

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Family Medicine: Improving Your Outcomes Through Diagnosis and Treatment
Activity Dates: March 28-April 1, 2016
Presenting Faculty: Herbert L. Muncie, Jr., M.D.; Gary H. Oberlender, M.D., F.A.C.P.;
and George G.A. Pujalte, M.D., F.A.C.S.M.

NARRATIVE DESCRIPTION

Following this course, the participant should be able to appraise the etiologies and recognize the clinical presentations of the commonly seen disorders presented; indicate diagnostic tests available and the suggested use for making a diagnosis; implement available treatment options and appropriate long-term care when indicated. This activity is expected to result in improved competence in making an appropriate diagnosis and providing effective treatment and referral or follow-up care with the overall goal of improving patient outcomes.

When indicated in the specific objectives, emphasis will be on aligning physician behavior with current guidelines and evidence-based medicine with a focus on diagnosis, treatment and when to refer. This course was designed to inter-relate the disorders presented in an effort to help all practitioners at the level of a practicing physician or practitioner relate their practice strategies with other providers and specialists. By doing this, it will provide them with increased competence to appropriately diagnose and refer or effectively treat their patients' conditions to optimize their care.

SPECIFIC OBJECTIVES

Day 1

Use and Interpretation of Thyroid Tests.

Upon completion of this session, using the American Thyroid Association Guidelines and the Cochrane Abstract Database, the participant should be able to: EBM, GL, COMP

1. Integrate the serum tests for thyroid function.
2. Interpret thyroid tests results that occur in clinical settings.
3. Recommend the appropriate follow-up testing of abnormal thyroid tests and the frequency of these evaluations.
4. Appraise the need to treat subclinical hypothyroidism or subclinical hyperthyroidism.

Delirium in the Elderly - Current Concepts.

Upon completion of this session, the participant should be able to: EBM, COMP

1. Specify diagnostic features and common causes of delirium in seniors.
2. Distinguish the causes of persistent delirium.
3. Use evidence based medicine to formulate treatment approaches to delirious seniors.
4. Recognize treatment options for intermittent agitation using evidence based medicine.

Evaluation and Treatment of Hypertensive Patients.

Upon completion of this session, using the most recent JNC Guidelines, the Cochrane Abstract Database and the evidence-based reports from Clinical Evidence, the participant should be able to: EBM, GL, COMP

1. Employ the non-pharmacologic treatment options to manage hypertension.
2. Specify the pharmacologic treatment options for patients with compelling indications based upon JNC Guidelines.
3. Formulate the therapeutic goal for controlling blood pressure in different patient populations and the combination of medications that can achieve that goal.
4. Distinguish the side effect risks for each class of antihypertensive medications.

Evaluation and Treatment of Dementia in Seniors.

Upon completion of this session, the participant should be able to: EBM, COMP

1. Determine the common causes of cognitive dysfunction and dementia in seniors.
2. Develop an evidence based evaluation of seniors with cognitive dysfunction.
3. Evaluate the relative risks and benefits of available treatment options for dementia in seniors.
4. Distinguish the central role of caregiver education and support in treating seniors with dementia.

Day 2

Vitamin B-12 and Vitamin D in Seniors.

Upon completion of this session, the participant should be able to: EBM, COMP

1. Integrate the normal physiology of Vitamins B-12 and D.
2. Differentiate the pathologic syndromes associated with B-12 and D deficiency.
3. Develop an evidence based evaluation of B-12 and D deficiency for seniors.
4. Develop an evidence based approach to treatment options for B-12 and D in seniors.

Treating Patients with Type 2 Diabetes Mellitus.

Upon completion of this session, using the American Diabetes Association, the European Association for the Study of Diabetes Guidelines and the Cochrane Abstract Database, the participant should be able to: EBM, GL, COMP

1. Evaluate the therapeutic goals in treating type 2 diabetes and their impact on morbidity and mortality.

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2. Recommend the approach for choosing an oral hypoglycemic agent to treat type 2 diabetes.
3. Specify the clinical situations that would require the use of insulin to treat type 2 diabetes and the probable dosage form and average amounts required for control of A1c.
4. Develop the therapeutic options for preventing diabetic complications.

Advanced Nutritional Assessment and Therapy.

Upon completion of this session, the participant should be able to: ^{EBM, COMP}

1. Integrate readily available clinical data to make accurate nutritional assessments in seniors.
2. Relate metabolic changes in aging to assess risk for malnutrition.
3. Apply an evidence based approach to treatment of undernutrition in seniors.
4. Apply an evidence based approach to reduce dementia and depression risk in older patients.

Chronic Obstructive Pulmonary Disease (COPD): Evaluation and Treatment.

Upon completion of this session, using the ACCP GOLD guidelines, the AACVPR practice guidelines and the evidence-based reports from Clinical Evidence, the participant should be able to: ^{EBM, GL, COMP}

1. Appraise patient specific data to determine if they meet diagnostic criteria for COPD.
2. Analyze the role of cigarette smoking in the etiology and natural history of COPD.
3. Formulate a treatment plan for the stages of COPD.
4. Recommend the follow-up required to assess the therapeutic efficacy of the treatment options.

Day 3

Venous Thromboembolism (VTE): Diagnosis and Treatment.

