

Division of General Internal Medicine
Department of Medicine
University of California, San Francisco
School of Medicine



Primary Care Medicine: Update 2018

Wailea Beach Marriott Hotel
Maui, Hawaii

SUNDAY – FRIDAY

April 1-6, 2018



OVERVIEW

Changing patterns of medical practice are placing greater emphasis on ambulatory medicine and primary care practice, including office-based preventive medicine, reduction of cardiovascular risk factors, issues in women's health, management of chronic disease, application of behavioral medicine skills to ambulatory medical patients, the care of patients at the end of life, shared decision making, and the rational use of diagnostic tests and new medications. Designed for practicing internists, family practitioners, gynecologists, nurse practitioners, physician assistants, and all other health professionals interested in providing high quality primary care, this course will provide opportunities to enhance competence and improve performance. The course will focus on the skills and strategies needed in day-to-day office practice. The curriculum will feature in-depth discussion of challenging cases in preventive medicine, common problems in ambulatory care, and a broad selection of acute and chronic illnesses. This year's course will also highlight key issues in dermatology, neurology, geriatrics, palliative care, rheumatology, sports medicine, and nutrition. An audience response system will facilitate discussion of challenging clinical cases. The course is presented by the UCSF Division of General Internal Medicine of the Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

TARGET AUDIENCE

Designed for practicing internists, family practitioners, and all other health professionals interested in providing high quality primary care, this course will present a comprehensive review of new developments in outpatient medicine. Special attention will be paid to the day-to-day controversies of office practice, emphasizing preventive medicine, diagnosis and treatment of common disorders, issues in women's health, and current approaches to management of chronic illness.

OBJECTIVES

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies to:

- discuss and implement new guidelines in office-based preventive medicine;
- manage common office problems including hypertension, lipid disorders, diabetes, coronary heart disease, heart failure, chronic kidney disease, gout, and fibromyalgia;
- manage challenging issues in palliative care including advanced care planning and aid-in-dying;
- diagnose and treat common dermatologic disorders, skin cancers, and drug eruptions;
- diagnose and treat common disorders of the knee, ankle, shoulder, and elbow;
- diagnose and treat common mental health disorders including depression, anxiety, psychosis, and agitation;
- assess patients with recent head trauma;
- facilitate counseling and informed decision-making in contraception;
- optimally utilize the physical exam to assess clinical concerns in dermatology, neurology, and sports medicine;
- improve patient communication and shared-decision making;
- appropriately use new diagnostic tests, imaging studies, and new medications and better practice high-value care;
- increase the joy of primary care practice, prevent burn-out, and advocate for patient-centered primary care and health equity.

ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **20.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Geriatric: The approved credits shown above include **19.25** credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

Pharmacotherapeutics CEUs for Nurses: This activity is designated for a maximum of 13.75 pharmacotherapeutic credits towards meeting the requirement for nursing pharmacology continuing education. Nurses should claim 0.1 CEUs for each contact hour of participation in designated pharmacotherapeutic continuing education.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME.

Physician Assistants: AAPA accepts category 1 credit from AOACME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit™*

Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

ABIM Medical Knowledge Assessment: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20.75 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Primary Care Medicine: Update

SUNDAY, APRIL 1, 2018

3:00-5:00 pm *Registration*

MODERATOR: ROBERT B. BARON, MD, MS

5:00 pm		Welcome and Overview	
5:10	G	The Present and Future of Primary Care: Optimizing Payment, Quality, Equity, and Joy	Coleen Kivlahan, MD, MSPH
6:05	RxG	Managing Hypertension in 2018: How Do We Work With Conflicting Data and Conflicting Guidelines?	Robert B. Baron, MD, MS
7:00		<i>Adjourn</i>	

MONDAY, APRIL 2, 2018

MODERATOR: ROBERT B. BARON, MD, MS

6:30 am		<i>Continental Breakfast</i>	
7:00	RxG	Management of Lipid Disorders: Balancing Benefits and Harms	Robert B. Baron, MD, MS
7:55	RxG	Management of Coronary Artery Disease: A Primary Care Perspective	Michael G. Shlipak, MD, MPH
8:50		<i>Break</i>	
9:10	RxG	Advances in Prevention and Treatment of Stroke: What Every Primary Care Clinician Should Know	Kenneth A. Fox, MD
10:05	G	Cancer Screening 2018: Current Issues for Cervical, Breast, Colon, Prostate, and Lung Cancer	Coleen Kivlahan, MD, MSPH
11:00		<i>Adjourn</i>	

