

# MEDICAL EDUCATION SPEAKERS NETWORK

ESTD **96** DATE

## Trending CME Topics

### *You Asked, We Answered*

Many of our customers have asked for a list of CME topics we've recently scheduled and what is currently trending in CME. In this edition of Trending CME Topics, we've included a selection of presentation topics and the desired need/objectives to assist in your planning.

MESN has over 27,000 speakers nationwide including doctors, nurses, and other healthcare professionals as well as ethicists, attorneys, and other consultants. A majority of our faculty are affiliated with respected medical schools and other professional organizations. We continually update our database with new speakers and topics, so please call us, and we will be happy to recommend a faculty member to match your specific requirements.

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### **2018-2019 Holidays and Dates to Consider**

#### November

<b>SCMEC Conference</b> ( <a href="http://www.scmec.org">www.scmec.org</a> )	Friday, Nov. 2
<b>Veterans Day</b>	Sunday, Nov. 11
<b>Thanksgiving Day</b>	Thursday, Nov. 22*
<b>MESN Closed</b>	Friday, Nov. 23*

#### December

<b>Hanukkah Begins</b>	Sunday, Dec. 2
<b>First Day of Winter</b>	Friday, Dec. 21
<b>Christmas Eve</b>	Monday, Dec. 24*
<b>Christmas Day</b>	Tuesday, Dec. 25*
<b>New Year's Eve</b>	Monday, Dec. 31*

#### January

<b>New Year's Day</b>	Tuesday, Jan. 1*
<b>SCMEC Meeting</b>	Tuesday, January 15
<b>Martin Luther King Jr. Day</b>	Monday, January 21
<b>Alliance Annual Conf.</b> ( <a href="http://www.acehp.org">www.acehp.org</a> )	January 23-26

#### February

<b>Valentine's Day</b>	Thursday, Feb. 14
<b>President's Day</b>	Monday, Feb. 18*

\* Office Closed

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## **Addiction Medicine**

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### **Alcohol Withdrawal Management**

- Review of alcohol withdrawal
- Understanding of mechanism of withdrawal
- Understanding of clinical manifestation of withdrawal
- Acute management of withdrawal
- Predictors of severe withdrawal

### **Opioid Prescription Guidelines**

- Recall screening tools to stratify risk for opioid misuse
- Identify elements in a physician-patient opioid agreement
- Explain use of prescription monitoring programs and urine drug testing to monitor patient compliance

### **State-of-the-Art Issues in Tobacco Control: E-cigarettes, Tobacco Treatment, and Lung Cancer Screening**

- Describe recent policy and epidemiological issues related to the use of electronic cigarettes
- Utilize the current evidence regarding the safety and efficacy of e-cigarettes in communicating with patients regarding these products
- Apply the concept of harm-reduction to clinical practice as it pertains to tobacco control strategies

## **Medical Marijuana**

- Review the medical conditions for which cannabinoids have been shown to have a therapeutic effect and discuss the evidence with patients
- Discuss with patients the health hazards associated with cannabis use
- Review legal aspects of prescribing medical marijuana as it pertains to his/her city, state or county
- Describe the personal, political, medical, and economic issues that influence public policy about medical marijuana

### **Alcohol Use Disorder**

- Describe the epidemiology of Alcohol Use Disorder (AUD) and outline current and evolving diagnostic criteria
- Describe challenges to the successful identification of patients with AUD
- Identify the treatment modalities currently available for management of AUD and apply them to patient cases using evidence-based medicine
- Develop strategies for recognizing and improving therapeutic adherence in patients treated for AUD

### **E-cigarettes, Harm Reduction, and Smoking Cessation**

- Describe recent policy and epidemiological issues related to the use of electronic cigarettes
- Utilize the current evidence regarding the safety and efficacy of e-cigarettes in communicating with patients regarding these products
- Apply the concept of harm-reduction to clinical practice as it pertains to tobacco control strategies

## **Binge Eating Disorder: Therapeutic Updates, Best Practices, and Barriers to Care**

- Describe the importance of accurate diagnosis and treatment of BED
- Determine the likelihood of BED using established methods in a patient case
- Describe available therapies used for the treatment of BED and summarize recent literature supporting use of those therapies
- Design a therapeutic regimen, including pharmacotherapy, for the treatment of BED
- Describe barriers preventing the optimal treatment of BED

### **Narcotics Addiction**

- Identify prevalence and patterns of opioid use and abuse
- Understand opioid effects on the body systems
- Explain neurobiology of opioid addiction
- Discuss psychosocial and pharmacological interventions for opioid use disorders

### **Smoking Cessation**

- Describe the prevalence, costs, and premature mortality associated with tobacco smoking in the US
- Address the psychological and biological aspects of cigarette addiction
- Identify the components of a comprehensive tobacco smoking cessation plan
- Provide specific recommendations regarding drug therapy as well as appropriate patient counseling
- Counsel patients who are addicted to smoking, taking into consideration age, culture, language, and health literacy

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## ***Allergy & Immunology***

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### **Anaphylaxis**

- Understand the pathogenesis of immediate hypersensitivity reactions
- Better evaluate the possible causes of past anaphylactic reactions
- Administer treatment for acute anaphylaxis

### **Eliminating Untrue Allergies (Penicillin Allergy Testing and Antibiotic Stewardship)**

- Discuss the incidence of true penicillin allergies
- Recognize the likelihood of cross-reactivity with cephalosporins
- Evaluate negative clinical and cost implications of penicillin “allergies”
- Incorporate recommendations for using the right antibiotic every time to avoid morbidity
- Identify cultural, racial, ethnic and socioeconomic factors

### **Latex Allergies**

- Describe latex and products that contain this substance, e.g., balloons, rubber bands, blood pressure cuffs, catheters, oxygen tubing
- Identify what groups in the population are more at risk for latex allergy
- Cite the three types of latex reactions - IgE-mediated allergic reactions, cell-mediated contact dermatitis, irritant dermatitis
- Assess and diagnose a latex allergy

## **Atopic Dermatitis (AD): Best Practices, Barriers to Care, and Emerging Therapies in Medication Management**

- Apply practice guidelines in the treatment of AD among various patient and clinical scenarios, and describe their strengths and weaknesses
- Describe the goal of treatment and understand current therapies used for treatment for AD
- Describe present and emerging drug therapies for management of AD and apply them to patient cases taking into account the patient's history
- Describe present clinical controversies surrounding the clinical management of AD
- Describe clinical and logistical challenges associated with treating and educating patients with AD

## **New Peanut Allergy Prevention Guidelines Starting in Infancy**

- Describe pathophysiology of peanut allergy
- Diagnose and test for food allergies, including peanuts
- Discuss the history of peanut allergy treatment in America
- Evaluate new LEAP Guidelines

## **Clinical Pearls in Managing Patients with Allergic and Immunologic Diseases**

- Understand and demonstrate appropriate use of epinephrine for allergic reactions
- Describe the basis of food allergy to shellfish and its lack of relationship to radio contrast material
- Select the best medication for pain control in aspirin allergic patients
- Distinguish food allergy from pollen-food syndrome

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## **Anesthesiology, Pain Management & Palliative Care**

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### **Quality of Life**

- Explain the importance of quality of life
- Define quality of life as it pertains to health care
- Analyze health-related quality of life such on the individual level and the community level
- Explain how tracking health-related quality of life can bridge boundaries between social, mental and medical services

### **Delirium in the Post-Op Patient**

- Review the definition, incidence and implications of delirium and in particular postoperative delirium
- Analyze the underlying risk factors, pathophysiology and diagnostic tools available
- Discuss current guidelines and collective strategies to prevent and treat postoperative delirium

### **Opioid Prescription Guidelines**

- Recognize that failure to treat pain is a serious health issue
- Know that prescription pain relievers are the drugs of choice for abusers
- Provide tools and support for prescribing physician and other prescribers
- Identify guidelines and legal regulations for prescribers
- Consider the patient's age and difficulties with communication when writing a treatment plan

## Chronic Narcotic Use: How to Manage Pain in the In-Patient Setting

- Stratify opiate dependent patient to prevent complications
- Treat pain effectively in the inpatient/hospitalized patient
- Determine what is the best pain medication to prescribe in-hospital
- Deal appropriately with patient demanding narcotics (or demanding more and more pain medication)
- Address language and other cultural barriers which make pain management assessment more difficult to monitor

## Pain Assessment and Management

- Explain how patients should be involved in the assessment and management of their pain
- Examine pharmacologic and non-pharmacologic treatment strategies, as well as the benefits and risks to patients, when determining the most appropriate intervention
- Evaluate and minimize the risks of dependency, addiction and abuse of opioids when using medications to treat pain

## CURES and the Opioid Crisis

- Define CURE's Act
- Identify opioid practice updates in the CDC 2016 guidelines
- Create a plan to appropriately monitor patients using opioids

## Palliative Care

- Informing patients of their options and palliative care
- Educating physicians about palliative care and early treatment
- Improving communication with patients and their family members about palliative care

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## Assorted Topics

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### The Brain in Pain: Nutritional Therapies for Headache Management

- Review the rationale for nutritional intervention in headache management
- Discuss the prevalence of common nutritional interventions including dietary counseling
- Review the efficacy and incorporation of various nutritional and dietary supplement interventions in the setting of headache

### Telemedicine

- Define Telemedicine and identify the stakeholders
- Articulate the benefits and risks of Telemedicine for the primary care physician and specialty care medicine
- Enumerate the specialties where Telemedicine may be applicable

### Vertigo

- Identify the different types and common causes of vertigo, risk factors, and associated symptoms
- Take appropriate patient history and order follow-up tests to evaluate patients
- Utilize appropriate tests for establishing a differential diagnosis
- Select effective treatment based on diagnostic findings
- Refer patients to a neurologist when appropriate
- Educate patients about healthy lifestyle and the importance of maintaining optimal ranges with blood pressure, cholesterol, weight, and blood glucose levels

## Pros and Cons of Supplements

- Identify the pros and cons of supplements
- Summarize the role of supplements within patients' diets
- Evaluate the recent data and studies related to supplements
- Navigate patients' cultural beliefs and socioeconomics concerning supplements, and communicate risk factors

## Malnutrition

- Compare the specific criteria for minor malnutrition and severe malnutrition
- Identify when a patient should or should not be considered for malnutrition
- Assess malnourished patients and treat properly while substantiating diagnosis
- Improve awareness of malnutrition in the elderly population among various diverse socioeconomic status

## Optimizing your Time Management for Personal and Professional Wellness in the Medical Setting

- Review time challenges to balancing a satisfying personal life and medical career.
- Define Burnout and Wellness
- Explore tools available to deal with work/life conflict, time management, and ways to improve wellness.

## When a Headache is Not a Headache: Initial Diagnosis of a Brain Tumor

- Choose the appropriate testing and imaging for patients presenting with headaches and other neurologic dysfunctions
- Identify the risk factors associated with the diagnosis of a brain tumor
- Cite the roles of the interdisciplinary team in the care of patients with brain tumors
- Recognize patients at higher risk, such as elderly patients, while navigating any language barriers

## CME Requirements for Radiology

- Identify the technical factors that directly influence the x-ray exposure rate and influence patient and operator exposure
- List the short-term and long-term effects of ionizing radiation
- Operate the fluoroscope appropriately to minimize risks to patients, operators, and personnel
- Examine how the quality of the image is affected by: scintillation, resolution, contrast, and distortion
- Utilize radiation protection practices and equipment appropriately to reduce radiation risks to the operator, the patient, and to personnel
- Take into consideration the biological effects of fluoroscopy on pregnant patients, children, elderly, obese patients, etc.

