

The VCU Department of Internal Medicine and VCU Continuing Medical Education are pleased to offer this **diverse primary care educational activity** featuring noted faculty from Virginia Commonwealth University. This conference will include a broad range of **contemporary clinical topics in primary care** with the **latest practical information designed to enhance your practice**. The program is designed for physicians, nurse practitioners, and other primary care providers.

Educational Objectives

- Review the evidence-based portions of the annual well woman exam
- Provide value-based care during a well women encounter
- Identify key history points to streamline your exam for musculoskeletal complaints
- Name clinical exam pearls for examination of knee injury
- Recognize updates from the GOLD 2017 guidelines for the classification and management of COPD
- Identify the evidence behind the current recommendations for steroid dosing and duration in patients with acute COPD exacerbations
- Evaluate patient specific factors to determine which patients are appropriate for addition of GLP-1 receptor agonists to insulin therapy.
- Discuss the role of fixed-dose combination products containing basal insulin plus GLP-1 receptor agonists in contemporary management of patients with type 2 diabetes.
- Summarize updates in management of chronic kidney disease and it's complications including anemia, hypertension and bone and mineral disease.
- Review special considerations when caring for patients with advanced chronic kidney disease or end stage renal disease.
- Recognize the prevalence of heart disease in women
- Identify the differences in epidemiology of cardiovascular diseases in women compared to men
- Identify emerging risk factors that can be identified in young women and their implications on CVD risk
- Recognize sex differences in cardiovascular physiology and pathophysiology and related impact on ischemic heart disease presentation in women.
- Describe the broader implications of recently published journal articles and identify some trends in the peer-reviewed literature that may change clinical practice
- Describe the evidence-based approaches for weight loss
- Review one model implemented locally that has been successful at helping patients lose weight
- Assess when to discontinue chronic opiate medications
- Safely taper opioids in appropriate patients
- Identify when to refer patients on chronic opiates for substance abuse treatment
- Review the basics of ultraviolet light, effects, and sun protection
- Educate patients how best to balance sun protection and vitamin D supplementation
- Summarize how to counsel patients with psoriasis regarding their cardiovascular risks

- Describe when to use mono or dual antiplatelet therapy for secondary stroke prevention
- Determine when it is safe to start anticoagulation for secondary stroke prevention after stroke
- Define the various terms commonly used in the transgender community
- Describe basic principles for providing culturally sensitive care to transgender patients
- Recommend and access resources for treatment protocols for transgender patients

Accreditation and Educational Credit

Physicians

VCU Health Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

VCU Health Continuing Medical Education designates this live activity for a maximum of 8.0 **AMA PRA Category 1 Credits™**.

This Live activity, 6th Annual Practical Frontiers in Primary Care Conference, with a beginning date of 10/21/2017, has been reviewed and is acceptable for up to 8.0 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

ANCC and the Virginia Board of Nursing accept **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME for your CNE contact hour requirements.

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for **AMA PRA Category 1 Credits™** from organizations accredited by the ACCME.

Planning Committee

Alan Dow, MD, MSHA

Program Chair, Assistant Vice President of Health Sciences for Interprofessional Education and Collaborative Care, Seymour & Ruth Perlin Professor of Medicine & Health Administration

Lena Rivera, BS

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VCU Department of Internal Medicine
1101 East Marshall Street, Suite 1-010
PO Box 980102
Richmond, Va 23298

6th Annual Practical Frontiers in Primary Care Conference

Saturday, October 21, 2017

Virginia Crossings Hotel & Conference Center
1000 Virginia Center Parkway
Glen Allen, VA 23059

Register online at: cme.vcuhealth.org



The 6th Annual Practical Frontiers in Primary Care Conference

October 21, 2017

Virginia Crossings Hotel and Conference Center





Practical Frontiers in Primary Care Conference

Register online at: cme.vcuhealth.org

Registration fees

Physician / Healthcare Provider	\$199*
VCU Provider	\$149*
Resident/Fellows/Students	\$25 (Refunded onsite)

*Registration fee is non-refundable

Registrations will also be accepted by fax at (804) 828-8660 or by mail with this completed registration form:

First Name	Last Name	Degree
Title	Specialty	
Firm/Institution		
Street Address		
City	State	Zip
(W) Telephone	(H) Telephone	Fax
Email (required)		

Make checks payable to UHS-PEP. Mail registration form and check to:

UHS Professional Education Programs -- UHS-PEP
Box 980048
Richmond, VA 23298-0048

Need assistance?

