

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Family Medicine and Lifestyle Medicine: A Comprehensive Approach to Common Clinical Problems
Activity Dates: May 23-27, 2016
Presenting Faculty: Kevin S. Ferentz, M.D.; Lisa R. Ferentz, M.S.W., L.C.S.W.-C., DAPA; Alyson N. Owen, M.D.; and Michael P. Goldfinger, M.D., F.A.C.P.

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

Improving Compliance.

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

1. Use techniques that can better detect non-compliance in their patients.
2. Apply techniques that can be used to increase compliance in their patients.

Outpatient Anticoagulation Issues.

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

1. Manage outpatients on warfarin using current guidelines.
2. Determine factors leading to alterations in the international normalized ratio (INR).
3. Advise patients on the appropriate choice, duration, and intensity of anticoagulation in a variety of clinical scenarios.
4. Develop a familiarity with the new oral anticoagulants.

Routine Adult Care.

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

1. Determine which screening tests are indicated for particular patients, according to USPSTF guidelines.

2. Order appropriate immunizations for adult patients.

Peripheral Arterial Disease (PAD) – A Primary Care Perspective.

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

1. Assess the relationship between PAD and other forms of atherosclerosis.
2. Determine which patients are at increased risk for PAD.
3. Perform a focused history and physical examination to assess for PAD.
4. Determine when to use ancillary testing.
5. Develop a plan for managing patients with PAD utilizing evidence-based guidelines for exercise, medications, and revascularization.

Day 2

Evaluation of the Patient with Syncope.

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

1. Appraise the various etiologies of syncope.
2. Use clues in the history and physical as well as simple office testing to risk stratify patients with syncope.
3. Develop a plan for appropriate use of additional testing in patients with syncope.
4. Assess the role of lifestyle measures, medication, and more invasive measures to prevent recurrent syncope.

Smoking Cessation.

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

1. Recognize the role of smoking in disease etiology.
2. Utilize techniques to enhance their patients' ability to stop smoking.

Drug Interactions and Side Effects.

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

1. Determine the most common mechanisms for drug interactions.
2. Identify some of the most frequent culprit drugs.
3. Counsel patients regarding some of the most frequent side-effects seen with commonly used medications.

Headache.

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

1. Employ the diagnostic criteria for the common types of headaches seen in primary care.

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2. Be aware of "red flag" symptoms indicating the possibility of a more serious reason for the headache.
3. Determine when diagnostic imaging is indicated in patients presenting with headache.
4. Select appropriate treatment modalities for patients presenting with headache.
3. Recognize indications for permanent pacemakers.

Day 3 Anemia.

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

1. Utilize the guidelines for diagnosing anemia in children and adults.
2. Develop a diagnostic strategy to ascertain the etiology of the anemia.
3. Describe the role of consultants in the evaluation and management of anemia.

Lipids and Cardiovascular Risk Assessment.

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

1. Recognize the changes and updates to the current lipid guidelines.
2. Develop new insights for the assessment of LDL and Total cholesterol levels.
3. Formulate recommendations for when and how to treat hypercholesterolemia as per the new guidelines.
4. Determine when to refer his or her patient to a lipid specialist.

Food for Thought: Understanding and Working with Eating Disorders.

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

1. Identify the behavioral and psychosocial triggers that promote eating disordered behaviors.
2. Distinguish between the symptoms of anorexia, bulimia and binge eating behaviors.
3. Recognize the clinical "red flags" that indicate eating disordered behavior.
4. Apply appropriate interventions designed to treat eating disordered behaviors.

Sudden Cardiac Death, Bradycardia and Atrioventricular Block.

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

1. Determine which patients need additional evaluation and treatment of ventricular arrhythmias.
2. Assess which patients need additional evaluation and treatment of cardiac conduction abnormalities.

Day 4 Diastolic Heart Failure and Hypertrophic Cardiomyopathy.

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

1. Describe the prevalence and pathophysiology of diastolic heart failure.
2. Identify effective treatment strategies for diastolic heart failure.
3. Assess prognosis in patients with hypertrophic cardiomyopathy.
4. Apply appropriate treatment strategies in patients with hypertrophic cardiomyopathy.

Depression and Anxiety in Primary Care.

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

1. Explain the incidence and prevalence of anxiety and depression.
2. Evaluate patients with signs and symptoms of anxiety and depression so as to make an accurate diagnosis.
3. Prescribe appropriate medications to treat these disorders.

Congestive Heart Failure.

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

1. Recognize the symptoms of congestive heart failure.
2. Identify common causes of systolic heart failure.
3. Outline current standard-of-care therapies, differentiating between those treatments which reduce mortality and those that improve symptoms.
4. Identify patients who will benefit from device therapy.
5. Recognize when to refer patients for more advanced cardiac care.

Identification and Treatment of Traumatized Patients.

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

1. Describe the characteristics associated with traumatic events.
2. Interpret the "red flags" or symptomatic manifestations of trauma in patients.
3. Demonstrate how to obtain a trauma history from a patient during the H and P.
4. Identify and propose interventions designed to treat symptoms of trauma and increase comfort during physical exam.

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Day 5 Obesity.

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

1. State the epidemiology of obesity in America and the health risks associated with obesity.
2. Assess patients that are obese and that are in need of treatment.
3. Recommend and utilize various treatment options available, including diet, exercise, medications, and bariatric surgery.

Women and Coronary Artery Disease.

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

1. Relate how coronary risk factors affect women.
2. Outline a strategy for evaluating chest pain in women.
3. Identify the different clinical profiles of men and women with acute myocardial infarction.
4. Assess the risks and benefits of therapeutic modalities in women with coronary disease.

Thyroid Disease.

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

1. Formulate a plan for the evaluation of a patient with presumed thyroid disease.
2. Interpret common lab and imaging tests in the evaluation of a patient with thyroid disease.
3. Select appropriate treatment modalities, both medical and surgical, for patients with thyroid disease.

Atrial Fibrillation.

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

1. Relate the importance of anticoagulation in the management of atrial fibrillation.
2. List various pharmaceutical and non-pharmaceutical methods of normalizing ventricular rate.
3. Compare two possible strategies for cardioversion in atrial fibrillation.
4. Assess the potential benefit and harm of antiarrhythmic therapies.