## Managing Expectations: Delivering the Worst News in the Best Way

- Gain perspective about communication in serious illness, including evidence regarding commonly used interventions, such as "complex care meetings"
- Recognize how approaching difficult communication early serves to decrease moral distress throughout the care continuum
- Increase awareness of evidence-based communication tools, that may be tailored for use with patients of all ages

## Pancreatitis

- Recognize symptoms to be able to diagnose
- Perform an evaluation of the pancreatitis patient
- Employ appropriate treatment and timing of treatment
- Identify and follow indications for use of antibiotics

## Domestic Violence

- Cite the epidemiology of domestic violence
- Identify those populations at risk for domestic violence while navigating cultural views and/or barriers
- Recognize the signs and symptoms of domestic violence
- Apply the appropriate strategies and interventions in the treatment of domestic violence
- Address the patient appropriately when the suspected perpetrator is present

## Implications of Marijuana Use to Hospital Care

- Discuss the historical use of cannabis and the current use in pop culture and political movements
- Review the available OTC varieties and Rx
- Outline the biochemistry of Endocannabinoids and their impact on hospital care
- Analyze the evidence of benefits and of detriments
- Incorporate new knowledge into practice, including discussions with patients

## Arresting Pain Without Getting Arrested

- Identify the human costs and risks of failing to manage pain
- Identify and overcome the barriers to pain management
- Assess pain in a consistent as well as both quantitative & qualitative manner
- Apply the principles of pain management to create comfort for patients
- Avoid the legal risks and consequences of failing to control patient pain

## Top 8 Dangerous Prescribed Medication

- Define adverse drug reactions and severe adverse drug reactions that would qualify a medication as a “Dangerous Drug”
- List the most dangerous medications used currently available in the United States and why they are dangerous

## Reducing Compassion Fatigue: Helping Healers Heal

- Identify compassion fatigue in colleagues and in themselves
- Articulate the differences between compassion fatigue & burnout
- Understand the relationship between compassion fatigue & physician suicide
- Employ compassion fatigue reduction tools

## Suicide in the Elderly: Causes, Conditions and Prevention

- Identify at least seven different causes of suicide in the elderly
- Articulate at least three distinct perspectives on elder suicide
- Name at least five specific types of suicide

## Effects of Climate Change on Health

- Provide physicians with a better understanding of air pollution exposure and potential health effects
- Effects of air pollution exposures on the heart: implications for cardiac morbidity and mortality
- Current findings on causal associations between specific pollutants and cardiovascular disease
- Potential implications of climate change with respect to pollutant-related health effects
- Provide an appreciation of potential for air quality degradation in the future and implications for public health

## Wound Assessment and Management

- Understand the physiology of wound healing and identify factors that may impair healing
- Be aware that geriatric and immunosuppressed patients are at greater risk for wound complications and impaired wound healing
- Identify patients at risk for developing pressure ulcers
- Compare and select diagnostic tests related to wound classification and assessment
- Compare and select modalities used for acute and chronic wound management, including topical therapies, surgical revascularization, and debridement
- Select strategies for enhancing wound healing and preventing, identifying and treating pressure ulcers, wound complications and infections

## Obesity

- Describe the obesity epidemiology, including its prevalence in children, adults & different ethnic groups
- Recognize causes of obesity, including genetic and environmental factors
- Identify risks and comorbidities of obesity, select effective treatment modalities including surgical options
- Identify new drugs for treatment and counsel patients on preventive strategies

## Role of Procalcitonin in Hospitalized Patients

- Understand appropriate indications for checking procalcitonin levels
- Be aware of confounding factors that can affect procalcitonin levels
- Order and interpret procalcitonin levels appropriately for a broad spectrum of clinical contexts

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## *Business of Medicine*

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### Communication for Patient Safety

- Identify strategies to improve provider patient communication
- Understand techniques such as SBAR and I-PASS that are being utilized to improve the safety and efficiency of healthcare handoffs
- Explain how to avoid common communication errors
- Discuss the Joint Commission National Patient Safety Goals that pertain to communication

### Boundary Issues between Patients and Physicians including Social Media

- The definition of, and common examples of boundary dilemmas between patients and doctors
- The ethical and professional limits of gift-giving and receiving between patients and doctors
- The ethical and professional limits of socializing with patients and family members, including using social media.
- The professional, ethical and legal boundaries concerning sexuality and patient contact

### Active Shooter: In the Hospital Environment

- Identify safety and survival strategies specific for their institution during an active shooting event
- Assess both effective and non-effective responses to an active shooting event
- Follow the developed policies, procedures and training for such events
- Recognize signs and symptoms of emotional trauma effectively and refer the patient to a qualified counselor

## **When Physicians and Patients Disagree: What to Do?**

- Identify the causes of conflict
- Utilize evidence-based tools to defuse conflict situations with patients
- Transform conflict situations into a sense of partnership and collaboration with patients
- Navigate cultural and/or language barriers to improve communication with patients

## **Telehealth among Underserved Communities**

- Define telehealth and differentiate from telemedicine
- Cite evidence regarding ways that telehealth technologies can improve health and reduce healthcare costs
- Identify challenges to telehealth adoption among members of underserved communities
- Evaluate their own practice in terms of the accessibility of telehealth services to members of underserved communities
- Advocate for the inclusion of members of underserved populations in the development and adoption of telehealth technologies

## **Prevention of Medical Errors**

- Identify common medical, surgical and medication errors
- Understand the process of a root cause analysis
- Explain two methods used for healthcare handoffs
- Discuss strategies that can be utilized to reduce patient falls in healthcare settings

## **Influenza Prevention for Health Care Workers**

- Describe influenza epidemiology
- Review methods to prevent influenza transmission and infection in health care facilities
- Assess recommendations and requirements concerning health care worker vaccination against influenza

## **Prescribing of Unnecessary Tests & Treatments: The American Board of Internal Medicine Foundation's Choosing Wisely Campaign**

- Integrate awareness of the American Board of Internal Medicine Foundation's Choosing Wisely campaign
- Identify unnecessary tests and treatments
- Validate reasons for physicians prescribing unnecessary tests and treatments
- Use evidence-based recommendations for selecting appropriate tests and treatments
- Explain risks resulting from unnecessary tests and treatments, including side effects/adverse reactions, treatment delay, increased costs, increased length of stay, poor patient care outcomes and legal/malpractice ramifications
- Distinguish that language issues, religious beliefs, elderly and very ill patients may not question their physician's selection of tests or treatments

## **Physician Burnout and Suicide**

- Identify how physicians of different age, culture and gender deal with stress and burnout
- Understand how their well-being affects the interaction with the patient and therefore patient outcomes
- Administer a contextual shift in the area of self-care such that they are enrolled to take action and be accountable for their well being
- Identify new options and tools for balancing work and life
- Be empowered to create a structure for fulfillment for their self-care and an accountability partner

## Handoff and Physician Communication

- Demonstrate an appropriate “handoff”
- Describe the impact of handoffs on care processes and patient safety
- Apply strategies to improve the quality of handoffs in their practice
- List cultural and linguistic factors which can impact handoffs

## Critical Conversations for Physicians - Communication with Medical Staff

- Describe gaps that can exist in physicians' communication with each other, with staff, and with patients
- Explain how to use the following communication tools to improve performance: check back, huddle, handoff
- Describe strategies to improve communication with patients to achieve better outcomes

## EHR – Legal Implications

- Document assessments, orders, progress notes and reports legibility, to reduce errors and improve safety for patients promptly
- Identify how technology can improve quality of patient care and help reduce medical errors
- Facilitate communication of electronic discharge information to patients, families, and other providers

## Sexual Harassment

- Define sexual harassment
- Administer appropriate responses to sexual harassment claims
- Evaluate case studies of actual sexual harassment and their outcomes
- Recognize sexual harassment in healthcare settings

## HIPAA/ Patient Privacy

- Follow patient's wishes regarding sharing of PHI
- Obtain permission (when appropriate) before discussing PHI with family/friends
- Follow patient privacy guidelines and avoid HIPAA violations
- Address the various components of cultural diversities such as age, language, health literacy, and socioeconomics to informed consent and confidentiality

## Prevention of Hospital Readmissions

- Discuss how to optimize treatment strategies to reduce readmissions on patients/hospitals
- Identify appropriate patient-centered care transition and follow up strategies that would reduce readmission rates and improve clinical outcomes
- Identify appropriate management strategies to individualize therapies to avoid readmissions

## How to Improve your HCAHP Scores

- Listen and communicate more effectively
- Navigate cultural and/or linguistic barriers to communicate effectively, such as culture, health literacy, age, etc.
- Recognize how we are scored and how to improve scores
- Recognize their role in the patient's experience

## Communication Barriers with Patients

- Cite the new laws determining who can translate for/to a patient
- Utilize the language lines and other available tools as necessary
- Implement Strategies to improve Physician-Patient Communication

## **New York State of Mind – Lessons Learned on Stress and Burnout from the Physicians of NY**

- Introduce results of the Medical Society of the State of New York's Physician Stress and Burnout Survey
- Identify tools and resources to foster individual resilience
- Cite examples of success in mitigating stress in the office practice, the section, department or program
- Describe the impact of organization and institutional focus on addressing physician stress
- Envision large-scale changes in our health care system that can protect against physician burnout

### **Improving Physician-Patient Communication**

- Identify challenges and barriers to effective communication, including the use of electronic medical records
- Select methods for improving communication with patients and their family
- Be more empathetic when addressing patient questions and concerns
- Keep patients and their families more informed about a patient's care
- Understand the importance of spending more time with patients
- Use a language the patient understands, with assistance of a translator if necessary
- Respect patient's cultural and religious beliefs
- Understand how better communication improves patient care, outcomes and patient experience

## **Strategies Designed to Improve Physician Engagement, Satisfaction, Well-being, and Clinical Performance**

- Gain a better understanding of the incidence, causes, and impact of forces contributing to frustration, dissatisfaction, stress, and burnout in physicians
- Discuss the negative effects of stress and burnout on attitudes and behaviors that can adversely affect well-being, care relationships, satisfaction, patient safety, and quality of care
- Learn how to develop a proactive organizational approach to address physician concerns and implement programs designed to enhance professional behaviors, staff satisfaction, physician engagement, and overall physician well-being

### **Physician Well Being**

- Define and describe burnout and resilience among physicians
- Identify "red flags" that may indicate when a physician or colleague is at higher risk for burnout
- Implement methods to control and manage stress while treating patients and interacting with team members
- Prevent or manage physician stress and related disruption and impairment
- Utilize available resources, when needed
- Recognize the varying levels of stress and burnout among different sub-specialties and identify cultural considerations in stress management

### **Preventive Cardiology: Our Role as Physicians**

- Identify patients at risk for cardiovascular disease, counsel them appropriately, and initiate prevention strategies
- Recognize signs and symptoms of cardiovascular disease to perform an early diagnosis
- Follow treatment algorithms
- Utilize information learned about the latest advances in treatment for cardiovascular disease to provide better care for patients
- Recognize the cultural risk factors unique to our patient population, and work to educate patients better on cardiovascular disease risks and prevention, navigating any language barriers

### **Intersecting Cancer and Cardiac Care: The Rise of Cardio-oncology**

- Explain the unique role cardio-oncology plays in the treatment of cancer patients
- List cancer drugs that have been associated with cardiotoxicity
- Discuss various approaches to decreasing the risk of cardiotoxicity while maintaining efficacy
- Discuss the increased risk of cardiotoxicity amongst certain populations with preexisting risk factors, cumulative dose exposure, etc.

### **Heart Failure Diagnosis and Management**

- Define heart failure
- Identify expected outcomes for therapeutic management of patients with heart failure
- Recognize expected clinical assessment findings for patients with heart failure
- Review the evidence for medications used to treat heart failure
- Counsel patients about compliance with diet and treatment plans, taking into consideration their cultural diets and health literacy level (IMQ's CLC requirement)
- Recognize when to refer to hospice and palliative care

### **Valvular Heart Disease**

- Recognize types of valvular heart disease
- Choose appropriate medications and surgical treatment for valvular heart disease
- Summarize and choose modern treatment options for valvular heart disease

### **Atrial Fibrillation**

- Describe the epidemiology, comorbidity and complications of atrial fibrillation
- Follow indications for anticoagulation and choose anticoagulation agents appropriately
- Assess rate versus rhythm control strategies in treated atrial fibrillation
- Recognize the patient populations at higher risk for complications of atrial fibrillation
- Evaluate the roles of antiarrhythmic drug therapy and catheter ablation in the treatment of atrial fibrillation

## Genetics of Cardiomyopathy and Heart Failure

- Examine the existing genetic paradigm for common forms of cardiomyopathy
- Identify patients at risk for advanced heart disease effectively by actively monitoring for risk factors and to initiate early intervention strategies to reduce risk
- Recognize the role of genetic testing in clinical management
- Identify potential for new therapies
- Educate patients on screening and treatment recommendations, while navigating any cultural and/or language barriers

## Hypertension Guidelines

- Utilize the new guidelines for hypertension and lipid level evaluation, detection, and management of high blood pressure and high lipids in adults
- Compare the efficacy, benefits and side effects of antihypertensive agents
- Successfully control blood pressure in patients
- Counsel patients on how to prevent high blood pressure, including diet modification and exercise
- Identify risk factors for hypertension, including its prevalence in specific ethnic groups

## Up-to-Date Cholesterol Guidelines

- Review the most current cholesterol guidelines, and explain how cholesterol levels are incorporated into the possible detection and prevention of heart disease and stroke
- Identify any areas of contention or complexity in these guidelines
- Apply the recommendations of these new guidelines in practice
- Consider racial/cultural factors in the detection/prevention of heart disease and stroke

## Hypertension Across a Woman's Life Cycle

- Review results of SPRINT Trial specific to women in order to understand clinical implications for management of hypertension in female and in the elderly.
- Review guidelines to improve hypertension in women
- Describe sex-specific differences in cardiovascular disease and the impact these differences have on treatment options
- Highlight the importance of identifying women at risk for cardiovascular disease and utilize the most current evidence-based treatment strategies for improved patient outcomes.

