

UPMC

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



ADVANCES CHANGING PRACTICE

October 10 – 11, 2019

Marriott Pittsburgh City Center
Pittsburgh, Pennsylvania

Course Directors

Kathryn Berlacher, MD, MS
Bernard J. Bernacki, DO, MPH
Michael Donahoe, MD
Daniel Glunk, MD
Lara Groetzinger, PharmD, BCCCP
Reena A. Karnik, MD
Melissa A. McNeil, MD, MPH
Larry W. Moreland, MD

Anthony J. Pinevich, MD, MBA
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Sandra Indacochea Sobel, MD
Francis X. Solano Jr., MD
Terence W. Starz, MD
Patrick J. Strollo Jr., MD

Endorsed by:



Pennsylvania
MEDICAL SOCIETY®

Doctors and Patients. Preserve the Relationship.®

About the Program • • •

This continuing education course, held annually in October, highlights essential advances in adult medicine. Participants learn the newest approaches to patient management from a variety of general and sub-specialty areas. Expert clinician-educators and researchers use evidence-based, yet practical approaches in their presentations. All presentations focus on critical elements in the diagnosis and the management of adult medical conditions.

Objectives • • •

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

- Define care management pathways for common diseases encountered in primary care including dyspnea, prostate cancer, depression, chronic kidney disease, dementia, hypersomnia, obesity, and dermatology challenges.
- Synthesize current scientific evidence for managing cerebrovascular disease, motility disorders of the GI tract, atrial arrhythmias, acute pain in the hospitalized patient with substance use disorders, smoking cessation, and antibody screening in rheumatic disorders.
- Analyze the impact and outcomes of newer anticoagulation agents, medical marijuana, preventive cardiology, medication use in the elderly population, home antibiotic management, travel medicine, and sharing your DNA for analysis.

Who Should Attend • • •

General internists, family practitioners, medical specialists, nurses, nurse practitioners, physician assistants, and other health care professionals who provide primary care services should attend this two-day course.

Continuing Education Credit • • •



In support of improving patient care, the University of Pittsburgh School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education to the health care team.

Physicians

The University of Pittsburgh School of Medicine designates this live activity for a maximum of **14.0 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity enables the participant to earn MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn ABIM MOC points equivalent to the amount of CME credits claimed for the activity.

This activity is approved for AOA Category 2 credit.

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

Pharmacists

This knowledge-based activity provides **14.0** contact hours of continuing pharmacy education credit.

Physician Assistants



The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 14 AAPA Category 1 CME credits.

PAs should only claim credit commensurate with the extent of their participation.

Nurses

Nurses will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Nurse Practitioners

Nurse practitioners will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

★ Designates pharmacotherapeutic topic in the course agenda

Other Health Care Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

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.

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 412-586-9511.

UPDATE IN INTERNAL MEDICINE: 2019 Schedule

ADVANCES CHANGING PRACTICE

Thursday, October 10, 2019

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

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Airplane Emergencies**
Thomas J. Doyle, MD, MPH

8:40 am **Optimal Anticoagulation: New Drugs, Indications and Reversal★**
Roy E. Smith, MD, MS

9:20 am **The Conundrum of Medical Marijuana**
Antoine B. Douaihy, MD

10:00 am **Medicine Made Ridiculously Simple**
Briana Ketterer, MD

10:10 am Break: Visit Exhibit/Vendor Booths

10:20 am **Diagnosis of Occult Dyspnea**
Jared Chiarchiaro, MD, MS

11:00 am **Advances in the Treatment of Stroke and TIA★**
Lawrence R. Wechsler, MD

