

MEDICAL EDUCATION SPEAKERS NETWORK

ESTD **96** DATE

2021 - 2022 Winter Update

Dear Customers and Colleagues,

As you continue to plan your meetings for 2021 and 2022, we hope you will find our Winter Update a valuable resource. You may also want to visit our website to view the [lecture summaries](#) that include potential needs and lecture objectives at:

<https://speakersnetwork.com/news-2/>

It's Medical Education Speakers Network's 25th Anniversary this year! We are currently updating our website to mark this occasion. And we have [25 topics](#) to share with you that have been highly requested over the past year and continue to be valuable to physician and healthcare continuing education. As you plan for the coming year- consider scheduling some of these trending topics,

Contact our office if you have a topic to suggest or if you need additional information or ideas for your CME program.

2021-2022 Holidays and Dates to Consider

2021

November

Thanksgiving	Thurs, November 25*
MESN Closed	Fri., November 26*
Hanukkah Begins	Sun., November 28
MESN Closed	Mon, November 29*

December

Winter Begins	Tues, December 21
Christmas Eve	Fri., December 24*
Christmas	Sat., December 25
New Year's Eve	Fri., December 31*

2022

January

New Years Day	Sat., January 1*
Martin Luther King Jr Day	Mon., January 17*

February

Lunar New Years	Tue., February 1
Valentine's Day	Mon., February 14
President's Day	Mon., February 21*

March

St. Patrick's Day	Thurs., March 17
Spring Begins	Sun., March 20

***MESN Closed**

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Reefer Madness: Psychosis Associated with Cannabis, Medical Marijuana, and Synthetic Cannabinoids

- Describe the odds ratio associated with cannabis use for development of a psychotic disorder
- Describe the relationship between psychosis risk and cannabis potency
- List significant medical and psychiatric adverse events associated with use of synthetic cannabinoids

Contemporary Tobacco Control Issues: E-cigarettes, Tobacco Treatment, and Lung Cancer Screening

- Describe recent health, policy, and epidemiological issues related to the use of electronic cigarettes/vaping devices and the concept of harm reduction
- Utilize the current evidence regarding tobacco dependence treatment techniques
- Apply the latest guidelines regarding lung cancer screening via low-dose CT scan

Alcohol Withdrawal

- Present the pathophysiology of alcohol withdrawal
- Inspect epidemiologic data, including specific cultures and socioeconomic groups at higher risk
- Recognize the common presentation of alcohol withdrawal
- Review treatment benzodiazepine and non-benzodiazepine treatment strategies

The Drug Abuse Patient in the Emergency Room

- Identify risk factors for misuse of pain medications among pain patients
- Demonstrate practical approaches to minimize risks for prescribers and patients when utilizing opioids for managing acute and chronic pain in patients with a past or current history of addiction
- Recognize the signs and symptoms of opioid withdrawal
- Use validated clinical tools to assess and treat patients with these withdrawal symptoms
- Describe any ethnic, cultural, societal, ethical or legal issues surrounding the use of opioids in managing acute, chronic and end-of-life pain and how health care providers can play a crucial role in addressing these issues

Recovery is in the Eye of the Beholder

- Enhance understanding of recovery in terms of strengths based/ consumer centric treatment
- Increase skills of engagement
- Demonstrate reduced stigma

Behavioral Addictions: Gambling, Internet, Sex & Shopping

- Identify behavioral addictions, including gambling, problematic internet use, problematic sexual behaviors, and compulsive buying disorder
- Recognize clinical clues for diagnosis, and ways to differentiate from use that is not problematic
- Identify treatment of behavioral addictions and complications resulting from these

Addiction Medicine

- Recognize the effects of alcohol, tobacco, and other drugs in both tolerant and non-tolerant patients
- Recognize the basic neurobiological, behavioral, and genetic mechanisms of addiction
- Apply an understanding of the main drugs of abuse, their pharmacology, and specifics associated with diagnosis, detoxification, and treatment for each, and apply in clinical practice
- Identify patients at higher risk of addiction

Marijuana: Risk and Benefits

- Identify various types of marijuana products available
- Recognize medical indications for the use of marijuana
- Recognize potential harms from cannabis
- Describe current legal issues regarding marijuana
- Cite the cultural considerations of marijuana usage

When Your Patient is a Substance Abuser: Currently or Historically

- Dispel at least seven myths associated with substance abuse in the mature adult
- Identify five universal consequences of Substance Use Disorder
- Identify five characteristics required for a substance to be considered addictive
- Articulate how Post-Acute Withdrawal Syndrome can both mimic and lead to relapse
- Differentiate addiction and pseudo-addiction

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

Introduction to Opioid Use Disorder and Medications for Opioid Use Disorder, an Acute Care Perspective

- Improve the ability to recognize and diagnose opioid use disorder (OUD)
- Recognize and treat opioid withdrawal
- Be aware of medication and treatment plans for OUD

Prevention and Treatment of Tobacco Use

- Review the impact and prevalence of tobacco exposure
- Review 3 steps to promote smoking cessation in the CEASE framework
- Plan to refer to the Quitline using the E-referral system
- Write a nicotine replacement prescription
- Identify the harms associated with E-cigarettes

Allergy & Immunology

Acute and Chronic Rhinosinusitis

- Differentiate acute from chronic rhinosinusitis
- Provide a differential diagnosis of rhinosinusitis
- Identify common comorbidities of chronic rhinosinusitis

Allergy/Immunology: Bootcamp!

- Identify shellfish anaphylaxis and iodine-contrast reactions as unrelated
- Distinguish which food/venom/drug allergies afflict the adult patient
- Recognize that penicillin allergy is often outgrown, and delabeling of beta-lactam allergies is of utmost importance

Food Allergies

- Identify signs and symptoms consistent with food allergy and intolerance
- Distinguish the fundamental difference between food allergy and other adverse reactions to foods
- Explain how food allergy and adverse reactions can be differentiated
- Evaluate and educate our patients presenting with food-related adverse reactions

Allergic Rhinitis

- Examine the epidemiology of allergic rhinitis
- Identify risk factors
- Diagnose signs and symptoms such as sneezing, nasal itching, postnasal drip, cough, fatigue
- Perform tests such as skin testing, serum tests
- Prescribe new treatment options

Recognizing Immunodeficiency and Immunodeficiency in Adults

- Recognize the signs and symptoms of potential immunodeficiency
- Identify immunodeficiencies that can be found in adults
- Explain essential evaluation of patients with suspected immunodeficiency

Clinical Pearls in Managing Patients with Allergic and Immunologic Diseases

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

Anesthesiology, Pain Management & Palliative Care

Cannabis and Pain

- Describe the current state of knowledge of the endocannabinoid system and potential pharmacologic targets for pain relief
- Identify potential risks associated with the use of cannabinoids for pain
- Be aware of the current state of cannabis regulations

Opioid Prescribing - Prescribing of Controlled Drugs

- Identify current issues concerning prescribing of opioids
- Review regulatory concerns
- Describe current trends towards non-opioid pain management

Is There Such a Thing as Proper Pain Management?

- Assess pain in patients effectively
- Address the challenges associated with management of chronic pain
- Utilize the available treatment modalities to treat and/or manage pain appropriately
- Follow safe opioid prescription protocols
- Refer to a pain specialist, when appropriate
- Consider ethnic, cultural, and societal issues surrounding the use of opioids in managing acute, chronic and end-of-life pain and address these issues appropriately

Adventures in Pain Management 2021

- Increase awareness of the scope/magnitude of chronic pain in the population of patients
- Explore the extents and trends of the current 'Opioid Epidemic'
- Identify some of the increasing regulatory requirements in treating pain

Update on Opioid Crisis and Alternatives

- Address the challenges associated with the management of acute and chronic pain
- List best practices for pain management involving opioids
- Utilize alternative treatment modalities to treat and manage pain appropriately
- Refer to a pain specialist, when appropriate
- Define CURES regulation requirement and utilize CURES website effectively
- Consider ethnic, cultural, and societal issues surrounding the use of opioids in managing acute and chronic pain and address these issues appropriately

Death and Dying Process & Pain Management

- Recognize the physiologic changes of the dying process signs
- Manage common symptoms at the end of life (EOL)
- Identify resources for providers and patients caring for patients at EOL

High Stakes Back Pain

- Identify high-risk elements of the history and physical
- Develop evidence-based approaches to treating high risk low back pain
- Describe effective treatment modalities for low back pain

Neuropathic Pain States and Treatment

- Identify neuropathic pain in the patient
- Consider workup for a patient with neuropathic pain
- Describe treatment options for patients with neuropathic pain

Pain Management in Palliative Care

- Recognize causes of suffering in seriously ill patients
- Demonstrate knowledge of a pain assessment
- Demonstrate knowledge of initial pain treatment approaches

Alternatives to Narcotics

- Summarize various non-narcotic treatment options for pain
- Refer/call for consult timely and appropriately consider type and origin of pain
- Choose most appropriate non-narcotic pain treatment
- Consider ethnic and cultural tendencies toward pain when developing a treatment plan

Pain and Surgery

- Examine the consequences of poorly treated acute post-surgical pain
- Identify goals for optimal analgesia after surgery
- Identify non-opioid, multimodal options for acute pain
- Describe options for regional anesthesia in the treatment of post-surgical pain
- Evaluate the role of early recovery protocols in the treatment of post-surgical pain

Palliative Care

- Identify the role and value of palliative care in serious illness management
- Distinguish between palliative care and hospice
- Explain the importance of advance care planning and discuss approaches to help patients, particularly during a pandemic
- Review options for treatments at end of life including hospice, withdrawal of life-sustaining therapies, palliative sedation, and medical aid in dying
- Identify how patients without decision-making capacity can communicate their wishes

Prescription Opioid Abuse: What Health Professionals Need to Know

- Explain what non-medicinal opioid use is
- Review how the current epidemic of opioid abuse developed
- Recognize the various methods of diversion
- Recommend techniques to minimize non-medicinal medication use
- Review which socioeconomic groups are at higher risk of non-medicinal opioid use

Assorted and COVID-19 Topics to Consider

Medical Conspiracy Theories and COVID-19: Mistrust, Misinformation, and Mitigation

- Describe the prevalence of belief in medical conspiracy theories
- Describe key factors associated with belief in medical conspiracy theories and misinformation
- Implement strategies to reduce belief in medical misinformation

Long COVID

- Determine what is meant by "Long COVID"
- Identify differing presentations of "Long COVID"
- Describe the role that physicians can play in supporting the recovery of those affected by "Long COVID"
- Consider age, gender, comorbidities, and lifestyle factors when determining appropriate treatment of patients who are, or may be, at an increased risk

Human Trafficking: Hiding in Plain Sight

- Define human trafficking
- Name mental health and medical consequences of trafficking
- Describe how one might identify trafficked persons
- Recommend how to access resources to develop trafficking protocols

Informed Consent – Don't Be Sued for Assault

- Define the ethical basis of informed consent within the context of bioethics and patient autonomy
- Describe the elements and process of obtaining informed consent in a variety of situations
- Understand legal liability and the importance of documentation and obtaining an ethics consult

Against Medical Advice: Five High-Risk Myths

- Perform an evidence-based evaluation on a patient who is intoxicated but wants to leave AMA
- Competently document an encounter when the patient leaves AMA
- Effectively counsel a patient about potential alternatives to care when they want to leave AMA

The Responsibility of the Mandated Reporter

- Identify who is a mandated reporter within the healthcare system
- Define the types of abuse, or suspected abuse, which requires reporting by mandated reporters
- Explain the process of reporting abuse or suspected abuse

COVID-19: Epidemiology of Variants and Breakthrough Infections

- Describe characteristics of the Delta variant, including transmissibility and severity of illness
- Detail effectiveness of available vaccines in protecting against the Delta variant
- Describe the risk of post-vaccination infections and severity of illness where cases occur

COVID-19 Update: Where Do We Go from Here?

- Discuss the public health recommendations for patients with high-risk exposures to SARS-CoV-2, both the vaccinated and the unvaccinated.
- Explain the healthcare risks of being infected with SARS-CoV-2 in the vaccinated and unvaccinated population.
- Elucidate the debate about boosters and their potential benefits and what is yet unknown about boosters.
- Discuss the variants and the impact on infection and vaccination efficacy

Pediatric COVID Vaccine and Hesitancy

- Describe the current epidemiology of pediatric COVID-19 locally and at a national level
- Examine current national outcomes in pediatric COVID-19
- Recognize the risk factors for severe COVID-19 disease and its associations with other conditions in children
- Discuss diagnosis and treatment strategies as well as complications of pediatric COVID-19
- Brief Update on Multi-system Inflammatory Syndrome in Children
- Provide update on COVID-19 Vaccination in Children – now recently approved in 5-11 yo age group

NIH COVID-19 Treatment Guidelines

- Describe the clinical stages and presentation of COVID-19 and virology
- List therapies currently in use or development for COVID-19
- Identify the treatment options of COVID-19 patients

Perfect Phrases for Difficult Situations

- Detect and decipher the nonverbal cues from patients and their family members to maximize communication
- List at least two techniques to defuse a potentially volatile patient interaction
- Explain how to reword phrases to facilitate communication between your patients and you

Communication, Compassion and the Power of Observation

- Describe how body language and other nonverbal communication can either encourage or inhibit a patient from engaging positively with their physician
- Explain the power of using a name and a smile in interactions with others
- Describe the difference between empathy, sympathy and compassion
- Apply observation skills and compassion together to future interactions with patients to improve relationships and outcomes

Calm, Cool and Collected in Chaos

- Strategize to prevent the chaos to begin with, with easy to access algorithms and prepared equipment
- Create a set of calm with personnel introductions and pre-procedure discussions
- Analyze the concept of emotional contagion and how it contributes to the chaos
- Use personal techniques to keep yourself calm and collected if, despite your best efforts, chaos ensues around you

COVID- New COVID Mandates and an Update on the Variants and Vaccine approval by FDA

- Explain how the vaccines work and why they cannot cause or transmit infection with the SARS-CoV-2 virus
- Discuss the logic behind vaccination after COVID-19 infection
- Describe why boosters may be necessary for continued efficacy of the vaccines

When Will it End?? – Coping with the Chaos of COVID-19

- Recognize the neurobiology of the stress response
- Identify the connection between the COVID-19 pandemic and acute and chronic stress
- Describe and implement specific tools to reduce and prevent stress in the midst of a pandemic

PTSD and other Mental Health Care During the COVID-19 Pandemic

- Diagnose common symptoms of PTSD and other mental health symptoms in oneself and others
- Apply principles of self-care by seeking out evidence-based treatment for disabling symptoms
- Distinguish posttraumatic stress from posttraumatic growth

The Second Victim Syndrome: Lessons Learned from the COVID-19 Pandemic

- Describe situations that could generate second victims during the COVID-19 pandemic
- Identify the psychological impact of adverse events on health care providers
- Recognize signs and symptoms of second victims as a consequence of the COVID-19 pandemic

Update on COVID, COVID Vaccines and Vaccine Hesitancy

- Assess the safety and efficacy of COVID vaccine
- Inform patients if a booster will be needed and, if so, when
- Utilize strategies to address vaccine hesitancy challenges
- Describe any significant adverse effects now that so many have been vaccinated

Can Vitamin D Reduce the Burden of COVID-19?