## Congestive Heart Failure

- Identify patients with CHF who benefit from further investigation & treatment
- Understand the changes and updates in most recent CHF guidelines
- Explain the benefits of new drug and device therapies for CHF
- Discuss roles for advanced heart failure therapies

## **New Approaches to Preventing Cardiovascular Disease**

- Identify patients at risk for cardiovascular disease, counsel them appropriately, and initiate prevention strategies
- Recognize signs and symptoms of cardiovascular disease to perform an early diagnosis
- Follow treatment algorithms
- Utilize information learned about the latest advances in treatment for cardiovascular disease to provide better care for patients
- Recognize the cultural risk factors unique to our patient population, and work to educate patients better on cardiovascular disease risks and prevention, navigating any language barriers

## **Management of Pacemakers**

- Recognize what path primary care physicians should follow if a problem is suspected with a pacemaker
- Identify the current indications for pacemaker, ICD and resynchronization therapies
- Report upcoming technologies such as leadless devices and loop recorders, etc.
- Interpret diagnostic material to troubleshoot suspected implantable device malfunction
- Discuss cardiac implantable electrical devices related to common issues such as management of device patients having MRI, radiation therapy and infection

## **Heart Failure and the Primary Care Physician**

- Describe the pathophysiology of heart failure
- Evaluate the appropriate application of current therapies for heart failure
- Identify evolving new therapeutic options in heart failure

## **Anticoagulation and Atrial Fibrillation**

- Discuss the epidemiology and prevalence of atrial fibrillation (AF)
- Review different types of anticoagulation agents used in AF
- Explain the risks and benefits of therapy, choice of agent and dosing
- Determine when anticoagulation is needed in patients with non-valvular atrial fibrillation.

## **Transcatheter Aortic Valve Replacement (TAVR)**

- Review indications for when TAVR is necessary
- Outline the benefits of using TAVR
- Evaluate which patients would be eligible for TAVR
- Utilize information learned about the latest advances in TAVR treatment to provide better care for our patients
- Refer patients to a cardiology specialist in a timely manner
- Educate patients on options and address challenges with special patient populations, such as the elderly

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## ***Dentistry, Orthodontics and Oral Surgery***

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## **Infection Control**

- Understand the minimum infection control regulations mandated by the Dental Board of California from Title 16 - Section 1005
- Learn principles of diseases transmission and Universal/Standard precautions
- Identify strategies to prevent occupational exposures to bloodborne pathogens
- Know how to monitor effectiveness of sterilization
- Identify strategies for adequate dental unit waterline quality during dental procedures

## The Relationship between Oral Health and General Health

- Assess a patient's oral cavity for pathology during a head and neck exam
- Identify and diagnose developmental, reactive, and neoplastic conditions affecting the oral cavity that are significant to systemic health
- Discuss prevention and management considerations for patients with oral pathology
- Identify cultural, racial, ethnic and socioeconomic factors

## Periodontics 2018: Biology and Science of Current Clinical Therapy

- Review and understand the important biological aspects of a periodontal diagnosis
- Appreciate the biological basis for periodontal regeneration
- Recognize and assess the periodontal esthetic risk factors prior to extraction
- Illustrate effective treatment methods for tissue management and tooth replacement

## Local Anesthesia

- Review pain mechanisms and pathways as well as involved mediators in detecting, processing and perception of pain
- Discuss local anesthetic administration via block and infiltration techniques
- Review anesthetic properties and pharmacology
- Know the indications, advantages and disadvantages of the intraosseous, intrapulpal and PDL injections
- Describe why it may be difficult to obtain profound pulpal anesthesia and techniques to manage this clinical situation

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## Dermatology

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### Psoriasis

- Overcome challenges to effective diagnosis of psoriasis
- Review the different forms of psoriasis
- Identify genetics and predisposing factors
- Review emerging therapies and their potential place(s) in treatment in psoriasis
- Develop strategies to minimize adverse effects and barriers to care associated with psoriasis treatment(s)
- Recognize and address the cultural considerations in treatment of psoriasis and apply the appropriate therapeutic choices in individual patients with psoriasis based on their demographic and clinical characteristics

### Melanoma Update

- Learn about the epidemiology and increasing incidence of melanoma
- Understand factors affecting prognosis and the importance of early detection in improving patient outcomes
- Select appropriate diagnostic tests and understand staging and biopsy techniques
- Recognize dermatologic manifestations of melanoma
- Identify etiologic and risk factors, including whites having the highest rate for developing melanoma compared to other ethnic groups
- Select effective treatment and understand the role of surgery, chemotherapy, immunotherapy, adjuvant therapy and individualized treatment
- Counsel patients on prevention strategies
- Know when to refer patients to a specialist

## **Skin Care in the Paralyzed, Debilitated, Bedridden Patient**

- Recognize the importance of skin risk assessment to put preventable measures in place to prevent ulcer
- Consider the skin care complications that impact Spinal cord injury patients
- Educate patients about proper skin care, nutrition and preventive care

## **Dermatology for the Primary Care Physician**

- Recognize and diagnose common dermatologic conditions properly
- Treat skin problems appropriately and timely
- Refer patients to specialist when needed
- Identify age and ethnic groups with higher incidence of dermatologic conditions, and evaluate accordingly

## **Shingles / Herpes Zoster**

- Improve ability to suspect, diagnose and confirm the diagnosis of herpes zoster
- Understand treatment options as well as the new developments in prevention
- Become familiar with untoward sequelae of herpes zoster

## **Dermatology: Morphology and Therapy**

- Make dermatological exams part of a routine patient care appointment
- Utilize the latest techniques to identify and recognize common dermatological rashes and lesions
- Refer patients timely and appropriately
- Identify age and ethnic groups with higher incidence of dermatologic conditions, and evaluate accordingly

## **Spiders, Bee Stings, Ants, Plants**

- Recognize dangerous plants and animals
- Diagnose cutaneous manifestations of direct toxicity of plants and animals
- Understand treatment options for bites and stings

## **Prevention of Skin Cancer**

- Summarize the epidemiology, biology, pathology and types of skin cancers
- Employ appropriate diagnosis and prevention strategies of skin cancers
- Identify and diagnose benign versus suspicious moles, and strategize biopsy
- Choose current treatment modalities for skin cancer, and refer when necessary
- Assess the latest management options for patients with skin cancer
- Recognize patients at higher risk, such as African-Americans and Hispanics, which have a higher incidence and mortality rate than Caucasians

## **Common Pediatric Dermatology Management**

- Recognize common/uncommon presentations of frequently encountered pediatric skin disorders
- Learn management updates and novel therapies for inflammatory skin disorders and birthmarks
- Be familiar with new practice guidelines for adolescent acne
- Have some useful tools to work with chronic skin diseases

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## ***Emergency Medicine***

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### **Understanding the Threat of the Active Shooter**

- Understand the epidemiology of Active Shooter and Mass Shooting events in the United States, and particularly in hospital settings,
- Explain how health care facilities and workers can prepare and respond to Active Shooter threats in their facility and/or community, and
- Describe steps that hospital employees can take to help themselves, coworkers, and patients should their facility become involved in an Active Shooter event.

### **Review of the Current Opioid Epidemic**

- Be able to explain what non-medicinal drug use is
- List the most common medication classes used for non-medicinal purposes
- Discuss the various methods of diversion
- Become familiar with techniques to minimize non-medicinal medication use

### **Workplace Violence**

- Define a "Culture of Safety"
- Identify risks for workplace violence
- Identify effective strategies for improving safety
- Identify strategies to survive and stop active shooter events

### **Mass Casualty Triage**

- Define and discuss the purposes and use of triage, in Mass Casualty Incidents
- Summarize the 4 Triage Categories
- Compare and contrast primary vs. secondary triage
- Review and explain the differences between "START" and JumpSTART" triage
- Apply these concepts to potential practice situations
- Cite and address how patients of different age, gender, and ethnicity may react differently to disaster situations

### **Snakebites**

- Recognize the epidemiology of venomous snakebites in the southwest
- Implement acute care for victims of snakebites
- Identify indications for antivenom and administer it appropriately
- Administer inpatient and aftercare for patients suffering from snakebites
- Address common cultural misconceptions and/or beliefs surrounding snake bites and recognize when alternative treatments have been employed

### **EMTALA**

- Identify at least 5 EMTALA obligations
- Distinguish between EMTALA requirements and other legal duties related to Safe Transfer/Discharge of patients
- Describe penalties for non-compliance with EMTALA
- Demonstrate an understanding of EMTALA regulation by responding timely to calls when designated "on-call" physician
- Defer discussions about a patient's inability to pay for treatment until the medical screening exam has been completed and the treatment necessary to stabilize the patient has been provided

## **The Homeless and the Emergency Department**

- Evaluate trends in the epidemiology of homelessness
- Distinguish specific health risk factors among the homeless
- Analyze how to get the most value from clinical encounters with the homeless
- Develop plans addressing staff attitudes and biases towards homeless patients
- Identify groups that have a higher risk of homelessness in Los Angeles County and why they are at higher risk

## **Toxicology Update**

- Identify current trends in poisoning and how to manage them
- Recognize common substances involved in poisoning
- Report common medication (typical and non-typical) involved in poisoning and dangerous medication errors
- Summarize data from US poison center about new emerging chemicals and drugs that emergency department personnel may confront

## **Management of Acute Severe Hypertension in the Stable Hospitalized Patient**

- Define the terminology and parameters for “severe” hypertension in the hospitalized or emergency department patient
- Define “asymptomatic hypertensive patients” in the hospital and emergency department vs. those that require immediate intervention
- Describe the treatment recommendations for the use of I.V. and oral medications in blood pressure reduction
- Discuss the treatment parameters of moderate- or high-intensity hypertension in hospitalized or emergency department patients
- Identify how age and gender can contribute to the risk factors for developing severe hypertension

## **Sepsis Guidelines**

- Cite the current guidelines and evidence-based practice in sepsis management
- Recognize and diagnose sepsis in a timely and efficient manner
- Review new treatment modalities to aggressively treat the sepsis patient
- Identify high-risk groups, co-morbidities, and cultural factors which tend to contribute to poorer outcomes

## **Global Pediatric Emergency Medicine**

- Develop an understanding of the resources available to treat acutely ill children in poorly resourced environments
- Understand how politics and limited resources affect the health of children in various international communities
- Explore the synergies between global pediatric emergency medicine and pediatric emergency medicine in local environments and how work and advancement in the worldwide arena may help change practice in the United States

## **Management of HTN - An Update**

- Develop a standard of care for patients with hypertensive emergencies
- Utilize new treatments for hypertension Identify lactate issues and begin treatment early
- Integrate awareness of ethnicity, culture, and health literacy factors in the management of hypertension

### **Prediabetes and Diabetes Prevention**

- Define prediabetes
- List risk factors and clinical signs in individuals at risk for type 2 diabetes, including age, ethnic background, history of gestational diabetes, being overweight or obese, low physical activity, and a family history of diabetes
- Identify interventions to modify risk factors in preventing type 2 diabetes
- Develop a strategic management plan to proactively screen, assess, follow-up and evaluate patients with prediabetes

### **Type I Diabetes**

- Discuss the epidemiology and pathophysiology of type 1 diabetes
- Identify the indications for insulin therapy, both short-acting(analogues) and long-acting(basal) insulin
- Demonstrate an awareness of glycemic targets, micro and macrovascular as well as CV complications
- Prescribe appropriate insulin preparations based on pharmacokinetics, timing, dosing and risks of hypoglycemia
- Review the importance of glucose monitoring
- Integrate awareness of socioeconomic, racial and ethnic factors

