

32nd Annual Internal Medicine Board Review

Hilton Rochester Mayo Clinic Area Hotel

Program Schedule – Live and Livestream

June 5-9, 2023

Monday, June 5, 2023	
7:00 a.m.	Welcome and Course Overview <i>Christopher A. Aakre, M.D., April R. Christensen, M.D., MS and Hannah C. Nordhues, M.D.</i>
7:15 a.m.	Geriatrics <i>Brandon P. Verdoorn, M.D.</i> <ul style="list-style-type: none">Recall evidence-based fall prevention strategies and use this information to effectively manage patientsDiagnose and manage patients with mild cognitive impairment and dementia in the elderlyEvaluate and manage urinary incontinence in the elderlyRecognize high-risk medications in elderly patients and develop strategies for preventing medication related side effectsPrevent and manage pressure injury in the elderly
8:05 a.m.	Dermatology <i>Hafsa M. Cantwell, M.D.</i> <ul style="list-style-type: none">Diagnose and manage basal and squamous cell carcinomaDiagnose and develop initial management strategies for melanomaIdentify the diagnosis and management of common primary care skin conditions, such as vitiligo, pityriasis rosea, rosacea, and scabiesRecognize and manage acne vulgarisRecognize and treat psoriasisRecognize and treat drug eruptions
8:55 a.m.	Allergy <i>Gerald W. Volcheck, M.D.</i> <ul style="list-style-type: none">Recognize and treat anaphylaxisDiagnose and treat urticaria and angioedemaDiagnose and treat allergic rhinosinusitis
9:50 a.m.	Break
10:10 a.m.	Nutrition/Nutritional Disorders <i>Meera Shah, M.B., Ch.B.</i> <ul style="list-style-type: none">Identify overweight and obese patients and identify their health risksReview medical and surgical management of obesity

	<ul style="list-style-type: none"> • Recognize and manage dietary factors in hypertension • Recognize nutrition deficiencies • Diagnose and manage malnutrition using oral, enteral, or parenteral therapies
10:55 a.m.	HEENT <i>Luke T. Hafdahl, M.D.</i> <ul style="list-style-type: none"> • Evaluate and manage epistaxis • Identify the presentation, evaluation, and management of glaucoma • Diagnose and treat infectious pharyngitis • Develop initial evaluation and management strategies for the acute red eye • Diagnose and treat acute and chronic infectious sinusitis
11:40 a.m.	Lunch
12:25 p.m.	Men's Health <i>Jason H. Szostek, M.D.</i> <ul style="list-style-type: none"> • Identify the screening strategies, diagnosis, and management of prostate cancer • Describe an approach to diagnosing & treating benign prostatic hypertrophy (BPH) • Recall the evaluation, diagnosis, and initial management strategies for erectile dysfunction
1:15 p.m.	Women's Health: Adolescence and Beyond <i>Jill M. Huber, M.D.</i> <ul style="list-style-type: none"> • Outline the principles of contraception and contraceptive counseling • Review the management of common medical conditions in pregnancy • Recall the evaluation of abnormal uterine bleeding • Outline the risks, benefits, and indications for hormone replacement therapy in women
2:10 p.m.	Hypertension and Hyperlipidemia <i>Joel D. Beachey, M.D.</i> <ul style="list-style-type: none"> • Apply lipid lowering treatment based on patient characteristics/risk utilizing AHA/ACC guidelines • Identify, diagnose, and manage hypertension based on consideration of medical comorbidities
2:55 p.m.	Break
3:10 p.m.	Neurology Part 1 <i>Rafid Mustafa, M.D.</i> <ul style="list-style-type: none"> • Diagnose and manage basic seizure disorders • Compare and contrast headache types and management strategies • Evaluate for and treat etiologies of stroke