- Understand the existing state of knowledge about whether vitamin D can affect the risk for and outcomes of COVID-19
- Understand the rationale for and status of ongoing studies of whether vitamin D can affect the risk for and outcomes of COVID-19

Increased Risk of Mental Health Issues and Suicide Among Clinicians Treating COVID-19 Patients

- Identify reasons for the psychological effects on clinicians treating COVID-19 patients
- Detect signs and symptoms of mental health issues, burnout, and secondary traumatic stress
- Recognize ways to help and support clinicians during this pandemic

Dealing with Grief & Loss During COVID 19

- Describe five categories of losses over which people grieve
- Identify at least five myths surrounding grief
- Explain at least five ways COVID-19 magnifies the grief
- Articulate the differences between Grief Support and Grief Recovery

Effects of Climate Change on Health

- Understand the breadth of health impacts from climate change
- Identify the impact on health care
- Learn about solutions and how to take action

Making Life After Death: A Primer on Deceased Organ Donation

- Identify and manage potential deceased organ donors
- Evaluate the ethics of deceased organ donation
- Identify practices and pitfalls of diagnosing potential organ donors
- Recognize cultural barriers to organ donation
- Assess organ donation after “brain death” and “cardiac death”
- Describe newer techniques in deceased organ donation – including use of organ pumps, imminent death donation, etc.

Herbal Medicine

- Define common terms in this field, incl. functional foods, nutraceuticals, supplements, etc.
- Identify opportunities, risks, and toxicities of several common herbal remedies
- Discuss herbal supplementation with their patients and provide beneficial guidance

Migrant Farmworker Health Related Concerns

- Recognize common health-related concerns among migrant farmworkers
- Identify diagnostic criteria and treatment for common migrant farmworker musculoskeletal injuries
- Describe a successful multidisciplinary team approach to migrant farmworker health

How to Do a Successful Research Project

- Describe measures of morbidity and mortality
- Differentiate different study designs
- Comprehend steps taken to develop a new study

Management of Patients with Specific Medical Beliefs

- Use active listening techniques to identify important aspects of patients' beliefs as they relate to health and healthcare
- Manage difficult situations in which a patient's beliefs and expectations do not align with those of the healthcare provider
- Describe some commonly held beliefs that can affect a patient's interaction with the healthcare system

Second Victim Syndrome

- Explain the concept of the "second victim" after a patient error or adverse event
- List and discuss the effects of suffering as the second victim on a provider's wellbeing and practice
- Describe how colleagues and institutions need to support and help healthcare providers cope with and move on from the second victim insult

Compassionate Conversations

- Examine what makes these conversations difficult on providers/teams as well as patients and families
- Identify the role of anxiety for both providers/teams as well as patients and their families
- Utilize the five Foundational Components of Difficult Conversations for providers and their teams as well as for patients and their families

Environmental Health

- Identify the most common air, land and water environmental toxic substances and learn how they impact an individual's health
- Identify acute and chronic illnesses that can be linked to environmental toxins
- Identify patient populations most vulnerable to environmental toxin exposure, including pregnant women and children
- Diagnose and treat patients with health conditions caused by environmental toxins
- Educate patients on ways to avoid exposure to toxic substances in the air, land, and water

Narrative Medicine: Presenting and Helping Doctors with Burnout

- Recognize the signs and symptoms of physician burnout
- Summarize the methods of Narrative Medicine
- Apply these principles to help with burnout
- Develop Narrative Medicine as a tool of prevention against burnout
- Be in touch with the creative aspects of being a physician
- Recognize the varying levels of stress and burnout among different subspecialties and identify cultural considerations in stress management

Restraints

- Follow appropriate guidelines when considering restraining patients
- Employ alternative methods of managing patients
- Cite specific concerns for use of restraints with the elderly

Alternative and Complementary Treatments: Making sure your patients are making safe choices

- Define complementary and alternative medicine (CAM)
- Examine what CAM pharmacological & non-pharmacological modalities have been proven to work and those that are unsafe, and educate patients accordingly
- Define the role of the health care provider with regard to the use of CAM in the community
- Recognize and address cultural factors which influence use of CAM therapies

Integrative Medicine

- Define integrative medicine
- List 3 mind-body modalities that may help with mood and chronic pain
- Identify patients for whom these treatments may be beneficial
- Cite disparities in access to mind-body modalities
- Recognize and address cultural factors that influence the use of integrative medicine

Office Orthopedics

- Recognize the most common musculoskeletal ailments in their patient population
- Identify strategies to diagnose injuries to the musculoskeletal system- These strategies will include appropriate ordering of imaging studies, careful physical exam skills, and interpretation of findings
- Describe different non-operative and surgical treatment modalities based on type of
- Evaluate the importance of rest and rehab in certain injuries

“Same Day” Total Joint Replacement

- Describe the process of patient selection- inclusion/exclusion criteria
- Evaluate and implement pain management and therapy protocols

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

Patient Safety

- Evaluate the need for emphasis on patient safety
- Identify which situations and units may be particularly vulnerable to medical errors
- Recommend specific personal and systems-based actions they can take to contribute to patient safety

Physician Burnout and Resiliency

- Describe a framework for understanding the role of individual and system-level factors related to burnout
- Review simple, evidence-based solutions to enhance your resilience and to mitigate stress while practicing medicine
- Identify action steps, tools, and resources to help you to improve well-being further

Medication Safety

- Develop an understanding of the impact of medication errors on patient safety
- Identify different types of medication errors and differentiate between a medication error and an adverse drug event
- Examine the causes of medication errors
- Evaluate how language barriers contribute to higher medication errors

PASC - Post-Acute Sequelae SARS CoV-2 Infection: Lessons Learned

- Recognize the most common symptoms of PASC
- Evaluate and treat individuals with PASC
- Describe the role of an interdisciplinary team in supporting the recovery of individuals with PASC
- Identify some of the health equity issues involved in the care of individuals with PASC

Cardiology

Syncope

- Describe syncope
- Explain how to evaluate syncope
- Review considerations that influence the management of syncope
- Explain interprofessional team strategies for improving care coordination and communication to enhance outcomes for patients affected by syncope
- Identify patient populations at higher risk of syncope such as those over 45 and women and identify any biases to treatment

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

- Describe the incidence of cardiovascular events that occur with cancer and cancer treatments, and how it can affect overall short and long term comorbidity and mortality
- Review expert consensus statements and recent clinical trials on diagnosing, treating, and managing cardiotoxicity from both historical (ie anthracyclines, anti-HER2) and novel cancer treatment agents (ie VEGF-inhibitors, immunotherapy)
- Emphasize the importance of multidisciplinary discussions on management of cancer patients and survivors with complex cardiovascular disease requiring invasive treatment between cardiologists, oncologists, cardiothoracic surgeons, and cardio-oncologists

Aspirin for Primary Prevention: Separating Wheat from the Chaff

- Review primary prevention trials for aspirin
- Evaluate benefit-risk balance for aspirin in primary and secondary prevention
- Discuss guideline recommendations

Perioperative Cardiac Risk Assessment and Management

- Identify the important elements in a patient's history of CAD
- Review the management of perioperative dual antiplatelet therapy
- Promote the importance of interdisciplinary collaboration and communication

Update on Cholesterol and Hypertension

- Review the role of high cholesterol in the pathogenesis of coronary events
- Improve physician understanding of new guidelines for treatment of cholesterol
- Explain why guidelines for cholesterol therapy have become more stringent with the updated guidelines

Hypertension Update

- Review the role of hypertension in the pathogenesis of coronary events
- Improve physician understanding of the rationale for hypertensive therapy for the prevention of coronary artery disease
- Identify which medications to use, in which situations, for treatment and prevention of cardiac events

Inside Look at Treating CV Disease in Diabetes

- Identify the relationship between cardiovascular disease and type 2 diabetes
- Evaluate clinical trials in treating CVD in diabetes
- Determine indications for combination use of various agents in the treatment of CVD in diabetes
- Prepare to assess cultural diversity issues in risk, incidence, prevalence, disease burden, or mortality associated with CVD and diabetes and/or cultural disparities in access, diagnosis at more advanced stages, or less adherence to treatment regimens

Update on Congestive Heart Failure Guidelines

- Identify expected outcomes for therapeutic management of patients with heart failure
- Recognize expected clinical assessment findings for patients with heart failure
- Counsel patients about compliance with diet and treatment plans, taking into consideration their cultural diets and health literacy level

Women and Heart Disease 2021: Detection, Evaluation and Management

- Review understanding of etiology, and approaches to diagnosis and therapeutic strategies of gender differences in CVD
- Interpret investigation regarding guidelines improvement of clinical CVD health of women (and men)
- Recognize the gender difference of female-pattern IHD and the opportunity to improve the adverse outcomes experienced by women

Robotic Heart Bypass Surgery

- Summarize the use of minimally invasive technology and robotic heart bypass surgery
- Consider the expected outcomes and risks of robotic surgery and cancer
- Follow indications and refer patients appropriately
- Communicate benefits of robotic surgery to potential patients, considering their health literacy, socioeconomics, and cultural biases

Heart Failure Diagnosis and Management

- Define heart failure
- Review expected clinical assessment findings for patients with heart failure
- Apply nonpharmacological therapies for the management of heart failure
- Examine expected outcomes for the therapeutic management of patients with heart failure
- Apply strategies to prevent and reduce readmissions effectively
- Communicate prevention strategies to patients and their families adequately, taking into consideration age, ethnicity, and comorbidities

Atrial Fibrillation Guidelines

- Analyze the interaction between atrial fibrillation(AF) and heart failure(HF)
- Review medical treatment options for atrial fibrillation in the setting of HF
- Outline recent trials on the role of catheter ablation for AF in the setting of HF
- Utilize the latest recommendations from the ACC/AHA 2019 AF Management Guidelines

Coronary Artery Disease- Prevention and Treatment

- Identify risks for the development of coronary artery disease and determine who is at risk to develop coronary artery disease in the future
- List diagnostic methods to identify risks
- Describe approaches to address and treat underlying risks
- Cite cultural considerations in the prevalence of coronary artery disease

Hypertriglyceridemia: Causes, Risks, and Treatment

- Identify the epidemiologic and genetic evidence linking hypertriglyceridemia (HTG) with increased risk of atherosclerotic cardiovascular disease (ASCVD)
- Relate the pathophysiology of HTG, including elevated levels of remnant lipoproteins, to its causal connection to ASCVD
- Describe the anti-atherosclerotic properties of TG-lowering agents, with a focus on prescription (Rx) omega-3 fatty acids (ω -3)
- Apply best evidence (including evidence-based recommendations and guidelines) to lifestyle and therapeutic approaches for HTG management

STEMI and NSTEMI

- Distinguish effectively between a STEMI and NSTEMI attack
- Diagnose STEMI and NSTEMI events appropriately
- Treat or refer the patient as appropriate
- Consider gender differences regarding heart attacks and educate their female patients to reduce the incidence of heart attacks

Pediatric Dermatology

- Identify, differentiate, and treat different skin diseases, including skin cancers commonly seen in the Primary Care and Pediatric office setting
- Determine if symptoms are indicative of a viral infection or allergies
- Follow clinical and practice guidelines for common pediatric dermatology
- Determine when a referral to dermatologist is needed
- Consider how patient demographics can impact patient care and outcomes related to common skin diseases

Evaluation of Rashes

- Review skin morphology and terminology and how it applies to the evaluation of rashes
- Review key characteristics of common rashes encountered in primary care
- Use case based examples to review the evaluation of rashes

Dermatological Manifestations of Internal Disease

- Identify certain specific skin findings associated with systemic diseases
- Recognize more common manifestations of systemic diseases
- Explain diagnostic and treatment approaches to systemic diseases

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 therapy in psoriasis
- Develop strategies to minimize adverse effects and barriers to care associated with psoriasis treatment(s)
- Recognize and address the cultural considerations in the treatment of psoriasis and apply the appropriate therapeutic choices in individual patients with psoriasis based on their demographic and clinical characteristics

Autoimmune Blistering Diseases

- Define mechanisms of blistering autoimmune diseases (AIBD)
- Assess how bullous diseases can provide insight into systemic disease
- Review treatments for both bullous diseases and related systemic diseases

Common Dermatologic Conditions and Neoplasms Encountered in Primary Care

- Identify various dermatologic conditions and neoplasms correctly
- Describe treatment of common conditions
- List available therapeutics for dermatologic conditions

Melanoma

- Evaluate the epidemiology and increasing incidence of melanoma
- Identify factors affecting prognosis and the importance of early detection in improving patient outcomes
- Select appropriate diagnostic tests and apply 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 examine the role of surgery, chemotherapy, immunotherapy, adjuvant therapy and individualized treatment
- Counsel patients on prevention strategies and assess when to refer to a specialist

Emergency Medicine

Unanticipated Exits from the Hospital

- Discuss the differences between AMA and Left Without Being Treated
- Develop strategies to minimize the number of patients who leave without being seen
- Implement a plan for patients who elope

Shark Attacks

- Discuss risk factors for attack & identify high risk areas
- Properly assess for vascular injury
- Debride tissue and care for wounds

Bronchospasms: Diagnosis and Treatment

- Formulate an evidence based diagnostic and treatment plan for patients presenting in respiratory distress
- Discuss important differential diagnoses to consider in the patient presenting with respiratory distress based on age
- Interpret the results of imaging after possible foreign body aspiration
- Utilize an algorithm for the crashing patient with status asthmaticus

