

30th Annual Selected Topics in Internal Medicine
January 29 - February 2, 2018

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

SUNDAY, January 28, 2018

Optional PRE COURSE SESSIONS – Additional Fees apply

Option 1

ABFM Knowledge Self-Assessment Module: Preventive Care

Clayton T. Cowl, M.D., M.S. and Elizabeth W. Cozine, M.D.

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| 7:00 a.m. | Module Begins |
| 9:30 a.m. | Break |
| 9:45 a.m. | Continue Module |
| 12:15 p.m. | Adjourn |

Option 2

ABIM SEP Modules

2017 - 2018 Update in Internal Medicine

Brian M. Dougan, M.D., Nina M. Schwenk, M.D., and Colin P. West, M.D., Ph.D.

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

2017 - 2018 Update in Hospital Medicine

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

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| 9:45 a.m. | Module Begins |
| 12:15 p.m. | Adjourn |

Option 3

Palliative Care: Treating Common Symptoms in Late Stage Disease

Frank (Andy) A. Bock, D.O., Elise C. Carey, M.D., Molly A. Feely, M.D., and Jacob J. Strand, M.D.

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| 1:30 p.m. | Session Begins |
| 3:30 p.m. | Break |
| 3:45 p.m. | Session Continues |
| 5:30 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. Antibiotic Stewardship: Selection and Duration of Therapy for Common Infectious Diseases

Pritish K. Tosh, M.D.

- Which antibiotics should be my first choice for treatment of common outpatient infections?
- What duration of therapy is recommended for particular infections seen commonly in the outpatient practice?

7:45 a.m. Managing my Patients with Somatic Symptom Disorder and Illness Anxiety

Brian A. Palmer, M.D., M.P.H.

- How do I best identify a patient with somatic symptom disorder or illness anxiety?
- What are some tips in communicating this diagnosis to my patients?
- What are effective strategies to manage patients with somatic symptom disorder?
- What are important pitfalls to avoid in the diagnosis and management of these patients?

8:30 a.m. Heart Failure Update

Alfredo L. Clavell, M.D.

- What are the key tests in the initial evaluation of patients with heart failure?
- How do I medically manage patients who have elements of both HfPEF heart failure and HfREF heart failure?
- What new therapies are available for heart failure and when should I use them?
- How should anemia be managed in heart failure patients?
- When should I refer patients with heart failure for device therapy?

9:00 a.m. Update in Lipids: Statins and Beyond

Michael W. Cullen, M.D.

- When should I be starting statins and which statin and dose should I choose?
- Do I need to change statin medication or switch to a high intensity statin if a patient is controlled on a low intensity statin?
- Is there still a role for LDL targets?
- What options do I have if my patient does not tolerate the statin medication I prescribe?
- When should I consider PCSK-9 inhibitors? What do I tell my patients about these medications?

9:45 a.m. Question & Answer Session

Alfredo L. Clavell, M.D., Michael W. Cullen, M.D., Brian A. Palmer, M.D., M.P.H., and Pritish K. Tosh, M.D.

10:00 a.m. Refreshment Break

10:15 a.m. Commonly Asked Questions in Cerebrovascular Disease

Robert D. Brown, Jr., M.D., M.P.H.

- What is a cost effective approach to determining the mechanism of transient ischemic attack/stroke?
- What are the important components of secondary stroke prevention?
- Which antithrombotic should be used in stroke prevention? What is the role of carotid surgery, and of angioplasty?
- Which patients with cerebral aneurysms should have family members screened?

10:45 a.m. Proton Pump Inhibitors: What are the Risks?

Jeffrey A. Alexander, M.D.

- Which PPI associated complications should I be worried about?
- What is the role of PPI therapy in long term management of gastrointestinal disease?
- What is the appropriate testing for patients on long term PPIs?
- When should I consider step down therapy?

- 11:15 a.m. Updates From the Endocrine Clinic**
Pankaj Shah, M.D.
- What is the best management in patients with subclinical hypothyroidism?
 - Which patients are the best candidates for new medications and devices for diabetes?
 - What are the latest recommendations for monitoring and intervening upon patients with primary hyperparathyroidism?
- 11:45 a.m. An Approach to the Patient with Orthostatic Symptoms**
Jeremy K. Cutsforth-Gregory, M.D.
- How do I determine which patients with orthostatic symptoms have POTS, autonomic insufficiency or another cause?
 - What is the most efficient initial testing strategy
 - How do treatments differ based on etiology?
- 12:15 p.m. Question & Answer Session**
Jeffrey A. Alexander, M.D., Robert D. Brown, Jr., M.D., M.P.H., Jeremy K. Cutsforth-Gregory, M.D., and Pankaj Shah, M.D.
- 12:30 p.m. Adjourn**