3:50 p.m.	Neurology Part 2 <i>Rafid Mustafa, M.D.</i> <ul style="list-style-type: none"> Identify, diagnose, and manage radiculopathies and spinal stenosis Recognize the presentation of and select appropriate testing for patients with restless leg syndrome Diagnose and treat common peripheral neuropathies Diagnose and treat movement disorders including essential tremor and Parkinson's Diagnose and select appropriate treatment for patients with myasthenia gravis
4:30 p.m.	Psychiatry <i>Scott A. Breitingner, M.D.</i> <ul style="list-style-type: none"> Review diagnosis and treatment of depression Recall the diagnosis and treatment of anxiety spectrum disorders Recognize the presentation and management of substance use disorder Diagnose and manage schizophrenia, including medication side effects Identify and treat bipolar disorder
5:15 p.m.	Sprint Test
5:45 p.m.	Adjourn

Tuesday, June 6, 2023	
6:55 a.m.	Course Overview
7:00 a.m.	Endocrinology – Bone and Parathyroid <i>Kurt A. Kennel, M.D.</i> <ul style="list-style-type: none"> Use risk factors to diagnose and manage male and female osteoporosis Distinguish osteomalacia from osteoporosis by listing its distinct clinical features List key aspects of the diagnosis, evaluation, and treatment decisions in Paget disease of the bone Recall the evaluation and management of primary hyperparathyroidism Employ a stepwise approach to evaluate and treat hypercalcemia and hypocalcemia
7:55 a.m.	Endocrinology – Diabetes and Hypoglycemia Part 1 <i>Pankaj Shah, M.D.</i> <ul style="list-style-type: none"> Diagnose and manage Type 1 and gestational diabetes mellitus Diagnose and manage Type 2 diabetes mellitus

	<ul style="list-style-type: none"> Identify strategies to prevent or delay the onset of Type 2 diabetes mellitus
8:40 a.m.	Endocrinology – Diabetes and Hypoglycemia Part 2 <i>Pankaj Shah, M.D.</i> <ul style="list-style-type: none"> Diagnose and manage diabetic ketoacidosis Diagnose and manage diabetic hyperosmolar nonketotic state Diagnose and manage hypoglycemia in the diabetic patient
9:35 a.m.	Break
9:50 a.m.	Endocrinology – Thyroid <i>Omar El-Kawkgi, M.B., B.Ch., B.A.O.</i> <ul style="list-style-type: none"> Evaluate and manage hyperthyroidism and hypothyroidism, including subclinical disease Diagnose and manage thyroid medical emergencies Evaluate and manage thyroid nodules Describe and manage the different types of thyroid cancer
10:40 a.m.	Endocrinology – Pituitary, Gonadal, and Adrenal Disorders <i>Irina Bancos, M.D.</i> <ul style="list-style-type: none"> Evaluate and manage the adrenal incidentaloma Diagnose and manage Cushing's Syndrome and adrenal insufficiency Select appropriate evaluation and management strategies of pituitary tumors Identify the appropriate evaluation of primary and secondary amenorrhea Identify the appropriate evaluation and management of male hypogonadism
11:25 a.m.	Rheumatology – Vasculitis <i>Matthew J. Koster, M.D.</i> <ul style="list-style-type: none"> Recognize the various forms of vasculitis Identify initial treatment strategies for vasculitis
12:15 p.m.	Lunch
1:00 p.m.	Rheumatology – Gout and Spondyloarthropathies <i>Kerry Wright, M.B.B.S.</i> <ul style="list-style-type: none"> List common causes of foot and ankle pain and their treatments Diagnose and treat crystalline induced disease Identify the diagnosis and treatment of spondyloarthropathies
1:55 p.m.	Rheumatology – Arthritis <i>Ashima Makol, M.D.</i> <ul style="list-style-type: none"> Diagnose and treat fibromyalgia