Management of the Combative Patient

- Identify various approaches to managing a combative patient
- Evaluate several medications that are commonly used to treat combative patients
- Develop a tiered approach to deescalating behavior when patients are combative

Heat and Sun Stroke

- Describe the various heat illnesses and how they present
- Evaluate the approach to the treatment of heatstroke
- Explain how to prevent heat illness

Epidemics and Pandemics

- Review the scope, epidemiology, background, and types of emerging infectious diseases
- Evaluate past pandemics and their implications for the future
- Analyze how COVID-19 fits into the overall schema of disaster medicine and human populations

Cardiovascular Toxins

- Describe the dangers of calcium channel and beta-blocker toxicity
- Compare novel treatments and evaluate their applicability
- Formulate a comprehensive treatment plan that responds to the multisystem organ failure caused by these toxins

Wilderness Medicine: Snakes, Spiders, Scorpions, and Heat Too

- Become familiar with presentation and treatment of rattlesnake envenomation
- Describe spider and scorpion clinical effects and treatment
- Develop approach to treating heat related illness

Neuroleptic Malignant and Serotonin Syndrome

- Present similarities and differences between neuroleptic malignant syndrome and serotonin syndrome
- Describe underlying pathophysiology
- Identify risk factors for the development of NMS and Serotonin Syndrome

The Most Common Myths in Disaster Medicine

- Evaluate the ten most common myths in disaster medicine
- Analyze disaster management basics
- Review actual human behaviors in disasters
- Consider a brief review of disaster exercises

Mesenteric Ischemia Pearls and Pitfalls

- Recognize limitations in history and physical when evaluating a patient for mesenteric ischemia
- Evaluate pitfalls regarding standard imaging tests used when patients have acute abdominal pain
- Develop an evidence-based approach to managing patients with acute mesenteric ischemia

Management of Near Drowning

- Review epidemiology of drowning and near-drowning
- Identify and list prevention strategies
- Become familiar with the initial and later care of the near-drowning victim, including controversies in management

Wound Assessment and Management

- Cite the physiology of wound healing and identify factors that may impair 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 prevention by identifying and treating pressure ulcers, wound complications, and infections timely
- Provide wound care instructions to patients at discharge
- Recognize patients at greater risk for wound complications and impaired wound healing, taking into consideration the patient's age, ethnicity, socioeconomics, etc.

Poisoning in Pediatric Patients

- Recognize the different types of common poisons that can affect patients
- Treat patients appropriately, referring when necessary
- Educate patients and parents on prevention methods
- Identify poison risk specific to teenagers, such as synthetic drugs, etc.

Endocrinology, Diabetes & Metabolism

Testosterone Replacement- Is It Really Necessary?

- Outline the way to properly diagnose male hypogonadism
- Describe the effects of testosterone therapy
- List appropriate indications for testosterone therapy

Improving Hospital Survival from an Endocrinologist's Perspective

- Weigh the risk versus benefit of feeding hospitalized patients and providing iron to patients with infection
- Identify the signs and symptoms of refeeding syndrome consistently
- Consider the 5th vital sign (pain), as well as serum albumin and its inverse relationship to mortality
- Determine when TPN versus enteral feedings is optimal and why
- Differentiate between hyperglycemia and new onset hyperglycemia and when to treat
- Consider comorbidities that put a patient at increased risk for refeeding syndrome and screen thoroughly when admitted to the hospital

Continuous Glucose Monitoring

- Define continuing glucose monitoring (CGM)
- List different types of CGM
- Summarize difference between real-time CGM vs. Intermittently Scanned CGM and Professional CGM
- Describe CGM use in the hospital
- Recognize patient-specific criteria needed to obtain insurance coverage for CGM and any biases

Diabetes Management in Older Adults

- Describe appropriate glycemic targets of older adults with variable levels of health
- Identify changes that can be made to diabetes medication regimens to reduce the risk of hypoglycemia
- Recall two relatively new technologies to improve glycemic control, decrease hypoglycemia, and potentially improve patient quality of life

Insulin Pump Therapy for Diabetes

- Describe insulin pump therapy
- List advantages and disadvantages of insulin pump therapy
- Review current guidelines and available evidence on the continuation of insulin pumps in the inpatient setting
- Recognize and identify clinical scenarios where the use of newer technology, such as insulin pumps and/or continuous glucose monitors, may be indicated to support insulin replacement therapy
- Identify prevalence of diabetes in different cultures and mitigate any biases

Work-up and Diagnosis of Thyroid Disease

- Incorporate an interdisciplinary approach to the diagnosis and management of patients with thyroid disease
- Evaluate screening methods for thyroid disease
- Recognize when to treat subclinical thyroid disease, hypothyroidism, and thyroiditis
- Determine whether the incidence of thyroid disease is increasing at disproportionate rates for different races and ethnicities

Common Thyroid Disorders in Primary Care

- Describe how to properly interpret thyroid levels
- Describe how to identify thyroid abnormalities
- Review how to provide proper care for thyroid disorders

Parathyroid & Calcium Levels

- Identify, diagnose, and treat parathyroid
- Assess hyper and/or hypoparathyroidism properly
- Determine causes of enlarged thyroid
- Identify the relationship and impact of calcium/phosphorus levels in parathyroid and renal failure
- Instruct patients regarding optimal self-management, especially in pregnant patients

Subclinical Hypothyroidism

- Define the biochemical entity of subclinical hypothyroidism
- Identify the potential benefits of treating subclinical hypothyroidism
- Identify the potential risks of treating subclinical hypothyroidism

Management of Type 2 Diabetes in 2021 - Beyond Metformin

- Critically review and analyze cases to improve the quality and safety of patient care in the management of hyperglycemia
- Manage patients with diabetes and comorbid coronary disease, heart failure and renal disease using evidence-based management guidelines and clinical trial data
- Differentiate glycemic targets in a variety of patients to develop treatment plans

Multiple Endocrine Neoplasia Syndromes Demystified

- Distinguish what the multiple endocrine neoplasia syndromes (MENs) are and how to diagnose them
- Identify the pathophysiology responsible for the MENs
- Recommend the initial evaluation / workup to start as a PCP
- Utilize the principles of MEN management (including screening, surgery, surveillance, and “synergy” (Multidisciplinary approach)

Diabetes & Hypertension

- Critically review and identify Diabetes Mellitus as metabolic and vascular disease
- Develop a strategic management plan to proactively screen, follow-up and evaluate hypertension in patients with diabetes
- Incorporate in daily practice treatment strategies for management of hypertension, including lifestyle changes and drug therapy, as per ADA recommendations

The Diabetes LIFEMAP: Data-driven Diabetes Care for the 21st Century

- Describe a new approach to diabetes care that is patient-centered, cloud-based, and 24/7 integrated
- Define the basic concept of a Diabetes LIFEMAP that translates an average "day-in-the-life" into an actionable rubric for self-blood glucose monitoring
- Demonstrate that diabetes management is a data-driven process

Hyperlipidemia: Causes, Risks and Treatment

- Follow current hyperlipidemia guidelines for diagnosis, treatment, and management
- Increase discussion of hyperlipidemia with patients
- Choose appropriate hyperlipidemia treatment
- Consider hyperlipidemia treatment impact on cardiac morbidity and mortality
- Consider ethnicity, disparities in care, and diet on a patient's risk for hyperlipidemia and its treatment outcome

Outpatient Management of Diabetes

- Utilize current ADA guidelines for the treatment and management of diabetic patients in the outpatient setting
- Prescribe the most appropriate and effective medication to treat and manage diabetes and co-morbidities
- Tailor therapy for each patient and educate them on implementing lifestyle changes to manage their diabetes better, navigating any cultural and socioeconomic barriers

Diabetes Nutrition Therapy

- Define medical nutrition therapy (MNT)
- Demonstrate the importance of MNT for prediabetes and type 2 diabetes (T2D) patients
- Review recommendations made by key scientific associations
- Evaluate obstacles to MNT adherence
- Identify the prevalence of diabetes in different cultures

Osteoporosis in Men

- Recall the challenges preventing earlier diagnosis of osteoporosis in men and the consequences of under-diagnosis
- Identify the treatment modalities currently available for management of osteoporosis in men and discuss the evidence supporting them
- Formulate a treatment plan for a male patient with osteoporosis

Osteoporosis Update

- Examine the epidemiology and pathophysiology of osteoporosis in men and women
- Identify the contributing factors associated with osteoporosis
- Assess osteoporotic prevention strategies
- Review t-score diagnosis and current screening options for osteoporosis
- Evaluate non-pharmacologic and current pharmacologic therapies recommended for best outcomes
- Differentiate between osteopenia and osteoporosis
- Identify populations (age, gender, and ethnicity) at higher risk for osteoporosis

Diabetes Management in Older Patients

- Describe appropriate glycemic targets for older adults with variable levels of health
- Identify changes that can be made to diabetes medication regimens to reduce the risk of hypoglycemia
- Recall two relatively new technologies to improve glycemic control, decrease hypoglycemia, and potentially improve patient quality of life

Inpatient Diabetes Management

- Describe the importance of inpatient glucose management
- Identify the goals of care from the American Diabetes Association's Standards of Care (2020)
- Describe basal-bolus insulin therapy
- Describe why the traditional sliding scale insulin does not work
- Evaluate appropriate insulin therapy considerations in a variety of clinical situations (case studies)

Obesity Complications

- Identify the range of diseases associated with obesity
- Evaluate metabolic basis explaining the links between obesity and diseases
- Describe the clinical diagnosis of obesity-related diseases
- Identify the current treatment of diabetes

Tips on Helping Your Patient Lose Weight

- Compare different obese body types and explain their risks to health
- Counsel patients of the role of diet and exercise in maintaining normal weight
- Educate patients about dietary intake for weight loss

Equity, Diversity & Inclusion

Health Disparities: Avoidable, Unnecessary, and Unjust

- Recognize health disparities
- Understand mechanism(s) of these disparities
- Address health disparities using frameworks of action

Increased Morbidity and Mortality in Black Women: How do we protect our patients? A generalist perspective.

- Describe and enumerate the data and statistics that reveal increased M&M among black women in peripartum and generally
- Describe potential causes for the increase in morbidity and mortality among black women
- Propose possible remedies

Culture Sensitivity & Healthcare Decision-Making

- Evaluate how physicians from diverse cultural backgrounds can sometimes provide different medical care & treatments for their patients and also have different standards for judging a successful treatment
- Compare different communication methods used by physicians for culturally diverse backgrounds, including African Americans, Korean Americans & Mexican Americans
- Identify reasons why patients seek medical treatment from physicians of their same race/ethnic background
- Recognize the importance of addressing the cultural and ethnic background of patients at the end of life

Implicit Bias in Medicine

- Review effective communication
- Define implicit biases, and explore how they affect health care
- Differentiate between cultural competency and humility
- Identify ways to incorporate the 5Rs into clinical practice
- Promote physician resiliency and improve clinical encounters

Social Justice/ Cultural Humility and Unconscious Bias

- Learn how health disparities impact patient outcomes
- Identify how social determinants of health impact health outcomes
- Increase knowledge of unconscious bias and cultural competence

Reducing Health Disparities for LGBTQ+ Patients

- Define important terminology related to sexual orientation and gender identity, and explain how these terms are relevant to the healthcare visit
- Explain how providers can take steps to reduce health disparities that exist for LGBTQ+ individuals
- Describe gender-affirming treatments such as hormone therapy and surgery that is provided to transgender and gender-diverse individuals

Transgender Patients: Unique Considerations

- Explain key elements of appropriate care for transgender patients seeking primary, specialty and emergency care across the health system
- Define basic terms such as; gender identify, gender expression, sexual orientation, transgender, cisgender and medical affirmation
- Recognize the risks and benefits of different gender-affirming therapies such as hormone therapy and surgery

Social Determinants of Health

- Define diversity and inclusion
- Distinguish between race, ethnicity, and culture
- Evaluate health disparities in the U.S.
- Distinguish major social determinants of health
- Assess cultural competence in patient communication skills

Improving the Health of LGBTQ+ Communities

- Provide a foundational understanding of SGM people and their health disparities
- Present The PRIDE Study as well as its structure, values, and ongoing work
- Highlight actions that everyone can take to improve the well-being of LGBTQ+ communities

Some Thoughts and Suggestions for Providing Care to Hispanic and LGBT Patients

- Provide care to Hispanic and LGBT persons based on the needs of these communities
- Realize that improved patient-practitioner clinical encounter is under the control of the clinician
- Provide care to LGBTQ patients that are guided by the needs of the community

LGBTQ Issues in Healthcare

- Identify and evaluate some health disparities in the LGBT community and their impact on public health overall
- Analytically evaluate the legal and ethical risks that health care institutions face related to LGBT health care issues
- Develop plans that work towards reducing health disparities in the LGBT community and improve the overall quality of care

LGBTQ Cases 1-5

- Enumerate recommendations to increase access to care
- Describe a case reviewing challenges to getting health care and the clinicians responsibility to ensure access is possible
- Describe what youth want to know about sex
- Describe a case discussing issues related to Gay youth
- Describe how to communicate successfully with Gay youth about sex and sexual orientation utilizing a case study
- Explain how to approach a family that is rejecting their gay son/daughter using a case
- Describe the use of Pre-exposure prophylaxis PrEP
- Describe the management of a Transgender youth

Gay Cases Illustrating Helpful Approaches to Gay Youth

- Illustrate an approach to rejecting families, its consequences and effective interventions
- Describe clinician behaviors to avoid
- Describe how to reconcile religious beliefs and homosexuality
- Describe methods to communicate about sex and sexual orientation
- Identify recommended sexually transmitted infection testing
- Define pre-exposure prophylaxis, who should get it and labs to obtain before beginning PrEP
- Identify bullying

Ethics and the Business of Medicine

Three Proven Secrets for Building Resilience & Thriving During Challenging Times

- Describe how self-limiting beliefs and the resultant toxic self-talk lead directly to stress and all of its emotional and physical consequences
- Acquire a “Mental Toughness” routine to quickly derail toxic self-talk
- Describe one of the most heavily researched habit that physicians and allied health care professionals can develop to build resiliency and thrive during difficult times

