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March 11-15, 2019 Boston, MA

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New updates, guidelines, and best practices for:

- Hypertension, diabetes and lipid management
- Coronary artery disease and congestive heart failure
- “Can’t miss” diagnoses
- Cancer screening
- Opioids and chronic pain management
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- Using novel anticoagulants
- COPD and solitary pulmonary nodules
- Changing patient behaviors
- Care coordination for high-risk patients
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- Treating addiction: smoking, alcohol, opioids
- Diagnosing and managing cognitive impairment

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Harvard Medical School Faculty



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Assistant Professor of Medicine, Harvard Medical School. Director Emerita of Medical Residency Ambulatory Education, Brigham and Women's Hospital.

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Stephen C. Wright, MD
Maria A. Yialamas, MD
Paul C. Zei, MD, PhD

Guest Faculty

- Andrew E. Budson, MD, Professor of Neurology, Boston University School of Medicine
Thomas J. Gill IV, MD, Professor of Orthopedic Surgery, Tufts University School of Medicine
Robert C. Lowe, MD, Associate Professor of Medicine, Boston University School of Medicine
Tara A. Mardigan, MS, MPH, RD/LDN, Founder, ThePlateCoach.com, virtual nutrition counseling and coaching; Co-author, "Real Fit Kitchen"
Raymond O. Powrie, MD, Professor of Medicine, Obstetrics and Gynecology, Warren Alpert School of Medicine, Brown University
Richard Saitz, MD, MPH, FACP, DFASAM, Professor of Medicine, Boston University School of Medicine
Susana C. Wishnia, MD, Clinical Assistant Professor of Surgery, Tufts University School of Medicine; Surgeon, Newton-Wellesley Hospital

The 40th annual Office Practice of Primary Care Medicine provides comprehensive updates of the most important recent advances impacting primary care medicine and guidance to assimilate these changes into practice for state-of-the-art care. Lectures, interactive discussions, and skills advancement workshops are taught by nationally and internationally recognized leaders in their respective fields of medicine. The education is practical and results focused, designed to help you optimize your approach to the wide array of conditions seen in primary care practice. Attendees can customize their learning experience to align with their practice needs and have ample time for discussion and posing questions to faculty.

Learning Objectives

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

- Provide state-of-the-art care to patients with a wide range of general internal medicine problems
- Apply up-to-date screening recommendations for breast, colon, prostate, lung and cervical cancer
- Deliver state-of-the-art care to diabetic patients
- Manage chronic pain effectively, with and without opioids
- Provide appropriate end-of-life care
- Support patients with obesity more effectively
- Use antibiotics appropriately and wisely
- Evaluate and treat patients with coronary heart disease
- Evaluate patients with dizziness and vertigo
- Apply advanced communication, physical exam, and procedural skills in practice

Who Should Attend

- Internists
 - Family Physicians
 - Geriatricians
 - Nurse Practitioners
 - Physician Assistants
- ... and other medical professionals who want to update their knowledge of primary care medicine

2019 Clinical Updates and Skills Development

- Practical pointers for treatment of diabetes
- New guidelines for hypertension and lipid care
- Hands-on evaluation of knee pain
- Practical wound care
- Interpreting ECGs and chest x-rays
- State-of-the-art office procedures: joint injections, dermatology, minor surgery, casting and splinting
- Physical examination of the eye, shoulder, hip, elbow, hand, foot, ankle, and back
- COPD and solitary pulmonary nodule guidelines
- Evaluating the patient with chest pain
- Sleep disorders: insomnia and sleep apnea
- Evaluating lower back pain
- Prostate health and testosterone replacement therapy
- Menopause management and treatment of osteoporosis
- Using the novel anticoagulants
- Assessing and treating addictions
- Changing patient behaviors: motivational interviewing, cognitive behavioral therapy, nutritional counseling, exercise prescription
- Challenging cases of abdominal pain
- Treating obesity: new medications, lifestyle medicine interventions, surgery
- Updates in congestive heart failure, coronary artery disease and atrial fibrillation
- Diagnosing and treating cognitive impairment
- Hepatitis C and NASH
- Treating depression and anxiety
- Functional assessment of the geriatric patient
- Lyme disease and other tick-borne illnesses
- Optimal pain management; opioids and non-opioids
- Conducting discussions about end-of-life care
- Updates in pediatric and adolescent office practice
- Antibiotics in office practice
- Dizziness and vertigo: practical pointers
- Challenging rheumatology cases
- Care of the LGBTQ patient
- Hospice and palliative care
- Psychiatry in primary care
- Management of chronic kidney disease
- Challenging renal cases
- Treatment of movement disorders