	<ul style="list-style-type: none"> Utilize physical exam and laboratory studies to diagnose and manage rheumatoid arthritis Diagnose and manage symptomatic osteoarthritis
2:50 p.m.	Rheumatology - Systemic Lupus Erythematosus and Anti-Phospholipid Antibody Syndrome <i>Alicia M. Hinze, M.D.</i> <ul style="list-style-type: none"> Diagnose and develop initial management of systemic lupus erythematosus (SLE) Review complications of SLE Assess and manage antiphospholipid antibody syndrome
3:35 p.m.	Break
3:50 p.m.	Rheumatology - Raynaud's, Scleroderma, Inflammatory Myopathies, and Sjogren's Syndrome <i>Alicia M. Hinze, M.D.</i> <ul style="list-style-type: none"> Diagnose and manage secondary Raynaud phenomenon Review the laboratory evaluation and diagnosis of common rheumatologic diseases including: Sjogren's syndrome, scleroderma (diffuse and limited), polymyositis, dermatomyositis, and mixed connective tissue disease
4:35 p.m.	Critical Care <i>Jeremy M. Clain, M.D.</i> <ul style="list-style-type: none"> Recall the diagnosis and management of hypovolemic, distributive, cardiogenic shock and tamponade Recall the etiology and pathophysiology of respiratory failure and select appropriate testing and management strategies Select appropriate tests and management strategies for sepsis based on pathophysiology Diagnose and manage transfusion-related reactions
5:25 p.m.	Sprint Test
5:45 p.m.	Adjourn

Wednesday, June 7, 2023	
7:00 a.m.	Cardiology – ECG's, Atrial Fibrillation, and Other Arrhythmias <i>Abhishek J. Deshmukh, M.B.B.S.</i> <ul style="list-style-type: none"> Use the fundamentals of EKG to recognize common arrhythmias

	<ul style="list-style-type: none"> • Design appropriate evaluation and management strategies for patients with atrial fibrillation • Recognize and manage common arrhythmias (excluding a fib) • Assess the risks and benefits of anti-coagulation therapies to design appropriate management strategies
7:50 a.m.	Cardiology – Coronary Artery Disease <i>Benjamin D. Nordhues, M.D.</i> <ul style="list-style-type: none"> • Determine appropriate method for evaluating for coronary artery disease based on pre-test probability of disease • Evaluate and manage perioperative testing and medications in patients with known, or at risk for CVD • Select appropriate management of an acute myocardial infarction, including management of NSTEMI • Recognize Right Ventricular Infarction and select appropriate management strategies • Select the appropriate timing of elective operations in patients after coronary stenting
8:40 a.m.	Cardiology – Heart Failure Part 1 <i>Michael W. Cullen, M.D.</i> <ul style="list-style-type: none"> • Discuss the diagnosis and evaluation of heart failure with reduced ejection fraction and heart failure with preserved ejection fraction • Manage acute and chronic heart failure with lifestyle, pharmacological, and device therapies
9:25 a.m.	Break
9:40 a.m.	Cardiology – Heart Failure Part 2 and Pericardial Disease <i>Michael W. Cullen, M.D.</i> <ul style="list-style-type: none"> • Diagnose, classify, and manage common cardiomyopathies • Recognize the presentation and select appropriate management for patients with pericardial disease, including acute pericarditis, constrictive pericarditis, and cardiac tamponade
10:05 a.m.	Cardiology – Valvular Disease <i>Jeffrey B. Geske, M.D.</i> <ul style="list-style-type: none"> • Identify risk factors for and presentation of congenital valve abnormalities, and choose appropriate management • Outline risk factors for and recall the diagnosis and presentation of management aortic stenosis and hypertrophic cardiomyopathy • Recognize the pathophysiology and presentation of mitral stenosis, select appropriate testing, and interpret the findings accurately

