33rd Annual Internal Medicine Board Review

Hilton Rochester Mayo Clinic Area Hotel
Program Schedule – Live and Livestream
June 3-7, 2024 – Central Time

Monday, June 3, 2024	
6:00 a.m.	Registration & Breakfast
7:00 a.m.	Welcome and Course Overview Christopher A. Aakre, M.D., April R. Christensen, M.D., MS and Hannah C. Nordhues, M.D.
7:15 a.m.	 Geriatrics Maria D. Mendoza de la Garza, M.D. Recall evidence-based fall prevention strategies and use this information to effectively manage patients Diagnose and manage patients with mild cognitive impairment and dementia in the elderly Evaluate and manage urinary incontinence in the elderly Recognize high-risk medications in elderly patients and develop strategies for preventing medication related side effects Prevent and manage pressure injury in the elderly
8:05 a.m.	 Dermatology Hafsa M. Cantwell, M.D. Diagnose and manage basal and squamous cell carcinoma Diagnose and develop initial management strategies for melanoma Identify the diagnosis and management of common primary care skin conditions, such as vitiligo, pityriasis rosea, rosacea, and scabies Recognize and manage acne vulgaris Recognize and treat psoriasis Recognize and treat drug eruptions
8:50 a.m.	Allergy Gerald W. Volcheck, M.D. Recognize and treat anaphylaxis Diagnose and treat urticaria and angioedema Diagnose and treat allergic rhinosinusitis
9:45 a.m.	Break
10:05 a.m.	Nutrition/Nutritional Disorders Meera Shah, M.B., Ch.B. Identify overweight and obese patients and identify their health risks Review medical and surgical management of obesity Recognize and manage dietary factors in hypertension

	Recognize nutrition deficiencies
10:50 a.m.	HEENT Luke T. Hafdahl, M.D.
	 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
11:35 a.m.	Lunch
12:20 p.m.	 Men's Health Jason H. Szostek, M.D. 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
1:10 p.m.	 Women's Health: Adolescence and Beyond Jill M. Huber, M.D. 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
2:05 p.m.	 Hypertension and Hyperlipidemia Joel D. Beachey, M.D. Apply lipid lowering treatment based on patient characteristics/risk utilizing AHA/ACC guidelines Identify, diagnose, and manage hypertension based on consideration of medical comorbidities
2:50 p.m.	Break
3:05 p.m.	Psychiatry Scott A. Breitinger, M.D. 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

3:50 p.m	Neurology
	Rafid Mustafa, M.D.
	Diagnose and manage basic seizure disorders
	Compare and contrast headache types and management strategies
	Evaluate for and treat etiologies of stroke
	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
5:00 p.m.	Sprint Test
5:30 p.m.	Adjourn

Tuesday, June 4, 2024	
6:00 a.m.	Registration & Breakfast
6:55 a.m.	Course Overview
7:00 a.m.	Endocrinology – Diabetes Part 1
	Pankaj Shah, M.D.
	 Diagnose and manage Type 1 and gestational diabetes mellitus
	Diagnose and manage Type 2 diabetes mellitus
	Identify strategies to prevent or delay the onset of Type 2 diabetes mellitus
7:45 a.m.	Endocrinology – Diabetes and Hypoglycemia Part 2
	Pankaj Shah, M.D.
	Diagnose and manage diabetic ketoacidosis
	Diagnose and manage diabetic hyperosmolar nonketotic state
	Diagnose and manage hypoglycemia in the diabetic patient
8:40 a.m.	Endocrinology – Bone and Parathyroid
	Kurt A. Kennel, M.D.
	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
9:35 a.m.	Break
9:50 a.m.	Endocrinology – Thyroid
	Omar El-Kawkgi, M.B., B.Ch., B.A.O.
	Evaluate and manage hyperthyroidism and hypothyroidism, including subclinical disease
	Diagnose and manage thyroid medical emergencies Suglivets and manage thyroid nedules.
	 Evaluate and manage thyroid nodules Describe and manage the different types of thyroid cancer
	Describe and manage the different types of thyroid cancer
10:40 a.m.	Endocrinology – Pituitary, Gonadal, and Adrenal Disorders Lucinda Gruber, M.D.
	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 secondary amenorrhea
	Identify the appropriate evaluation and management of male hypogonadism
11:25 a.m.	Rheumatology – Vasculitis
	Matthew J. Koster, M.D.
	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
	Kerry Wright, M.B.B.S.
	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
	Ashima Makol, M.D.
	Diagnose and treat fibromyalgia
	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
	Alicia M. Hinze, M.D.
	 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
	Alicia M. Hinze, M.D.
	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
	Jeremy M. Clain, M.D.
	 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 5, 2024	
6:00 a.m.	Registration & Breakfast
7:00 a.m.	Cardiology – Heart Failure and Pericardial Disease
	Michael W. Cullen, M.D.
	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
	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
8:05 a.m.	Cardiology – Coronary Artery Disease
	Benjamin D. Nordhues, M.D.
	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
8:50 a.m.	Break
9:05 a.m.	Cardiology – ECG's, Atrial Fibrillation, and Other Arrhythmias
	Abhishek J. Deshmukh, M.B.B.S.
	Use the fundamentals of EKG to recognize common arrhythmias
	Design appropriate evaluation and management strategies for patients with atrial
	fibrillation
	Recognize and manage common arrythmias (excluding a fib)
	Assess the risks and benefits of anti-coagulation therapies to design appropriate
	management strategies
0.50	Caudialama Valandas Biasasa
9:50 a.m.	Cardiology – Valvular Disease
	Jeffrey B. Geske, M.D.
	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
	Delineate risk factors for and recall the diagnosis and management of aortic
	regurgitation, mitral regurgitation, and tricuspid regurgitation
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10:40 a.m.	Cardiology – Vascular Disease