TUESDAY, APRIL 3, 2018

MODERATOR: CINDY J. CHANG, MD

6:30 am		<i>Continental Breakfast</i>	
7:00	G	Common Knee and Ankle Conditions You Will See in Office Practice	Cindy J. Chang, MD
7:55	RxG	Resolving Controversies in Gout Management	Andrew J. Gross, MD
8:50		<i>Break</i>	
9:10	RxG	Assessment and Treatment of Depression in Primary Care	Emma Samelson-Jones, MD
10:05	G	Examination Skills and Office Procedures in Dermatology	Lindy P. Fox, MD
11:00		<i>Adjourn</i>	

WEDNESDAY, APRIL 4, 2018

MODERATOR: COLEEN KIVLAHAN, MD, MSPH

6:30 am		<i>Continental Breakfast</i>	
7:00	RxG	Best Practices in Contraceptive Counseling	Coleen Kivlahan, MD, MSPH
7:55	RxG	Advanced Care Planning: A Practical Approach	Dawn M. Gross, MD, PhD
8:50		<i>Break</i>	
9:10	G	Sunscreens, "Spots" and Skin Cancer	Lindy P. Fox, MD
10:05	RxG	Chronic Kidney Disease: What the Generalist Needs to Know	Michael G. Shlipak, MD, MPH
11:00		<i>Adjourn</i>	

THURSDAY, APRIL 5, 2018

MODERATOR: ANDREW J. GROSS, MD

6:30 am		<i>Continental Breakfast</i>	
7:00	RxG	Fibromyalgia: It's Real, It's Manageable	Andrew J. Gross, MD
7:55	RxG	Anxiety Disorders in Primary Care	Emma Samelson-Jones, MD
8:50		<i>Break</i>	
9:10	RxG	Dermatology Pearls for the Primary Practitioner	Lindy P. Fox, MD
10:05	G	Five Common Upper Extremity Conditions You Will See in Office Practice	Cindy J. Chang, MD
11:00		<i>Adjourn</i>	

FRIDAY, APRIL 6, 2018

MODERATOR: MICHAEL G. SHLIPAK, MD, MPH

6:30 am	<i>Continental Breakfast</i>	
7:00	RxG Congestive Heart Failure: Effective Diagnosis, Treatment and Monitoring	Michael G. Shlipak, MD, MPH
7:55	Management of Concussions in Your Active Patient	Cindy J. Chang, MD
8:50	<i>Break</i>	
9:10	RxG Management of Type 2 Diabetes: Which Drugs for Which Patients?	Robert B. Baron, MD, MS
10:05	RxG Clinical Dilemmas in Psychiatry	Emma Samelson-Jones, MD
11:00	<i>Adjourn</i>	

Rx Meets Requirements for Pharmacotherapeutics CEUs for NPs/Nurses**G** Satisfies the California requirement for Geriatric CME

program

GENERAL INFORMATION

Advanced registration closes one (1) business day prior to start of course.

HOW TO ENROLL

Tuition:	\$895	Physicians
	\$745	Nurses/Allied Health Professionals/Residents/Fellows

The syllabus will be transmitted electronically one week prior to the course. Optional purchase of a printed syllabus is available for an additional \$40.

Payment can be made by Visa, MasterCard, AmEx or check.

REGISTER VIA

Online: cme.ucsf.edu

Mail: Complete course registration form and send with payment to:
UCSF Office of Continuing
Medical Education
P.O. Box 45368
San Francisco, CA 94145-0368

Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

Please check our website for up-to-date information on the course: cme.ucsf.edu

On-Site Registration: Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials.

Refund Policy: Cancellations received in writing before March 31, 2018 will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

general
info

CONFERENCE LOCATION

The Wailea Beach Marriott Hotel

3700 Wailea Alanui, Wailea, Maui, HI 96753
(888) 236-2427

A block of guestrooms has been reserved at the special UCSF conference rates:

Hotel Rates:

Terrace View	\$259/night (limited quantity)
Ocean View	\$299/night
Ocean Front	\$349/night

The hotel's room rates are for single or double occupancy and subject to applicable state and local taxes (currently 13.416%) in effect at the time of check-in. The above rates will be made available to attendees for three days before and after the Official Program Dates on a space-and rate-available basis. In addition, the hotel will include the following charges (subject to change):

1. Resort fee: \$15/per day (please see the Wailea Marriott website for details).
2. Required gratuities: Porterage - \$10 per person round-trip.