	<ul style="list-style-type: none"> • Delineate risk factors for and recall the diagnosis and management of aortic regurgitation, mitral regurgitation, and tricuspid regurgitation
10:55 a.m.	Cardiology – Vascular Disease <i>Ana I. Casanegra, M.D.</i> <ul style="list-style-type: none"> • Identify the initial method for evaluating and managing peripheral vascular disease • Describe the risk factors for, and the evaluation and management of aortic dissection • Describe the risk factors for, and the evaluation and management of aortic aneurysm
11:45 a.m.	Lunch
12:30 p.m.	Pulmonary – Pulmonary Tests <i>Darlene R. Nelson, M.D.</i> <ul style="list-style-type: none"> • Use an algorithm to correctly interpret spirometry and direct management • Recall diseases with a restrictive, obstructive, or mixed picture on spirometry • Evaluate and interpret pleural fluid tests
1:20 p.m.	Pulmonary – COPD, Asthma, and OSA <i>Darlene R. Nelson, M.D.</i> <ul style="list-style-type: none"> • Recall the differential diagnosis and management of pneumothorax • Describe the classification schemes for asthma and use this information to effectively diagnose and manage patients • Recognize features of obstructive sleep apnea and select appropriate testing for diagnosis • Recall the diagnosis and management of chronic obstructive pulmonary disease
2:00 p.m.	Pulmonary – ILD, Pulmonary Hypertension <i>Cassandra M. Braun, M.D.</i> <ul style="list-style-type: none"> • Identify and recall the different causes of diffuse alveolar hemorrhage • Identify the cause and select treatment for interstitial lung disease • Describe the causes, presentation, and basic treatment of pulmonary hypertension
2:40 p.m.	Break
2:55 p.m.	Oncology – Breast/Gynecology <i>Andrea E. Wahner Hendrickson, M.D.</i> <ul style="list-style-type: none"> • Identify appropriate breast cancer screening techniques for women • Describe the diagnostic evaluation of findings worrisome for breast cancer • Recall the adjuvant treatments indicated to reduce breast cancer recurrence • Identify risk factors for cervical cancer and know appropriate screening and management principles

	<ul style="list-style-type: none"> Identify the presentation of uterine cancer and review basic management principles Identify risk factors and know basic management principles of ovarian cancer
3:45 p.m.	Oncology – Pulmonary <i>Konstantinos Leventakos, M.D.</i> <ul style="list-style-type: none"> Evaluate and manage a solitary pulmonary nodule Identify the most common forms of lung cancer, their staging, and respective treatments Integrate smoking cessation options into treatment plans Diagnose paraneoplastic syndromes associated with lung cancer Identify risk factors for lung cancer Recognize indications for lung cancer screening Recall the clinical presentation and diagnosis of lung cancer
4:30 p.m.	Oncology – Gastrointestinal Cancers <i>Zhaohui Jin, M.D.</i> <ul style="list-style-type: none"> Stage and treat colon cancer (not including screening: covered elsewhere) Diagnose and stage pancreatic cancer Evaluate and diagnose esophageal cancer Diagnose and treat gastric cancer, including MALT lymphoma
5:15 p.m.	Sprint Test
5:35 p.m.	Adjourn

Thursday, June 8, 2023	
7:00 a.m.	Gastroenterology – Hepatology, Gall Bladder, and Biliary <i>William Sanchez, M.D.</i> <ul style="list-style-type: none"> Interpret abnormal liver function tests to diagnose common patterns of liver injury Identify risk factors and appropriate screening intervals for hepatocellular carcinoma Diagnose and manage major complications of chronic liver disease (e.g. Ascites, variceal bleeding and hepatocellular carcinoma) Diagnose and manage Hepatitis A, B and C infections Interpret ascites fluid chemistries Diagnose and manage common biliary disease
8:00 a.m.	Gastroenterology – Esophageal and Gastric <i>Karthik Ravi, M.D.</i>