The Aging Physician

- Identify risk factors that could impact the practice of the older physician
- Identify the primary controversies related to assessing the competence of the aging physician
- Be familiar with the literature that shows the type of deficits that are common among senior physicians
- Discuss the primary areas of assessment in a fitness for duty evaluation
- Recommend solutions to addressing the senior physicians without removing them from practice

Building High Performance Teams

- Describe the characteristics of a high-performing team and a low-performing team
- Describe the components of the SCORE acronym for creating high-performance teams
- Describe the components of the working genius model for team member selection

The Link Between Professional Relationships and Safe, High Quality Healthcare

- Explain a systematic approach to resolving workplace conflicts
- Describe the interaction between staff behavior and the culture of safety within a healthcare unit, and how all of this can affect the safety of patients during care processes
- Use specific communication tools to create shared mental models within the healthcare team

Oversight of Physician Assistants and Nurse Practitioners

- Describe relevant elements of state law regarding oversight of APPs
- Utilize strategies to embrace healthcare team function

The Do's and Don'ts for Telemedicine: The Risks, Benefits and the Future

- Articulate the variety of telehealth clinical applications and consider potential opportunities as it applies to your practice
- Apply one "Do" recommendation as presented in this program as part of your telehealth practice
- Differentiate potential risk issues when using telehealth and how these issues can affect the doctor-patient relationship

Just Culture / Care for the Caregiver

- Respond productively to adverse events
- Support colleagues involved in adverse events to prevent suffering
- Examine how human factors lead to patient harm
- Recognize human factors causes so they can be productively managed

Physician Wellness

- Gain a better understanding of the factors affecting physician thoughts, attitudes, feelings, and emotions toward medical practice
- Learn how to develop effective strategies and interventions to address frustration, dissatisfaction, disengagement, stress, and burnout to enhance attitudes and behaviors that affect clinical performance
- Focus on the importance of individual and organizational commitment to provide appropriate resources and support programs designed to improve physician well-being, enthusiasm, and passion for medical care, resulting in more effective engagement, care relationships, physician, staff and patient satisfaction, and care management outcomes

Giving and Receiving Effective Feedback

- Explain how frequent and effective feedback and self-reflection helps one to improve their skills
- Describe the importance of body language and verbal language in providing, reflecting on and responding to feedback
- Explain how to not only receive feedback but process, discuss and respond positively to feedback through a partnership with colleagues
- Demonstrate the ability to provide positive, constructive feedback that encourages self-growth and growth of colleagues in communication, clinical skills, leadership skills and professional identity formation

Communication, Compassion and the Power of Observation

- Describe how body language and other nonverbal communication can either encourage or inhibit a patient from engaging positively with their physician
- Explain the power of using a name and a smile in interactions with others
- Describe the difference between empathy, sympathy and compassion
- Apply observation skills and compassion together to future interactions with patients to improve relationships and outcomes

Culture Sensitivity & Healthcare Decision-Making

- Describe cultural sensitivity and cultural humility
- Explain why cultural sensitivity and cultural humility are important in patient care
- Evaluate specific situations in healthcare decision making that make cultural sensitivity particularly important
- Describe some best practices for communicating effectively with patients and families with limited English proficiency
- Analyze a case study involving cultural sensitivity and cultural humility

Patient Experience: Satisfaction and Outcomes

- Use "AIDET" techniques for improving patient experience
- Implement empathic listening rather than only focusing on tasks / problem solving
- Evaluate evidence relating patient satisfaction and clinical outcomes

Teamwork Approach: An Update on Enhancing and Promoting Communication and Professionalism

- Communicate effectively with colleagues, nurses and other staff members to promote a healthy teamwork environment
- Act professionally in the midst of stress
- Apply appropriate skills to cope with stress and manage stress-related factors
- Recognize how gender, position, ethnicity, and/or cultural differences can cause misunderstandings

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

Communication about Death and Dying

- Utilize skills to break bad news effectively
- Assess how to broach code status and end of life topics compassionately
- Reframe common negative attitudes toward death and dying to ease the dying process and improve palliation
- Negotiate impasses over nonbeneficial care and other disputes

Information Security and Accuracy in Electronic Medical Records

- Review the core concepts of privacy, confidentiality, and security, as they pertain to digital health in general and electronic medical records systems in particular
- Outline the common security vulnerabilities in health care settings and describe strategies to mitigate the risks
- Describe the various approaches to information access in electronic medical records systems
- Evaluate the common clinical documentation integrity risks in electronic medical records systems, particularly with regard to copy and paste functionality

Malpractice 101

- Identify the elements of malpractice liability and the non-error triggers of suits
- Review risks of malpractice by specialty and physician characteristics
- Participate productively in malpractice including depositions
- Reduce malpractice risk/costs through best practices in medical decisions and documentation

Leadership Crisis

- Identify the mechanics of a crisis and how to recognize key areas of need in a crisis
- Incorporate principles and strategies to lead in a crisis situation
- Effectively manage teams and entities as a leader in crisis mode

Enhancing Physician, Staff, and Patient Satisfaction in Today's High-Stress Complex Healthcare Environment

- Gain a better understanding of the factors influencing physician thoughts, attitudes, feelings, and behaviors and how these relate to physician, staff, and patient satisfaction
- Describe strategies designed to help physicians and staff better adjust to the stress and pressures of today's practice environment
- Recognize the importance of satisfaction, joy, and engagement and its impact on care relationships that affect patient outcomes of care
- Identify what steps the organization should take in an effort to enhance physician and staff satisfaction and well-being

Adverse Events: From Disclosure to Apology

- Disclose news about bad outcomes and medical errors
- Reduce stress for both providers and caregivers
- Evaluate the patient perspective in harm scenarios
- Reduce malpractice risks/costs by repairing relationships

Physician Communication and Care Management: Leadership Strategies?

- Define the importance of communication as the lifeline of the individuals and team members that work together in today's complex healthcare organizations
- Identify the elements of a dysfunctional team
- Acknowledge the barriers to communication and collaboration among healthcare providers
- Evaluate the importance of effective leadership strategies in promoting the culture of safety and delivery of safe highly reliable care

Emotional Intelligence

- Gain better insight into the environmental, organizational, and personal factors affecting individual values, biases, thoughts, and behaviors
- Identify the principles of Emotional Intelligence that focus on the importance of self-awareness, social awareness, self-management, and relationship management and how they may affect patient care
- Integrate techniques to understand better and manage care relationships that improve care delivery, team engagement, satisfaction, and patient outcomes of care
- Help develop strategies to address stress and burnout to help physicians better adjust to the pressures of today's health care environment

Medical Negotiation

- Recognize the role of negotiation in patient communication
- Identify the five steps to effective negotiation with patients
- Respond productively to inappropriate comments and proposals
- Apply the techniques to an "unfixable" ethical dilemma

Updates in Clinical Documentation

- Document more accurately and with increased specificity
- Recognize the importance of documentation specificity and how it will benefit the patients, the physician, and the hospital
- Reduce variance inpatient care by increasing specificity of documentation to reduce the chance of errors or misunderstandings

Navigating Challenging End-of-Life Conversations and Requests for Non-Beneficial Treatments

- Differentiate between what is allowed and required by California's probate codes
- Utilize the Two-Hand Test to demonstrate to the patient and family how the patient's quality-of-life goals combine with making sure only appropriate treatments are offered
- Help the patient and family integrate the person's cultural and religious preferences into the quality-of-life goal while making sure to respect still the limitations of what medicine can accomplish

Medical Decision Making, Ethics, and Behavioral Economics: How you Influence Your Patients

- Identify some biases & heuristics that influence patients' judgment and decision-making
- Analyze the impact of those on the informed consent process
- Describe the ethical concerns with shaping patients' decisions

How to Interact with Media

- Identify common pitfalls in dealing with media interviews
- Be familiar with how to prepare and present talking points for core messaging
- Be familiar with practical advice for handling interviews

How to Do Hospital Quality Improvement

- Identify core principles of healthcare quality improvement (QI)
- Be familiar with standard methods and techniques in QI to achieve strategic goals
- Be familiar with common QI pitfalls

HR Management and Mentorship

- Evaluate basic principles of HR management
- Identify standard approaches and techniques to optimize performance of direct reports, peers, and managers
- Compare the differences, similarities, and Venn diagrammed overlap between management and leadership

Hospital Coding and Documentation

- Evaluate standard US healthcare hospital-based coding terms and principles
- Identify how to optimize disease severity capture in the medical record
- Analyze the benefits and/or consequences of optimizing or failing to optimize documentation

Evolving Concepts of Professionalism in Medical Education and Practice

- Describe how the idea of medical professionals has changed over recent years
- Recognize factors that can promote and hinder professionalism
- Apply concepts in professionalism to the current COVID-19 pandemic

Sexual Harassment

- Define sexual harassment and its applicability in today's society and legal system
- Review actual incidents (redacted) of sexual harassment in healthcare for analysis of root causes and resolutions
- Identify healthcare professionals' role(s) in preventing and responding to sexual harassment in their healthcare environment

Improving Physician Handoffs

- Define the term "handoff" and describe several different types of handoffs and what each entail
- 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 that can impact handoffs

How Can Physicians Benefit from an Ethics Consultation?

- Assess whether medical cases are appropriate for an ethics consultation
- Identify the purposes of an ethics committee
- Follow the steps in arranging a formal ethics consultation meeting with a family

Workplace Violence

- Identify risk factors that contribute to workplace violence for healthcare workers, patients, and visitors
- Assess the warning signs in individuals and situations that may result in workplace violence
- Take immediate action when workplace violence is discovered or suspected
- Apply skills to promote a productive and healthy professional life
- Communicate effectively with colleagues, employees, and patients using techniques to address inappropriate language and behavior in the workplace

Colon Microbiome and Inflammation

- Recognize the many potential beneficial properties of the intestinal microbiome including nutrient digestion, colonization resistance, and immune system development/maintenance
- Identify the factors that shape the gut microbiome
- Evaluate the recent scientific advances implicating the gut microbiome in intestinal and systemic inflammation

The Gut-Brain Connection: Diseases and Therapies

- Identify mechanisms in the relationship between the gastrointestinal and nervous systems
- Examine how digestive diseases can cause neurologic diseases, and vice versa
- Explore current and potential therapies that target the gastrointestinal system to benefit the nervous system, and vice versa
- Provide tools and strategies to patients, including community resources, to make healthier dietary choices to improve their overall physical and mental health

H. Pylori

- Discuss the indications for testing and treating *Helicobacter Pylori* infection
- Review evidence-based first-line and salvage therapies for *Helicobacter Pylori* infection

Liver Transplant

- Follow best practice on the indication for liver transplant
- Consistently identify candidates and donors
- Refer timely for transplantation or donation
- Educate patients on liver transplantation and donation
- Screen thoroughly and consider/navigate obstacles to care that at-risk patient groups may face related to liver disease

Irritable Bowel Syndrome

- Analyze the clinical symptoms of IBS
- Compare and contrast IBS food intolerance and food allergies
- Examine the current evidence on IBS management
- Recognize patients at higher risk of IBS, such as women

Ischemic Colitis

- Identify ischemic colitis from other digestive problems
- Conduct a work-up for IC that enables differential diagnosis, characterizes the severity, and extent of disease
- Individualize treatment that is sufficient for the patient disease state
- Identify patients at higher risk such as those over 60 years-of-age

Fatty Liver ~ The Emerging Giant in Health Care

- Review epidemiology, risk factors and differentiating features of simple steatosis and non-alcoholic steatohepatitis
- Examine pathogenesis and potential targets for the treatment of non-alcoholic steatohepatitis
- Identify both hepatic and non-hepatic complications of fatty liver

GE Update: Hiatal Hernia, GERD, Gastric/Esophageal Cancer

- Follow current, evidence-based guidelines for common gastroesophageal (GE) issues
- Choose the most effective treatment options for hiatal hernia and GERD to aid in the prevention of gastric/esophageal cancer
- Distinguish dyspepsia from GERD
- Recognize that helicobacter infection reduces acid production and reflux symptomology
- Recognize the side effects of PPI use and choose as a treatment option, when appropriate
- Address the cultural factors which may increase risk of, or impact treatment options for, the patient with GI issues

GI Bleeding

- Enumerate risk factors of gastrointestinal bleeding
- Explain the ulcer classification system and how it influences treatment
- Describe the different therapeutic options for gastrointestinal bleeding

New Options in the Treatment of Reflux Disease

- Identify patients at risk for gastroesophageal reflux disease (GERD)
- Recognize symptoms of GERD
- Select appropriate diagnostic methods
- List the various types of cultural diversities (i.e., gender, age, race, ethnicity, etc.) that relate to presentation and diagnosis
- Compare medical and surgical options to select the appropriate treatment for the patient
- Counsel patients on prevention, including diet modification

Understanding Hepato-Pancreato-Biliary Disease

- Choose appropriate screening and imaging options to diagnose and stage hepato-pancreato-biliary diseases timely
- Identify available treatment plans for managing the care of patients with hepato-pancreato-biliary diseases
- List the role of multidisciplinary care in hepato-pancreato-biliary diseases management
- Determine which patients may be at high risk of developing hepato-pancreato-biliary diseases, considering genetics, co-morbidities, ethnicity, etc.