### **Technology in Diabetes Mellitus: Meters, Apps, Pumps, Sensors**

- Review the need for technology in the management of diabetes
- Discuss use of CGM in people with prediabetes through diabetes
- Learn about pumps and pump/sensor systems

### **Polycystic Ovary Syndrome**

- Cite the clinical features, risk factors and the diagnostic criteria of PCOS
- Evaluate patients with appropriate exam and laboratory tests and assess for other coexisting metabolic conditions
- Differentiate PCOS from other causes of hyperandrogenism and menstrual disorders
- Effectively treat hyperandrogenism, menstrual irregularity, coexisting metabolic conditions, and infertility, with awareness of the benefits, risks, and outcomes
- Identify different incidences of PCOS in different ethnic groups and encourage parents and patients to discuss PCOS, in order to ensure earlier diagnosis and intervention

### **Metabolic Syndrome: Inflammation at the Crossroads of Diabetes and Obesity**

- Understand the role of inflammation in the complications of obesity
- Understand the regulation of energy expenditure during metabolic syndrome
- Understand crosstalk between tissues in energy homeostasis

### **Endocrine Disorders in Older Patients**

- Recognize common endocrine disorders in the elderly
- Demonstrate an awareness of the clinical presentation, diagnosis and management of subclinical hyper and hypothyroidism and thyroid nodules in geriatric patients
- Evaluate elderly patients for hyperparathyroidism and Vitamin D deficiency
- Incorporate recommendations for the diagnosis and treatment of hypogonadism in the older male
- Identify cultural, racial, ethnic and socioeconomic factors

## HRT for Men

- Describe the aging male reproductive axis
- Discuss the risks/benefits of testosterone replacement in the aging male
- Be familiar with the 2018 Endocrine Society recommendations for T Therapy in hypogonadism

## Thyroid Disease

- Review the current evidence of the clinical efficacy of treatment options for thyroid disease
- Follow the current guidelines for thyroid disorders
- Evaluate the risks, benefits, cost and patient satisfaction for each treatment option
- Assess, diagnose and manage patients with thyroid disease effectively
- Counsel patients and provide tools, which include shared decision-making to enable patients to make informed decisions about thyroid disease
- Screen their female patients of childbearing age for thyroid disorders consistently and treat appropriately

## Diabetes and Social Determinants

- To understand the major social determinants of diabetes, including education, culture, access to medical care and community infrastructure.
- To recognize social determinants of diabetes.
- To list potential solutions to address barriers to diabetes care.

## Strategies to Treat Adult Insulin Dependent Diabetic Patients

- Identify new insulin treatments currently available
- Examine current scientific evidence regarding glycemic control and newer medications best for controlling blood glucose levels in the hospital
- Choose appropriate treatment/medication options
- Apply strategies for conversion from higher strengths to traditional insulin
- Recognize the cultural factors and the risk factors associate with patients with diabetes taking into consideration, age, socioeconomics, health literacy, and diet

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### ***Gastroenterology & Hepatology***

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## Diagnosis and Management of Celiac Disease in Adults

- Understand that celiac disease is the prototype of an autoimmune disorder, which can have both intestinal and extra-intestinal manifestations
- Discuss the value of using antibodies and genetic testing as screening tests for celiac disease
- Describe the biopsy changes seen with celiac disease
- Learn what is safe to eat on a gluten-free diet
- Explore the alternatives to the GFD in development

## The Gut-Brain Axis: Diseases and Therapies

- To describe some mechanisms in the relationship between the gastrointestinal and nervous systems.
- To understand how digestive diseases can cause neurologic diseases, and vice versa.
- To explore current and potential therapies that target the gastrointestinal system to benefit the nervous system, and vice versa.

## Steatohepatitis (NASH)

- Review epidemiology and risk factors of fatty liver
- Understand the difference between simple steatosis and non-alcoholic steatohepatitis, and how they impact clinical outcome
- Identify potential treatment options for fatty liver

## Crohn's Disease

- Describe the strengths and weaknesses of present and emerging diagnostic techniques, where applicable in Crohn's disease
- Describe emerging therapies in the treatment of Crohn's disease
- Describe barriers to care in the treatment of Crohn's disease and suggest ways to improve them
- Identify the present treatment options currently available for the management of Crohn's disease

## Fatty Liver

- Explain the role of diet/exercise in managing fatty liver disease
- Identify appropriate indications for obtaining liver biopsy
- Discuss the risk of developing hepatocellular carcinoma
- Identify patients at risk based on age, gender, ethnicity, and/or family history

## Dyspepsia

- Cite the definition, etiology and differential diagnosis of dyspepsia
- Review symptoms such as postprandial fullness, early satiation, epigastric pain or burning
- Apply American Gastroenterological Association guidelines in the evaluation of dyspepsia
- Prescribe appropriate treatment options
- Integrate cultural, socioeconomic, gender, age and racial factors

## Update in the Management of Chronic Hepatitis B and C

- Recognize indications for treatment and available Hepatitis B medications
- Demonstrate proper patient selection for Hepatitis C screening
- Assess advances in Hepatitis C treatment with emphasis on safety and efficacy for better patient outcomes

## Inflammatory Bowel Disease

- Review basic diagnostic criteria for IBD
- Discuss appropriate cancer surveillance strategies for patients with IBD
- Review treatment options for patients with IBD
- Updated on techniques for monitoring progress in patients with IBD
- Review necessary vaccinations for patients with IBD

## Proton Pump Inhibitor: Indications and Long-Term Effects

- Describe indications for proton pump inhibitor (PPI) use
- Identify the risks of long-term PPI use
- Analyze the benefits of long-term PPI use

## Viral Hepatitis

- Review the epidemiology, classification and diagnosis of hepatitis A, B and C
- Describe symptoms of infection and modes of transmission
- Select appropriate treatments for the different types of hepatitis based on clinical guidelines
- List effective ways for preventing virus transmission
- Understand the importance of vaccines in prevention
- Outline the various cultural diversities (gender, age, race, religion, ethnicity language, sexual orientation, socio-economic, etc.) that relate to hepatitis

## Chronic Hepatitis

- Describe the diagnostic and testing approach to Hepatitis C
- Recognize changes in radiology/pathology in order to diagnose NASH appropriately
- Apply this new knowledge in his/her practice
- Choose appropriate treatment options in chronic Hepatitis C patients
- Identify the prevalence of chronic Hepatitis C and NASH in particular groups

## GERD

- Cite the epidemiology, risk factors, clinical manifestations and differential diagnosis of GERD
- Describe the medical management and follow-up: life style changes, dietary, and pharmacologic benefits, side effects and outcomes
- Demonstrate an awareness of indications for surgery, benefits and complications
- Integrate awareness of age, gender, racial, cultural and socioeconomic factors.

## Acute Pancreatitis

- Identify the multiple new etiology of acute pancreatitis
- Understand the prognostic factors of necrotizing pancreatitis
- Explain the need for large volume fluid resuscitation

## Liver Cancer

- Review risk factors and symptoms for liver cancer
- Utilize liver biopsies and bone scans to diagnose liver cancer early
- Identify the physical aspects of the cancer and recognize that liver cancer may not be the primary disease patients are dealing with
- Follow evidence-based guidelines to appropriately choose the best treatment protocols and interventions for liver cancer patients
- Recognize patient populations at higher risk for liver cancer

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### ***Genetics & Personalized Medicine***

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## Direct to Consumer Genetic Testing: What You and your Patients Need to Know

- Examine the evolution and various categories of popular direct-to-consumer (DTC) genetic testing products
- Recognize the potential benefits and limitations of predictive healthcare information yielded from DTC tests
- Discuss strategies and resources for interpreting, as well as implications and recommendations related to DTC information with patients and their families while navigating cultural, health literacy, and language barriers
- Review the ethical, legal, social and counseling implications related to DTC information and patient care

## Genetic Cancer Risk Assessment: Who Should be Tested?

- Update learner's knowledge regarding basic concepts of hereditary cancers
- Identify indications for genetic testing so physicians are better equipped to identify and refer at risk individuals/families
- Describe the role of Geneticists in cancer management

## CRISPR for Clinicians

- Discuss the function of CRISPR technology
- Define how it works and how it is being used in the research lab
- Discuss one or two examples of clinical applications of CRISPR to human disease for diagnosis or treatment
- Discuss some of the pitfalls of using this technology in the clinic

## Genetics - Next Generation Genetics Techniques

- Describe basic genetic principles of inheritance and the role of genetics in disease
- Understand the importance of genotype in processing of medications
- Learn how genetics and genomics can be incorporated into every day practice
- Describe how direct to consumer products have changed the use of genetic information in medicine
- Develop ways to utilize genetics in your practice

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## Geriatric Medicine & Aging

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### Recognizing Elder Patient Abuse and Neglect

- Understand the prevalence of elder abuse
- Outline cultural disparities associated with elder abuse income, Alzheimer's Disease, activities of daily living disability, nursing home patients, and living with non-spousal family members
- Identify the various types of elder abuse
- Recognize signs and symptoms of abuse
- Describe steps physicians can take to prevent abuse
- Select appropriate treatment
- Understand elder abuse reporting requirements

### Chronic Kidney Disease in the Elderly

- Recognize the high prevalence of CKD among the elderly
- Screen and diagnose CKD
- Understand the structural and functional changes in kidneys with aging
- Implement strategies to slow the progression of CKD
- Recognize common CKD complications

## Geriatric Syndromes

- Appreciate the need to re-frame discussion on impact of aging with a shift toward global benefit of the ‘longevity dividend’
- Recognize that we are biased against recommending exercise as a therapeutic intervention in older adults with chronic conditions
- Provide an overview of how control of blood pressure interacts with improved physical fitness in older adults
- Provide a framework for shifting the paradigm from falls prevention to mobility and balance awareness
- Discuss why a checklist might be helpful to address care management in dementia
- Discuss one simple approach to reduce hospital acquired disability and re-admissions

## Falls in the Elderly Patient

- List causes for falls in the elderly
- Evaluate patients for fall risk
- Review methods for preventing falls in older patients
- Describe the adverse effects of falls on patient care outcomes
- Apply this knowledge to practice in appropriate patients

## Role of Procalcitonin in Hospitalized Patients

- Understand appropriate indications for checking procalcitonin levels
- Identify confounding factors that can affect procalcitonin levels
- Order and interpret procalcitonin levels appropriately for a broad spectrum of clinical contexts

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## *Infectious Diseases*

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### **New Approaches to Vaccine-Preventable Infections**

- Summarize the epidemiology and pathophysiology of vaccine-preventable infectious diseases
- Identify individuals who are at risk from vaccine-preventable infections and diagnose them timely
- Vaccinate patients to prevent outbreak, while navigating patients’ and/or parents’ cultural beliefs concerning vaccinations and address concerns as they arise
- Recognize the clinical presentation of vaccine-preventable infections in adults and children, and employ appropriate treatment options
- Educate patients and address their concerns about vaccinations, while maintaining a culturally-sensitive approach

### **Prevention of Hospital Infections**

- Examine best practices for eliminating and reducing device-associated infections
- Recognize the increasing role of resistant organisms in the microbiology of hospital acquired infections
- Examine best practices for eliminating and reducing device-associated infections
- Recognize the increasing role of resistant organisms in the microbiology of hospital acquired infections

### **Mycobacterial infections**

- Recognize patients presenting with mycobacterial infections
- Initiate an appropriate diagnostic workup for patients with possible mycobacterial infections
- Recommend appropriate treatment or refer to providers if necessary
- Manage complications of mycobacterial infections

## Influenza

- Review the basic biology of influenza virus for clinicians including strain variation
- Discuss the epidemiology including annual variations
- Discuss treatment options
- Discuss the different vaccines

## Use of Antibiotics for Inpatients

- Utilize evidence-based data to choose appropriate empiric antibiotic use for different diagnoses such as sepsis, URI, UTI, pyelonephritis, etc.
- Decrease inappropriate antibiotic usage to help control costs and shorten lengths of stay
- Use case discussions to help decision making regarding when to initiate antibiotics, what parameters to look for and when to discontinue antibiotics

