



CME Sponsors: American Medical Seminars, Inc.
 Activity Title: Family Medicine, Pediatrics and Sports Medicine: A Comprehensive Approach to Clinical Problems
 Activity Dates: June 24-28, 2019
 Presenting Faculty: Stephen C. Eppes, M.D., F.A.A.P.; Kevin S. Ferentz, M.D.;
 Lisa R. Ferentz, M.S.W., L.C.S.W.-C., DAPA; 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****Routine Adult Care.**

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

1. Determine which screening tests are indicated for particular patients, according to USPSTF guidelines.
2. Employ Guideline recommendations presented for common disorders such as HBP, Lipids, STD's, Cancers-lung, Cx, Breast, etc; AAA, Hep B & C; T2DM, etc., .
3. Advise your patients regarding vitamins and supplements as per the USPSTF and Evidence.
4. Order appropriate immunizations for adult patients as per the ACIP and CDC Schedules.

More than Skin Deep: Dermatologic Conditions in Athletes.

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

1. Describe how skin conditions impact athletes in ways unique to them, as compared to the general population.
2. Diagnose and treat various skin conditions that are especially common in athletes and active individuals as per the NCAA and FSHSA Guidelines.
3. Recommend various prevention strategies that may be employed in athletics to stop the spread of some skin conditions.

4. 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).

Depression and Anxiety in Primary Care.

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

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 as per the APA and DSM-5 Criteria.
3. Prescribe appropriate medications and/or behavior modification to treat the various degrees of anxiety and depression as well as bipolar disorder from initiation to continuation and maintenance, when needed
4. Identify the suicidal patient and take appropriate actions for their safety as well as the public.

Approach to Stress Fractures.

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

1. Describe the stress fractures that can occur in various bones of athletes and athletic individuals.
2. Determine the rationale behind differing treatment approaches to preventing and treating stress fractures, such as the ACSM and AOSM Guidelines.
3. Develop rehabilitation points and advice for athletic or active individuals presenting with stress injuries and fractures, with consideration of the specific bone or bones involved.
4. Assess and order laboratory and imaging studies to assist in the diagnosis and prognostication of stress injuries and fractures as per the ACR Guidelines.

Day 2**Evaluation of Shoulder Pain in Athletes and Athletic Individuals**

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

1. Differentiate injuries of the shoulder using special tests.
2. Identify the anatomical structures of the shoulder that are pertinent to diagnosing and treating injuries.
3. Describe the signs and symptoms of common sports injuries to the shoulder.



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- Recognize what imaging modalities to use to correctly diagnose and, therefore, manage common injuries of the shoulder.

Smoking Cessation.

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

- Recognize the role of smoking in disease etiology and the Health Consequences as identified in the 2014 Surgeon General and CDC Report.
- Develop methods of how to recognize influence and build confidence in a patients' ability to quit smoking as per the AHCPR Guidelines.
- Utilize techniques and develop resources to enhance a patients' ability to stop smoking, such as the NCI and smokefree.gov.
- Recognize the various benefits or advantages, indications and contraindications for use of the various available drugs and devices to assisting your patient in smoking cessation.

Evaluation and Treatment of Neck Pain

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

- Describe the injuries that can occur in the neck region of athletes and athletic individuals.
- Develop a logical differential diagnosis for any athletic or active individual presenting with neck pain.
- Determine the rationale behind treatment approaches to various neck injuries as per the Cochrane Library Reviews and ACR (Rheumatology).
- Assess and order laboratory and imaging studies to assist in the diagnosis of neck injuries and pathologies as per the ACR Radiology Criteria and Guidelines.

Headache.

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

- Employ the diagnostic criteria for the common types of headaches seen in primary care as per the HA Classification Subcommittee of the International Headache Society and NHF.
- Be aware of "red flag" symptoms indicating the possibility of a more serious reason for the headache.
- Determine when diagnostic imaging is indicated in patients presenting with headache.
- Select appropriate treatment modalities for patients presenting with headache.

Day 3

Anemia.

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

- Develop a diagnostic strategy to ascertain the etiology of the anemia.
- Utilize the guidelines for diagnosing anemia in children and adults in terms of available testing.
- Develop a clinical approach to treating various anemias to include Iron Deficiency and "Anemia of Chronic Disease" due to infections, inflammatory dz's, CKD, Malignancies, Cytokines, Interferons, TNF's, etc.
- Describe the role of consultants in the evaluation and management of anemia.

Pediatric Immunization Update and Challenges of Vaccine Refusal.

Upon completion of this session, using information published by the CDC and AAP, the participant should be able to: ^{GL, COMP}

- Describe the relevant epidemiology of specific vaccine-preventable diseases.
- Appropriately use vaccines according to ACIP and AAP recommendations.
- Incorporate and apply the significant changes and updates to the current ACIP/AAP recommendations
- Approach the problem of vaccine refusal and provide clinical strategies to effect parental education and cooperation.

Food for Thought: Understanding and Working with Eating Disorders.

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

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

Antibiotic Update.

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

- Review recent trends in antibiotic resistance.
- Improve empiric antibiotic usage for common pediatric conditions.
- Develop strategies to resist further bacterial resistance, as recommended by the CDC.



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Day 4

Tick-Borne Infections: Hot Spots and Bullseyes.

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

1. Analyze the epidemiology of tick-borne infections.
2. Recognize the clinical/laboratory manifestations.
3. Appropriately prescribe therapy, incorporating recent IDSA guidelines.

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.

Acute Otitis Media: Of Pathogens and Patients.

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

1. Recognize trends in resistance in pediatric pathogens.
2. Assess recommendations in AAP/AAFP guidelines.
3. Appropriately prescribe empiric antibiotic therapy.

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.

Day 5

Thyroid Disease.

Upon completion of this session, the participant should be able to: ^{EBM, GL, 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 according to the American Thyroid Association Guidelines.

Chief Complaint: Fever and Rash.

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

1. Recognize distinctive clinical illnesses with fever and rash.
2. Develop an approach to clinical and laboratory diagnosis.

Obesity.

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

1. State the epidemiology of obesity in America and the health risks associated with obesity.
2. Assess patients who are obese and determine that they are in need of treatment.
3. Recommend and utilize the ACC/AHA/TOS Guidelines for the Management of Overweight and Obese Adults with options available, including diet, exercise, medications, and bariatric surgery.
4. Employ the Endocrinology Society Guidelines on Pharmacological Management of Obesity.

Virus X: Ubiquitous, Uncanny, Understandable.

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

1. Recognize the diverse clinical manifestations of EBV infection.
2. Order appropriate laboratory work-up based on the situation.
3. Anticipate natural history and complications of infection.