Please make your reservations early. The cut-off date is **March 1, 2018**, or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make hotel reservations on-line, go to cme.ucsf.edu and click on the hotel link in the Travel & Lodging section of the course webpage.

If you prefer to telephone in your reservation, call 888-236-2427 and identify yourself as a member of this UCSF conference to receive the special rate.

By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call 800-654-2240 and refer to convention number #03BW0137 or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION

UCSF has negotiated special fares with United Airlines for our course attendees. You may use the following offer code to book on your own: United- www.united.com code: ZZ26868008



UPCOMING COURSES

Essentials of Women's Health: An Integrated Approach to Primary Care and Office Gynecology

July 1-6, 2018

Hapuna Beach Prince Hotel, Hawaii's Big Island

Essentials of Primary Care: A Core Curriculum for Adult Ambulatory Practice

August 5-10, 2018

Resort at Squaw Creek, North Lake Tahoe

Primary Care Medicine: Principles & Practice

October 10-12, 2018

Hotel Nikko, San Francisco

Controversies in Women's Health

December 6-7, 2018

Hotel Nikko, San Francisco



0569
University of California,
San Francisco
Office of Continuing
Medical Education
3333 California Street
Suite 450
San Francisco, CA
94143-0742



For more information
or to register online
visit our website at
cme.ucsf.edu

You may also reach
us by calling the
Office of CME at
(415) 476-4251 or
email
info@ocme.ucsf.edu.

COURSE DIRECTOR

Robert B. Baron, MD, MS

Professor of Medicine
Associate Dean for Graduate and
Continuing Medical Education
University of California, San Francisco

FACULTY

(University of California, San Francisco)

Cindy J. Chang, MD

Professor of Orthopaedics and Family
& Community Medicine
Primary Care Sports Medicine

Kenneth A. Fox, MD

Associate Professor of Neurology;
Chief, Department of Neurology
Medical Director, Stroke Center,
The Permanente Medical Group,
Kaiser San Francisco Medical Center

FACULTY (CONTD)

Lindy P. Fox, MD

Associate Professor of Dermatology;
Director of Hospital Consultation

Andrew J. Gross, MD

Professor of Medicine
Chief, Rheumatology Clinic
Associate Chair of Ambulatory Care,
Department of Medicine

Dawn M. Gross, MD, PhD

Associate Professor of Medicine
Palliative Care Services

Coleen Kivlahan, MD, MSPH

Professor of Family and Community
Medicine; Executive Director, Primary
Care Services UCSF Health

FACULTY (CONTD)

Michael G. Shlipak, MD, MPH

Professor of Medicine and of
Epidemiology and Biostatistics
Chief, Division of General Internal
Medicine, San Francisco VA
Medical Center

Emma Samelson-Jones, MD

Assistant Professor of Psychiatry;
Embedded Psychiatrist, Division of
General Internal Medicine

faculty

Primary Care Medicine: Update 2018

MDM18M06

April 1-6, 2018

Wailea Beach Marriott • Maui, Hawaii

Mail to : UCSF Office of CME
 P.O. Box 45368
 San Francisco, CA 94145-0368
 Fax: (415) 502-1795

Online registration: cme.ucsf.edu
 Registration Information: (415) 476-5808
 Course Information: (415) 476-4251

Dr. Ms. Mr. Mrs.

Last Name	First	M.I.
Degree		Specialty
Address		
City	State	Zip
Daytime Phone	Fax	
Email		

Address Label Code Letter (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? Yes No

Date of birth to be used as OCME registrant number: ____ / ____ / **XX**
 Month Day

Please indicate if you have any special needs: _____

Registration Fees

- \$895** Physicians
- \$745** Nurses/Allied Health Professionals/Residents/Fellows
- \$40** Printed Syllabus*– Optional

*Course Syllabus – The syllabus will be transmitted electronically prior to the course. Optional purchase of a printed syllabus is available for an additional \$40.

Make checks payable to *UC Regents*

Please charge my credit card: Visa MasterCard AmEx for \$ _____

Card # _____ | _____ / _____ / _____ Expiration date

Name on Card (Please Print) _____ Authorized Signature _____

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Please check our website for up to date information on the course: cme.ucsf.edu

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