11:50 am Lunch Break – “Grab and Go”:
Visit Exhibit/Vendor Booths

12:25 pm Lunch with the Professor

A. Managing Your Risk
Chatón T. Turner, JD

B. The Spondyloarthropathies and Enthesopathies — New Perspectives on Diagnosis and Management
Terence W. Starz, MD

C. Medication and the Elderly: Beer’s List and More★
Fred H. Rubin, MD

D. Diabetes Medications and Cardiovascular Disease★
Karen Selk, DO

E. Obesity Management in Medical Disorders
David A. Rometo, MD

F. Home Antibiotic Management★
Kathleen R. Sheridan, DO

1:15 pm Break: Visit Exhibit/Vendor Booths

AFTERNOON SESSION

1:30 pm **Depression: How Best to Treat, When to Refer★**
Ellen M. Whyte, MD

2:10 pm **Prostate Cancer Screening and Management**
Bruce L. Jacobs, MD, MPH

2:40 pm **Medicine Made Ridiculously Simple**
Niall Prendergast, MD

2:50 pm Break: Visit Exhibit/Vendor Booths

3:10 pm **Pharmaceutical Pricing: Why is this so Complicated?★**
C. Bernie Good, MD, MPH

3:50 pm **Preparing your CKD Patient for Dialysis**
Christopher John Passero, MD

4:30 pm Thursday Adjournment

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

★ Designates pharmacotherapeutic topic

continued on page 4



UPDATE IN INTERNAL MEDICINE: 2019 Schedule

ADVANCES CHANGING PRACTICE

Friday, October 11, 2019

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

7:55 am Welcome/Introduction

MORNING SESSION

8:00 am **Managing Acute Pain for Hospitalized Patients with Substance Use Disorder★**
Jane M. Liebschutz, MD, MPH

8:40 am **Cardiovascular Disease in Women**
Kathryn Berlacher, MD, MS

9:20 am **Preventive Cardiology: Aspirin, Omega -3, and Lipid Therapy**
Aryan Narayan Aiyer, MD

10:00 am **Medicine Made Ridiculously Simple**
Frederick Roepcke, MD

10:10 am Break: Visit Exhibit/Vendor Booths

10:30 am **Breakout Session I** (Repeated at 11:15 am)

G. How to Approach Antibody Screening in Rheumatic Diseases
Dana Ascherman, MD

H. Assessing Cognitive Disorders in General Practice
Adrian Visoiu, MD

I. Evaluating the Sleepy Patient
Sanjay R. Patel, MD, MS

J. Year in Review: Endocrinology
Jagdeesh Ullal, MD, MS

K. Travel Medicine: Things to Know Before You Go
Carolyn Fernandes, MD

L. Driven to the Edge: Assessment of Older Drivers
Michelle Rossi, MD, MPH

11:10 am Break and Room Change for Breakout Session II:
Visit Exhibitor/Vendor Booths

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

★ Designates pharmacotherapeutic topic

11:15 am **Breakout Session II**
(Repeat of 10:30 am Breakout Session I)

G. How to Approach Antibody Screening in Rheumatic Diseases
Dana Ascherman, MD

H. Assessing Cognitive Disorders in General Practice
Adrian Visoiu, MD

I. Evaluating the Sleepy Patient
Sanjay R. Patel, MD, MS

J. Year in Review: Endocrinology
Jagdeesh Ullal, MD, MS

K. Travel Medicine: Things to Know Before You Go
Carolyn Fernandes, MD

L. Driven to the Edge: Assessment of Older Drivers
Michelle Rossi, MD, MPH

11:55 am Lunch Break - "Grab and Go":
Visit Exhibit/Vendor Booths

12:15 pm **The Risks and Benefits of Sharing Your DNA**
Mylynda B. Massart, MD, PhD

AFTERNOON SESSION

1:00 pm **Atrial Arrhythmias: To Treat or Ablate★**
Samir Saba, MD

1:40 pm **Functional Dyspepsia and Gastroparesis**
David J. Levinthal, MD, PhD

2:15 pm Break: Visit Exhibit/Vendor Booths

2:30 pm **Medicine Made Ridiculously Simple**
Akshata Moghe, MD, PhD

2:40 pm **Smoking Cessation and the Hospitalized Patient**
Esa Matius Davis, MD, MPH

3:10 pm **The Top 10 Dermatology Challenges in Primary Care**
Laura Korb Ferris, MD, PhD

3:50 pm **The Role of Behavioral Health Management in Chronic Medical Disorders**
Eva Szigethy, MD, PhD

4:20 pm Conference Adjournment

Course Directors • • •

Kathryn Berlacher, MD, MS
Assistant Professor of Medicine

Bernard J. Bernacki, DO, MPH
Community Physician
Board member, Pittsburgh Regional
Health Initiative