Upon completion of this session, using the ACCP and ATS Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Determine the diagnostic testing for evaluating a patient for possible VTE.
2. Apply the algorithm for diagnosing a pulmonary embolism in multiple clinical settings.
3. Differentiate the advantages and disadvantages of outpatient treatment compared to inpatient treatment for venous thromboembolism (VTE).
4. Order the frequency of monitoring and the adjustments needed for warfarin therapy in the treatment of VTE.

Contemporary Issues in End of Life Care.

Upon completion of this session, the participant should be able to: ^{EBM, COMP}

1. Develop an approach to assessing the patient-family unit in the hospice setting.
2. Apply an evidence based approach to treating common symptoms in the terminally ill.
3. Distinguish advanced stage dementia as a terminal illness.

Contraceptive Options - Helping Women Make an Informed Choice.

Upon completion of this session, using the ACOG Practice Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Appraise the pharmacologic differences in oral contraceptives and their role in contraceptive efficacy.
2. Formulate the treatment options for contraception other than oral contraceptives.
3. Specify the relative and absolute contraindications to oral contraceptives.
4. Relate the circumstances that would be eligible for emergency contraception and the appropriate emergency contraception method for each situation.

Improving Communication Skills in Medical Practice.

Upon completion of this session, the participant should be able to: ^{COMP}

1. Appraise the variety of ways that people perceive communication and process information.
2. Assess your personal communication strengths and limitations.
3. Determine communication issues unique to older patients.
4. Develop practices and apply skills to maximize effective communication and listening based on current literature.

Day 4

Migraine Headaches – Update on Diagnosis and Treatment.

Upon completion of this session, using the International Headache Society and U.S. Headache Consortium Guidelines and the National Guideline Clearinghouse and the evidence-based reports from Clinical Evidence, the participant should be able to: ^{EBM, GL, COMP}

1. Construct the approach for evaluating a patient with possible migraine headaches.

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2. Assess the advantages of supportive therapy and lifestyle changes in treating migraine headaches compared to pharmacologic therapy.
3. Appraise the pharmacologic options for treating the acute pain of a migraine headache.
4. Recommend a prophylactic therapy regimen for patients with recurrent migraine headaches.

Upper Extremity and Shoulder Injuries.

Upon completion of this session, the participant should be able to: ^{COMP}

1. To be able to differentiate injuries of the hand, wrist, elbow, and shoulder using special tests.
2. To be able to identify the anatomical structures of the hand, wrist, and elbow, and shoulder that are pertinent to diagnosing and treating injuries.
3. To be able to describe the signs and symptoms of common sports injuries to the hand, wrist, elbow, and shoulder.
4. To recognize the difference of diagnosis and management of common injuries to the hand, wrist, elbow, and shoulder of pediatric versus adult patients

Osteoporosis: Treatment and Prevention.

Upon completion of this session, using the USPSTF, NOF Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Debate the importance of the risk factors for an osteoporosis fracture.
2. Employ the diagnostic testing for patients at risk with osteoporosis.
3. Select the therapeutic medication to treat osteoporosis based upon the indications and side effects.
4. Assess the therapeutic role of repeating the DXA scan in patients treated for osteoporosis.

More than Skin Deep: Dermatologic Conditions in Athletes.

Upon completion of this session, the participant should be able to: ^{COMP}

1. To be able to describe how skin conditions impact athletes in ways unique to them, as compared to the general population.
2. To be able to diagnose and treat various skin conditions that are especially common in athletes and active individuals.
3. To recommend various prevention strategies that may be employed in athletics to stop the spread of some skin conditions.
4. To appraise the various "allow participation" and "return-to-play" rules and regulations stipulated

by the various sports organizations in the United States, such as the National Federation of High Schools (NFHS) and the National Collegiate Athletics Association (NCAA).

Day 5

Knee Injuries in Sports.

Upon completion of this session, the participant should be able to: ^{COMP}

1. To be able to describe the injuries that can occur in the knees.
2. To determine the rationale behind well-known treatment approaches to various knee injuries.
3. To be able to develop a logical differential diagnosis for any athletic or active individual presenting with knee pain.
4. To assess and order laboratory and imaging studies to assist in the diagnosis of knee injuries and pathologies.

Adult Health Screening and Immunizations – Evidence-Based Approach.

Upon completion of this session, using the USPSTF and Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Apply the evidence-based recommendations for preventive screening tests for adults.
2. Determine the immunizations required for adults.
3. Appraise the side effects of adult immunizations.
4. Select the contraindications for each adult immunization and their alternative therapy.
5. Plan when screening tests can be discontinued in adults.

Concussion.

Upon completion of this session, the participant should be able to: ^{COMP}

1. To be able to use resources free to clinicians that can help educate coaches, parents, and athletes about concussions.
2. To be able to use a team approach in the treatment of concussions, and allowing return to play.
3. To be able to use internationally-recognized concussion evaluation tools that are available to primary care clinicians.
4. To be able to explain the basic pathophysiology, treatment, and sequelae of concussions in a manner that will encourage cooperation of athletes and coaches and discourage the hiding of ongoing concussion symptoms.

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Evaluation and Initial Management: Benign Breast Disease

Upon completion of this session, using the American Cancer Society Guidelines and the Cochrane Abstract Database, the participant should be able to: ^{EBM, GL, COMP}

1. Differentiate the signs and symptoms associated with benign breast disease.
2. Formulate an evaluation for breast pain (mastalgia), breast lumps, and nipple discharge.
3. Specify the treatment options for breast pain, nipple discharge and breast infections.
4. Distinguish the symptoms and physical findings associated with rare benign breast disease conditions.