Update on Treatment – Hepatitis B+C

- List current available hepatitis B and C therapies
- Identify current treatment guidelines
- Evaluate vertical transmission prevention of hepatitis B
- Describe the prevention of hepatitis B reactivation in the setting of immunosuppression

Celiac Disease

- Cite the pathogenesis of celiac disease
- Recognize the presentation of celiac disease, and diagnose patients accordingly
- Summarize the value of using antibodies and genetic testing as screening tests for celiac disease
- Develop a treatment plan utilizing appropriate treatment options and resources
- Identify patients at higher risk of celiac disease, taking into consideration age, gender, and patients with autoimmune diseases

Drug-Induced Liver Injury

- Define drug-induced liver injury including different classifications
- Distinguish between intrinsic and idiosyncratic drug-induced liver injury
- Explain the mechanisms of drug-induced liver injury and the effects of drug metabolism
- Identify drug-induced liver injury from other causes of chronic liver disease and define the various presentation phenotypes
- Explain the management of drug-induced liver injury

Update on IBD Diseases

- Provide an effective assessment
- Diagnose, work up, and treat IBD diseases promptly
- Describe the evidence-based therapies available to treat patients with IBD diseases
- Examine ethnicity/gender disparities when dealing with patients with IBD diseases

Genetics

New Techniques of Genetic Analysis

- Recognize common indications for genetic testing in primary care and refer appropriately
- Cite potential benefits and challenges of initiating genetic testing in primary care
- Diagnose patients with developmental disabilities timely
- Communicate effectively with the patients and their families while navigating language and cultural barriers

CRISPR for Clinicians

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

Gene Therapy

- Be aware of basics of gene therapy
- Explain basics of genome editing
- Identify types of disorders that might benefit from these approaches

Genetic Cancer Risk Assessment: Who Should Be Tested

- Identify patients with potential hereditary cancer risk
- Recognize the strategies and possible outcomes of genetic testing for hereditary breast and other cancers
- Incorporate current National Comprehensive Cancer Network (NCCN) to refer patients for cancer predisposition testing, high-risk cancer screening and management

Updates in the Medical Management of Pompe Disease

- Describe the risks and consequences of mis- and underdiagnosis of PD
- Recall strategies to improve recognition and diagnosis of PD
- Discuss present approaches to treating PD
- Formulate a care plan in the treatment of a patient with PD

Present and Emerging Strategies in the Medical Management of Hunter Syndrome

- Describe the risks and consequences of mis- and underdiagnosis of Hunter syndrome
- Recall strategies to improve recognition and diagnosis of Hunter syndrome
- Discuss present approaches to treating Hunter syndrome
- Formulate a care plan in the treatment of a patient with Hunter syndrome

Geriatric Medicine

Screening and Management of Age and Medically Related Driving Impairments

- Identify the safety risks and conditions of older drivers (aged 65+) that may put patients at risk for unsafe driving
- Utilize effective methods of clinically screening older patients for driving safety and fitness
- Screen older patients thoroughly and consistently
- Refer patients for treatment of impairment and health conditions that impact driving safety and fitness
- Follow California DMV reporting requirements and methods

Geriatric Polypharmacy

- Examine medication demographics of the elderly
- Discuss pharmacokinetic and pharmacodynamics changes that occur in the elderly
- Analyze both economic and quality of life effects of polypharmacy
- Describe techniques in how to decrease polypharmacy in the elderly

Brain Aging & Psychological Effects

- Identify brain function in older adults and determine the difference between “normal forgetfulness” and other cognitive developments
- Recognize the biology of brain aging and its impact on the prevention, progression, and prognosis of disease and disability
- Describe psychological effects of brain aging
- Identify health disparities related to aging and develop strategies to improve health status of older adults in diverse populations

Diabetes Management in Older Adults

- Be able to describe appropriate glycemic targets of older adults with variable levels of health
- Identify changes that can be made to diabetes medication regimens to reduce the risk of hypoglycemia
- Recall two relatively new technologies to improve glycemic control, decrease hypoglycemia, and potentially improve patient quality of life

Geriatric Assessment in the Community

- Describe the changing aging demographics
- Recognize geriatric syndromes
- Share evidence-based strategies to address various geriatric syndromes and the role of comprehensive geriatric assessment

Flipping Falls Prevention to

#MaximizeMomentum

- Understand components of postural control and impact of aging/age-related diseases
- Embrace a symptom-based approach to help Older Adults understand and engage in needed behavior change
- Providing a structured approach to address age-related changes, as simple as A-B-C-D
- -**A**ddress causes (reversible factors), **B**eware risky meds, **C**ommon sense steps, **D**o exercise
- Quality Improvement Measures that should be expected & discussed with Leadership

Hospitalization and Functional Decline in the Elderly

- Review the epidemiology of hospital-associated functional decline in the elderly
- Describe risk factors for functional decline
- Detail preventive strategies to maintain function in hospitalized older adults

Levels of Care

- List the separate levels of care
- Distinguish which levels of care are appropriate for different patient's needs, taking into account functional status, payor mix and comorbidities
- Describe case examples of different levels of care for varied patients

Delirium: Identification and Management

- Identify which patients are at risk for delirium, including the importance of recognizing delirium in the elderly population
- Differentiate between delirium, dementia, and confusion
- Evaluate how to prevent or mitigate delirium in the ICU, and how to treat resulting behaviors to prevent violence effectively
- Write a treatment plan to manage delirium as a team effectively

Geriatric Polypharmacy

- Examine medication demographics of elderly
- Identify pharmacokinetic and pharmacodynamic changes that occur in the elderly
- Describe various types of adverse drug reactions
- Analyze both economic and quality of life effects of polypharmacy
- Describe techniques in how to decrease polypharmacy in elderly

Quality Pain Care in Older Adults

- Describe the impact of pain in older adults
- Identify the barriers to pain assessment and management in older adults
- Briefly describe the multifaceted nature of suffering when performing a comprehensive pain assessment
- List both non-pharmacologic & pharmacologic treatment options
- Develop a multimodal pain treatment plan for patients with complex pain

Effects of Climate Change on Health

- Summarize air pollution exposure and potential health effects
- Identify the effects of air pollution exposures on the heart: Implications for cardiac morbidity and mortality
- Cite current findings on causal associations between specific pollutants and cardiovascular disease and asthma
- List potential implications of climate change concerning pollutant-related health effects
- Summarize potential for air quality degradation in the future and implications for public health
- Counsel those at highest risk of adverse health impacts of climate change, while considering access to care

Pediatric Vaccinations

- Address patients' concerns about vaccinations, correcting misconceptions and providing adequate information on evidence-based benefits and risks
- Cite public health concerns faced with the increased trend of vaccination exemptions
- Follow the current recommendations for immunizations
- Navigate patients' cultural beliefs concerning vaccinations and address concerns as they arise

Human Trafficking

- Define the types of human trafficking
- Explain the role of the healthcare provider in recognizing and responding to trafficking victims and survivors
- Specify how to report cases or suspected cases of human trafficking
- Outline the various types of cultural diversities that may relate to human trafficking

Infectious Diseases

Emerging Infectious Diseases

- Identify new, emerging pathogens
- Differentiate clinical presentations of various emerging infectious diseases
- Navigate the challenges posed by emerging multi-drug-resistant bacteria when developing a treatment plan
- Manage infections due to emerging pathogens
- Consider and navigate the psychosocial impacts of contracting a new/emerging infectious disease

The Difficulty with (C.) difficile: Guideline Updates and Optimal Identification and Treatment Strategies

- Describe the burden of disease on patients with CDI and the consequences of inappropriate diagnosis and treatment
- Recall the optimal sequencing of tests in the diagnosis of CDI, and apply that information to patient cases
- Identify present and emerging therapies and best practice in treating CDI
- Formulate a treatment plan for a patient with CDI

Vaccine Hesitancy and Denial: A Problem for the Ages Coming into Sharp Focus during the Pandemic

- Recall factors associated with vaccine hesitancy (VH)
- Identify vaccine-specific reasons for VH and how to address them
- Describe effective communication methods to discuss VH
- Formulate strategies to address VH at the individual, institutional, and community levels

Vaccines: The Intersection of History, Science and Humanity

- Describe the effects of infections in the pre-vaccine era
- Explain how herd immunity works and the role vaccines play in herd immunity
- List the barriers to vaccination and potential solutions

Old Diseases are Back

- Summarize the epidemiology and pathophysiology of measles and meningococcal meningitis
- Identify individuals who are at risk for measles and meningococcal meningitis
- Vaccinate patients to prevent measles and meningococcal meningitis
- Recognize the clinical presentation of measles and meningococcal meningitis in adults and children, and employ appropriate treatment options
- Educate patients and address their concerns about vaccinations while maintaining a culturally-sensitive approach

Vector-Borne Illnesses

- Identify symptoms of common vector-borne illnesses and diagnose timely
- Follow recommendations for treatment and disease control
- Integrate new therapeutic options into practice and patient care when deemed an appropriate treatment option
- Screen at risk patient groups appropriately who may have been exposed to vector-borne illnesses

Short Course Antibiotic Therapy

- Interpret the lack of evidence behind the standard duration of antibiotic therapy
- Be familiar with modern trials that demonstrate the optimal duration of therapy for many infections
- Incorporate changes to antibiotic prescribing duration into clinical practice

Tuberculosis Update

- Examine the history of tuberculosis germane to the medical and public health fields
- Augment the physician's knowledge on the current epidemiology of tuberculosis in the USA and worldwide
- Integrate current testing and work-up in the evaluation of tuberculosis
- Recommend current therapy for tuberculosis for the practicing physician
- Examine public health concerns concerning the control of tuberculosis

Fever of Unknown Origin

- Recognize common causes of fever of unknown origin (FUO)
- Perform the evaluation process of FUO
- Describe the differential diagnosis of FUO

Asymptomatic Bacteriuria

- Identify current recommendations for screening, diagnosis, and treatment of asymptomatic bacteriuria
- Identify patients who should be screened for asymptomatic bacteriuria
- Explain the role asymptomatic bacteriuria plays in antibiotic stewardship
- Diagnose and treat patients at higher risk of asymptomatic bacteriuria, such as women

Oral Therapy for Infective Endocarditis

- Evaluate historical literature leading to intravenous therapy preference
- Assess the extensive modern literature on oral therapy for endocarditis
- Integrate literature into clinical decision-making for individual patients

Human Immunodeficiency Virus (HIV): Optimizing Treatment Strategies

- Evaluate a treatment plan and suggest modifications for improvement, taking the following into account: patient preference, adherence, pill burden, comorbidity level, and drug-drug interactions
- Develop a treatment plan that optimizes safety and efficacy using patient cases
- Describe the challenges and barriers to care associated with treating patients with HIV

Oral Therapy for Chronic Osteomyelitis

- Evaluate historical literature leading to intravenous therapy preference
- Assess the extensive modern literature on oral therapy for osteomyelitis
- Integrate literature into clinical decision-making for individual patients

Antiviral Treatment Update

- Describe the indication for the use of antiviral medications
- Evaluate the use of antiviral medications for the treatment of HIV
- Evaluate the use of antiviral medications for herpes, hepatitis and influenza
- Examine the current investigation into the use of antiviral medications for COVID-19

Antimicrobial Stewardship Toolkit

- Indicate the growing threat of antibiotic resistance
- Explain the program of Antibiotic Stewardship
- Provide examples of the effectiveness of Antibiotic Stewardship

HAI – Hospital Acquired Infections

- List at least three preventable healthcare-acquired conditions
- Categorize healthcare-acquired infections vs. community-acquired ones
- Identify symptoms for CAUTI, CLABSI, C-Diff
- Implement strategies to prevent healthcare-acquired infections
- Take cultural-linguistic factors into account when pre-screening patients for infections before surgery and when discussing infection risks and prevention strategies

Foodborne Illnesses

- Identify the major causes of foodborne illness and how food gets contaminated
- Evaluate what can be done on an individual level to help keep food safer
- Distinguish for which patient subgroups food safety is most important

Hand Hygiene

- Review the scientific data regarding hand hygiene (normal bacterial skin flora, normal 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 religious factors that impact physician and HCW compliance with hand hygiene guidelines

Lyme Disease

- Explain when, where and how people are exposed to Lyme disease
- Review how Lyme disease epidemiology impacts diagnostic test interpretation
- Report cases of Lyme disease appropriately and timely
- Treat patients appropriately
- Provide and communicate effective tick bite prevention and tick bite removal information to patients, taking into consideration their level of health literacy

Nephrology & Hypertension

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 the management of CKD
- Cite the cultural considerations related to the prevalence of CKD

Management of Anemia in Chronic Kidney Disease

- Discuss the prevalence of Chronic Kidney Disease (CKD) and its impact on the population
- Briefly describe diagnosis of CKD and its associated common complications
- Describe the pathophysiology of anemia in CKD
- Review the management plan and treatment of anemia in CKD reviewing novel mechanisms of action

Acute Kidney Injury

- Identify pathophysiology and types of acute kidney injury (AKI)
- Identify patients at risk of and with AKI
- Manage patients with AKI appropriately
- Refer patients with AKI to a specialist when needed
- Recognize patients at higher risk for AKI, such as the senior population and patients with other comorbidities

Nephrotic Syndrome

- Diagnose patients with kidney disease timely
- Choose appropriate treatment/medication options
- Manage kidney disease appropriately
- Identify complications of kidney disease promptly to prevent further (avoidable) complications
- Recognize patients at higher risk for kidney diseases, such as women and certain ethnic groups

Atypical Hemolytic Uremic Syndrome (aHUS): Best Practices and Effective Management

- Describe the common clinical presentation(s) of aHUS
- Determine the likelihood/prevalence of aHUS using established methods in a patient case
- Identify the treatment modalities presently available and emerging therapies for management of aHUS
- Evaluate a treatment plan for a specific patient with aHUS to optimize safety and efficacy, suggesting modifications for improvement

Emergent PCI and Contrast Induced Kidney Issues

- Manage patient before and after getting IV contrast
- Describe potential renal risk of getting IV contrast
- Explain when should we consider not to give IV contrast in CKD patients

Continuous Renal Replacement Therapy

- Review principles of continuous venovenous hemodiafiltration (CVVHDF)
- Evaluate the differences between CVVHDF and standard hemodialysis
- Identify clinical situations where use of CVVHDF may be beneficial

New Blood Pressure Guidelines

- Identify and avoid common errors in the measurement of blood pressure
- List the latest guidelines for blood pressure management
- Evaluate how these guidelines direct care of individual patients

Renal Failure in Liver Disease

- Describe how liver disease can lead to renal failure
- Analyze the pathophysiology of hepatorenal syndrome
- Use the literature to guide treatment choices for hepatorenal syndrome

Neurology & Neurosurgery

Head and Neck Injuries

- Identify, evaluate, treat, and manage head and neck injuries consistently
- Order appropriate imaging, as well as work collaboratively with radiology to interpret results
- Develop a treatment and management plan, that could include surgical intervention
- Consider patient age when assessing patients for concussion
- Consider patient expectation of treatment and outcomes based on their socioeconomic status

Ischemic Stroke

- Identify the recent changes in the stroke guidelines
- Describe the comprehensive view of ischemic stroke
- Implement the initial steps taken for the management of ischemic stroke