If special circumstances apply to your registration or if alternate payment is preferred, please contact VCU Health CME.

Phone: (804) 828-3640

Email: cmeinfo@vcuhealth.org

Conference Agenda

7:00 Registration with Exhibits

Continental Breakfast

7:20 Opening Remarks and Welcome

John Nestler, MD

William Branch Porter Professor of Medicine;
Chair, Department of Internal Medicine

Alan Dow, MD, MSHA

Assistant Vice President of Health Sciences for
Interprofessional Education & Collaborative Care,
Seymour & Ruth Perlin Professor of Medicine and
Health Administration

7:30 The Annual Exam: Deconstructing Everything You Were Taught

Christine Isaacs, MD

Division Chief of General Obstetrics & Gynecology,
Medical Director of Midwifery Services Associate
Professor, VCU Department of Obstetrics &
Gynecology

8:10 Mystery, History, and Pearls of the Sports Injured Knee

Katherine Dec, MD

Professor, VCU Department of Physical Medicine
and Rehabilitation, Professor, VCU Department of
Orthopedic Surgery

8:50 New Insights in COPD Management

Adam Garber, MD

Internal Medicine Acting Internship Course Director
Academic Hospitalist
Assistant Professor, VCU Hospital Medicine

9:30 Break

9:40 Intensifying Insulin Therapy with GLP-1 Agonists

Evan Sisson, PharmD, MSHA

Associate Professor, VCU Department of
Pharmacotherapy & Outcomes Science

10:20 What's New in Kidney Disease?

Jason Kidd, MD

Core Educator, VCU Department of Internal Medicine
Assistant Professor, VCU Division of Nephrology

11:00 CAD in Women: Nuances Matter

Phoebe Ashley, MD

M3 Medicine Associate Clerkship Director Non-
invasive Cardiologist, Assistant Professor of VCU
Pauley Heart Center

11:40 Short Break and Grab Lunch

(Provided)

11:50 News You Can Use: Recent Journal Articles that Changed My Practice

Alan Dow, MD, MSHA

Assistant Vice President of Health Sciences for
Interprofessional Education & Collaborative Care,
Seymour & Ruth Perlin Professor of Medicine and
Health Administration

12:30 Assessment and Discontinuation of Chronic Opioids

Rachel Waller, MD, FACP

Medical Director of ACC Primary Care Resident Clinic
Assistant Professor of VCU Division of General
Internal Medicine

1:10 Challenging Obesity Paradigms: How Can I Help My Patients

Susan Wolver, MD

Physician Informaticist, Obesity Medicine Specialist
Associate Professor, VCU General Internal Medicine

1:50 Break

2:00 An Update in Sun Protection and Psoriasis for the Primary Care Provider

Julia Nunley, MD

Professor, Department of Dermatology

2:40 Primary and Secondary Prevention of Stroke

Daniel Falcao, MD

Assistant Clinical Professor, Department of
Neurology

3:20 Transgender Basics for Primary Care

Steve Crossman, MD

Vice Chair of Family Medicine Education and Clinical
Operations, Associate Professor of VCU Department
of Family Medicine and Population Health

4:00 Adjournment

Conference site and surrounding area

Virginia Crossings Hotel & Conference Center One-of-a-kind Four Diamond, IACC approved executive conference center located on a 20-acre estate overlooking a golf course less than 15 minutes from downtown Richmond. Virginia Crossings was also listed in the US News & World Report's Best Hotel Rankings.

For more information about this hotel or to make a reservation, please call **804-727-1400** or **1-888-444-6553**.

Special rate \$125 if booked by September 29, 2017.

Parking

Parking is available **free** of charge at the Virginia Crossings Hotel and Conference Center.

About Richmond

Virginia Crossings Hotel & Conference Center is located near Richmond, VA. When you visit Richmond, you will discover both history, and adventure. Here, more than 400 years of American history live on through magnificent architecture, monument-lined cobblestone streets, and world-class museums- for an experience that's anything but textbook.

To find out more about Richmond, Virginia visit:

www.visitrichmondva.com

Contact Information

For more information about the Practical Frontiers in Primary Care Conference, please email Lena Rivera at lena.rivera@vcuhealth.org or call (804) 828-8877.

VCU is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact us at (804) 828-8877.