Michael Donahoe, MD
Executive Vice Chair of Clinical Affairs
Professor of Medicine

Daniel Glunk, MD, MHCDS
Chief Quality Officer
UPMC Susquehanna

Lara Groetzinger, PharmD, BCCCP
Unit Based Clinical Pharmacist,
Medical Intensive Care Unit
UPMC Presbyterian

Reena A Karnik, MD
Internal Medicine Residency
Program Director
UPMC McKeesport

Melissa A. McNeil, MD, MPH
Professor of Medicine
Associate Chief, Division of General
Internal Medicine

Larry W. Moreland, MD
Margaret J. Miller Endowed Professor
of Arthritis Research
Chief, Division of Rheumatology
and Clinical Immunology
Department of Medicine

Anthony J. Pinevich, MD, MBA
Vice President, Medical Affairs
UPMC Mercy

Benjamin Reynolds, PA-C
Director
UPMC Office of Advance
Practice Providers

Fred H. Rubin, MD
Professor of Medicine

Sandra Indacochea Sobel, MD
Clinical Assistant Professor of Medicine
Clinical Chief of Endocrinology
UPMC Mercy

Francis X. Solano Jr., MD
Clinical Professor of Medicine

Terence W. Starz, MD
Clinical Professor of Medicine

Patrick J. Strollo Jr., MD
Vice Chair for Veterans Affairs,
Department of Medicine
Vice President Medical Service Line
VA Pittsburgh Health System
Professor of Medicine

University of Pittsburgh School of Medicine Presenters • • •

Aryan Narayan Aiyer, MD
Assistant Professor of Medicine

Dana Ascherman, MD
Professor of Medicine

Kathryn Berlacher, MD, MS
Assistant Professor of Medicine

Jared Chiarchiaro, MD, MS
Assistant Professor of Medicine

Esa Matius Davis, MD, MPH
Associate Professor of Medicine
Director, UPMC Tobacco
Treatment Service

Antoine B. Douaihy, MD
Professor of Psychiatry and Medicine

Thomas J. Doyle, MD, MPH
Clinical Assistant Professor of
Emergency Medicine
Medical Director, UPMC Command Center
Medical Director, Airline Services

Carolyn Fernandes, MD
Clinical Assistant Professor of Medicine
Director, UPMC Center for Care of
Infectious Diseases Travel Clinic

C. Bernie Good, MD, MPH
Professor of Medicine and Pharmacy,
Senior Medical Director, and Director
for the Center for Value-Based
Pharmacy Initiatives, UPMC Health
Plan Insurance Division

Bruce L. Jacobs, MD, MPH
Assistant Professor of Urology
Associate Program Director, Urologic
Oncology Fellowship

Briana Ketterer, MD
Clinical Instructor of Medicine

Laura Korb Ferris, MD, PhD
Associate Professor of Dermatology

David J. Levinthal, MD, PhD
Assistant Professor of Medicine
Director, Neurogastroenterology &
Motility Center

Jane M. Liebschutz, MD, MPH
Professor of Medicine
Chief, Division of General
Internal Medicine
UPMC Endowed Chair of Translational
Medicine and Research

Mylynda B. Massart, MD, PhD
Assistant Professor of Family Medicine

Akshata Moghe, MD, PhD
Fellow, Gastroenterology,
Hepatology and Nutrition

Christopher John Passero, MD
Clinical Assistant Professor of Medicine

Sanjay R. Patel, MD, MS
Professor of Medicine and Epidemiology

Niall Prendergast, MD
Fellow, Pulmonary, Allergy and Critical
Care Medicine

Frederick Roepcke, MD
Fellow, Endocrinology and Metabolism

David A. Rometo, MD
Clinical Assistant Professor of Medicine

Michelle Rossi, MD, MPH
Associate Professor of Medicine

Fred H. Rubin, MD
Professor of Medicine

Samir Saba, MD
Professor of Medicine
Chief, Division of Cardiology
Co-Director, Heart and Vascular Institute

**University of Pittsburgh
School of Medicine**

Presenters • • • (continued from page 5)

