2019 Essentials CME Summer Courses

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

June 30 - July 5, 2019
Westin Hapuna Beach Resort
Mauna Kea, Big Island, Hawaii

Essentials of Primary Care
A Core Curriculum for Ambulatory Practice

August 4 - 9, 2019
Resort at Squaw Creek
North Lake Tahoe, California
Increasing appreciation of the unique needs of women patients and women's health care providers has created a need for innovative educational programs on women's health. This program, designed for family physicians, internists, gynecologists, nurses, nurse practitioners, physician assistants, pharmacists, and all others involved in providing quality health care for women, will provide a practical update on a full range of common but controversial issues in women's health. The course will serve to enhance the skills of those already working in women's health as well as help develop new skills for those expanding their work to include more primary care and office gynecology. Developed and taught by UCSF faculty in both general internal medicine and obstetrics and gynecology, the course will present an integrated approach to women's health. Emphasis will be placed on new developments in preventive care and cardiovascular risk factors in women, issues in reproductive health, and clinical strategies in the diagnosis and treatment of common gynecologic complaints and common medical problems of women. Special emphasis will be placed on office skills needed for modern day practice including: enhanced skills in physical examination, patient counseling, common office procedures, assessment of new medical technologies and therapeutics, clinical nutrition, and reading the medical literature. The course will use interactive lectures, clinical vignettes, hands-on workshops, small group discussions, audience response, and questions and answers. A detailed syllabus will be provided.

This course is presented by the Division of General Internal Medicine, Department of Medicine, and the Department of Obstetrics, Gynecology, and Reproductive Sciences and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

EDUCATIONAL OBJECTIVES

The purpose of this course is to increase competence and improve clinician practice in women’s health. We specifically anticipate improvements in skills and strategies to:

- Implement new guidelines for prevention and early detection of cancer with clinical exam, pap tests, genetic testing, and diagnostic imaging;
- Implement new guidelines for prevention and treatment of cardiovascular risk factors in women;
- Diagnose and treat common problems in women’s health including abnormal uterine bleeding, menopause, hypertension, high blood cholesterol, diabetes, obesity, thyroid disorders, osteoporosis, sleep disorders, family planning, STI's, and sexual health;
- Recognize and treat common lesions of the vulva and vagina;
- Diagnose and treat common sports injuries;
- Facilitate counseling and informed decision-making in preventive medicine, contraception, and abortion;
- Perform physical examinations and common office procedures in gynecology and sports medicine;
- Counsel patients about dietary change, exercise, vitamins, and supplements;
- Treat pain with minimal amounts of opioid medication;
- Improve communication with all patients;
- Effectively read the medical literature and assess different types of evidence;
- Prescribe new diagnostic tests and new medications;
- Increase quality and decrease costs in medical practice.

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 19.25 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 Medicine: The approved credits shown above include 14.00 geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine.

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

Pharmacotherapeutics CEUs for Nurses: For the purposes of recertification the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. This activity is designated for a maximum of 14.00 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.

Physician Assistants: AAPA accepts category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credits™ 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™.

Maintenance of Certification: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 19.25 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.

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

Determination of credits is pending.

ACOG: Cognates have been applied for through the American College of Obstetricians and Gynecologists. Determination of credits is pending.
SUNDAY, JUNE 30, 2019
4:00 pm  Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00  Welcome and Course Overview
5:10  G  A Reflection on the “Difficult” Patient: Six Decades of Advice and They Still Exist!
6:00  GRx  Current Strategies for Cancer Screening and the Well-Woman Exam
6:50 pm  Adjourn

MONDAY, JULY 1, 2019
6:30 am  Continental Breakfast
Moderator: Robert B. Baron, MD, MS
7:00  GRx  Management of Lipid Disorders: Integrating the New Guidelines
7:50  GRx  Diagnosis and Treatment of Osteoporosis: What's New and Controversial in 2019?
8:40  Coffee Break
9:00  GRx  Management of the Most Common Problems in Sports Medicine
9:50  GRx  What’s New in Management of Menopause and Perimenopausal Symptoms?
10:40 am  Adjourn

TUESDAY, JULY 2, 2019
6:30 am  Continental Breakfast
Moderator: Michael S. Policar, MD, MPH
7:00  GRx  Update on Sexually Transmitted Infections
7:50  GRx  Sexual Health: Common Concerns, Best Practices, and Expert Tips
8:40  Rx  Quality Contraception Care: Counseling and Controversies
9:30  Coffee Break
9:50  Concurrent Workshops (select one):
   A: Vulvar Skin Conditions and Vaginitis Cases
   G B: Best Practices in Physical Exam and Injection Skills for the Injured Knee and Shoulder
11:20 am  Adjourn

