrew D. Calvin, M.D., M.P.H.
- Amanda Z. Davis, Pharm.D., R.Ph.
- Sara Dockendorf, Pharm.D., R.Ph.
- Natalie C. Erbs, M.D.
- Jose Emilio Exaire, M.D.
- Ariel d. Ferdock, Pharm.D.
- Anthony J. Furlano, D.O.
- Gregory M. Garrison, M.D.
- Joel E. Gordon, M.D.
- Nkechinyere Ijioma, M.B.B.S.
- Nathan A. Jacobson, D.O.
- Robert Jeske, M.D.
- Susan B. Laabs, M.D.
- Benjamin Lai, M.B., B.Ch., B.A.O.
- Victoria S. Louwagie, P.A.-C.
- Edward J. Malone, III, M.D.
- John Merfeld, M.D.
- Erin F. Morcomb, M.D.
- Heather Mpmwangi, CNP, APNP
- Martha A. Murray, APRN, C.N.P.
- Raj Palraj, M.B.B.S., M.D.
- Sarah A. Suarez, P.A., - C
- Heather Voigt, APRN, C.N.P., M.S.N.
- Erin C. Westfall, D.O.
- Adria Whiting, APRN, C.N.P.

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

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

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

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**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.

<table>
<thead>
<tr>
<th>Video Length (min/sec)</th>
<th>Presentation Title and Faculty Name</th>
</tr>
</thead>
</table>
| 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  
<pre><code>                    | Samrat Bhat, M.D., M.P.H.                                             |
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<table>
<thead>
<tr>
<th>Duration</th>
<th>Title</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>0:27:24</td>
<td>Irritable Bowel Syndrome: Diagnosis and Clinical Management</td>
<td>Victoria S. Louwagie, P.A.-C</td>
</tr>
<tr>
<td>0:29:36</td>
<td>Abnormal Uterine Bleeding</td>
<td>Sarah A. Suarez, P.A.-C</td>
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<tr>
<td>0:15:46</td>
<td>Oral Contraceptives</td>
<td>Ariel D. Ferdock, Pharm.D.</td>
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<tr>
<td>1:24:21</td>
<td>Cervical Cancer Screening</td>
<td>Erin Morcomb, M.D.</td>
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<tr>
<td>0:32:00</td>
<td>Primary Care for LGBTQIA Individuals</td>
<td>Natalie C. Erbs, M.D.</td>
</tr>
<tr>
<td>0:36:25</td>
<td>Infant Feeding Options for LGBTQI+ Families</td>
<td>Sara S. Oberhelman-Eaton, M.D.</td>
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<tr>
<td>1:03:35</td>
<td>Medications for Opioid Use Disorder (MOUD)</td>
<td>Benjamin Lai, M.B., B.Ch., B.A.O.</td>
</tr>
<tr>
<td>0:56:30</td>
<td>Orthopedic Pearls for Primary Care</td>
<td>Kariline E. Bringe, M.D.</td>
</tr>
<tr>
<td>0:34:12</td>
<td>The Elbow in Primary Care- Nursemaid’s Elbow, Olecranon Bursitis and Tennis &amp; Golfer’s Elbow Care</td>
<td>Joel E. Gordon, M.D.</td>
</tr>
<tr>
<td>0:42:14</td>
<td>COVID-19: Immunizations, Immunotherapy and Treatment Options</td>
<td>Raj Palraj, M.B.B.S., M.D.</td>
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<tr>
<td>0:44:57</td>
<td>Acute Care/Virtual Visits: What is Appropriate for a Video Visit</td>
<td>Martha A. Murray, APRN, C.N.P.</td>
</tr>
</tbody>
</table>

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)**

Jan A. Anderson, Pharm.D., R.Ph.
Samrat Bhat, M.D., M.P.H.
Karlile E. Bringe, M.D.
Andrew D. Calvin, M.D., M.P.H.
Amanda Z. Davis, Pharm.D., R.Ph.
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Erin C. Westfall, D.O.
Adria Whiting, APRN, C.N.P.

Bibliographic Resources
Bibliographic resources are provided within the activity.

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