	Ana I. Casanegra, M.D.
	 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
11:30 a.m.	Lunch
12:15 p.m	Pulmonary – Pulmonary Tests Darlene R. Nelson, M.D. 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
1:05 p.m	 Pulmonary – COPD, Asthma, and OSA Darlene R. Nelson, M.D. 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
1:45 p.m	Pulmonary – ILD, Pulmonary Hypertension Cassandra M. Braun, M.D. 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
2:25 p.m.	Break
2:50 p.m.	 Oncology – Breast/Gynecology Susan N. Kok, M.D. 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 Identify the presentation of uterine cancer and review basic management principles Identify risk factors and know basic management principles of ovarian cancer
3:40 p.m.	Oncology – Pulmonary Konstantinos Leventakos, M.D.

	 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
4:25 p.m.	Oncology – Gastrointestinal Cancers Zhaohui Jin, M.D. Stage and treat colon cancer (screening covered separately) Diagnose and stage pancreatic cancer Evaluate and diagnose esophageal cancer Diagnose and treat gastric cancer, including MALT lymphoma
5:10 p.m.	Sprint Test
5:30 p.m.	Adjourn

	Thursday, June 6, 2024	
6:00 a.m.	Registration & Breakfast	
7:00 a.m.	Gastroenterology – Esophageal and Gastric Karthik Ravi, M.D. 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 	
8:00 a.m.	 Gastroenterology – Hepatology, Gall Bladder, and Biliary William Sanchez, M.D. 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
8:55 a.m.	Gastroenterology – Small Bowel
	Seth R. Sweetser, M.D.
	Evaluate non-variceal 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
	Xiao Jing (Iris) Wang, M.D.
	 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
	Matthew J. Thoendel, M.D., Ph.D.
	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
	Douglas Challener, M.D., M.S.
	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
	Mac Chesdachai, M.D.
	 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 and Zoonoses
	Mac Chesdachai, M.D.
	 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
	Matthew J. Thoendel, M.D., Ph.D.
	 Identify pathogen specific treatment of skin and soft tissue infections 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
·	Mary J. Kasten, M.D.
	 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 7, 2024		
6:00 a.m.	Registration & Breakfast	
7:00 a.m.	Hematology – Abnormal CBC	
	Carrie A. Thompson, M.D.	
	Summarize the evaluation of abnormal red blood cell counts	

12:10 p.m.	
	Nephrology – Electrolyte and Acid-base Cases
11:25 a.m.	 Diagnose and manage pulmonary embolism Diagnose and manage heparin-induced thrombocytopenia (HIT) Lunch
	Recall the evaluation and management of superficial and deep venous thrombosis Diagnose and manage nulmonary embelism
	Evaluate and manage thrombocytopenia
	 Recall the diagnosis and management of congenital and acquired bleeding disorders Identify and manage coagulation factor deficiencies and dysfunction
	Alexandra Wolanskyj-Spinner, M.D. • Recall the diagnosis and management of congenital and acquired bleeding disorders
10:25 a.m.	Hematology – Bleeding and Coagulation
	Diagnose and manage acute blast crisis
	 Diagnose and treat acute myeloid leukemia
	 Recall the presentation, diagnosis, and management of myelodysplastic neoplasms Identify the presentation, diagnosis, and management of myeloproliferative neoplasms
	Mithun V. Shah, M.D.
9:25 a.m.	Hematology – Myeloid Malignancies
9:10 a.m.	Break
8:25 a.m.	 Waldenstrom macroglobulinemia Compare and contrast monoclonal gammopathy of undetermined significance (MGUS), smoldering myeloma and multiple myeloma according to presentation, evaluation, and management
	Recognize the presentation of and select management strategies for patients with
	 Recall the clinical presentation, diagnosis, and management of amyloidosis
	Mustageem A. Siddiqui, M.D., M.B.A.
	Diagnose and treat acute lymphocytic leukemia Hematology – Plasma Cell Disorders
	 Recall the evaluation and initial management of chronic lymphoproliferative disorders Describe the differences between HL and NHL with respect to diagnosis and treatment
	Carrie A. Thompson, M.D.
7:45 a.m.	Hematology – Lymphoid Malignancies
	Recall the diagnosis and treatment of thrombotic thrombocytopenic purpura (TTP)
	 Identify and evaluate pancytopenia Review the evaluation of elevated platelet counts
	Identify and evaluate pancytopenia

	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
	 Apply an algorithm to diagnose acid-base disorders
1.40	
1:40 p.m.	Break
1:55 p.m.	Nephrology –Nephrolithiasis and Acute Kidney Injury Part 1
	Michael A. Mao, M.D.
	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
	Michael A. Mao, M.D.
	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
	Virginia (Ginny) A. Dines, M.D.
	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