IVIG Benefits for Neuromuscular Disorders

- Provide a general overview of neuromuscular disorders inc. MG/CIDP/ MMN/SPS/MS/ GBS
- Explain what IVIG is
- Describe alternative treatments outside of IVIG for Neuromuscular Disorders
- Explain why IVIG is the preferred treatment for Neuromuscular Disorders
- Identify challenges in authorization - how to overcome

Useful Things to Know about Polyneuropathy

- Diagnose polyneuropathy
- Integrate exercise in potentially reversing early polyneuropathy
- Integrate a systematic approach to pain control in polyneuropathy
- Examine the gene-therapy revolution that is ongoing
- Integrate a systematic approach to the diagnostic evaluation of the most common causes of polyneuropathy (The Big 6)

Let Food Be Thy Medicine and Medicine Be Thy Food: Diet in Neurology

- Augment the physician's knowledge on the importance of diet in general to neurological conditions
- Highlight the effect of mineral and vitamin deficiencies neurologically including post bariatric surgery
- Address common issues regarding oropharyngeal dysfunction in various neurological problems
- Describe specific diets germane

Transthyretin Amyloidosis: Prompt Diagnosis, Contemporary Management Strategies, and Their Impact on Patient Outcomes

- Describe challenges in diagnosing ATTR early and the consequences of living with undiagnosed or misdiagnosed ATTR
- Recall methods of diagnosing ATTR and monitoring its complications
- Identify the presently available and emerging therapies for ATTR and its complications
- Formulate a treatment plan for a patient with ATTR and related complications and monitoring response to therapy

Diabetic Neuropathies (DNP): Classification and Management Update

- Become aware of various DNP clinical presentation symmetric and asymmetric
- Enhance knowledge of the pathophysiology of various DNP
- Understanding and awareness of the scientific base for treatment trials
- Learn the evidence based current treatment and management of DNP

Neural Repair After Stroke

- Summarize evolution of the brain after stroke
- List five therapies examined to promote brain repair after stroke and utilize appropriately
- List three techniques used to predict which patients will or will not respond to such therapies and utilize appropriately
- Identify patient populations most likely to respond to a restorative therapy

Heads Up: Update on Headaches and Migraine

- Utilize specific questions when obtaining a headache history
- Become familiar with the wide array of pill, nasal, and injection acute migraine therapies
- Become familiar with various headache prophylaxis options, including new CGRP inhibitors

Acute Stroke Assessments and Red Flags

- Recognize warning signs of stroke
- Employ key studies needed for the initial work up of stroke
- Diagnose stroke patients and determine who may be eligible for IV or endovascular treatment

Neurological Gait and Postural Disorders

- Distinguish basic patterns of abnormal gait as key approach to diagnose neurological gait and balance disorders
- Recognize the changes in gait and postural instability that can occur in Parkinson's disease and higher order gait disorders
- Incorporate the available validated scales available to use in clinic to evaluate gait and balance

Seizures/Epilepsy

- Identify the appropriate diagnosis and classification of the patient's seizure type (new(ish) nomenclature)
- Design the optimal treatment plan, appropriate anti-seizure drug therapy including the newest anti-seizure medications
- Know when to refer for surgical evaluation

Restless Legs Syndrome: Management Updates

- Define Restless Legs Syndrome (RLS)
- List the diagnostic clinical features of RLS
- Describe treatment options for managing RLS, including individuals who experience treatment failures and augmentations

Brain Tumor Imaging: Current Practice and Future Directions

- Evaluate the role of imaging in the diagnosis of brain tumors and the differentiation from common mimics
- Explore the use of imaging in the assessment of response to treatment in high-grade glial tumors
- Assess developing techniques in brain tumor imaging and the potential future uses and benefits of this emerging technology

Guillain-Barré Syndrome (GBS)

- Evaluate the immunologic basis of GBS
- Recognize typical signs, symptoms, and laboratory and electrophysiologic findings of GBS
- Utilize appropriate treatment and supportive care in patients with GBS
- Describe the incidence of GBS in COVID-19 patients

Approach to Neuropathy

- Identify types and patterns of neuropathy
- Describe diagnostic approach and procedures
- Review treatment methods
- Work through 2 cases with nerve conduction studies/ EMGs

Sleep Hygiene: How to Get a Better Night of Sleep

- Describe the pathophysiology of insomnia such that it might inform treatment mechanisms
- Identify the currently available and emerging pharmacotherapeutic treatments for management of insomnia and apply them to patient cases using evidence-based medicine
- Evaluate a treatment plan for a specific patient with insomnia to optimize safety and efficacy, suggesting modifications for improvement
- Describe barriers to care associated with treating patients with insomnia

Migraines

- Appropriately and effectively diagnose and treat migraines
- Evaluate emerging therapies for the treatment and prevention of a 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

Peripheral Neuropathy

- Follow current guidelines for peripheral neuropathy
- Diagnose, treat, and manage peripheral neuropathy appropriately
- Refer timely to a specialist
- Overcome health literacy challenges when communicating with patients about expectations and treatment options

Dementia

- Describe current biological models of Alzheimer's
- Identify key elements of differential diagnosis
- Implement appropriate interventions and discuss appropriate expectations with patients

Treatment Updates in Parkinson's Disease

- Describe the available medical treatment options in Parkinson's (PD)
- Recognize the role of deep brain stimulation in the treatment of Parkinson's and when to consider advanced surgical treatments for PD
- Describe the role of non-pharmacological therapies for PD such as exercise
- Identify upcoming clinical trials in the treatment of PD

Traumatic Brain Injury

- Identify most commonly seen mild traumatic brain injury cases
- Recognize signs and symptoms of mild traumatic brain injury and concussion early and diagnose appropriately
- Follow current treatment guidelines
- Employ appropriate treatment of acute and chronic symptoms
- Identify long-term impact of mild traumatic brain injury
- Consider how age impacts assessing patients with a concussion

Good Eating Habits

- Examine how good eating habits are an acquired behavior that become a customary practice
- Recognize that SAD: Standard American Diet is a poor nutritional and health choice
- Recognize that meal portion size has increased, in general processed foods have decreased nutritional value, food additives may be harmful, and the human gut

Incorporating Lifestyle Medicine in Your Practice

- Identify the 6 basic rules of Lifestyle Medicine
- Use lifestyle medicine for prevention and treatment of cardiovascular disease
- Make dietary recommendations to their patients for prevention and treatment of various conditions

Nutritional Evaluation: When is My Patient Malnourished?

- Screen for malnourishment at admission and/or pre-op using current guidelines consistently
- Develop an appropriate nutritional plan at admission or pre-op, taking into consideration the reason for hospitalization
- Utilize hospital resources, such as Registered Dietitians, to identify, treat, manage, and prevent malnutrition
- Consider the impact of socio-economic status, education level, age, severity of illness, and co-morbidities on the patients' nutrition

Sugarproof: The Hidden Dangers of Sugar

- Review sources of sugar in the diet and ubiquitous nature in the food supply
- Recognize names of 200+ names for sugar used as food ingredients and how they differ
- Assess the differences between different types of low calorie sweeteners and their effects on the body
- Review effects of different sugars on the body including kids including brain development, learning and memory, emotional behavior, gut problems, fatty liver disease, type 2 diabetes and cardiovascular health
- Evaluate life-course effects of different sugars and how they affect gestational development through to healthy aging
- Identify strategies for reducing sugar in children

Diet and Cancer

- Evaluate and know how to apply important information about dietary risk factors for cancer into your counseling of patients at risk
- Assess the mechanisms by which dietary ingredients affect the risk for and outcomes of cancer
- Become knowledgeable enough to dispel myths patients may hold about diet and cancer

The Role of Nutrition in Cancer Prevention

- Describe how a low-fat diet may reduce the incidence of ovarian cancer
- Review evidence that low vitamin D levels are associated with a 2 to 3 fold increased risk for lung cancer in non-smokers
- Review data that a diet high in Omega 3 (fish oil) may reduce one's risk for breast cancer

Weight Loss Diets

- List different diets and their pros and cons
- Determine which method or methods are better for the long-term health of the patient
- Identify proper candidates for surgery and refer appropriately
- Counsel patients on adequate nutrition and weight loss options taking into age and ethnicity, and obesity into consideration

Diet and Disease Connections

- Evaluate the history of nutrition recommendations, dietary patterns, and chronic disease
- Describe the connection between weight, metabolic syndrome, and chronic disease
- Identify the role of the microbiome in disease
- Recognize the effects of nutrition on the microbiome and specific disease states (CVD, NAFLD, diabetes, cancer, etc.)

Fasting and Fasting Mimicking: Science behind Treatment of Metabolic Syndrome, Inflammation and Immune Disorders

- Evaluate aging, health span, and the biological pathways linked to the development of chronic diseases
- Integrate diet, nutrition and lifestyle in healthy aging
- Compare impact of fasting and fasting-mimicking diet on longevity, cellular regeneration, autophagy, metabolic profile, and reversal of autoimmunity

Obstetrics & Gynecology

Data Bias, Disparities, and the Machine: A Birth Story

- Review Kahneman and Tversky's Systems of thinking and how they contribute to cognitive biases (blind spots) and heuristics (shortcuts)
- Identify how these biases can contribute to disparities in healthcare at the level of the patient, provider, and society
- Explore ways in which these disparities might then be amplified if the individual biases are then coded into algorithms / artificial intelligence
- Consider solutions others have employed to use technology to mitigate rather than amplify bias

Advanced Hysteroscopy: Gynecologists' Most Understated Yet Powerful Tool

- Define the role of flexible and rigid office-based hysteroscopy in a gynecology practice
- Describe the versatility and multiple applications of operative hysteroscopy including bipolar resectoscopic surgery and hysteroscopic morcellation
- Identify strategies to decrease surgical complication in operative hysteroscopy

Abnormal Uterine Bleeding

- Describe the normal physiology of the menstrual cycle and sites in which this process can be disrupted
- Describe the components of the PALM-COEIN acronym for evaluating and classifying abnormal uterine bleeding
- Describe the most common treatment methods for abnormal uterine bleeding

Conventional and Alternative Treatments for Menopause

- Describe the menopause transition, associated symptoms and health effects of menopause
- Analyze the efficacy, side effects, benefits and risks of conventional therapies for menopause
- Analyze the evidence for alternative therapies in the treatment of symptoms associated with menopause

Complications of Laparoscopy: A Good Surgery Spoiled

- Define the most common complications encountered in laparoscopic surgery
- Explain techniques used to avoid these common complications
- Describe common methods to correct/repair common laparoscopic complications

Prevention of Ovarian and Tubal Cancers: Current Recommendations

- Identify risk factors for ovarian cancer
- Describe the limitations and challenges of screening for ovarian cancer
- Distinguish patients with pathogenic genetic variants associated with increased risk of ovarian cancer
- Explain ovarian cancer risk reduction strategies

Polycystic Ovary Syndrome: It's Not That Complicated

- Define the criteria for the diagnosis of PCOS
- Distinguish the different phenotypes of PCOS and describe their different long-term health risks
- Explain how to develop patient-centered treatments for women with different manifestations of PCOS

How to Prepare Women for Pregnancy

- Explain the rationale for changing the perinatal prevention paradigm to include an emphasis on preconception health
- Link major threats to women's health with major threats to pregnancy outcomes
- Promote high levels of preconception wellness in populations of childbearing age
- Begin to develop strategies to view every encounter with a woman of childbearing age as an opportunity for health promotion and disease prevention through the life cycle
- Identify patients at higher risk and any biases to treatment

Pain Management in Various Gyn/OB Procedures

- Describe the sensory and motor innervation relevant to the female pelvis
- Evaluate the indications for different pain management strategies for different office and OR procedures
- Identify the types and classes of medications that can be used for managing acute and chronic pelvic pain
- Emphasize the importance of multimodal analgesia and ERAS

Venous Thromboembolism during Pregnancy

- Describe anticoagulation options in pregnancy
- Describe the indications and duration of outpatient anticoagulation use in pregnancy in multiple clinical scenarios
- Describe indications for anticoagulation in both the antepartum and postpartum period

Estrogen Replacement Therapy

- Counsel women about the endocrinologic changes that occur during perimenopause and menopause
- Identify any differences seen in different ethnic groups – both physiologically and culturally
- Describe how those changes can affect current symptomatology and long-term health
- Outline therapeutic options from lifestyle changes to over-the-counter medications to prescription drugs (nonhormonal and hormonal) for each of the manifestations of perimenopause and menopause

Breast Cancer Screening and Prevention

- Implement current screening guidelines for patients
- Identify risk factors and incidence among various patient populations
- Identify candidates for chemoprevention and counsel them on its effectiveness
- Utilize the information learned of ethnic disparities in breast cancer and be aware of the highest incidence of breast cancer in White women and the highest rate of breast cancer death in African American women

Nutrition in Pregnancy

- Describe important nutritional needs in the preconception period
- Describe basic nutritional needs during pregnancy
- Identify special nutritional needs for specific patient populations or medical conditions

Pelvic Floor Disorders

- Describe the high prevalence of pelvic floor disorders, which will hopefully increase screening for these conditions
- Differentiate the two main types of urinary incontinence to guide the development of management plans
- Diagnose pelvic organ prolapse and counsel about treatment options

Recurrent Pregnancy Loss

- Define recurrent pregnancy loss
- Identify the etiologies of recurrent pregnancy loss and describe the evaluation
- Explain the management options of recurrent pregnancy loss

Update on Management of Gestational Diabetes

- Compare and contrast different management options for gestational diabetes (GDM)
- Distinguish between the two commonly used screening strategies for GDM
- Identify the adverse perinatal outcomes that can be associated with GDM

HPV

- Describe the epidemiology of HPV and virologic connection with cancer
- Counsel patients on vaccination for HPV
- Identify recent trends in HPV infection, HPV-related cancer and HPV vaccination rates

Preventative Medicine Screening Guidelines for Women's Health

- Follow current, evidence-based guidelines for preventative medicine screening, such as PAP smear, mammogram, etc.
- Communicate effectively with women of lower-income and socioeconomic status regarding the importance of screening, prevention, and treatment

Beyond Just BFHI & Skin to Skin to Improve Human Milk & Breastfeeding Outcomes

- Assess the impact of the COVID-19 pandemic on breastfeeding and on disparities in breastfeeding
- Articulate the Spatz 10 step model for human milk and breastfeeding
- Articulate why a pro-active management style for milk supply is essential