TUESDAY, January 30, 2018

- 6:00 a.m. Continental Breakfast**
- 6:30 a.m. Breakfast Roundtable Discussion with the Professor**
Jeffrey A. Alexander, M.D. Gastroenterology/Proton Pump Inhibitors
Robert D. Brown, Jr., M.D., M.P.H. Stroke/Cerebrovascular Neurology
Alfredo L. Clavell, M.D. Cardiology/Heart Failure
Michael W. Cullen, M.D. Cardiology/Lipids
Jeremy K. Cutsforth-Gregory, M.D. Neurology
Brian A. Palmer, M.D., M.P.H. Psychiatry
Pankaj Shah, M.D. Endocrinology
Pritish K. Tosh, M.D. Infectious Diseases
- 7:00 a.m. Twitches, Spells, Jerks, and Zingers: An Approach to Unexplained, Transient, Paroxysmal Neurologic Symptoms**
James C. Watson, M.D.
- How do I differentiate between benign from pathologic fasciculations?
 - How do I distinguish functional spells from epilepsy and spells due to cardiac and autonomic etiologies?
 - What are the most common causes of myoclonus and how do I recognize them?
 - What are the key characteristics of serotonin syndrome and how should it be treated?
- 7:30 a.m. Common Cardiology Consult Questions**
Sunil V. Mankad, M.D.
- What do I do with an elevated troponin in patients without ECG changes or symptoms?
 - How should I use the high-sensitivity troponin T assay?
 - What do I do with my patient who has stress induced cardiomyopathy?
 - In patients with CAD preparing for noncardiac surgery, how do I stratify and reduce their risk?
- 8:00 a.m. Constipation: When Fiber and Laxatives are Not Enough**
Amy E. Foxx-Orenstein, D.O.
- What features of the history and physical examination help to determine which diagnostic strategies to consider?
 - What diagnostic workup strategy is most helpful in determining the etiology of refractory constipation
 - What is the best treatment approach?

- 8:30 a.m. A Practical Approach to Syncope**
Peter A. Noseworthy, M.D.
- How is syncope classified in the current guidelines?
 - What key pieces of information from the history and physical examination do I need when approaching a patient with syncope?
 - What basic testing is necessary in the evaluation of syncope?
 - When is a tilt table test, autonomic testing or invasive EP testing indicated?
- 9:00 a.m. Question & Answer Session**
Amy E. Foxx-Orenstein, D.O., Sunil V. Mankad, M.D., Peter A. Noseworthy, M.D., and James C. Watson, M.D.
- 9:15 a.m. Refreshment Break**
- 9:30 a.m. Musculoskeletal Regenerative Medicine: What Will Patients Ask Me About?**
Jacob L. Sellon, M.D.
- What clinical aspects of regenerative medicine do I need to be aware of?
 - What is the role of regenerative medicine in treating common musculoskeletal problems?
- 10:00 a.m. Physical Therapy Demystified**
Jeffrey M. Thompson, M.D.
- When is it appropriate to refer a patient for physical therapy?
 - When is physical therapy not likely to be helpful or likely to cause harm?
 - What modalities and techniques are available beyond stretching and strengthening exercises?
 - What are some physical therapy options that I might not be aware of?
- 10:30 a.m. Question & Answer Session**
Jacob L. Sellon, M.D. and Jeffrey M. Thompson, M.D.
- 10:45 a.m. Move to Concurrent Sessions/ Workshops**
- 11:00 a.m. Concurrent Sessions/Workshops**
- Option #1 **Cases in Back Pain: From Diagnosis to Management**
Jason S. Eldrige, M.D. and William D. Mauck, M.D.
- Option #2 **Navigating Difficult Conversations with Your Patients Regarding Controlled Substance Use**
Emily L. Leasure, M.D. and William J. Ward, M.D.
- Option #3 **Serious Illness in the Inpatient Setting: Pulmonary and Infectious Disease Cases**
Craig E. Daniels, M.D. and Aaron J. Tande, M.D.
- Option #4 **Cases in Liver Disease**
William Sanchez, M.D. and Douglas A. Simonetto, M.D.
- Option #5 **Cases in Perioperative Medicine**
Arya B. Mohabbat, M.D. and Karna K. Sundsted, M.D.
- Option #6 **Tips for the non-neurologist: How to perform the 6 minute neurologic exam**
Scott D. Eggers, M.D. and Andrea N. Leep Hunderfund, M.D., MHPE
- Option #7 **Medication Assisted Treatment for Substance Abuse**
Charlie Reznikoff, M.D. and Terry D. Schneekloth, M.D.
- Option #8 **Cases in Cognitive Impairment and Dementia Management**
Gabrielle J. Melin, M.D., M.S. and Ericka E. Tung, M.D.
- 12:15 p.m. Adjourn**