WEDNESDAY, JULY 3, 2019
6:30 am  Continental Breakfast
Moderator: Douglas C. Bauer, MD
7:00  GRx  Understanding Common Thyroid Disorders
7:50  GRx  Management of Diabetes Mellitus: Which Drugs for Which Patients?
8:40  Rx  Modern Management of Pain: Current Strategies for Maximizing Results While Minimizing Opioids
9:30  Coffee Break
9:50  Concurrent Workshops (select one):
   C: Maximizing Skills in Office Gyn Procedures
   D: Effective Weight Management in Office Practice
11:20 am  Adjourn

THURSDAY, JULY 4, 2019
6:30 am  Continental Breakfast
Moderator: Jody Steinauer, MD, MAS
7:00  GRx  Period Problems: From Puberty to the Postmenopause
7:50  GRx  Modern Management of Sleep Disorders in Women
8:40  GRx  Top Ten Articles in Women's Health from 2018
9:30  Coffee Break
9:50  Concurrent Workshops (select one):
   E: Making Complex Contraception Simple: An Interactive Workshop
   F: How Do I Know if What I Read (or Hear) is True? Expert Tips on Interpreting the Medical Literature
11:20 am  Adjourn

FRIDAY, JULY 5, 2019
6:30 am  Continental Breakfast
Moderator: Carlin Senter, MD
7:00  Rx  Understanding Sports Concussion
7:50  GRx  Managing Hypertension in Women: How Do We Work With Conflicting Data and Conflicting Guidelines?
8:40  Rx  Abortion 3.0: New Directions for Protecting and Expanding Access to Abortion
9:20 am  Adjourn

Geriatric Credit  Rx Meets Requirements for Pharmacotherapeutics
CEUs for NPs/Nurses
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:

- Implement new guidelines in office-based preventive medicine including cancer screening and management of cardiac risk factors;
- Develop strategies to care for common office problems including hypertension, lipid disorders, diabetes, coronary heart disease, heart failure, chronic kidney disease, Parkinson’s Disease, sleep disorders, and sexually transmitted infections;
- Manage common problems in women’s health including osteoporosis, contraception, and menopause;
- Diagnose and treat common skin disorders, skin infections, and skin cancer;
- Manage common problems in psychiatry including depression, bipolar disorder, anxiety, and somatoform disorders;
- Manage common problems in geriatrics;
- Counsel patients to improve eating habits, lose weight, and increase physical activity;
- Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic complaints;
- Perform common office procedures in dermatology and office gynecology;
- Develop best practices in patient communication;
- Critically evaluate the medical literature and apply it to clinical practice;
- Increase quality and decrease costs in medical practice.

This course is designed to provide a comprehensive core curriculum in adult primary care. The course will serve as an excellent update and review for current primary care physicians and other primary care professionals and as an opportunity for specialists to expand their primary care knowledge and skills.

Particular emphasis will be placed on principles of primary care, office-based preventive medicine, practical management of the most common problems seen in primary care practice, and expanded skills in clinical examination and common office procedures. Special emphasis will be placed on office-based skills and problem solving in dermatology, office gynecology and women’s health, neurology, geriatrics, clinical nutrition, and reading the medical literature. The course will utilize formal lectures, hands-on workshops, case discussions, an audience response system, and questions and answers. A detailed syllabus will be provided for all participants.

This course is presented by the Division of General Internal Medicine, Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco School of Medicine.
SUNDAY, AUGUST 4, 2019
3:00 pm  Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00  Welcome and Course Overview
5:10 G  Controversies in Cancer Screening 2019: Colon, Breast, Lung, and Prostate
6:00 G  Controversies in Cancer Screening 2019: Cervical, Ovarian and the Well Women Exam
6:50 pm  Adjourn

MONDAY, AUGUST 5, 2019
7:00 am  Continental Breakfast
Moderator: Robert B. Baron, MD, MS
7:30 GRx  Management of Lipid Disorders: Integrating the New Guidelines
8:20 GRx  Management of Coronary Artery Disease: A Primary Care Perspective
9:10  Break
9:30 GRx  Common Dermatologic Problems: What the Primary Care Physician Needs to Know
10:20 GRx  Update on Sexually Transmitted Infections
11:10 am  Adjourn

TUESDAY, AUGUST 6, 2019
7:00 am  Continental Breakfast
Moderator: Judith M.E. Walsh, MD, MPH
7:30 GRx  Current and Emerging Strategies for Osteoporosis
8:20 GRx  Skin Diseases in the Aging Patient
9:10 GRx  Depression in Primary Care: Mourning or Melancholia?
10:00  Break
10:20 Concurrent Workshops (select one):
A: Dermatologic Procedures in Primary Care
B: Advances in Women's Health: A Critical Review of the Year's Most Important Papers
11:50 am  Adjourn