UTI, Recurrent UTI, and Imitators

- Describe evaluation and treatment of women with UTI
- Identify recurrent UTI and alternative diagnoses such as interstitial cystitis and asymptomatic bacteriuria
- Explain new theories about the microbiome of the bladder and how it impacts UTI and recurrent UTIs
- Describe proper usage of antibiotics in treating patients with these conditions

Oncology – Hematology Oncology

Myelodysplastic Syndromes (MDS): Diagnosis and Management

- Know when to suspect MDS
- Evaluate patients who may have a form of MDS
- Understand a general therapeutic approach to MDS

Iron Overload: Early Diagnosis Can Prevent Liver Disease

- Understand the evaluation of possible iron overload
- Monitoring and management of iron overload

Chemoembolization for Liver Cancer: What is it and when can you use it

- Identify and describe chemoembolization
- Understand mechanism of action of therapy
- Discuss data supporting the use of this management technique
- Educate on current and upcoming techniques based on chemoembolization

Routine Cancer Screening

- Follow new screening guidelines for breast, cervical, colorectal, endometrial, lung, and prostate cancers
- Utilize the latest screening and genetic tests
- Educate patients on preventative measures
- Obtain an accurate history, taking into consideration patients who currently smoke or already quit smoking, and screen patients for lung cancer accordingly

Advances in Treating HER2-Positive Metastatic Breast Cancer: Optimizing Pharmacotherapeutic Management Strategies

- Describe guideline-recommended therapy for HER2+ mBC
- Recall first- and later-line pharmacotherapies for HER2+ mBC
- Discuss investigational therapies for HER2+ mBC, their mechanisms of action, and their anticipated place in therapy
- List the challenges and barriers to care associated with treating patients with HER2+ mBC
- Formulate a treatment plan for a patient with HER2+ mBC

Sickle Cell Anemia

- Become familiar with precipitants of disease
- Be able to choose appropriate drug combinations in different patient populations
- Understand new guidelines and management strategies

Treatment Strategies for Hepatocellular Carcinoma (HCC): Now, It's Personal(ized)

- Recall the roles of biomarkers and related testing in personalizing the care plan for patients with unresectable / advanced HCC
- Summarize the efficacy of existing and anticipated roles of late-stage investigational management strategies in unresectable / advanced HCC treatment algorithms
- Identify the most clinically relevant adverse events associated with present and emerging unresectable / advanced HCC treatments and recommendations for managing them
- Formulate a treatment plan for a patient with unresectable / advanced HCC

Immunotherapy with Checkpoint Inhibitors

- Understand the mechanism of checkpoint inhibitors
- Appreciate the scope of diseases treated with checkpoint inhibitors
- Evaluate toxicities related to immunotherapies

Brain Cancer

- Incorporate evidence-based data to improve diagnostic and therapeutic management of patients with brain metastases
- Utilize standard and emerging treatments for patients with primary and metastatic brain tumors
- Manage symptoms and complications in patients with brain tumors
- Employ multimodal management of brain metastases including surgery, radiation, and pain management
- Communicate effectively with patients of different ethnicities, navigating any language or cultural barriers that may exist, as well as consider the various cultural factors that impact diagnosis and treatment

New Guidelines for Colon Cancer Screening & Management

- Examine the epidemiology and risk factors regarding colon cancer
- Diagnose and clinically stage colon cancer in the primary care setting
- Utilize chemotherapy drugs in the adjuvant and metastatic setting of colon cancer
- Apply new research and developments in colon cancer for screening and treatment
- Recognize the different clinical, socioeconomic, health literacy, language, and communication factors that impact patients from getting the care that is needed

Paroxysmal Nocturnal Hemoglobinuria (PNH): Best Practices and Effective Management

- Describe the common clinical presentation(s) of PNH
- Describe challenges to the successful identification of patients with PNH and solutions to overcoming diagnostic barriers
- Identify the treatment modalities presently available and emerging therapies for management of PNH and formulate a treatment plan based on patient case details
- Compare the mechanisms of action, dose schedules, and efficacy data for novel and emerging treatment options for PNH

Do Cancer Clinical Trials = 2021 Standard of Care

- Consider the role of cancer clinical trials in cancer care
- Identify the challenges to offering cancer clinical trials
- Describe the components of a cancer service line

What You Should Know About Head & Neck Cancer

- Review the epidemiology and summarize types, symptoms, and pathophysiology of head and neck cancer
- Detect head and neck cancer, using the latest screening and diagnostic mechanisms
- Stage accurately and initiate risk assessment planning for the patient
- Evaluate the multidisciplinary treatments and management options to include benefits and long-term and short-term side effects
- Follow the indications for patient selection for head and neck surgery
- Identify patient populations at higher risk for head and neck cancer

Update on Angiogenesis Inhibitors in Cancer

- Identify new angiogenesis inhibitors for cancer treatment
- Identify patients who meet the criteria for angiogenesis inhibitors
- Recognize patients at higher risk for kidney cancer, taking into consideration age and socioeconomics

Advances in Lung Cancer

- Describe the current landscape of front-line therapy for NSCLC
- Identify oncogenic driver mutations that have associated approved therapy in NSCLC
- Identify disparities in care in NSCLC

Breast Cancer Diagnosis and Treatment

- Explain changes to screening guidelines and modalities
- Describe current standards of diagnosis and staging
- Identify some of the latest advances in the management and treatment of breast cancer

Prevention of Ovarian Cancer

- Counsel patients at normal and elevated risk of ovarian cancer
- Describe the rationale for interventions to reduce ovarian cancer risk
- Identify the limitations of ovarian cancer screening

Workup of Anemia

- List a differential diagnosis for anemia
- Complete an initial anemia workup
- Differentiate iron deficiency anemia from other types of anemia
- Decide when to transfuse blood

Breast Cancer: Update on Risk Factors and Primary Prevention

- Describe traditional and novel risk factors for breast cancer and their associated level of risk
- Screen patients and determine which patient would benefit from genetic counseling referral
- Describe indications for both pharmacologic and surgical risk-reducing interventions

New Treatments for Multiple Myeloma

- Identify indications for initiating treatment
- Utilize current management for multiple myeloma for all ages, genders and ethnicities
- Define the role of autologous transplant and when to send patients to the oncologist

Cervical Cancer

- List the current guidelines for cervical cancer screening
- 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 patients may have

Immunotherapy Side Effects

- Define immunotherapy and its mechanism of action of PDL-1 inhibitors
- Briefly summarize the role of immunotherapy in lung cancer (PDL-1+ vs PDL-1 neg)
- Define and describe immune-related adverse effects
- Describe management of immune related AE, by grade

Otolaryngology

HPV in Head and Neck Cancer

- Describe the relationship between HPV infection, vaccination, and development of malignancy
- Evaluate clinical trials in HPV head and neck cancers
- Discuss prevention strategies and the importance of multidisciplinary care of HPV related cancer

Acute Sinusitis and Rhinosinusitis in Adults

- Evaluate the risk factors associated with sinusitis
- Differentiate acute from chronic sinusitis
- Identify common manifestations of acute and chronic sinusitis
- Highlight workup and diagnostic testing for acute and chronic sinusitis
- Summarize the appropriate medical and surgical treatment options

Practical Problems in Pediatric ENT

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

Facial Paralysis

- Critically assess patients with facial paralysis to identify functional deficits
- Recognize bias associated with observers who analyze patients with facial paralysis and the psychosocial implications of this
- Differentiate between medical and surgical candidates for facial reanimation

Pediatric Growth Hormone Deficiency and Related Disorders: Updates in Recognition and Treatment

- Describe the importance of timely recognition, referral, screening, and diagnosis of GHD, ISS, and PIGFD in children
- Summarize current recommendations for the diagnosis of pediatric GHD and related disorders
- Recall present and investigational pharmacotherapeutic options for treatment of pediatric GHD regarding safety, efficacy, transitions of care into adulthood, and other relevant considerations
- Formulate treatment strategies for pediatric patients with GHD and related disorders
- Describe best practices for tracking patient progress

Ten Substances that Can Kill Toddlers in Small Doses

- Identify 3 substances that can be fatal to toddlers in single dosages
- Diagnose toddlers exposed to harmful substances in small dosages
- Manage patients exposed to harmful substances in small dosages

Child Abuse

- Interpret unusual presentations of child abuse
- Identify factors leading to missed abusive head trauma
- Apply new modalities of diagnosing child abuse
- Assess the typical injuries of children
- Utilize x-rays in abuse situations
- Be aware of new issues in child abuse

Obstructive Sleep Apnea in Children

- Identify and screen patients for POSA
- Refer patients with suspicion of POSA to medical colleagues who can properly diagnose POSA
- Identify medical and dental modalities of treatment of POSA
- Describe potential comorbidities/syndromes associated with POSA
- Play an active role on a multidisciplinary care team, collaborating among various medical and dental professionals

Advances in Autism Spectrum Diagnosis and Treatment

- Follow current screening, diagnosis, and treatment guidelines for Autism Spectrum Disorders (ASD)
- Provide appropriate treatment and therapy based on the ASD
- Communicate effectively with patients and parents about ASD screening, diagnosis, treatment, and management
- Recognize the importance of various therapy approaches, such as music, art, and pet therapy, and utilize to promote social and language development associated with ASD
- Consider age and co-morbidities (such as low birth weight, preterm birth, and a parent or sibling having ASD) when screening patients

Update on Kawasaki's Disease

- Appropriately diagnose Kawasaki's Disease (KD)
- Identify the epidemiology and current hypotheses regarding the etiology of KD
- Manage the acute illness and long-term consequences of KD

Sugarproof: The Hidden Dangers of Sugar that Put Children at Risk

- Review sources of sugar in the diet and ubiquitous nature in the food supply
- Recognize names of 200+ names for sugar used as food ingredients and how they differ
- Assess the differences between different types of loc calorie sweeteners and their effects on the body
- Review effects of different sugars on the body including kids including brain development, learning and memory, emotional behavior, gut problems, fatty liver disease, type 2 diabetes and cardiovascular health
- Evaluate life-course effects of different sugars and how they affect gestational development through to healthy aging
- Identify strategies for reducing sugar in children

GI Disorders in Children

- Identify risk factors and symptoms for GI disorders
- Screen and diagnose pediatric patients timely and appropriately
- Employ appropriate treatment options
- Identify patient populations that are at higher risk to diagnose and treat timely while navigating language barriers with patients and their parents

Pediatric Trauma Radiology

- Identify the role of X-Rays, CT and MR in the evaluation of childhood head and spine trauma
- Evaluate the imaging appearances seen in various types of injury to the head in the spine in children
- Be aware of red flags suggesting non-accidental trauma in children

ADHD

- Define indicators of ADHD in adults and children and their prevalence
- Differentiate patients with ADHD from other disorders
- Demonstrate an awareness of the pharmacotherapy: indications, efficacy, dosing, side effects, benefits, and outcomes
- Demonstrate an awareness of the role of psychotherapy: therapeutic options, benefits, and outcomes
- Acquire an awareness of the prevalence rates and outcome in different populations

Neonatal Sepsis

- Incorporate current recommendations for the obstetrical and neonatal approach to prevention and treatment of newborns at risk for early-onset sepsis
- Integrate early-onset sepsis calculator in differentiating relative risk and need for newborn antimicrobial treatment
- Recognize limitation of laboratory testing in newborns at risk for early-onset sepsis
- Compare and contrast risks and pathophysiology of early-onset sepsis from late-onset sepsis

Neonatal Opioid Withdrawal Syndrome

- Gain awareness of the challenges of withdrawal scoring, the impact of scoring consistency on patient outcomes, and alternatives to the Finnegan Scoring System
- Explore the current evidence for the use of Eat, Sleep, Console scoring in the management of Neonatal Opioid Withdrawal Syndrome
- Understand the limited evidence for pharmacologic strategies in the management of neonatal opioid withdrawal syndrome

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 the highest incidence of diagnosis

Vaping & Smoking in Adolescents and Their Parents

- Identify vaping and smoking trends in adolescents
- Describe the health risks of vaping
- Describe risk factors for vaping and smoking in adolescents and how to recognize adolescents with high dependence
- Evaluate how to approach vaping and smoking in adolescents and choice of treatment for those with high dependence
- Choose treatment plans for parents who smoke based on examples

Concussion and Mild Traumatic Brain Injury (TBI) - Diagnosis Neurocognitive Testing and Other Tools

- Review the current definition of concussion and mild TBI
- Review tools for recognition and diagnosis of concussion in the field, Emergency Room setting, PCP offices, and specialty practices
- Describe the validity of the ACE SCAT5 ImPACT Pediatric ImPACT King Device and other assessment tools
- Review the indications for more formal neuropsychological testing in both children and adults

Pain & Fear: A Mechanistic Link to Sickle Vaso-occlusion

- Describe the significant complications of sickle cell disease and the mechanism of organ damage
- Explain the complex factors involved in sickle cell pain crisis and the importance of distinguishing nociceptive pain and neuropathic pain, and the role that narcotics play in making pain worse
- Identify current new treatments in SCD, including curative approaches

Psychiatry

DSM-5

- Explain the structure of DSM-5
- Examine differences between DSM-5 for adults and children
- Recognize the move from Multi-Axial Diagnoses to DSM-5
- Review the relationship between DSM-5 and ICD-10-CM
- Utilize the cultural considerations in the DSM-5

Medical Marijuana

- Discuss recent trends in the attitudes towards the legalization of medical marijuana
- Explain the safety and legal concerns with medical marijuana
- Differentiate between cannabis and cannabinoids
- Discuss the short-term and long-term health risks with the use of marijuana
- Describe the benefits of medical marijuana and the ability it has to produce intended results
- List the factors doctors should consider before prescribing medical marijuana

Physician Burnout and Wellbeing: Addressing Human Factors in the Delivery of Care

- Describe key human factors involved that affect the clinician from the healthcare environment
- Apply neurocognitive principles of reducing extraneous cognitive load as a means of improving the joy of practice and reduction of burnout in medicine

Past, Present and Future of Psychedelic-Assisted Therapies

- Improve ability to convey to patients the range of potential treatment options for depression, anxiety, addiction, PTSD and other related disorders
- Describe the long history of and resurgence in psychedelics in managing a wide spectrum of mental health disorders
- Explain the opportunity psychedelics have for broader applications in neuroscience research and clinical trials