NEW: Critical lessons from the top articles impacting primary care practice

Practice Management

- How to stay clinically up to date
- Meaningful use of EMRs
- Care of high-risk patients
- Information handouts for your patients

Agenda

	Monday, March 11	Tuesday, March 12
	6:30 – 7:50 am Registration/Continental Breakfast	6:00 – 7:00 am Yoga Cybele Leger
	7:50 – 8:00 am Welcome David W. Bates, MD, MSc and Jane S. Sillman, MD	7:30 – 8:00 am Continental Breakfast
8:00 am – 8:50 am	Treating Obesity 2019 Jane S. Sillman, MD	Dermatology Update Ruth Ann Vleugels, MD, MPH
8:50 am – 9:40 am	Hypertension 2019 John D. Goodson, MD	Challenging Cases in Rheumatology Derrick J. Todd, MD, PhD
9:40 am – 10:30 am	Diabetes Update David M. Nathan, MD	Update on Anticoagulation¹ Samuel Z. Goldhaber, MD
10:30 am – 10:45 am	<i>Coffee Break (refreshments provided)</i>	
10:45 am – 11:35 am	Dizziness and Vertigo: Practical Pointers Jonathan A. Edlow, MD	Updates in Psychiatry David S. Kroll, MD
11:35 am – 12:25 pm	Cost-Effective Radiology Ramin Khorasani, MD, MPH	Challenging Cases of Abdominal Pain Stephen C. Wright, MD
12:25 pm – 1:40 pm	<i>Break for lunch*</i>	
12:55 pm – 1:35 pm	Bring Your Own Lunch: Physicians' Networking Lunch	Bring Your Own Lunch: Networking Lunch for NPs, Nurses, and PAs
1:40 pm – 2:30 pm	Top Primary Care Articles Jane S. Sillman, MD	MEET OUR MASTER CLINICIANS Customize your learning experience with these small-group, highly interactive forums. Choose from among 8 master clinician-led sessions. (Details on Friday agenda page)
2:40 pm – 4:10 pm	WORKSHOPS	
	Diabetes: Non-Insulin Treatment Marie McDonnell, MD A1	Adolescent Contraception and Gynecology Amy D. DiVasta, MD, MMSc C1
	Common Foot and Ankle Concerns Jeremy T. Smith, MD A2	Valvular Heart Disease: Challenging Cases Leonard S. Lilly, MD C2
	Mini-course in Cognitive Behavioral Therapy Gary A. Chinman, MD (<i>Attendees must sign up for both A3 and B3</i>) A3 B3	ECG Practicum (Beginners) Fidencio Saldana, MD C3
	Practical Ophthalmology: What a PCP Really Needs to Know <i>Lecture and practicum: please bring ophthalmoscope</i> Tomasz P. Stryjewski, MD A4	GERD and Peptic Ulcer Disease Kunal Jajoo, MD C4
	Pre-op Cardiac and Pulmonary Consultation¹ Adam C. Schaffer, MD A5	Peripheral Neuropathy Michael P. Bowley, MD, PhD C5
	Diseases of the Colon: IBS and IBD Molly Perencevich, MD A6	Common Thyroid Conditions Juan Carl Pallais, MD, MPH C6
	Paps and Cervical Cancer¹ Daniela A. Carusi, MD, MSc A7	Hands-On Evaluation of Knee Pain Rebecca Breslow, MD C7
	Updates in Pediatric Office Practice Mohini Daya, MD A8	Updates in Men's Health Martin Kathrins, MD and Nancy B. Kurtz, MD C8
4:10 pm – 4:30 pm	<i>Coffee Break (refreshments provided)</i>	
4:30 pm – 6:00 pm	WORKSHOPS	
	Diabetes: Update on Insulin Treatment Marie McDonnell, MD B1	Castling and Splinting Workshop Jessica Meiley, OT D1
	Travel Medicine James H. Maguire, MD B2	NASH and Hepatitis C Anna E. Rutherford, MD, MPH D2
	Mini-course in Cognitive Behavioral Therapy Gary A. Chinman, MD (<i>Attendees must sign up for both A3 and B3</i>) B3 A3	ECG Practicum (Advanced) Fidencio Saldana, MD D3
	Office Ophthalmology Claudia U. Richter, MD B4	Nutrition Counseling Tara A. Mardigan, MS, MPH, RD/LDN D4
	HIV for the Primary Care Physician Mary W. Montgomery, MD B5	Update on Office ENT Problems Alicia Quesnel, MD and Stacey Gray, MD D5
	Treatment of Neuropathic Pain² Paragi Rana, MD B6	Adolescent Health Joshua Borus, MD, MPH D6
	Challenging Cases in Dermatology Arash Mostaghimi, MD, MPA, MPH B7	Common Shoulder Problems Thomas J. Gill IV, MD D7
	BPH and Common Urology Problems Graeme S. Steele, MD B8	Update on Pneumonia and Bronchitis Mary W. Montgomery, MD D8

