

UPMC

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences
Department of Medicine



Evidence-Based Approaches to Common Medical Problems

October 29–30, 2015

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors

Bernard J. Bernacki, DO, MPH, FACFP
Frederick R. DeRubertis, MD
Michael Donahoe, MD
James R. Johnston, MD
Wishwa N. Kapoor, MD, MPH
Melissa McNeil, MD, MPH
Larry W. Moreland, MD
A.J. Pinevich, MD, MBA, FACP
Fred H. Rubin, MD
Francis X. Solano Jr., MD, FACP
Terence W. Starz, MD
David C. Whitcomb, MD, PhD

Endorsed by:



Pennsylvania
MEDICAL SOCIETY®

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About the Program • • •

The course is a comprehensive update on major advances in internal medicine as well as a review of various medical and surgical related topics impacting daily practice. Participants receive updates on disease perspectives that can impact their specialty practice activities. Emphasis is placed on evidence-based approaches to practical and innovative health care delivery including care pathways that focus on key elements in the diagnosis and management of various diseases. This conference continues to be a respected resource. Highly regarded clinician-educators and researchers present at the course. They possess both the knowledge and experience in these approaches to teach them affectively.

Objectives • • •

Upon completion of this course, participants should be able to:

- Define care management pathways for common diseases encountered in primary care including lipid management, electrolyte disorders, NSAID use, diabetes and NASH.
- Synthesize current scientific evidence for managing women's health issues, atrial fibrillation, emerging infections, atherosclerosis heart disease, and allergies.
- Analyze the impact and outcomes of asthma, colon cancer screening, preoperative evaluation, immunizations, robotic surgery, and post-traumatic stress syndrome.

Who Should Attend • • •

This course is designed for general internists, family practitioners, medical specialists, and other health care professionals who provide primary care services.

Special Needs • • •

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 648-9647.



Continuing Education Credit • • •

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **15.5 AMA PRA Category 1 Credits™**. Each physician should only claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded **1.55** continuing education units (CEU's) which are equal to **15.5** contact hours.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.

Application for Category 2-A credit has been filed with the American Osteopathic Association. Determination of credit is pending.

The Department of Medicine and the Center for Continuing Education in the Health Sciences (CCEHS) have included topics which should meet the Patient Safety / Risk Management criteria. These topics will be highlighted in **gold** within the schedule.

Meeting Location, Accommodations, Parking • • •

Marriott Pittsburgh City Center

112 Washington Place • Pittsburgh, Pennsylvania 15219

Phone: (412) 471-4000

Fax: (412) 553-5252

The conference has contracted a limited number of hotel rooms at the **Marriott Pittsburgh City Center** for our conference attendees. You may book a room by calling the hotel directly at (412) 471-4000 or (800) 228-9290 and stating that you are attending the *UIM Course – UPMC*. The **room block** is limited and **only available until October 7, 2015** at 12:00 PM. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.

Room rates are \$147 per night plus applicable taxes and fees.

If you experience difficulty arranging your reservations, please call (412) 648-9647.

Parking is on your own and not covered by conference tuition. The on-site parking facility is approximately \$22.00/day. The entrance is located on the side of the Marriott Pittsburgh City Center hotel. Additional parking can be found across the street from the hotel at the Mellon Arena Parking lot (across from the Consol Energy Center facility).

UPDATE IN INTERNAL MEDICINE: 2015 Schedule

Evidence-Based Approaches To Common Medical Problems

THURSDAY, OCTOBER 29, 2015

7:15 am Registration/Continental Breakfast:
Visit Exhibitor/Vendor Booths

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **New Drugs for Diabetes: Are the Benefits Worth the Cost?**
Hussain Mahmud, MD

8:40 am **Implementing the ACC/AHA Guidelines for Lipid Management**
Mark Schmidhofer, MD

9:20 am **Upper GI Disorders**
Kevin McGrath, MD

10:00 am Break: Visit Exhibitor/Vendor Booths

10:15 am **Medical Marijuana**
Michael A. Zemaitis, PhD

10:45 am **Update on Asthma Treatments**
Sally Wenzel, MD

11:15 am **Management of Atrial Fibrillation**
Sandeep K. Jain, MD

11:40 am **Motivational Interviewing: Practices from the Heart**
Antoine Douaihy, MD