## Hand Hygiene

- Review the scientific data regarding hand hygiene (normal bacterial skin flora, healthy skin, hand transmission)
- Evaluate the relationship between hand hygiene, and acquisition and transmission of healthcare-associated pathogens
- Review preparations used for hand hygiene and activity of antiseptic agents against spore-forming bacteria
- Evaluate current hand-hygiene practices and adhere to recommended hand-hygiene practices
- Identify cultural and/or religious factors that impact physician and HCW compliance with hand hygiene guidelines

## Catheter-Associated Urinary Tract Infections (CAUTI)

- Recognize the problems associated with Catheter-Associated Infections
- List steps that can be used to prevent these infections
- Identify ways to apply these steps in daily practice
- Recognize patients at higher risk of infection, based on age and gender

## The Need for and Implementation of Antimicrobial Stewardship

- Review and discuss the problem with bacterial resistance
- Review emergence of multi-drug resistance in gram-negative bacteria
- Review the need and goals of antimicrobial stewardship programs
- Discuss key features of antimicrobial stewardship programs
- Discuss how antimicrobial stewardship can assist in reducing *C. difficile* infections in immunocompromised patients

## Tuberculosis

- Recognize the symptoms of TB and implement CDC guidelines
- Identify patients at higher-risk for TB based on age, gender, ethnicity and/or family history
- Describe the indications for and interpretation of TB testing
- Initiate isolation when TB is suspected/confirmed
- List new TB treatment regimens

## Short Course Antibiotic Therapy

- Be familiar with the evidence basis for standard durations of antibiotics
- Understand recent literature demonstrating the efficacy of “short-course” antibiotic regimens for many types of infections
- Be familiar with the consequences of prolonging antibiotic courses

## Use of Antibiotics for Inpatients

- Utilize evidence-based data to choose appropriate empiric antibiotic use for different diagnoses such as sepsis, URI, UTI, pyelonephritis, etc.
- Decrease inappropriate antibiotic usage to help control costs and shorten lengths of stay
- Use case discussions to support decision making regarding when to initiate antibiotics, what parameters to look for and when to discontinue antibiotics

## HIV Update

- Recognize acute HIV clinical manifestations and screen and test for HIV infection timely
- Cite the new therapies available for HIV and their expected outcomes
- Compare old vs. new treatments
- Manage HIV patients appropriately
- Recognize women's health issues in HIV including management pre and post-partum

## Prevention & Management of Urinary Tract Infections

- Be aware that women are more prone to urinary tract infections than men and older adults are more likely to get these infections
- Become familiar with the latest CDC Guideline for Prevention of Catheter-Associated Urinary Tract Infections to learn about the proper use and maintenance of urinary catheters to help prevent the occurrence of infections caused by them in hospitalized patients
- Recognize clinical signs and symptoms
- Select appropriate methods for the differential diagnosis of urinary tract infections
- Identify associated risk factors
- Select proper treatment and effective prevention strategies
- Know when antimicrobial prophylaxis is appropriate
- Review recent advances in treatment, including new antibiotic agents

## Rodentology 101

- Review rodent biology, behavior and modern factors promoting human-rodent contact
- Improve recognition, diagnosis and treatment of rodent-borne infections including hantavirus, plague, murine typhus, leptospirosis, and rat-bite fever
- Update knowledge on modern methods of rodent control
- Discuss impact of rodents on global food waste

## Foodborne Illness

- Review common foodborne infections as well as selected outbreaks which underscore the changing epidemiology of food-borne disease in the US (including Salmonella, Campylobacter, Listeria, Norovirus, others)
- Review common food-borne toxin-mediated disease (Staphylococcus aureus, Clostridium perfringens, ciguatera fish poisoning, botulism)
- Advise patients regarding the safe handling of food in the home
- Advise vulnerable patients of additional safety measures to prevent foodborne disease
- Access information source to stay updated on food-borne illness outbreaks

## Nosocomial Infections

- Identify at least three preventable nosocomial conditions
- Implement preventative strategies to prevent and decrease nosocomial infections
- Perform appropriate hand washing consistently
- Manage and treat patients with nosocomial infections appropriately
- Identify patient populations at higher risk of infection

## C-Diff and Probiotics

- Identify the risk factors for clostridium difficile infections
- Describe the history, microbiology and mechanism of action in the use of probiotics
- Explain the clinical and laboratory diagnosis of C. difficile infections
- Use current treatments for C. difficile infections
- Follow the current evidence for the use of probiotics for C. difficile
- Recognize cultural tendencies in patients to overuse antibiotics and address with patients while navigating any language and communication barriers

## Catheter-Related Infections

- State the appropriate indications for urinary catheter insertion
- Know the daily steps to assess the ongoing need for urinary catheter continuation
- Discontinue urinary catheters per catheter removal protocols
- Identify risks for Central Line-Associated Bloodstream Infections (CLABSIs)
- Understand the need to perform daily assessment of the ongoing necessity for central lines
- Discontinue central lines when no longer necessary
- Articulate the critical role of proper hand hygiene before and after all patient contact, as well as the use of Maximal Sterile Barrier Precautions when inserting central lines
- Recognize patient populations that are at increased risk for outcome disparities due to catheter-related infections

## Update in C. Difficile Infection: Reducing Hospital Mortality

- Evaluate the significant increase in the number of C. difficile infection
- Recognize the clinical presentation and diagnosis of C. difficile infection
- Summarize the prevention and management of C. difficile infection including measures to reduce transmission in the hospital
- Examine the relationship between C. difficile infection and antibiotic use
- Cite the indications for fecal transplantation, and refer patients when indicated
- Review patient populations that are a higher risk for C. difficile infection

## Adult Vaccines

- Understand the burden among adults for vaccine-preventable diseases and the impact of vaccination
- Discuss current adult immunization schedule updates
- Review gaps in vaccination coverage
- Describe strategies to improve adult immunization coverage

## The Approach to Fever in the ICU

- List the common ICU infections and discuss
- Emphasize diagnostic approach and pitfalls in ICU patients
- Discuss problems with antibacterial resistance in the ICU
- Review treatment approach

### **CRRT**

- Advantages and disadvantages of CRRT
- CRRT vs. hemodialysis
- CRRT vs. peritoneal dialysis

### **Chronic Kidney Disease**

- Describe how to calculate an estimation of glomerular filtration rate
- List the implications of different stages of CKD on patient health
- Actively engage as primary care providers in the management of chronic kidney disease
- Review new evidence regarding management of CKD
- Cite the cultural considerations related to prevalence of CKD

### **Highlights in Managing Hypertension**

- Utilize the new ACC/AHA hypertension guidelines to detect, diagnose, evaluate, manage and prevent adult hypertension
- Identify risk factors such as increasing age, being more common in men and blacks and tobacco smoking
- Select effective treatment
- Counsel patients on how to prevent high blood pressure by encouraging appropriate lifestyle changes, including diet modification

### **Acute Renal Failure in Patients with Acute Decompensated Heart Failure**

- Understand the prevalence and pathophysiology of AKI in patients with acute decompensated heart failure
- Explore the effects of aggressive diuresis and decongestion on kidney function and injury
- Elucidate the advantages, disadvantages and role of ultrafiltration vs. diuretics alone in these patients

### **Management of HTN - An Update**

- Develop a standard of care for patients with hypertensive emergencies
- Utilize new treatments for hypertension
- Identify lactate issues and begin treatment early
- Integrate awareness of ethnicity, culture, and health literacy factors in the management of hypertension

### **Potassium Management Strategies: Evidence from Population and Mechanistic Studies**

- Review basic kidney anatomy/physiology
- Discuss the global epidemic of hypertension
- Identify the links between sodium, potassium and blood pressure
- Determine which intervention strategies might be most effective in reducing hypertension among your patient population
- Evaluate potassium Management in the hospital

### **Hypertension and the SPRINT Trial**

- Review results of the SPRINT Trial
- Measure blood pressure appropriately recognizing that correct blood pressure measurement technique with an automated device is a critical component for safe implementation of the SPRINT intensive treatment strategy
- Identify poor techniques that lead to overestimation of blood pressure, over treatment and increased risk of serious adverse effects
- Identify patient populations at higher risk of hypertension

## Nephrotic Syndrome

- Understand general mechanisms of glomerular injury that lead to proteinuria and nephrotic syndrome
- Understand general clinical features and complications of nephrotic syndrome
- Recognize epidemiology, clinical presentation and general approach to treatment of major causes of nephrotic syndrome
- Recognize major concepts of pathophysiology of major causes of nephrotic syndrome

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### *Neurology & Neurological Surgery*

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## Multiple Sclerosis

- Recognize the typical clinical presentation of multiple sclerosis (MS)
- Implement the initial evaluation of the patient with possible MS
- Utilize appropriate tests to establish a diagnosis of multiple sclerosis
- Identify the major disease-modifying therapies for MS
- Manage common symptoms of MS
- Identify the gender (female) and race (Caucasian) that is affected most often, and improve diagnosis as a result

## Acute Ischemic Stroke

- Recognize indications and eligibility criteria for administration of intravenous tPA for acute ischemic stroke
- Recognize indications and eligibility criteria for endovascular treatment of acute ischemic stroke.
- Describe recent developments in the management of acute ischemic stroke, including new treatment options and longer treatment eligibility windows

## Seizure vs. Syncope

- Describe at least three different types of seizure
- Describe at least 3 clinical features that usually distinguish epileptic seizure and psychogenic non-epileptic seizure
- Describe at least 3 clinical features that usually distinguish syncope and seizure

## Guillain-Barre Syndrome

- Discuss Guillain-Barre Syndrome (GBS)
- Discuss the pathophysiology of GBS
- Review treatment options such as plasmapheresis and immunoglobulin therapy
- Cite long-term outlook

## Stroke Prevention and Treatment

- Identify patients at risk for stroke, counsel them appropriately, and initiate prevention strategies
- Recognize signs and symptoms of stroke in order to perform an early diagnosis
- Follow treatment algorithms
- Utilize information learned about the latest advances in stroke treatment in order to provide better care for our patients
- Recognize the cultural risk factors specific to specific patient population, and work to better educate patients on stroke risks and prevention, navigating any language barriers

## Headache Update

- Recognize symptoms and identify causes and risk factors such as women being affected more often than men
- Distinguish between the different types of headaches seen in adults and children, including primary vs. secondary disorders
- Use appropriate differential diagnostic criteria, tests and imaging techniques for adults and children presenting with headache disorders
- Compare available treatment options and select the most appropriate based on diagnosis and patient's age
- Counsel patients on headache preventive measures, including lifestyle changes
- Know when to refer patients to a specialist

## Brain Tumors

- Choose the appropriate testing and imaging for patients presenting with headaches and other neurologic dysfunctions
- Identify the risk factors associated with the diagnosis of a brain tumor
- Cite the roles of the interdisciplinary team in the care of patients with brain tumors
- Recognize patients at higher risk, such as elderly patients, while navigating any language barriers

## Hemorrhagic Stroke

- Recognize, diagnose, and treat patients appropriately
- Identify current and new stroke treatment modalities
- Identify patients who may benefit from surgical management
- Follow latest guidelines appropriately
- Navigate language barriers and communicate effectively to perform a thorough history

## Parkinson's Disease

- Critically discuss current ideas on Parkinson's disease etiology, risk factors, and clinical motor and non-motor manifestations as related to clinical patient care
- Understand available treatment options for Parkinson's disease motor symptoms including levodopa-associated motor complications, and for the most disabling non-motor symptoms including dementia and psychosis
- Develop individualized treatment strategies in Parkinson's disease to optimize quality of life and improve long term patient outcomes

## Migraines

- Learn how to appropriately and effectively diagnose and treat migraines
- Evaluate emerging therapies for the treatment and prevention of chronic migraine headache and anticipate their place in therapy
- Identify migraine management issues specific to women and pediatric patients
- List migraine risk factors and how to avoid them, including diet and lifestyle modifications

## Advances in Stroke Care

- Recognize stroke signs and symptoms
- Identify risk factors such as hypertension, high cholesterol, obesity, ethnicity, smoking and increasing age
- Select appropriate imaging procedures for diagnosis and prognosis
- Perform neurological evaluation of acute stroke patients
- Select appropriate prevention interventions such as blood pressure control
- Select appropriate evidence-based treatment such as medication, endovascular procedures or surgery
- Refer patients to a stroke rehabilitation program

