SPECIFIC OBJECTIVES

NARRATIVE DESCRIPTION
Following this course, the participant should be able to appraise the epidemiology and presenting complaints of the commonly seen disorders within the specialities of Endocrinology and Rheumatology; apply a practical approach to the use of laboratory studies and physical exam for developing a differential or diagnosis; determine the various treatment options available and choose appropriate specialty referral or follow-up. 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. Since the specialties of Endocrinology and Rheumatology impact patient populations of all demographics, there is a need for providers to be up-to-date on common Endocrine and Rheumatologic diseases; therefore, this course was designed as an update for all practitioners at the level of a practicing physician.

SPECIFIC OBJECTIVES

DAY 1
Clinical Approach to the Patient with Rheumatic Diseases.
Upon completion of this session, the participant should be able to: COMP
1. Construct a systematic approach to the evaluation of the patient with rheumatic disease including:
   a. Appraise the central role of the history and physical examination.
   b. Differentiate several patterns that allow clinical diagnosis of rheumatic diseases.

Laboratory and Radiological Tests in Rheumatology.
Upon completion of this session, the participant should be able to: GL, COMP
1. Interpret the various classes of synovial fluid analysis.
2. Determine the use and limitations of laboratory testing with emphasis upon the American College of Rheumatology Choosing Wisely recommendations.
3. Discuss key x-ray findings in patients with rheumatic diseases.

Systemic Lupus Erythematosus.
Upon completion of this session, the participant should be able to: GL, EBM, COMP
1. Describe the varied clinical presentations and manifestations in the course of systemic lupus erythematosus.
2. Order and interpret laboratory testing used in the diagnosis of systemic lupus erythematosus in accordance with ACR Guidelines.
3. Monitor and employ treatment options for patients with systemic lupus erythematosus according to EULAR recommendations and evidence-based results from clinical studies.

Scleroderma and Raynaud’s Disease.
Upon completion of this session, the participant should be able to: COMP
1. Specify the clinical manifestations of scleroderma.
2. Utilize treatment available for symptomatic manifestations.
3. Apply the diagnostic work-up and treatment of Raynaud’s Phenomenon.

DAY 2
Management of Type 1 Diabetes.
Upon completion of this session, the participant should be able to: EBM, GL, COMP
1. Apply current diagnostic criteria for the diagnosis of diabetes.
2. Develop insulin treatment algorithms that address basic physiologic insulin secretory patterns based on evidence-based guidelines.
3. Employ insulin treatment protocols for patients requiring enteral feeding or steroid use.

Treatment Strategies in Type 2 Diabetes.
Upon completion of this session, the participant should be able to: EBM, COMP
1. Describe new pharmacologic agents available for glucose control.
2. Apply concepts of pathophysiology to the selection of pharmacotherapy for Type 2 Diabetes.
3. Assess the risks/benefits of tight glycemic control using evidence-based data.

Rheumatoid Arthritis: Clinical Manifestations and Treatment.
Upon completion of this session, the participant should be able to: GL, COMP
1. Specify the clinical features of rheumatoid arthritis.
2. Illustrate the systemic nature of the disease.
3. Summarize the use and toxicity of disease modifying agents as recommended by the American College of Rheumatology guidelines.

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SPECIFIC OBJECTIVES

Analgesic Conundrums: Pain Treatment in Rheumatic Diseases
Upon completion of this session, the participant should be able to: G, L, C
1. Recognize the various non-pharmacologic techniques to relieve pain.
2. Identify the relative benefits and risks of non-opioid analgesics for Rheumatic conditions as noted by the American College of Rheumatology Recommendations.
3. Describe the relative benefits and risks of opioid analgesics for Rheumatic conditions.

Osteoporosis: Evaluation and Treatment.
Upon completion of this session, the participant should be able to: G, L, E, B, C
1. Identify patients who are at risk for osteoporosis and should be evaluated with bone density testing as recommended by the International Society of Clinical Densitometry and National Osteoporosis Foundation guidelines.
2. Recommend the various nonpharmacologic and pharmacologic treatments for osteoporosis as recommended by the National Osteoporosis Foundation guidelines.

Crystal Arthropathies.
Upon completion of this session, the participant should be able to: G, L, E, B, C
1. Apply principles from the American College of Rheumatology guidelines in the diagnosis and treatment of crystal arthropathies including gout and pseudogout.

Adrenal Disease/Steroid Use in the Hospital Setting.
Upon completion of this session, the participant should be able to: C
1. Use pharmacologic principles of steroid preparations to design safe tapering algorithms.
2. Employ outcomes-based data in the evaluation of potential adrenal insufficiency in critically ill patients.
3. Apply stress dose steroid protocols for the perioperative period.

Disorders of Calcium Metabolism.
Upon completion of this session, the participant should be able to: G, L, E, B, C
1. Discuss the differential diagnosis of hypercalcemia.
2. Apply a cost-effective workup to elevated calcium states.
3. Evaluate Vitamin D treatment options using evidence-based data.

Spondyloarthropathies.
Upon completion of this session, the participant should be able to: E, B, C
1. Distinguish the clinical features of the different spondyloarthropathies to improve diagnostic accuracy.
2. Utilize clinical features, laboratory studies, and radiological studies to make a diagnosis of axial spondyloarthropathy.
3. Prescribe pharmacologic agents according to EULAR recommendations and evidence-based results from clinical trials for patients with spondyloarthropathies.

Rheumatologic Procedures.
Upon completion of this session, the participant should be able to: C
1. Use techniques for appropriate indications for intraarticular and soft tissue injections in rheumatology.

Male Hypogonadism: Clinical Features.
Upon completion of this session, the participant should be able to: E, B, C
1. Apply evidence-based consensus statements to address declining androgen levels in elderly males.
2. Design a cost-effective strategy to investigate causes of male hypogonadism.
3. Formulate an evaluation strategy for gynecomastia.

Polycystic Ovary Syndrome.
Upon completion of this session, the participant should be able to: G, L, E, B, C
1. Review current concepts in risk factors and pathophysiology.
2. Develop a simple laboratory screening process for diagnosis.
3. Apply understanding of pathophysiology to design a treatment strategy based on the AACE specialty Guideline society statements.

Thyroid Case Studies, Parts I & II.
Upon completion of these sessions, the participant should be able to: G, L, E, B, C
1. Review the etiologies and pathogenesis of hyper- and hypothyroidism.
2. Apply cost effective principles in the laboratory evaluation of thyroid conditions.
3. Design effective treatment protocols for various thyroid conditions based on management Guidelines of the ATA and AACE.
SPECIFIC OBJECTIVES

CME Sponsors: American Medical Seminars, Inc.
Activity Title: Endocrinology and Rheumatology: The Most Useful Topics from Two Specialties
Activity Dates: March 13-17, 2017
Presenting Faculty: William T. Ayoub, M.D., F.A.C.P., F.A.C.R.; Lawrence H. Brent, M.D.; and Frederick Sunderlin, M.D.

Septic Arthritis.
Upon completion of this session, the participant should be able to: GL, EBM, COMP

1. Determine the risk factors associated with septic arthritis.
2. Utilize the British Society of Rheumatology Guidelines for management of the hot swollen joint in adults to differentiate septic arthritis for other causes of acute monoarticular arthritis.

Lyme Disease and Other Topics in Rheumatology.
Upon completion of this session, the participant should be able to:

1. Apply CDC and Infectious Diseases Society of America Guidelines for the diagnosis, treatment, and prevention of Lyme disease.
2. Evaluate skin rashes as manifestations of systemic diseases.