Noon Lunch Break – “Grab and Go”:
Visit Exhibitor/Vendor Booths

12:15 pm **LUNCH WITH THE PROFESSOR**

A. Antibiotic Use: Resistance and Stewardship
Brian A. Potoski, PharmD, BCPS

B. Complementary Approaches to the Management of Migraines and Osteoarthritis
Ronald Glick, MD

C. Disorders of the Colon
Jason M. Swoger, MD, MPH

D. Hormone Replacement Therapy: 2015
Melissa A. McNeil, MD, MPH

E. Management of Common Regional Musculoskeletal Disorders
Thaddeus A. Osial Jr., MD

F. Sleep Disorders Associated with Medical Problems
Patrick Strollo, MD, FCCP, FAASM

1:15 pm Break: Visit Exhibitor/Vendor Booths

AFTERNOON SESSION

1:30 pm **Emerging Infections: Ebola, Chikungunya, & Others**
Amesh A. Adalja, MD, FACP, FACEP

2:10 pm **Essential Elements of Cancer Survivorship Care**
G. van Londen, MD, MSc

2:45 pm **Update on Multisystem Autoimmune Illnesses: SLE, Sjogren’s and Systemic Sclerosis**
Robyn T. Domsic, MD, MPH

3:25 pm Break: Visit Exhibitor/Vendor Booths

3:40 pm **NASH and Alcoholic Liver Disease**
Kapil B. Chopra, MD

4:15 pm **Telemedicine to Manage Acute Change of Condition in Nursing Homes**
Steven M. Handler, MD, PhD, CMD

4:55 pm **Alternative and Emerging Tobacco and Nicotine Products: What Do I Need to Know?**
Brian A. Primack, MD, PhD

5:30 pm Thursday Adjournment

Topics meeting Patient Safety / Risk Management criteria are highlighted in **gold-colored** shading within the schedule.

UPDATE IN INTERNAL MEDICINE: 2015 Schedule

Evidence-Based Approaches To Common Medical Problems

FRIDAY, OCTOBER 30, 2015

7:15 am Continental Breakfast:
Visit Exhibitor/Vendor Booths

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Electrolyte Challenges: Sodium and Potassium**

James R. Johnston, MD

8:40 am **Update in Preoperative Evaluation**

Franziska Jovin, MD and Patrick Forte, MD

9:20 am **Immunization Update: Measles, Pertussis & Prevnar**

Richard Zimmerman, MD, MPH

10:00 am Break and Room Change for ABIM and Breakout Session I: Visit Exhibitor/Vendor Booths

10:15 am - **American Board of Internal Medicine (ABIM) Maintenance of Certification (MOC) Learning Session**

Moderators: A.J. Pinevich, MD, MBA, FACP, Mahesh Gajendran, MD, and Rosanne Granieri, MD

10:15 am **BREAKOUT SESSION I** (repeated at 11:10 am)

A. Allergy Update: Systemic and Cutaneous Allergic Reactions

Andrej A. Petrov, MD

B. Evaluation and Management of Patients with Thyroid Nodules

Shane LeBeau, MD

C. Management of Anxiety and Depression: Tips for When Time is Limited

James D. Tew Jr., MD

D. Post-Traumatic Stress Syndrome

Anne Germain, PhD

E. Role of the Advanced Practice Provider in the Medical Home

Benjamin R. Reynolds, PA-C, DFAAPA

10:55 am Break and Room Change for Breakout Session II: Visit Exhibitor/Vendor Booths

11:10 am **BREAKOUT SESSION II**

(Repeat of 10:15 am Breakout Session I)