	<ul style="list-style-type: none"> • Recognize common clinical situations requiring endoscopic evaluation • Recall the diagnosis, management, and complications of gastroesophageal reflux disease • Diagnose and manage candida esophagitis • Diagnose and manage gastric polyps • Diagnose and manage Helicobacter pylori infection • Diagnose and manage peptic ulcer disease
8:55 a.m.	Gastroenterology – Small Bowel <i>Seth R. Sweetser, M.D.</i> <ul style="list-style-type: none"> • Evaluate GI bleeding • Evaluate and manage acute and chronic diarrhea • Diagnose and manage celiac disease • Diagnose and manage bowel ischemia, including colon ischemia
10:00 a.m.	Break
10:15 a.m.	Gastroenterology – Colon and Pancreas <i>Xiao Jing (Iris) Wang, M.D. (virtual)</i> <ul style="list-style-type: none"> • Recall when to initiate colon cancer screening given patient and family history • Identify the appropriate management and follow up of colon polyps • Recognize the cause, diagnosis, and management of acute pancreatitis • Select appropriate management options for the patient with inflammatory bowel disease
11:05 a.m.	Infectious Diseases – Endocarditis and CNS Infections <i>Matthew J. Thoendel, M.D., Ph.D.</i> <ul style="list-style-type: none"> • Review the indications for and management of infective endocarditis (IE) prophylaxis • Review the evaluation, diagnosis, and treatment of infective endocarditis • Diagnose and treat bacterial meningitis • Identify the diagnosis and management of viral meningitis/encephalitis
11:55 a.m.	Infectious Diseases – Pneumonia and Travel <i>Douglas Challener, M.D., M.S.</i> <ul style="list-style-type: none"> • Identify the diagnosis and management of community acquired pneumonia in the outpatient and inpatient setting • Diagnose and treat hospital-acquired pneumonia • Identify infectious control strategy for hospitalized patients • Review indications for prophylactic antimicrobials in international travel
12:40 a.m.	Lunch

1:25 p.m.	Infectious Diseases - GI and GU <i>Pritish Tosh, M.D.</i> <ul style="list-style-type: none"> Identify the differences in treating non- severe, severe, and recurrent Clostridium difficile infection Diagnosis and manage patients with urinary tract infections Screen for and treat localized and systemic STI
2:05 p.m.	Infectious Diseases – Vaccine-Preventable Diseases, Zoonoses, and ID Buzz Words <i>Pritish Tosh, M.D.</i> <ul style="list-style-type: none"> Identify the indications for varicella-zoster testing, vaccination and treatment Select vaccines that can be safely given in pregnancy Prevent and treat measles Identify, diagnose, and manage toxoplasmosis Diagnose and manage complications of rheumatic fever Review evaluation and management of common tick-borne diseases Review evaluation and management of common fungal infections throughout the US
3:00 p.m.	Break
3:15 p.m.	Infectious Diseases – Skin and Bone Infections <i>Matthew J. Thoendel, M.D., Ph.D.</i> <p>Identify pathogen specific treatment of skin and soft tissue infections</p> <ul style="list-style-type: none"> Identify, diagnose, and treat lower extremity cellulitis, and gas gangrene Discuss prophylactic antimicrobial therapy in patients with prosthetic joints Diagnose and treat osteomyelitis Diagnose and treat septic bursitis
4:10 p.m.	Infectious Diseases – HIV/TB <i>Mary J. Kasten, M.D.</i> <ul style="list-style-type: none"> Review appropriate screening, diagnosis, and initial management of HIV/AIDS Review prophylaxis and screening for opportunistic cancers and infections during HIV infection Diagnose and treat tuberculosis Identify the most common adverse reactions with tuberculosis treatment
5:10 p.m.	Sprint Test
5:30 p.m.	Adjourn