WEDNESDAY, AUGUST 7, 2019
7:00 am  Continental Breakfast
Moderator: Leah S. Karliner, MD, MAS
7:30 GRx  Evaluating and Treating Parkinson's Disease and Tremors
8:20 GRx  Management of Diabetes Mellitus: Which Drugs for Which Patients?
9:10 GRx  Dermatologic Infectious Disease: Viral, Fungal and Bacterial Skin Diseases
10:00  Break
10:20 Concurrent Workshops (select one):
C: Somatic Symptom Disorder and Related Disorders: Clinical Pearls in Assessment and Treatment
D: Obesity and Weight Management in Office Practice
11:50 am  Adjourn

THURSDAY, AUGUST 8, 2019
7:00 am  Continental Breakfast
Moderator: Judith M.E. Walsh, MD, MPH
7:30 GRx  Contraceptive Update: New Methods, New Guidelines
8:20 GRx  What's New in Management of Menopause and Perimenopausal Symptoms?
9:10 GRx  Chronic Kidney Disease: What the Generalist Needs to Know
10:00  Break
10:20 Concurrent Workshops (select one):
E: Maximizing Skills in Office Gynecologic Procedures
F: Should It Change Your Practice? A Deeper Look at Some of the Past Year's Most Important Papers
11:50 am  Adjourn

FRIDAY, AUGUST 9, 2019
7:00 am  Continental Breakfast
Moderator: Michael G. Shlipak, MD, MPH
7:30 GRx  Heart Failure: Effective Diagnosis, Treatment and Monitoring
8:20 GRx  Managing Hypertension in 2019: How Do We Work with Conflicting Data and Conflicting Guidelines?
9:10  Break
9:30 GRx  Screening and Diagnosing Dementia in Primary Care
10:20 GRx  Managing Sleep and Its Disorders: Beyond Sleep Hygiene
11:10 am  Adjourn

G Geriatric Credit  Rx Meets Requirements for Pharmacotherapeutics
CEUs for NPs/Nurses  CEUs for NPs/Nurses
LAKE TAHOE
REGISTRATION INFORMATION FOR EACH COURSE
Tuition: $925  Practicing Physicians
        $775  Advanced Practice and Allied Health Professionals, and Physicians in Training
        $40  Optional Printed Syllabus
Payment may 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 CME
       3333 California Street Suite 450
       San Francisco, CA 94118
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.
On-Site Registration:  Registration is available on-site.
Please check our website for up-to-date information on the course: cme.ucsf.edu
REFUND POLICY
Cancellations received in writing before the first day of the course will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

GREENER MEETING - In an effort to save paper, the syllabi will be available electronically prior to each course. A printed syllabus book is also available for purchase for an additional $40.00.

ACCOMMODATIONS - HAWAII
Westin Hapuna Beach Resort
Big Island, Hawaii
Situated along the Big Island’s sunny Kohala Coast lie two spectacular sister properties – the Mauna Kea Beach Hotel and the newly renovated Westin Hapuna Beach Resort. A block of guestrooms has been reserved at both the Westin Hapuna Beach Resort and at the Mauna Kea Beach Hotel at the following discounted rates:

WESTIN HAPUNA BEACH RESORT
Partial Ocean View   $275  
Ocean View              $310  
Premium Ocean View $365  

MAUNA KEA BEACH HOTEL
Golf Vista                  $375  
Beach Front              $500  
Ocean Front Deluxe $600  

Rates are per room, per night, single/double, and subject to occupancy tax; simply call toll-free (800) 882-6060, or fax (808) 880-3142 and identify yourself as a member of UCSF Women’s Health conference to receive the special rates. The cutoff date is May 30, 2019 or until the group block is filled. After this date, rooms will be provided on a space available basis only. By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Kindly take this into consideration when making your decisions.

ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options, and children’s programs at the host hotel, please visit our website at cme.ucsf.edu

ACCOMMODATIONS - NORTH LAKE TAHOE
Resort at Squaw Creek
North Lake Tahoe, California
Located in North Lake Tahoe’s Squaw Valley – site of the historic 1960 Olympic Winter games, the Resort at Squaw Creek is the perfect location in which to learn and relax. For more details, visit www.squawcreek.com.
A block of guestrooms has been reserved at the Resort at Squaw Creek at the following discounted rates:

Deluxe Guest Room $235  
Fireplace Suite        $285  
Deluxe Fireplace Suite $305  

Rates are per room, per night, single/double, and subject to 10% transient occupancy tax and a $25 per day resort fee; simply call toll free (800) 403-4434 and identify yourself as a member of UCSF Primary Care to receive the special rates. To make hotel reservations on-line, please visit cme.ucsf.edu and click on the hotel link in the Travel & Lodging section of the course webpage. The cutoff date is July 5, 2019 or until the group block is filled. After this date, rooms will be provided on a space available basis only. By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Kindly take this into consideration when making your decisions.

ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options, and children’s programs at the host hotel, please visit our website at cme.ucsf.edu
UPCOMING PRIMARY CARE CME COURSES

APRIL IN HAWAII
Primary Care Medicine: Update 2019
April 7-12, 2019
Maui, Hawaii

OCTOBER IN SAN FRANCISCO
Primary Care Medicine: Principles and Practice
October 16-18, 2019
San Francisco, California

DECEMBER IN SAN FRANCISCO
Controversies in Women's Health
December 5-6, 2019
San Francisco, California

HAWAII FACULTY

PROGRAM CHAIRS
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education

Jody Steinauer, MD, MAS
Professor of Obstetrics, Gynecology & Reproductive Sciences; Director, Bixby Center for Global Reproductive Health
Vice Chair of Education, Obstetrics, Gynecology & Reproductive Sciences

PROGRAM CHAIR
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education

LAKE TAHOE FACULTY

FACULTY
Douglas C. Bauer, MD
Professor of Medicine and of Epidemiology & Biostatistics

Henry Crevensten, MD
Associate Professor of Medicine

Jennifer Kerns, MD, MS, MPH
Assistant Professor of Obstetrics, Gynecology and Reproductive Sciences

Michael S. Policar, MD, MPH
Professor Emeritus of Obstetrics, Gynecology and Reproductive Sciences

Carlin Senter, MD
Associate Professor of Orthopaedics and of Medicine

FACULTY
Descartes Li, MD
Professor of Psychiatry
Director, UCSF Bipolar Disorder Program
Director, Medical Student Education
UCSF Department of Psychiatry

Toby A. Maurer, MD
Professor of Dermatology
Chief of Dermatology
Zuckerberg San Francisco General

Michael S. Policar, MD, MPH
Professor Emeritus of Obstetrics, Gynecology and Reproductive Sciences

Leah S. Karliner, MD, MAS
Professor of Medicine
Director, Center on Aging in Diverse Communities

Michael G. Shlipak, MD, MPH
Professor of Medicine, Epidemiology & Biostatistics
Associate Chief of Medicine for Research Development
San Francisco VA Medical Center

Judith M.E. Walsh, MD, MPH
Professor of Medicine
Women’s Health Clinical Research Center
MDM20M01 • HAWAII

ESSENTIALS OF WOMEN’S HEALTH:
An Integrated Approach to Primary Care and Office Gynecology
June 30 - July 5, 2019
Westin Hapuna Beach Resort
Big Island, Hawaii

June 30 - July 5, 2019

REGISTRATION FEES

ESSENTIALS OF WOMEN’S HEALTH:
An Integrated Approach to Primary Care and Office Gynecology

☐ $925 Practicing Physicians
☐ $775 Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
☐ $40 Printed Syllabus (optional)

Please enroll me for the following ESSENTIALS OF WOMEN’S HEALTH workshops:
☐ Register me for Workshop ____ (A or B) to be held 9:50-11:20am on Tuesday, July 2
☐ Register me for Workshop ____ (C or D) to be held 9:50-11:20am on Wednesday, July 3
☐ Register me for Workshop ____ (E or F) to be held 9:50-11:20am on Thursday, July 4

ESSENTIALS OF PRIMARY CARE:
A Core Curriculum for Adult Ambulatory Practice

☐ $925 Practicing Physicians
☐ $775 Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows
☐ $40 Printed Syllabus (optional)

Please enroll me for the following ESSENTIALS OF PRIMARY CARE workshops:
☐ Register me for Workshop ____ (A or B) to be held 10:20-11:50am on Tuesday, August 6
☐ Register me for Workshop ____ (C or D) to be held 10:20-11:50am on Wednesday, August 7
☐ Register me for Workshop ____ (E or F) to be held 10:20-11:50am on Thursday, August 8

Make checks payable to UC Regents

Please charge my credit card: ☐ Visa ☐ MasterCard ☐ AmEx $ 

CARD # / EXPIRATION DATE

NAME ON CARD (PLEASE PRINT) ______________________________ AUTHORIZED SIGNATURE ______________________________

Refund Policy: Cancellations received in writing before the first day of the course will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

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