A. Allergy Update: Systemic and Cutaneous Allergic Reactions

Andrej A. Petrov, MD

B. Evaluation and Management of Patients with Thyroid Nodules

Shane LeBeau, MD

C. Management of Anxiety and Depression: Tips for When Time is Limited

James D. Tew Jr., MD

D. Post-Traumatic Stress Syndrome

Anne Germain, PhD

E. Role of the Advanced Practice Provider in the Medical Home

Benjamin R. Reynolds, PA-C, DFAAPA

11:50 am Lunch Break — “Grab and Go”:
Visit Exhibitor/Vendor Booths

12:15 pm **Medical, Interventional and Surgical Management of Coronary Artery Disease: A Primary Care Perspective**

Joon Sup Lee, MD and Mark Schmidhofer, MD; Moderator: Fred H. Rubin, MD

AFTERNOON SESSION

1:15 pm **Physician Profiling: Alphabet Soup**

Francis X. Solano Jr., MD, FACP

1:55 pm Break: Visit Exhibitor/Vendor Booths

2:10 pm **Screening for Colon Cancer: What Test and How Often?**

Randall E. Brand, MD

2:50 pm **Nonsteroidal Anti-Inflammatory Drugs: New Perspectives on Old Medications**

Terence W. Starz, MD

3:30 pm **Update on CT Surgery**

Vinay Badhwar, MD

4:15 pm Conference Adjournment

Topics meeting Patient Safety / Risk Management criteria are highlighted in **gold-colored** shading within the schedule.

Course Directors • • •

Bernard J. Bernacki, DO, MPH, FACOFP

Chief, Division of Family and Community Medicine, Shadyside Campus

Frederick R. DeRubertis, MD

Professor of Medicine

Michael Donahoe, MD

Executive Vice Chair of Clinical Affairs
Professor of Medicine

James R. Johnston, MD

Professor of Medicine

Wishwa N. Kapoor, MD, MPH

Distinguished Service Professor of Medicine

Melissa McNeil, MD, MPH

Professor of Medicine and Obstetrics, Gynecology and Reproductive Sciences

Larry Moreland, MD

Margaret Jane Miller Endowed Professor of Arthritis Research
Department of Medicine

A.J. Pinevich, MD, MBA, FACP

Vice President, Medical Affairs
UPMC Mercy

Fred H. Rubin, MD

Professor of Medicine

Francis X. Solano Jr., MD, FACP

Clinical Professor of Medicine

Terence W. Starz, MD

Clinical Professor of Medicine

David C. Whitcomb, MD, PhD

Giant Eagle Foundation Professor of Cancer Genetics
Professor of Medicine, Cell Biology & Physiology and Human Genetics

Presenters • • •

Amesh A. Adalja, MD, FACP, FACEP

Senior Associate, Center for Health Security
Clinical Assistant Professor of Critical Care Medicine, and Emergency Medicine

Vinay Badhwar, MD

Associate Professor of Surgery

Randall E. Brand, MD

Professor of Medicine

Kapil B. Chopra, MD

Professor of Medicine

Robyn T. Domsic, MD, MPH

Assistant Professor of Medicine

Antoine Douaihy, MD

Associate Professor of Psychiatry

Patrick Forte, MD

Associate Professor of Anesthesiology

Mahesh Gajendran, MD

Clinical Instructor of Medicine

Anne Germain, PhD

Associate Professor of Psychiatry, Psychology, and Clinical and Translational Science

Ronald Glick, MD

Assistant Professor of Psychiatry and Physical Medicine and Rehabilitation

Rosanne Granieri, MD

Professor of Medicine

Steven M. Handler MD, PhD, CMD

Assistant Professor of Medicine

Sandeep K. Jain, MD

Associate Professor of Medicine

James R. Johnston, MD

Professor of Medicine

Franziska Jovin, MD

Clinical Associate Professor of Medicine

Shane LeBeau, MD

Clinical Associate Professor of Medicine

Joon Sup Lee, MD

Associate Professor of Medicine

Hussain Mahmud, MD

Clinical Assistant Professor of Medicine

Kevin McGrath, MD

Professor of Medicine

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Professor of Medicine and Obstetrics, Gynecology and Reproductive Sciences

Thaddeus A. Osial Jr.