Friday, June 9, 2023	
7:00 a.m.	Hematology – Abnormal CBC <i>Carrie A. Thompson, M.D.</i> <ul style="list-style-type: none"> Summarize the evaluation of abnormal red blood cell counts Describe the evaluation of abnormal white blood cell count Identify and evaluate pancytopenia Review the evaluation of elevated platelet counts Recall the diagnosis and treatment of thrombotic thrombocytopenic purpura (TTP)
7:45 a.m.	Hematology – Lymphoid Malignancies <i>Carrie A. Thompson, M.D.</i> <ul style="list-style-type: none"> Recall the evaluation and initial management of chronic lymphoproliferative disorders Describe the differences between HL and NHL with respect to diagnosis and treatment Diagnose and treat acute lymphocytic leukemia
8:25 a.m.	Hematology – Plasma Cell Disorders <i>Mustaqeem A. Siddiqui, M.D., M.B.A.</i> <ul style="list-style-type: none"> Recall the clinical presentation, diagnosis, and management of amyloidosis Recognize the presentation of and select management strategies for patients with Waldenstrom macroglobulinemia Compare and contrast monoclonal gammopathy of undetermined significance (MGUS), smoldering myeloma and multiple myeloma according to presentation, evaluation, and management
9:10 a.m.	Break
9:25 a.m.	Hematology – Myeloid Malignancies <i>Mithun V. Shah, M.D.</i> <ul style="list-style-type: none"> Recall the presentation, diagnosis, and management of myelodysplastic neoplasms Identify the presentation, diagnosis, and management of myeloproliferative neoplasms Diagnose and treat acute myeloid leukemia Diagnose and manage acute blast crisis
10:25 a.m.	Hematology – Bleeding and Coagulation <i>Aneel A. Ashrani, M.D., M.S.</i> <ul style="list-style-type: none"> Recall the diagnosis and management of congenital and acquired bleeding disorders Identify and manage coagulation factor deficiencies and dysfunction Evaluate and manage thrombocytopenia Recall the evaluation and management of superficial and deep venous thrombosis Diagnose and manage pulmonary embolism

	<ul style="list-style-type: none"> • Diagnose and manage heparin-induced thrombocytopenia (HIT)
11:25 a.m.	Lunch
12:10 p.m.	Nephrology – Electrolyte and Acid-base Cases <i>Ladan Zand, M.D.</i> <ul style="list-style-type: none"> • Recall the diagnosis and management of inappropriate antidiuretic hormone secretion (SIADH) • Identify, evaluate, and manage hypo- and hypernatremia • List appropriate treatment strategies for hypo- and hyperkalemia
	Nephrology – Acid-Based Cases (combined) <i>Ladan Zand, M.D.</i> <ul style="list-style-type: none"> • Apply an algorithm to diagnose acid-base disorders
1:40 p.m.	Break
1:55 p.m.	Nephrology –Nephrolithiasis and Acute Kidney Injury Part 1 <i>Michael A. Mao, M.D.</i> <ul style="list-style-type: none"> • Describe the diagnosis and evaluation of acute renal injury • Define indications for acute dialysis • Manage pre and post renal injury • Diagnose and manage nephrolithiasis • Diagnose and manage acute tubular necrosis
2:45 p.m.	Nephrology – Acute Kidney Injury Part 2 <i>Michael A. Mao, M.D.</i> <ul style="list-style-type: none"> • Identify indications for renal biopsy • Diagnose and manage acute interstitial nephritis • Describe the diagnosis, evaluation, and management of glomerular disorders • Prevent, recognize, and manage contrast-induced nephropathy
3:35 p.m.	Nephrology – Chronic Kidney Disease <i>Virginia (Ginny) A. Dines, M.D.</i> <ul style="list-style-type: none"> • Identify risk factors and recognize the presentation of nephrogenic systemic fibrosis • Identify causes of chronic kidney disease and strategies to prevent progression of chronic kidney disease • Manage calcium-phosphorous homeostasis, anemia & other issues in chronic kidney disease
4:25 p.m.	Sprint Test
4:45 p.m.	Adjourn