## Alzheimer's Disease

- Cite the latest studies and advances to prevent Alzheimer's
- Counsel patients on preventive measures to promote and boost cognitive function in early stages of Alzheimer's disease
- Identify risk factors, such as diet/nutrition, and incidence among various patient populations
- List some of the most common cognitive, functional, and behavioral symptoms of Alzheimer's disease
- Discuss the diagnostic criteria for Alzheimer's disease
- Summarize the currently available treatments for Alzheimer's disease and their overall effectiveness

## Traumatic Brain Injury

- Describe the different types of Traumatic Brain Injuries (mild, moderate and severe) from blast, MVA, sexual trauma and sports
- Explain the diagnostic criteria for each level of TBI, including symptoms reporting, neuroimaging and biomarker assessments
- Provide the current state of treatments available for TBI in the continuum of care

## Peripheral Neuropathy

- Recognize the importance of clinical findings for a diagnostic algorithm in the evaluation of patients with peripheral neuropathy
- Describe anatomic localization
- List clues for recognition and diagnosis
- Discuss certain neuropathy prototypes
- Evaluate diabetic neuropathy pathophysiology and Rx

## Epilepsy and Seizures

- Discuss the appropriate diagnosis and classification of the patient's seizure type
- Design the optimal treatment plan, appropriate antiseizure drug therapy, side effects and combination therapy
- Explain complications and comorbidities, direct effects of seizures, and adverse effects of antiseizure drugs and other therapies
- Indicate special populations, sex and age related to epilepsy and seizures

## Vertigo

- Describe the different types of vertigo & identify risk factors & associated symptoms
- Discuss that vertigo increases in frequency with age & is not based on gender or ethnicity
- Identify common causes of dizziness/vertigo
- Select appropriate tests for establishing a differential diagnosis
- Select effective treatment based on diagnostic findings
- Refer patients to a neurologist when appropriate

## Alzheimer vs. Senile Dementia

- Identify patients with and at risk for mild and major neurocognitive disorder
- Understand the different terminology and implications of dementia syndromes
- Explain the basic etiologies of the most common types of dementia
- Discuss different preventative and therapeutic strategies (broadly) for the most common types of dementia

### **A Primary Care Approach to Diagnosing and Treating Infertility**

- Identify the social determinants of fertility and infertility
- Discuss the socio-economic demographics of reproductive-age couples in Central Oregon, and their unique characteristics
- Describe the step-wise method for treating infertility, starting with an initial work-up, evaluation and counseling
- Review the most common causes of infertility and identify the current recommended courses of action for treatment
- Inform about resources available in the community, region and state for treating infertility
- Compare effectiveness of common infertility treatments and describe new, novel treatments available

### **Transgender Medicine**

- Discuss the hurdles to medical care transgender persons often encounter
- Demonstrate the ability to outline counseling points that should be covered during medical visits
- Describe specific needs of transgender persons, such as hormonal affirmation treatment, and what steps to commence in order to provide them to the patient, or refer the patient to another clinician who can provide them.

### **Endometriosis**

- Describe the pathophysiology of endometriosis
- List current medical treatment options available
- Identify surgical treatment options
- Review the controversy of postop care from hysterectomy and BSO - to give combined HRT or not
- Know how to counsel patients regarding the fertility treatment options, factoring in age and other cultural considerations

### **Maternal Dual Diagnosis: Managing depression and substance use disorders during pregnancy and lactation**

- Identify risk factors for and common presentation of perinatal depression and substance use disorders.
- Understand risks attributable to maternal depression and substance abuse during pregnancy.
- Explain risks and benefits of treatment for depression and substance use disorders during pregnancy and lactation.

### **Polycystic Ovary Syndrome (PCOS)**

- Cite the clinical features, risk factors and the diagnostic criteria of PCOS
- Evaluate patients with appropriate exam and laboratory tests and assess for other coexisting metabolic conditions
- Differentiate PCOS from other causes of hyperandrogenism and menstrual disorders
- Effectively treat hyperandrogenism, menstrual irregularity, coexisting metabolic conditions, and infertility, with awareness of the benefits, risks, and outcomes
- Integrate awareness of age, cultural, socioeconomic, and racial factors

## Management of Abnormal Pap Smears

- Review possible pap smear and biopsy results (make sense of nomenclature)
- Outline the basic management following abnormal pap
- Discuss treatment options
- Review history of cervical cancer screening and current recommendations

## Adnexal Torsion: Challenges in Diagnosis of Management

- To identify causes and risk factors for adnexal torsion
- To recognize markers suggestive of adnexal torsion on imaging
- To describe courses of management for adnexal torsion and preventative measures

## Gestational Diabetes

- Define gestational diabetes and discuss prevalence
- Describe the short and long-term risk factors to mother and fetus
- Follow screening options and define the diagnostic path
- Develop management plan (nutritional, medical, OB) including goals of treatment and glycemic targets
- Outline postpartum care and long-term follow-up
- Counsel patients efficiently, while addressing cultural and/or language barriers, to effect change in diet, lifestyle, self-care, etc.

## Menopause: Get All the Facts!

- Describe the most common symptoms of menopause
- Select appropriate treatments of menopausal symptoms
- Cite indications and contraindications for hormone replacement therapy with their patients
- Advise patients accurately about the options, risks, and benefits of taking HRT and assist patients in making informed, individualized decisions
- Recognize the cultural trends and disparities which relate to HRT use, especially relating to socioeconomic status

## DVT/Anticoagulation and the OB GYN Patient

- Identify the names and dosage of the intravenous and subcutaneous forms of heparin uses in the prevention and treatment of thrombosis particularly in the post-operative setting.
- Recognize complications of the use of anticoagulation including the risk of bleeding and thrombocytopenia
- Describe the use and side effects of oral agents used in the prevention of thrombosis for atrial fibrillation and that are used in the treatment of pulmonary embolism

## Gestational Trophoblastic Disease

- Explain the role of the trophoblast in implantation
- Compare the different types of molar gestations and their natural history
- Distinguish choriocarcinoma

## **Pregnancy Loss: What Do We Know & What Can We do**

- Define early pregnancy loss
- List criteria for early pregnancy loss
- Identify management options for early pregnancy loss

## **Sexually Transmitted Diseases**

- Follow current screening and testing recommendations for common sexually transmitted diseases (STDs)
- Employ preventive mechanisms for STDs including HPV vaccine guidelines
- Utilize the current and most effective treatment protocols available and CDC standards
- Improve communication and counseling with patients for STD prevention, especially with high- risk groups

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## ***Oncology***

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## **Cancer Screening for Primary Care Physicians**

- Appreciate the impact of evidence-based cancer screening on cancer incidence and mortality in the U.S.
- Have knowledge about the guidelines for breast, cervical, colorectal, lung and prostate cancer screenings
- Understand the importance of shared decision making in cancer screening

## **Geriatric Oncology**

- Identify how the cancer treatment impacts the aging process of the patient
- Determine treatment approach based on the risks and benefits of therapy
- Identify novel therapies now being used for treatment in geriatric cancer
- Navigate care taking into consideration geriatric patient's needs, not ageism biases

## **Renal Cell Carinoma**

- List the tests and evaluations that are appropriate for initial workup of a patient with suspected metastatic renal cell carcinoma (RCC)
- Review the standard of care for first-line treatment of renal cell carcinoma
- Identify patients with advanced or recurrent renal cell carcinoma who might be considered good candidates for immunotherapy, based on diagnostic and other considerations
- Describe the implications of different genetic profiles on the prognosis and treatment of RCC

## **Intersecting Cancer and Cardiac Care: The Rise of Cardio-oncology**

- Explain the unique role cardio-oncology plays in the treatment of cancer patients
- List cancer drugs that have been associated with cardiotoxicity
- Discuss various approaches to decreasing the risk of cardiotoxicity while maintaining efficacy
- Discuss the increased risk of cardiotoxicity amongst certain populations with preexisting risk factors, cumulative dose exposure, etc.

## **Cervical Cancer**

- List the current guidelines for cervical cancer screening, HPV screening, and HPV vaccination
- Follow the principles of primary treatment for cervical cancer, including surgery and chemoradiation
- Identify treatment options for metastatic and recurrent cervical cancer
- Navigate cultural, religious, and other concerns parents may have

## Breast Cancer

- Assess risk factors that may contribute to increases in breast cancer such as hormone replacement therapy, genetics, etc.
- Cite changes in the breast chapter in the 8th edition
- Examine the pathophysiology and epidemiology of breast cancer and identify prognostic indicators
- Follow AJCC clinical and pathologic TNM staging guidelines and choose appropriate evidence-based treatment and management (surgical and nonsurgical) options
- Summarize current and future research studies and clinical trials  
Communicate effectively with patients of different ethnicities, navigating any language or cultural barriers that may exist

## Screening in Gastrointestinal Cancer

- Recognize signs and symptoms of gastrointestinal cancers
- Follow new screening guidelines for gastrointestinal cancers
- Utilize the latest screening and genetic tests available
- Consider the effects of culture, diet, ethnicity, and health literacy on patients presenting with gastrointestinal cancers and address appropriately

## Colorectal Cancer

- Apply the appropriate workup and staging for colon and rectal cancer
- Review the differences in treatment and prognosis of colorectal cancer based on stage
- Develop a better understanding of minimally invasive colorectal surgery and how it differs from open surgery
- Discuss the unique challenges behind metastatic colorectal cancer
- Assess the patient's cultural prevalence and family history relating to colorectal cancer

## Acute Leukemia in Adults

- Address the most current concepts regarding how acute leukemia arises at the molecular and epidemiologic levels
- Gain an appreciation of the complexity of acute leukemia classification
- Identify the most important prognostic factors in these diseases
- Discuss basic concepts regarding therapy and management

## Immunotherapy in Cancer Patients

- Review the epidemiology and principles of immunology, very streamlined and cell-based focus, touching on innate and adaptive, active and passive forms of immunotherapy
- Discuss in detail selected elements of cancer immunotherapy approved in the last several years and emerging with promise for future success
- Describe melanoma in greater detail due to its seminal role in development of immunotherapies
- Illustrate examples of multidisciplinary approaches among different immunotherapeutic strategies
- Integrate awareness of age, gender, racial, cultural and socioeconomic factors.

## History of ACS Recommendations for the Early Detection of Cancer in People Without Symptom

- Follow new screening guidelines for cancer
- Utilize latest screening and genetic tests
- Educate patients on preventative measures
- Integrate the latest screening modalities in high risk populations

## Pipeline Drugs and New Approaches to Sickle Cell Disease

- To discuss current clinical trials in sickle cell disease
- To discuss novel therapies in sickle cell disease
- To review basic pathophysiology and current management of sickle cell disease in context of recent changes to NHLBI guidelines

## Heritable Cancer Syndromes of the Gastrointestinal Tract

- Identify heritable cancer syndromes of the GI tract
- Describe the clinical features of the heritable cancer syndromes of the GI tract
- Increase ability to interpret results of genetic testing for GI tract cancer

## Pancreatic Cancer

- Choose appropriate screening and imaging options to diagnose and stage pancreatic cancer timely
- Identify available treatment plans for managing the care of patients with pancreatic cancer
- Explain the role of multidisciplinary care in pancreatic cancer management
- Determine which patients may be at a high-risk of developing pancreatic cancer, taking into consideration genetics, comorbidities, ethnicity, etc.