6:00 a.m. Continental Breakfast

6:30 a.m. Breakfast Roundtable Discussion with the Professor

Amy E. Foxx-Orenstein, D.O. Gastroenterology/Constipation
Sunil V. Mankad, M.D. Cardiology
Peter A. Noseworthy, M.D. Cardiology/Syncope
Jacob L. Sellon, M.D. Physical Medicine and Rehabilitation/Regenerative
Jeffrey M. Thompson, M.D. Physical Medicine and Rehabilitation/Physical Therapy
James C. Watson, M.D. Neurology

7:00 a.m. Cardiac Stress Testing 2018

Atta Behfar, M.D., Ph.D.

- When should I order an exercise stress test vs. a pharmacological stress test?
- What are the main advantages or disadvantages of stress echo vs stress nuclear testing?
- Which findings on stress testing necessitate referral to cardiology and which can be managed conservatively?

7:30 a.m. New Endobariatric Procedures

Mark V. Larson, M.D.

- Which patients are best suited for endobariatric procedures?
- What is the long term efficacy of these procedures?
- What are the main complications and what is the appropriate follow-up?
- Are these procedures covered by insurance?

8:00 a.m. Update in Gastroenterology

Amy S. Oxentenko, M.D.

- What are the important updates in gastroenterology that I need to know about?

8:45 a.m. Keeping Abreast of Breast Cancer Screening

Karthik Ghosh, M.D.

- How do I identify women who are high risk for breast cancer and what additional screening is recommended?
- How do I manage a patient whose mammogram reports increased breast density?
- How do we use the evidence/guidelines to guide decisions on mammographic screening intervals?

9:15 a.m. Question & Answer Session

Atta Behfar, M.D., Ph.D., Karthik Ghosh, M.D., Mark V. Larson, M.D., and Amy S. Oxentenko, M.D.

9:30 a.m. Refreshment Break

9:45 a.m. The Abnormal Urinalysis

Robert C. Albright, D.O.

- When do I need to pay attention to the urine pH?
- How do I manage a patient with microscopic hematuria?
- Outside of infection, when is the presence of pyuria significant?
- What level of urinary protein requires further evaluation or change in management?

10:15 a.m. Detection and Management of Obstructive Sleep Apnea in Patients Undergoing Surgery

Eric J. Olson, M.D.

- How should patients be screened for OSA?
- Which patients need to be tested prior to surgery to decrease the risk of potential complications?
- Which patients can be treated as “presumed” OSA and proceed with surgery with additional precautions?
- Are there guidelines available to help guide management of patients with OSA in the perioperative period?
- What postoperative monitoring is recommended for patients with suspected or confirmed OSA?

10:45 a.m. Question & Answer Session
Robert C. Albright, D.O. and Eric J. Olson, M.D.

11:00 a.m. Medical Quiz Show
Jason A. Post, M.D. and Mark L. Wieland, M.D.

12:00 p.m. Adjourn

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| THURSDAY, February 1, 2018 |
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6:00 a.m. Continental Breakfast

6:30 a.m. Breakfast Roundtable Discussion with the Professor
Robert C. Albright, D.O. Nephrology/Urinalysis
Atta Behfar, M.D., Ph.D. Cardiology/Stress Testing
Karthik Ghosh, M.D. Women's Health/Breast Cancer
Mark V. Larson, M.D. Gastroenterology/Endobariatric
Eric J. Olson, M.D. Pulmonary and Critical Care/Sleep Apnea
Amy S. Oxentenko, M.D. Gastroenterology

7:00 a.m. Update in Valvular Heart Disease
Vuyisile T. Nkomo, M.D., M.P.H

- What are the new recommendations for SBE prophylaxis?
- Can DOACs be used in valvular afib in addition to non-valvular afib?
- When is the best time to intervene in asymptomatic mitral regurgitation and what interventions are available?
- What is the appropriate duration/intensity of anticoagulation following valve replacement surgery?

7:30 a.m. Osteoporosis Update 2018
Robert A. Wermers, M.D.

- Which patients on steroids need monitoring and/or treatment to prevent osteoporosis?
- Which groups are commonly under-screened or over-screened for osteoporosis?
- When is denosumab or teriparatide preferred over bisphosphonates for treatment of osteoporosis?