Cannabinoids

- Review current evidence and data on cannabis/CBD oil and its impact on the brain
- Describe how cannabis is formulated
- List the FDA formulary drugs and identify what circumstances they can be used in
- Answer patient inquiries about cannabinoids and engage in open conversation without fear of jeopardizing license/practice
- Consider all patient populations, regardless of age, that might be using cannabinoids to treat pain

Theory and Practice of Managing Mental Health and Psychiatric Patients in a Primary Care, Medical, or Surgical Setting

- Make a working psychiatric diagnosis
- Treat and manage mental health and psychiatric patients over the long term
- Consider Psychopharmacology Pearls in practice
- Utilize available resources to assist in diagnosis, treating, and managing mental health and psychiatric patients
- Refer to a specialist when necessary
- Consider barriers and cultural factors such as age, gender, ethnicity, language, disparities in care, cultural presentation of symptoms, and stigmas associated with mental health and provide compassionate and appropriate care

Reefer Madness: Psychosis Associated with Cannabis, Medical Marijuana, and Synthetic Cannabinoids

- Describe the odds ratio associated with cannabis use for development of a psychotic disorder
- Describe the relationship between psychosis risk and cannabis potency
- List significant medical and psychiatric adverse events associated with use of synthetic cannabinoids

Restraint Training

- Explain and document the need for physical restraints
- List the types of physical restraints that can be used
- Identify interventions that can be utilized that may avoid restraints
- List the measures that are necessary to release individuals from restraints

Beyond Seizures: Comorbidities and Psychosocial Aspects of Epilepsy

- Describe the epidemiology of epilepsy
- Articulate how seizure frequency impacts the quality of life
- Enumerate factors that contribute to the quality of life in epilepsy, including comorbidities and psychosocial aspects
- Identify and describe management of psychiatric conditions that commonly accompany epilepsy and can impede quality of life

Capacity Assessment in Patients who Refuse Treatment

- Identify the basic concepts of decision-making capacity (DMC), including assessing a patient's understanding and appreciation of the consequences of the choice they make
- Clarify how capacity differs from legal competence
- Identify the similarities and differences in capacity in adults and minors
- Provide a framework for the communication skills necessary to have empathic conversations about patients' goals, values and preferences and to document those conversations

Eating Disorders

- Identify the most common eating disorders and how to screen for these disorders
- Recognize treatment options
- Increase awareness of the medical complications of eating disorders and the long term health risks
- Explain how interventions can improve body imaging and the overall relationship with food

Psychedelics and End-of-Life: Psilocybin and Palliative Care

- Evaluate the evidence supporting psychedelic-assisted psychotherapy in psychiatry
- Analyze potential risks and benefits of psychedelic therapy
- Integrate harm-reduction principles and an evidence-based risk assessment into clinical practice with patients using or interested in using psychedelics

Magic Mushrooms: What are they, do they have clinical use, what are the harms, and what is their future?

- Identify factors and symptoms in existential and psycho-spiritual distress in palliative and end-of-life care
- Recognize the importance of meaning and transcendence in end-of-life distress and in psychedelic research
- Describe the characteristics of mystical experience; summarize the scientific findings from current psilocybin cancer anxiety research
- Identify clinical implications from psychedelic research for palliative / hospice care

Impaired & Disruptive Behavior- Prevention & Intervention

- Identify the causes and different types of disruption and impairment
- Implement methods to control and manage stress while treating patients
- Prevent and/or eliminate physician disruption and impairment
- Identify how physicians of different age, culture, and gender deal with stress, and impairment, and burnout
- Review the methods of intervention for preventing or managing physician impairment

Suicide: Risk Assessment, Prevention, and Conceptual Issues

- Describe current rates of suicide in the US including among different ethnic groups
- Enumerate risk factors associated with suicide
- Implement evidence-based strategies to assess suicide risk
- Discuss evidence-based strategies to reduce suicide risk

Psychiatric Uses of Ketamine

- Define agitation and describe the goals of treatment
- Describe the mechanism of action of ketamine and its physiological and psychological effects
- Identify conventional treatments for acute agitation and contrast them with ketamine

Psychiatry for Non-Psychiatrists

- Identify symptoms and utilize the latest diagnostic tools to assess mental disorders
- Refer patients appropriately to a psychiatric specialist or community resource
- Recognize how cultural factors may affect prevalence, diagnosis, treatment plans, etc. and navigate these issues effectively

5150 Holds in the ER

- List the criteria for a 5150 involuntary hold
- Identify strategies to efficiently evaluate and triage psychiatric patients in the emergency room
- Review safe release of patients with mental

Addressing Barriers to Optimal Care in Schizophrenia with Pharmacotherapy

- Describe how understanding of schizophrenia neuropathology has changed and pair that knowledge with treatment mechanisms
- List present and emerging treatment options for schizophrenia, including those targeted at negative symptoms and apply them to patient cases using evidence-based medicine
- Prioritize agents from both first- and second-generation antipsychotics, given a patient case and using patient-centered decision making
- Describe challenges to the successful management of schizophrenia relating to treatment adherence and develop corresponding solutions

Anxiety Disorders 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
- Assess the cultural considerations of patients with anxiety disorders

Helping Patients to Manage Anxiety

- Describe the prevalence and co-morbidity of anxiety disorders commonly encountered in PCP clinics
- Review treatment strategies for GAD and Panic Disorder
- Explain how psychotherapy and medication management work synergistically in treating GAD and Panic Disorder

Evaluation and Treatment of Mood Changes in the Postpartum

- Analyze the prevalence of mood disorders following pregnancy
- Be aware of treatment strategies for postpartum depression
- Evaluate the safety data regarding infants' exposure to antidepressants through breast milk

Assessing and Managing Cancer Related Psychological Distress

- Assess for psychological distress in patients suffering with cancer
- Identify risk factors for psychological distress among patients with cancer
- Apply evidenced-based interventions to manage psychological distress effectively

Primary Care Treatment for Depression

- Apply guidelines for screening and diagnosing depression in primary care
- Apply practice guidelines for the treatment of patients with depression
- Identify new and alternate therapeutic options for depression

Physician Well-being: Mindfulness-Based Stress Reduction – Health Benefits and Mechanisms of Action

- Evaluate the origin of stress in the medical practices
- Review ways to cope with stress in medical practice
- Examine the causes of physician distress
- Assess the treatment options for anxiety and mood conditions for physicians

Pulmonary, Critical Care & Sleep Medicine

Pulmonary Arterial Hypertension

- Be familiar with the recent changes in the guidelines
- Identify the non-specific symptoms associated with pulmonary hypertension and how to identify patients early
- Diagnose the different categories and treat them accordingly

Sleep Disorders

- Recognize the prevalence of sleep deprivation and sleep disorders in the US and optimal sleep needs for different age groups
- Identify the causes of sleep loss specific to children, adolescents, adults, and the elderly
- List health and safety consequences of insufficient sleep in various age groups

Sleep Hygiene: How to Get a Better Night of Sleep

- Describe the pathophysiology of insomnia such that it might inform treatment mechanisms
- Identify the currently available and emerging pharmacotherapeutic treatments for management of insomnia and apply them to patient cases using evidence-based medicine
- Evaluate a treatment plan for a specific patient with insomnia to optimize safety and efficacy, suggesting modifications for improvement
- Describe barriers to care associated with treating patients with insomnia

Idiopathic Pulmonary Fibrosis: Diagnosis and Management

- Differentiate idiopathic pulmonary fibrosis (IPF) from other common ILDs
- Apply evidence informing the use of antifibrotic therapy, nonpharmacologic strategies, and management of risk factors and comorbidities in patients with IPF
- Individualize treatment of IPF

Ethical Cases in the Critically Ill

- Identify ethical issues that arise during the care of critically ill patients
- Integrate the resources available to assist in the handling of ethical cases in the critically ill
- Explain the medical-legal complexities in caring for critically ill patients
- Describe the impact of ethical issues in the daily care of our patients

Sedation and ECMO

- Recognize why people breathe so fast when co₂ and o₂ are ok
- Review what drugs work and don't, and how to get the patient awake and cooperative quickly
- Summarize use of continuous muscle relaxation
- Identify possible candidates for ECMO

Asthma

- Recognize and diagnose asthma appropriately
- Follow the recommended guidelines for the management of asthma
- 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

Ventilator-Associated Pneumonia

- Describe the incidence, etiology and risk factors for ventilator-associated pneumonia
- Describe symptoms, pathophysiology and diagnostic tests
- Review effective strategies for prevention & treatment based on clinical guidelines
- Recognize that preventing ventilator-associated pneumonia improves patient care outcomes & decreases healthcare costs
- Appropriately care for patients with increased risk of VAP, such as the elderly patient and very young patient

Creating and Sustaining a Highly Reliable Hospital for the Identification and Treatment of Severe Sepsis and Septic Shock

- Describe the differences of current sepsis definitions
- Follow current guidelines and evidence-based practice in sepsis management
- Recognize and diagnose sepsis in a timely and efficient manner
- Prioritize treatment for septic patients effectively
- Identify high-risk patient groups, such as the elderly and immune-compromised patients

Obstructive Sleep Apnea

- Demonstrate awareness about the pathophysiology of OSA
- Review the new technologies in the diagnosis and treatment of OSA
- Choose the patients that need to be screened

Emergency Management of Sepsis: 2021 Update

- Identify patients with sepsis and septic shock in order to provide early treatment
- Meet all the elements of the CMS Sepsis Core Measures by providing the correct care and documenting it appropriately
- Explain how to use care bundles to provide customized care to critically ill patients

Sepsis

- Describe the most recent concepts surrounding the pathophysiology of sepsis
- Recognize the difference between the various existing sepsis definitions
- Provide an overview of the landmark Sepsis Clinical Trials
- List some tools used to recognize sepsis in the hospital
- Identify the steps to create a high-reliability system to identify and treat sepsis

Doctor, I have insomnia; please help me?

- Describe the brain's glymphatic system and the function of sleep
- Recognize the relationship between sleep disorders and medical/psychiatric conditions
- Define various forms of insomnia, its epidemiology, incidence, and pathophysiology
- Implement treatment goals for and appropriately manage insomnia

Rheumatology

Therapeutic Targets for Autoimmune and Autoinflammatory Disorders

- Recognize the clinical manifestations of autoimmune disease
- Recognize the clinical manifestations of autoinflammatory disease
- Manage patients with autoimmune and autoinflammatory diseases better by choosing the right approach to each disorder based on understanding of the disease mechanisms
- Avoid and treat potential adverse effects of blocking the immune and inflammatory systems

Hughes Syndrome: What is it, why does it matter for anticoagulant selection

- Recognize the clinical presentations of APS
- Describe laboratory test used to diagnose APS
- Discuss treatment of APS

Rheumatoid Arthritis

- Recognize patients who may have early rheumatoid arthritis
- Evaluate patients with rheumatoid arthritis
- Manage patients with rheumatoid arthritis
- Identify cardiovascular risk factors in those with rheumatoid arthritis

Lupus

- 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 to address and reduce these disparities

Osteoarthritis

- Identify the different pathophysiologic processes responsible for the generation of pain in osteoarthritis
- Differentiate how the mechanisms responsible for producing pain affect the appropriate selection of therapeutic agents
- Evaluate the risks and benefits of new treatment options in OA, and identify how they fit within the existing treatment paradigm
- Identify patient populations at higher risk of developing OA

How to Evaluate a Patient who has Multiple Aches and Pains

- Review the types of pain
- Describe the use of history and physical exam
- Describe the use of laboratory evaluation
- Identify management options for chronic pain

Surgery

Anticoagulation

- Evaluate the bleeding risk in trauma and surgical patients on anticoagulation therapy and reverse the effect of anticoagulants when necessary
- Assess the risk of thromboembolic events in COVID-19 patients with different severities
- Prescribe appropriate anticoagulation therapy to prevent thromboembolic events based on the risk assessment

Chemical Prophylaxis in DVT/VTE

- Describe current recommendations of chemical prophylaxis to treat DVT/VTE (medical and surgical)
- Identify the risks and benefits of chemical prophylaxis
- Evaluate chemical prophylaxis as prevention of DVT

Surgical Site Infection

- Define surgical site infection (SSI) and identify risk factors for SSI in general and colorectal surgery
- Describe the components of prevention bundles to decrease SSI
- Review examples of programs that successfully reduced SSI

How to Declare Brain Death and Organ Donation

- List the criteria for declaring brain death
- Identify rules and regulations regarding referral for organ donation
- Describe the process of organ and tissue donation and transplant

Organ and Tissue Donation: An Update

- Describe the obstacles to tissue and organ donation
- List the medical criteria for organ and tissue donation
- Explain the CMS regulations around tissue and organ donation

Anticoagulation: The New, The Old and Reversals

- Cite the pros and cons of each anticoagulant drug
- Differentiate between the various anticoagulant drugs
- Follow the indications for appropriate use of reversal agents
- Select the proper medication for the patient's therapeutic needs, taking into consideration any socioeconomic barriers
- Communicate the importance of following the medication instructions given while navigating any cultural, health literacy, and language barriers

ERAS

- Define the ERAS Protocol
- Provide enhanced patient care appropriately
- Educate patients preoperatively and postoperatively to obtain the best results after surgery

Skin Care in the Paralyzed, Debilitated, Bedridden Patient

- Recognize the importance of skin risk assessment to put preventable measures in place to prevent a pressure ulcer
- Consider the skincare complications that impact spinal cord injury patients
- Treat patients with pressure ulcers appropriately
- Educate patients about proper skincare, nutrition, and preventative care

Urology

BPH: How to Get the Flow Back

- Follow 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

Prostate Cancer

- Describe the incidence of prostate cancer, including its increase with age and occurring more often in African American men than in men of other races
- Select appropriate screening and diagnostic techniques
- Identify risk factors associated with prostate cancer
- Compare and choose effective treatments

Erectile Dysfunction

- List the significant causes of erectile dysfunction (ED)
- List the important components of the history when interviewing a patient with ED
- Outline the important components of the physical exam of a patient with ED
- List the treatment options for erectile dysfunction and describe the mechanisms by which they work
- Describe when a patient with ED should be referred to a urologist

Female Stress Urinary Incontinence

- Perform a comprehensive workup and history to diagnose patients timely
- Choose appropriate evidence-based treatments and approaches
- Utilize appropriate management options for female stress urinary incontinence