## Targeted Immunotherapy in Lung Cancer

- Discuss presentation and diagnosis of lung cancer
- Discuss cytotoxic chemotherapy and targeted therapy for locally advanced and metastatic lung cancer
- Discuss rationale for and appropriate use of immunotherapy in lung cancer

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## Ophthalmology

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### Ophthalmology for the PCP

- Identify common eye problems seen by primary care physicians
- Understand mechanisms of eye disease
- Explain how to evaluate patients with common eye complaints
- Discuss how to utilize diagnostic techniques in the office/clinic of a primary care physicians

### Dry Eye Syndrome

- Describe the prevalence of dry eye disease
- Recognize how to diagnose dry eyes
- List treatment options
- Identify biomarkers under development
- Apply this new knowledge to practice in appropriate patients

### Cataracts

- Review the current epidemiology of cataracts
- Evaluate the screening and tests used to diagnose cataracts
- Examine management and treatment options for cataracts
- Determine the risks and complications of cataract removal
- Identify when to refer to an Ophthalmologist

### Glaucoma

- Define glaucoma, including genetics
- Recognize the different types of glaucoma
- Identify diagnostic tools used to evaluate and manage glaucoma
- Follow the different modalities to treat glaucoma, referring to a specialist when needed
- Consider age, ethnicity, and family history when diagnosing patients with glaucoma

### **Hydration and Sports Performance: Why Sports Drinks are NOT all the Same!?**

- Identify the signs and symptoms of all stages of dehydration in children and adults
- Evaluate fluid intake needs based on activity and environment
- Assess the effects of hydration on sports performance
- Examine different sources of hydration for the body
- Evaluate sports drinks and their pros and cons to hydration and athletic performance

### **Common Hand Conditions**

- Identify the different types of common hand conditions
- Diagnose hand conditions and injuries timely, and refer when necessary
- Manage patients appropriately
- Consider various hand conditions based on cultural factors and address appropriately

### **Office Orthopedics / Fractures**

- Identify the most common injuries associated with sports and activity
- Recognize specific injuries seen in children, adolescents and adults
- Evaluate sports-related injuries and identify appropriate diagnostic tools
- Discuss different non-operative and surgical treatment modalities based on type of injury
- Understand the importance of rest and rehab in specific injuries

### **Management of Youth Sports Concussion: The Silent Epidemic**

- Recognize the signs and symptoms of concussion
- Review the latest recommendations on the care and management of concussion in youth
- Understand differences in youth concussion and possible gender differences

### **Diabetic Foot**

- Identify the pathophysiology and etiology of the neuropathic diabetic foot
- Provide frequent routine evaluation and meticulous preventive maintenance to patients
- Manage patients appropriately while reviewing the major risk factors for amputation
- Select and prescribe medication appropriately
- Consider the cultural disparities in quality of diabetes care noted in CDC research in order to raise awareness and improve care within our own patient population

### **Practical Problems in Pediatric ENT**

- Understand the different types of respiratory noises and the most common conditions that cause them
- Understand management and etiology of nosebleed
- Describe the complications of acute otitis media and how to recognize and manage them

### **Rhinitis & Sinusitis**

- Review the pathophysiology of rhinosinusitis
- Describe the workup of patients with rhinosinusitis
- Discuss medical and surgical treatment options of rhinosinusitis

### **Sleep and Stroke and Vascular Health**

- Review the symptoms and strategies to recognize obstructive sleep apnea and other sleep disorders
- Review the literature linking sleep disorders and increased vascular and cerebrovascular disease
- Review the mechanisms that explain the increased vascular risk in patients with sleep disorders
- Identify treatment options for sleep disorders and their effect on vascular disease

### **Transfusion Support of the Massively Bleeding Patient**

- Understand the pathophysiology of dilutional and consumptive coagulopathy in the massively hemorrhaging patient
- Understand how to provide transfusion medicine support of the massively hemorrhaging patient

### **Transfusion Guidelines**

- Review past transfusion practices and identify transfusion indications and contraindications
- Follow evidence-based criteria for transfusion
- Recognize and avoid adverse reactions with transfusion
- Identify the different clinical and cultural factors which may impact transfusion patients, and address these issues appropriately

### **Acute Flaccid Myelitis**

- Recognize the clinical presentation of Acute Flaccid Myelitis (AFM)
- Review the current epidemiology of AFM in the United States
- Evaluate diagnostic testing and treatment options for AFM
- Identify populations with highest incidence of diagnosis

### **Caring for Gender Non-Conforming Children and Transgender Adolescents**

- Recognize presentations of gender dysphoria in children and adolescents
- Describe available medical interventions for youth with gender dysphoria
- Describe the impact of delaying or denying care for this vulnerable population

### **Common Pediatric Dermatology Management**

- Recognize common/uncommon presentations of frequently encountered pediatric skin disorders
- Learn management updates and novel therapies for inflammatory skin disorders and birthmarks
- Be familiar with new practice guidelines for adolescent acne
- Have some useful tools to work with chronic skin diseases

### **Meet Me at the Rave- Club Drugs of Abuse**

- Describe the clinical effects of newer drugs of abuse
- List the various street names of these agents
- Develop a focused treatment plan of each of these agents
- Become familiar with "research chemicals"

### **Management of Youth Sports Concussion: The Silent Epidemic**

- Recognize signs/symptoms of post-concussive syndrome
- Formulate rational return to play decision making
- Describe a rehabilitation strategy to restore athletes back to brain health

### **The New Pediatric Obesity Guidelines**

- Understand the remarkable health disparities brought about by the pediatric obesity epidemic
- Institute appropriate screening tests for the comorbidities of pediatric obesity
- Invoke the basic approach to motivational interviewing in discussing habits and health with family
- Identify barriers to care in patients with bipolar disorder and develop strategies to abate them

### **PANDAS – Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections**

- Follow criteria for diagnosis of PANDAS
- Identify PANDAS from normal cases of OCD, ticks, ADHD
- Order appropriate tests medications, treatments, or behavioral therapies that might benefit a child with PANDAS related symptoms
- Recognize special cultural considerations when treating PANDAS patients

### **What is New in Pediatric Sepsis?**

- Identify what's new in pediatric sepsis
- State how this information may affect our current practices in the emergency department
- Cite relevant evidence-based literature to support the new considerations

## Common Sports Medicine and Orthopedics

- Have a basic understanding of rehabilitation after sports injury
- Understand the major orthopedic injuries to hip, knee, ankle and foot
- Be able to examine hip, knee, ankle and foot
- Describe common injuries to shoulder, elbow, wrist and hands
- Identify high-risk injuries of upper extremity
- Describe how to provide initial treatment and know when to refer

## Meet Me at the Rave- Club Drugs of Abuse

- Describe the clinical effects of newer drugs of abuse
- List the various street names of these agents
- Develop a focused treatment plan of each of these agents
- Become familiar with "research chemicals"

## Recurrent Infections in Children

- Recognize the normal range of the frequency, type and severity of infections in young children
- Review the appropriate evaluation of infants and children with a suspected immune deficiency
- Appreciate the general pediatric care required of children with immune deficiencies

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## *Psychiatry, Psychology & Behavioral Sciences*

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### Suicide

- Review current practice gaps in recognizing suicide in primary care settings
- Appreciate warning signs vs risk factors for suicide
- Identify areas where there is scope for intervention for known risk factors for suicide
- Outline a stepwise approach, incorporating evidence-based recommendations, for evaluation of suicidal ideation, plan, means, intent in order to assess suicide risk
- Consider how cultural aspects may affect prevalence, diagnosis, treatment plans, etc. and navigate these issues effectively

### Bipolar Disorder

- Describe the pathophysiology of bipolar disorder and the role the neurotransmitters play in them
- Describe the benefits and risks of pharmacotherapy for patients presenting with bipolar disorder and take them into account when formulating treatment plans for patients
- Recommend therapy changes in patients with bipolar disorder who are unable to tolerate a prescribed treatment

### Anxiety Disorder for the Primary Care Physician

- Identify the signs and symptoms of anxiety disorders
- Evaluate psychological, biological, and sociological factors influencing anxiety behaviors
- Employ appropriate treatment interventions
- Refer to a specialist, when necessary
- Apply strategies and techniques to help patients manage their anxiety

## The Aging Physician

- Understand the professional and accreditation policies regarding physician aging and the practice of medicine (AMA; JCAHO; NIH)
- Recognize the particular aspects of today's healthcare milieu that creates and maintains the physician's plans to continue practice to an older age than previous generations.
- Recognize the physical, psychological and behavioral signs of aging and their short-term and long-term consequences on the personal well-being and professional effectiveness of the physician.
- Understand the methods of accommodating the aging process in one's practice of medicine. Recognize that simple strategies can be implemented to both manage and use the aging process to maintain the quality and effectiveness of interactions with staff and patients.
- Recognize and understand the resources that are available to assist the physician in accommodating the aging process and insure their continued, productive practice of medicine.

## Introduction to Schizophrenia for Medical Professionals

- Recognize the epidemiology of schizophrenia, including genetic and environmental risk factors
- Explain the neurobiology of schizophrenia, including how the disease affects the brain
- Identify evidence-based treatments for schizophrenia
- Evaluate the effectiveness, tolerability and safety of antipsychotic drugs

## Autism

- Recognize signs and symptoms of autism
- Perform a differential diagnosis and review the various classifications of ASD
- Assess the current management options and what the studies are proving
- Evaluate the myths and controversies surrounding autism
- Cite what the evidence-based literature says about sibling connection and learn to answer patients' questions effectively
- Refer to a behavioral specialist if management is not proceeding as planned
- Provide parents with local and community resources
- Address ways to assess and screen medical underserved racial and ethnic minorities

## Management of ADHD

- Define the diagnostic criteria for ADHD in children and adults
- Describe treatment options for ADHD
- Identify adverse effects of ADHD treatment

## Suicide Prevention

- Review current practice gaps in recognizing suicide in primary care settings
- Appreciate warning signs vs risk factors for suicide
- Identify areas where there is scope for intervention for known risk factors for suicide
- Outline a stepwise approach, incorporating evidence-based recommendations, for evaluation of suicidal ideation, plan, means, intent in order to assess suicide risk
- Consider how cultural aspects may affect prevalence, diagnosis, treatment plans, etc. and navigate these issues effectively

## Adult Eating Disorders

- Cite the epidemiology and pathogenesis of eating disorders
- Recognize and differentiate eating disorders: anorexia nervosa, avoidant/restrictive disorder, binge eating, bulimia nervosa, pica and rumination disorder
- Effectively screen for, evaluate, diagnose and manage eating disorders
- Demonstrate an awareness of the medical complications and management, course of illness, morbidity, and mortality

## Maternal Dual Diagnosis: Managing Depression and Substance Use Disorders during Pregnancy and Lactation

- Identify risk factors for and common presentation of perinatal depression and substance use disorders
- Understand risks attributable to maternal depression and substance abuse during pregnancy
- Explain risks and benefits of treatment for depression and substance use disorders during pregnancy and lactation

## Primary Care Treatment for Depression

- Identify the origin and maintenance of psychotic symptoms
- Utilize new psychosis medications and treatment for patients
- Apply engagement strategies for identifying and managing psychosis within the 12-31 age group
- Consider how cultural aspects may affect prevalence, diagnosis, treatment plans, etc. and navigate these issues effectively

## Physician Burnout

- Identify different types of stress-related physician disruption and consequences
- Implement methods to control and manage stress while treating patients
- Prevent or manage physician stress

## When Physicians and Patients Disagree: What to Do?

- Identify the causes of conflict
- Utilize evidence-based tools to defuse conflict situations with patients
- Transform conflict situations into a sense of partnership and collaboration with patients
- Navigate cultural and/or language barriers to improve communication with patients

## Major Depression, Bipolar Disorders, Anxiety Management – Minimizing Benzodiazepine Use

- Apply diagnostic criteria for depression, bipolar and anxiety for accurate diagnosis identification
- Implement appropriate management options
- Discuss the use of benzodiazepine alternatives
- Examine and discuss how to taper down and discontinue patients off Benzodiazepines

## Marijuana Oil Use in Pain Management

- Understand the effect of cannabis on pain
- Compare the utility of marijuana with commonly used analgesics
- Evaluate potential implications of cannabis legalization

## Post-Traumatic Stress Disorder

- Define PTSD including diagnostic criteria and discuss how these criteria have evolved over time.
- Discuss the biological basis of PTSD including research on brain pathways, neurotransmitters, and triggers.
- Discuss treatments available, including cognitive/behavioral therapy and medications.