Course Reception

Tuesday, March 12, 2019 • 6:00 – 7:30 pm

Be our guest at a reception on the evening of Tuesday, March 12, and meet your course faculty and colleagues



Agenda

	Wednesday, March 13	Thursday, March 14
	6:00 – 7:00 am Yoga Cybele Leger	6:00 – 7:00 am Yoga Cybele Leger
	7:30 – 8:00 am Continental Breakfast	7:30 – 8:00 am Continental Breakfast
8:00 am – 8:50 am	Antibiotics in Office Practice Paul E. Sax, MD	Congestive Heart Failure Akshay S. Desai, MD, MPH
8:50 am – 9:40 am	Diagnosis and Treatment of Cognitive Impairment Andrew E. Budson, MD	Current Management of Coronary Artery Disease James M. Kirshenbaum, MD, FACC
9:40 am – 10:30 am	Common Problems in Hematology Nathan T. Connell, MD, MPH	Update on Hyperlipidemia Scott Kinlay, MBBS, PhD
10:30 am – 10:45 am	<i>Coffee Break (refreshments provided)</i>	
10:45 am – 11:35 am	Updates in Colon Cancer Screening¹ Ramona M. Lim, MD	Updates in COPD Walter O'Donnell, MD
11:35 am – 12:25 pm	“Can't Miss” Diagnoses Charles A. Morris, MD, MPH <i>(Note: Session ends at 12:40)</i>	The Neurologic Exam Martin A. Samuels, MD, DSc (hon)
12:25 pm – 1:40 pm	<i>Break for lunch*</i>	
1:40 pm – 2:30 pm	Osteoporosis Benjamin Z. Leder, MD	MEET OUR MASTER CLINICIANS Customize your learning experience with these small-group, highly interactive forums. Choose from among 8 master clinician-led sessions. (Details on Friday agenda page)
2:40 pm – 4:10 pm	WORKSHOPS	
	Joint Aspirations and Injections for Beginners Susan Y. Ritter, MD, PhD E1	Common Hand and Elbow Concerns Simon G. Talbot, MD G1
	Curbside Consults in Infectious Disease Jennifer Johnson, MD E2	Challenging Cases in Office-Based Gynecology Kari Braaten, MD, MPH G2
	Medical Problems in Pregnancy¹ Raymond O. Powrie, MD E3	Reading Chest X-Rays Andetta Hunsaker, MD G3
	Care of the LGBTQ Patient Kevin L. Ard, MD, MPH and Ole-Petter R. Hamnvik, MBBCh BAO, MMSc E4	Lyme and Other Tick-Borne Diseases Daniel A. Solomon, MD G4
	Mini-course in Motivational Interviewing Joji Suzuki, MD <i>(Attendees must sign up for both E5 and F5)</i> E5 F5	Dermatology Procedures for Beginners Elizabeth A. Buzney, MD and Michael Kurtz, MD, MPH G5
	Update on Female Urinary Incontinence Milena Weinstein, MD E6	Common Allergy Problems David Sloane, MD G6