8:00 a.m. Colon Cancer Screening for the Primary Care Clinician
Sidna M. Tulledge-Scheitel, M.D., M.P.H.

- What are important updates in colon cancer screening?
- How do I decide when to stop screening? What tools are available to help with this decision?
- What is the role of stool DNA testing?
- How does adequacy of the colon prep influence subsequent screening intervals for colonoscopy?

8:30 a.m. Colon Polyps: Surveillance Cases
Robert E. Kraichely, M.D.

- When the initial surveillance colonoscopy is negative, how do I determine the timing of the next surveillance interval?
- Which polyp findings need more aggressive surveillance?
- When is appropriate to adopt a less aggressive surveillance strategy or stop surveillance altogether?

9:00 a.m. Question & Answer Session
Robert E. Kraichely, M.D., Vuyisile T. Nkomo, M.D., M.P.H, Sidna M. Tulledge-Scheitel, M.D., M.P.H., and Robert A. Wermers, M.D.

9:15 a.m. Refreshment Break

9:30 a.m. Chronic Kidney Disease: Clinical Management Tips
Amy W. Williams, M.D.

- How do I manage common complications of CKD?
- How does the presence of CKD impact the management of other common clinical conditions?

- 10:00 a.m. Hospital Medicine Update**
Deanne T. Kashiwagi, M.D.
- What were the most important practice changes in hospital medicine in 2017?
- 10:30 a.m. Question & Answer Session**
Deanne T. Kashiwagi, M.D. and Amy W. Williams, M.D.
- 10:45 a.m. Move to Concurrent Sessions**
- 11:00 a.m. Concurrent Sessions/Workshops**
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- Option #8 **Cases in Cognitive Impairment and Dementia Management**
Gabrielle J. Melin, M.D., M.S. and Ericka E. Tung, M.D.
- 12:15 p.m. Adjourn**

FRIDAY, February 2, 2018

- 6:00 a.m. Continental Breakfast**
- 6:30 a.m. Breakfast Roundtable Discussion with the Professor**
Deanne T. Kashiwagi, M.D.Hospital Medicine
Robert E. Kraichely, M.D. Gastroenterology/Colon Polyps
Vuyisile T. Nkomo, M.D., M.P.H. Cardiology/Valvular
Sidna M. Tulledge-Scheitel, M.D., M.P.H. Primary Care Internal Medicine/Colon Cancer
Robert A. Wermers, M.D. Endocrinology/Osteoporosis
Amy W. Williams, M.D. Nephrology/Chronic Kidney Disease
- 7:00 a.m. Pharmacogenomics and Your Practice: What Clinicians Need to Know**
Eric T. Matey, Pharm.D., R.Ph.
- What is the impact of pharmacogenetic testing in clinical practice?
 - When might I consider pharmacogenetic testing in a patient?
 - How do I interpret the test report and what resources are available to assist with point of care recommendations?
- 7:45 a.m. Updated COPD Management Recommendations**
Megan M. Duloher, M.D.
- What important updates on the management of COPD do I need to know about as a primary care physician?

- 8:15 a.m. Clinical Pearls in Oncology**
Andrea E. Wahner Hendrickson, M.D.
- 9:00 a.m. Medication Update 2018**
Denise M. Dupras, M.D., Ph.D.
- What new drugs do I need to know about and how do they compare to currently available therapies?
- 9:30 a.m. Question & Answer Session**
Megan M. Duloher, M.D., Denise M. Dupras, M.D., Ph.D., Eric T. Matey, Pharm.D., R.Ph., and Andrea E. Wahner Hendrickson, M.D.
- 9:45 a.m.** Refreshment Break with the Professor
- 10:15 a.m. The Patient with Swallowing Difficulties: An Approach to Dysphagia**
Amindra S. Arora, M.B., B.Chir.
- How do I determine the likely mechanism of dysphagia from the history?
 - How does this influence the choice of initial and subsequent testing?
 - What are the typical features of common causes of dysphagia?
- 10:45 a.m. Helping Your Patients Achieve Their Goals: Tips on Motivational Interviewing**
Kristin S. Vickers Douglas, Ph.D., L.P.
- What are some important tips on communicating with patients about behavior change?
 - How can I incorporate motivational interviewing into brief encounters?
 - What are some specific communication strategies for expressing a concern, providing education, and enhancing patient motivation?
- 11:15 a.m. Question & Answer Session**
Amindra S. Arora, M.B., B.Chir. and Kristin S. Vickers Douglas, Ph.D., L.P.
- 11:30 a.m.** Adjourn
- Mahalo!