### **Discussing Current and Emerging Noninvasive Respiratory Support Strategies; Continuous Positive Airway Pressure**

- Understand the pulmonary pathophysiology underlying the development of neonatal RDS and the impact non-invasive ventilator support has on this
- Describe the rationale for using continuous positive airway pressure as a modality of non-invasive respiratory support for the infant with RDS
- Develop strategies for optimal management of neonatal RDS within the delivery room using the most updated resuscitation guidelines and evidence
- Establish appropriate treatment protocols for the management of neonatal RDS within their own clinical environments, including decision making tools for the use of nasal high flow therapy in the preterm infant
- Describe the future developments in non-invasive ventilation techniques for neonatal RDS

### **Pulmonary Fibrosis**

- Recognize and diagnose pulmonary fibrosis early
- Identify when to refer the patient to the specialist/pulmonary clinic
- Utilize appropriate treatment options for pulmonary fibrosis
- Assess and identify patients at higher risk of pulmonary fibrosis

### **Lung Cancer**

- Recognize the lack of guideline-concordant lung cancer care among providers across the nation
- Learn about the significant advances in lung cancer diagnosis and management in the past 2 decades
- Review key strategies in regard to the most cost-effective and patient-centered workup of suspicious lung nodules and masses
- Increase awareness about atypical presentations of lung cancer, especially in regard to gender and ethnicity

### **Update in PAH**

- Identify principles of screening and diagnosis of PAH
- Recognize current treatment guidelines
- Describe new research and potential new directions in PAH

### **Cystic Fibrosis**

- Define cystic fibrosis and how it is diagnosed
- Describe clinical characteristics of classic and non-classic cystic fibrosis presentations
- Explain the basic types of CFTR mutual classes
- Distinguish the new CFTR modulator therapy and indications for CF patients
- Discuss the outcome of most recent clinical trials and life expectancy of a patient with CF
- Identify cultural, racial, ethnic and socioeconomic factors

### **Narcolepsy**

- Recognize the clinical features of narcolepsy
- Understand the pathophysiology of narcolepsy
- Effectively treat narcolepsy

## COPD

- Identify populations at risk for adverse outcomes related to COPD
- Determine appropriate diagnosis of COPD and differentiate from asthma
- Follow recommended management guidelines
- Provide appropriate recommendations for in-patient vs. outpatient care
- Tailor treatment plan according to patient's age and co-morbidities, health literacy level, and socioeconomics

## Pleural Effusion

- Understand pleural effusion etiology and epidemiology
- Recognize common procedures to remove pleural fluid, with knowledge of supporting tools (ultrasound, manometry), pitfalls, and how to determine how much fluid to remove
- Comprehend how pleural fluid analysis algorithms assist in identifying the etiology of the pleural effusion
- Be aware of various invasive tools and treatment options used for long-term management of pleural effusions

## Sleep Apnea

- Understand the spectrum of sleep-disordered breathing
- Develop an appreciation of the relevant epidemiology, pathophysiology, diagnosis, treatment and health implications of obstructive sleep apnea
- Demonstrate familiarity with less common sleep disordered breathing disorders:
  - Central sleep apnea spectrum
  - Sleep-related hypoventilation
  - Other causes of hypoventilation

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## *Radiological and Nuclear Medicine*

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### CME Requirements for Radiology

- Identify the technical factors that directly influence the x-ray exposure rate and influence patient and operator exposure
- List the short-term and long-term effects of ionizing radiation
- Operate the fluoroscope appropriately to minimize risks to patients, operators, and personnel
- Examine how the quality of the image is affected by: scintillation, resolution, contrast, and distortion
- Utilize radiation protection practices and equipment appropriately to reduce radiation risks to the operator, the patient, and to personnel
- Take into consideration the biological effects of fluoroscopy on pregnant patients, children, elderly, obese patients, etc.

### Uterine Fibroid Embolization

- Understand relevant anatomical considerations and techniques
- Describe indications for UFE, including symptomatic fibroids, adenomyosis, and postpartum hemorrhage
- Display pre- and post-embolization cases so that objective results, as well as subjective data, is presented

## Radiation Safety for Patients

- Radiation Basics: Description of different types of radiation and Units of radiation
- Sources of radiation in medical center – diagnostic imaging, nuclear medicine, radiation therapy
- Potential risks to patients from radiation exposure
- Methods to limit radiation to patients
- Special populations (children, pregnant patients)

## New Guidelines for Screening Mammography

- Identify the different mammographic guidelines
- Understand the results of randomized controlled trials leading to current recommendations
- Explain optional screening recommendations per risk stratification
- Discuss controversies regarding screening guidelines

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## *Rheumatology*

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## Sjogren's Syndrome

- Define Sjögren's syndrome and its manifestations
- Describe how the condition is diagnosed
- Explain the importance of early diagnosis and the clinician's role
- Utilize the current therapeutic modalities for the management of patients with Sjogren's
- Identify patients at higher risk of Sjögren's, based on age, gender, ethnicity, and/or family history

## Chronic Fatigue Syndrome

- Describe the scope of chronic fatigue syndrome relative to social and healthcare resources
- Distinguish between chronic fatigue syndrome and other clinical and non-clinical disorders
- Demonstrate the usefulness of obtaining an accurate and comprehensive evaluation before and during the implementation of treatment for chronic fatigue syndrome
- Select and apply the medical and behavioral interventions used to treat and manage the recovery from chronic fatigue syndrome
- Distinguish the principal factors that reduce the probability of achieving successful treatment and management of chronic fatigue syndrome
- Be aware of the gender differences in the prevalence of fibromyalgia and chronic fatigue syndrome

## Fibromyalgia

- Review the epidemiology of fibromyalgia and other syndromes that may overlap
- Explain the new clinical fibromyalgia diagnostic criteria
- Discuss the etiology of chronic fatigue syndrome such as infection, immune dysfunction, endocrine-metabolic dysfunction, depression
- Identify symptoms that distinguish chronic fatigue from fibromyalgia
- Be aware that fibromyalgia and chronic fatigue syndrome are more prevalent in women (IMQ's CLC requirement)
- Select appropriate pharmacologic and non-pharmacologic treatments for fibromyalgia pain management and chronic fatigue syndrome
- Apply this new information in practice, as appropriate.

## How to Evaluate a Patient Who Has Multiple Aches and Pains

- Recognize the importance of pathophysiology in understanding rheumatic disease –target tissue and characteristic joint distribution
- Distinguish inflammatory from non-inflammatory (degenerative) arthritis and non-articular (soft-tissue) rheumatic conditions
- Discuss the role of laboratory and imaging studies in rheumatologic diagnosis
- Review the features that distinguish fibromyalgia from other rheumatic diseases

## Hidradenitis Suppurativa

- Recognize the clinical features of hidradenitis suppurativa
- Review the causes of hidradenitis suppurativa
- Review the epidemiology of hidradenitis suppurativa
- Review the management options available for patients with hidradenitis suppurativa.

## Osteoporosis: A Practical Guide

- Cite the pathophysiology and risk factors for osteoporosis
- Describe the indications for treatment of osteoporosis and possible prevention
- Recommend appropriate treatment; non-pharmacologic and pharmacologic (calcium, Vitamin D, bisphosphonate, parathyroid hormone), including dosing, benefits and risks, side effects and outcome data
- Discuss key strategies for effective follow and management of patients receiving treatment of osteoporosis
- Identify gender, racial, ethnic and socioeconomic factors related to osteoporosis

## Lupus Diagnosis and Management

- Employ strategies for earlier diagnosis of lupus
- Summarize warning signs that require referral to a rheumatologist
- Refer to rheumatologist appropriately
- Employ measures to monitor disease activity and treatment in patients with moderate to severe disease
- Recognize the racial and ethnic health disparities in systemic lupus erythematosus in order to address and reduce these disparities

## Psoriasis and Psoriatic Arthritis

- Recognize the signs and symptoms of psoriasis and psoriatic arthritis
- Identify the immunological causes of both diseases
- Formulate a treatment program
- Use biologic agents appropriately and recognize their potential efficacy and side effects
- Review the prognosis of psoriasis and psoriatic arthritis and evaluate for comorbidities appropriately
- Consider how age, stress, and comorbidities affect the symptoms of psoriasis and psoriatic arthritis

## Chronic Fatigue Syndrome

- Define chronic fatigue syndrome
- Establish guidelines for appropriate work up
- Establish a differential diagnosis
- Establish management and treatment plans

## Rheumatoid Arthritis

- Diagnose RA and differentiate it from OA
- Appreciate the skeletal and extra-articular manifestations of RA
- Develop the rational approach to the treatment of RA
- Cite the benefits and risks of new (biologic) therapies and communicate information to patients appropriately
- Address the cultural, social, and financial impact of RA

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### *Surgery*

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## Bariatric Surgery Update

- Describe the most commonly performed bariatric surgeries
- Compare the effectiveness of different surgeries on resolution of diabetes
- Recall important vitamins to monitor for after surgery

## Update on Organ Transplantation

- Cite new advances in solid transplantation
- Follow indications and criteria for patient eligibility for transplantation
- Refer patients timely
- Manage transplant recipients appropriately and avoid immunosuppression related complications
- Recognize obstacles to care, such as socioeconomic and disparities in care, and implement strategies to overcome obstacles

## Venous Thromboembolism – An Evidence Based Management Paradigm

- Identify patients at high risk of venous thromboembolism (VTE) and select appropriate prophylaxis based on risk
- Compare the options for inpatient treatment of VTE
- Describe the transition of inpatient therapy to outpatient therapy understanding the options and duration of therapy.

## Chronic Venous Insufficiency

- To be familiar with the clinical findings and pathophysiology of CVI
- Recognize the clinical features of CVI
- Understand the etiology and pathophysiology of CVI
- To be familiar with other conditions that mimic CVI
- Appreciate standard of care for the treatment of CVI
- To be familiar with the CEAP Classification system
- Understand Care for Venous Leg Ulcers
- To be familiar with surgical interventions for treating CVI
- Understand the May -Thurner Syndrome

## New Anticoagulants and New Treatments

- Review clinicians understanding and mechanism of action of anticoagulants
- Recognize the risks of adverse effects with different anticoagulants
- Manage the correct use of bleeding risk assessment tools
- Report on current issues relating to frequency monitoring, non-compliance and other anticoagulation clinic concerns and identify the new antithrombotic therapies available.

## **Peripheral Arterial Disease: Endovascular Therapy**

- Describe the available endovascular therapies for treating PAD
- Explain why some patients are better candidates for which therapeutic option

## **Management of Intraabdominal Hypertension / Abdominal Compartment Syndrome**

- To identify the patients with signs of intraabdominal hypertension/abdominal compartment syndrome
- To diagnose intraabdominal hypertension/abdominal compartment syndrome by measuring intraabdominal pressure at bedside
- To develop the management plan for patients with intraabdominal hypertension/abdominal compartment syndrome

## **Management of Intraabdominal Hypertension / Abdominal Compartment Syndrome**

- Identify the patients with signs of intraabdominal hypertension/abdominal compartment syndrome
- Diagnose intraabdominal hypertension/abdominal compartment syndrome by measuring intraabdominal pressure at bedside
- Develop the management plan for patients with intraabdominal hypertension/abdominal compartment syndrome

## **STEMI: ST Elevation Myocardial Infarction**

- Understand the role of inflammation in atherogenesis and coronary plaque progression
- Properly recognize anatomical patterns of plaque rupture and thrombosis by angiography and novel intracoronary imaging
- Review state of the art in the emergent treatment of acute STEMI

### BPH: How to Get the Flow Back

- Review indications for workup of BPH and perform effectively
- Manage and treat BPH effectively
- Determine when to use surgery and new in-office minimally invasive procedures for BPH and when to refer to a specialist
- Consider populations (age or ethnicity) at higher risk for BPH and communicate with patients effectively about early detection and effective treatments available

### Urinary Incontinence

- Cite the causes and types of urinary incontinence
- Diagnose and evaluate female urinary incontinence
- Implement an appropriate management plan, both surgical and non-surgical
- Describe the benefits, complications, cost and evidence-based outcome data of treatment options
- Utilize information related to cultural, ethnic, and socioeconomic disparities and maintain sensitivity to the patient perspective.

### Kidney Stones

- Evaluate the epidemiology of kidney stones
- Identify the causes and symptoms of kidney stones
- Select appropriate treatments for uncomplicated & complicated kidney stones
- List pharmacological & non-pharmacological management options
- Recognize strategies for the prevention & reasons for recurrence of kidney stones
- Assess the causative & preventive roles of diet
- Identify patient populations at higher risk for kidney stone disease

### Prostate Cancer

- Discuss recent advances in the standard of care treatments (surgery, radiation, brachytherapy) for clinically localized prostate cancer
- Discuss the potential of novel minimally invasive therapies (proton beam, cryotherapy, HIFU) for treatment of clinically localized prostate cancer
- Discuss the importance of tumor risk and life expectancy on appropriate treatment decision making for clinically localized prostate cancer

### Infections Caused by Kidney Stones

- Discuss the prevalence of infections with kidney stones, including the bacteriology of such infections
- Describe the different options for intervention, including radiological nephrostomy vs. internal stents
- Discuss the complications that can arise from such infections and show what the rates of these complications can be