Karen Selk, DO

Clinical Assistant Professor of Medicine

Kathleen R. Sheridan, DO

Clinical Associate Professor of Medicine

Roy E. Smith, MD, MS

Professor of Medicine

Terence W. Starz, MD

Clinical Professor of Medicine

Eva Szigethy, MD, PhD

Professor of Psychiatry, Medicine, and Pediatrics

Chatón T. Turner, JD

Sr. Associate Counsel/Sr. Director, Disability Services

Jagdeesh Ullal, MD, MS

Clinical Associate Professor of Medicine

Adrian Visoiu, MD

Clinical Associate Professor of Medicine

Lawrence R. Wechsler, MD

Henry B. Higman Professor and Chairman

Ellen M. Whyte, MD

Assistant Professor of Psychiatry

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.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

Meeting Location, Accommodations • • •

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 – University of Pittsburgh/ Department of Medicine**. The room block is limited and only available until **September 25, 2019 at 12:00 PM**. Space cannot be guaranteed once the block expires or the block is filled, whichever occurs first.

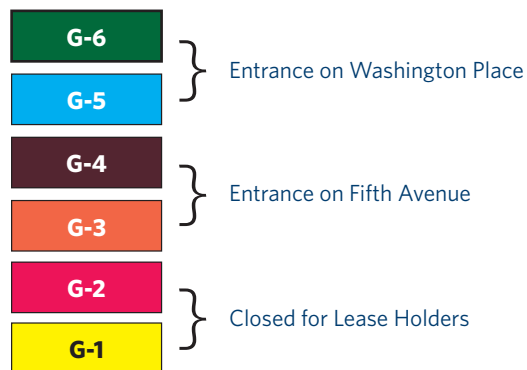
Room rates are \$164 per night plus applicable taxes and fees. If you experience difficulty arranging your reservations, please call (412) 586-9511.

Parking at Marriott Garage / Chatham Center • • •

Parking can be prepaid at point of registration. Parking rates are for Conference Day(s) only, not for overnight parking. **The on-site parking facility is approximately \$14/day**. Overnight Marriott guests should ask for self-parking pass upon check-in **The entrance is located on the side of the Pittsburgh Marriott City Center hotel**. There are entrances located on Washington Place (Marriott side) and off Fifth Avenue. **Additional parking can be found across the street from the hotel at the PPG Paints Arena.**

Marriott Garage / Chatham Center

Color Key for Floors G-1 to G-6



For more information, contact: dom.pitt.edu/UIM

Registration Information • • •

Early registrations will be accepted through **Sunday, September 8, 2019** at a reduced rate. After **September 8, 2019** the registration fee will increase and will be accepted through **Sunday, September 29, 2019**. *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) 586-9511 to confirm space availability after **September 29, 2019**.

On-line Registrations (due by September 29, 2019)

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

Visit our online registration site at dom.pitt.edu/UIM 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.

A confirmation letter will be faxed or mailed if registration is completed through the mail or fax by the pre-registration deadline. If you register on-line, you will receive an immediate e-mail 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 us at 412-647-8232 or 412-586-9511. **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 **Sunday, September 29, 2019** will be completely refunded. After the **Sunday, September 29, 2019** deadline, a \$75 administrative fee will be assessed. No refunds will be made after **Friday, October 4, 2019**. 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) 586-9511
Fax: (412) 586-9200

The Department of Medicine reserves the right to cancel this program if a sufficient amount of registrations are not received. In the case of cancellation, the department will fully refund registration fees.

For additional information, contact:

Jimette Gilmartin
Project Coordinator
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Pittsburgh, PA 15261
Email: domuim@pitt.edu
Phone: (412) 586-9511
Fax: (412) 586-9200

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Registration Fees

Early Registration (<i>on or before</i> September 8, 2019)	Registration (registrations received <i>after</i> September 8, 2019)	On-site Registration (required <i>after</i> September 29, 2019)
\$300 Physician Fee \$200 Nurses, PAs, and other health care professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$325 Physician Fee \$225 Nurses, PAs, and other health care professionals FEE WAIVED for: Physicians in first year of practice, Residents and Fellows	\$350 Physician Fee \$250 Nurses, PAs, and other health care professionals