Clinical Associate Professor of Medicine

Andrej A. Petrov, MD

Assistant Professor of Medicine

A. J. Pinevich, MD, MBA, FACP

Vice President of Medical Affairs
UPMC Mercy

Brian A. Potoski, PharmD, BCPS

Associate Professor of Pharmacy and Therapeutics

Brian A. Primack, MD, PhD

Director, Center for Research on Media, Technology, and Health
Associate Professor of Medicine

Benjamin R. Reynolds, PA-C, DFAAPA

Director, UPMC Office of Advanced Practice Providers
Clinical Assistant Professor of Surgery

Fred H. Rubin, MD

Professor of Medicine

Mark Schmidhofer, MD

Associate Professor of Medicine

Francis X. Solano Jr., MD, FACP

Clinical Professor of Medicine

Terence W. Starz, MD

Clinical Professor of Medicine

Patrick Strollo, MD, FCCP, FAASM

Professor of Medicine

Jason Swoger, MD, MPH

Assistant Professor

James D. Tew Jr., MD

Assistant Professor of Psychiatry

G. van Londen, MD, MSc

Assistant Professor of Medicine

Sally Wenzel, MD

Professor of Medicine

Michael A. Zemaitis, PhD

Professor of Pharmaceutical Sciences

Richard Zimmerman, MD, MPH

Professor of Family Medicine

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

Unless otherwise noted, all conference faculty are affiliated with the University of Pittsburgh School of Medicine and are located in the Pittsburgh, PA region.

Registration Information • • •

Early registrations will be accepted through Friday, September 25, 2015 at a reduced rate. After September 25, 2015 the registration fee will increase and will be accepted through Wednesday, October 21, 2015. Once the online registration system is closed on-site registrations will be accepted at an additional cost only if space is available. Please call (412) 648-9647 to confirm space availability after October 21, 2015.

Online Registrations (due by **October 21, 2015**)

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

Visit our online registration site at UPMC.com/UIM15 or <https://ccehs.upmc.com>.

Click the *Registration* button and enter all the requested information (including an email address and follow the prompts to submit your registration after entering your payment information.

Print the automatic electronic registration confirmation email sent to the email address you provided us when you registered. If you do not receive this confirmation, please contact us at (412) 647-8232.

Paper Registrations by Fax or Mail

(See contact information below)

If you are unable to register online please submit a request for paper form. UPMC employees whose registration fee will be remitted via journal transfer must request the paper registration form.

A confirmation letter will be faxed or mailed if registration is completed through the mail or fax by the early registration deadline. If you register online, you will receive an immediate email confirmation message.

Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact the CCEHS office at (412) 647-8232. **You must bring this confirmation letter with you to the conference.**

Registration fee includes:

- Continuing education credit
- Registration and course materials
- Continental breakfast, refreshments and lunch

Cancellation

All cancellations must be in writing and sent via U.S. Postal Service, email or fax. Tuition/registration for cancellations postmarked or date stamped before Wednesday, October 14, 2015 will be completely refunded. After the October 14, 2015 deadline, a \$50 administrative fee will be assessed. No refunds will be made after Wednesday, October 21, 2015. Cancellation requests can be sent to:

Jimette Gilmartin
Project Coordinator
Department of Medicine
3550 Terrace Street, 1218 Scaife Hall
Pittsburgh, PA 15261
Email: domuim@pitt.edu
Phone: (412) 647-9647 • Fax: (412) 383-8565

The Department of Medicine and CCEHS office reserve the right to cancel this program if a sufficient amount of registrations are not received. In the case of cancellation, registration fees will be fully refunded.

For additional information, contact:

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Phone: (412) 647-9647 • Fax: (412) 383-8565

Registration Fees

Early Registration <i>(on or before September 25, 2015)</i>	Registration <i>(registrations received after September 25, 2015)</i>	On-site Registration <i>(required after October 21, 2015)</i>
\$300 Physician Fee \$200 Nurses, PAs, and other healthcare professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$325 Physician Fee \$225 Nurses, PAs, and other healthcare professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$350 Physician Fee \$250 Nurses, PAs, and other health care professionals