	Care Coordination for High-Risk Patients⁴ Rebecca J. Cunningham, MD and Lisa M. Wichmann, RN, MS, ACM, NC-BC E7	Complementary and Integrative Medicine and Medical Marijuana Donald B. Levy, MD G7
	Cardiac Auscultation Yee-Ping Sun, MD E8	Common Oral Medicine Problems Nathaniel S. Treister, DMD, DMSc G8
4:10 pm – 4:30 pm	<i>Coffee Break (refreshments provided)</i>	
4:30 pm – 6:00 pm	WORKSHOPS	
	Low Back Pain Zacharia Isaac, MD F1	Evaluation of Hip Pain Michael Beasley, MD H1
	Peripheral, Aortic, and Carotid Disease Marc P. Bonaca, MD, MPH F2	Wound Care Lauren R. Bayer, PA-C H2
	Celiac Disease Rupa Mukherjee, MD F3	Bariatric Surgery Malcolm K. Robinson, MD H3
	Sexually Transmitted Diseases and UTIs Kevin L. Ard, MD, MPH F4	Alcohol Use Disorder: Assessment and Treatment Richard Saitz, MD, MPH, FACP, DFASAM H4
	Mini-course in Motivational Interviewing Joji Suzuki, MD <i>(Attendees must sign up for both E5 and F5)</i> F5 E5	Minor Surgical Procedures and Suturing Susana C. Wishnia, MD and Michael Kurtz, MD, MPH H5
	Sleep Disorders: Insomnia and Sleep Apnea Suzanne Michele Bertisch, MD, MPH and Carolyn D'Ambrosio, MD, MS F6	Female Sexual Dysfunction Jan L. Shiffen, MD H6
	Testosterone Replacement Therapy Ole-Petter R. Hamnvik, MBBCh BAO, MMSc F7	Evaluation of Patients with Chest Pain Yee-Ping Sun, MD H7
	Opioids for Chronic Pain² Nancy B. Kurtz, MD F8	Anxiety Disorders Jane L. Erb, MD H8

DISCLAIMER

CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Agenda

Friday, March 15

6:00 – 7:00 am	Yoga Cybele Leger
7:30 – 8:00 am	Continental Breakfast
8:00 am – 8:50 am	Challenging Endocrine Cases Maria A. Yialamas, MD
8:50 am – 9:40 am	Update on Asthma Christopher H. Fanta, MD
9:40 am – 10:30 am	Update on Treating Headaches¹ Rebecca Burch, MD
10:30 am – 10:45 am	<i>Coffee Break (refreshments provided)</i>
10:45 am – 11:35 am	Challenging Renal Cases Emily S. Robinson, MD, MPH
11:35 am – 12:25 pm	Challenging Cases in Pain Management² Nancy B. Kurtz, MD
12:25 pm – 1:40 pm	<i>Break for lunch*</i>
1:40 pm – 2:30 pm	Update on Prostate Cancer Screening¹ Marc B. Garnick, MD

WORKSHOPS

Resistant Hypertension Jane S. Sillman, MD	I1
Challenging Cases in End-of-Life Care³ Lida Nabati, MD	I2
Suboxone/Buprenorphine Treatment Claudia P. Rodriguez, MD	I3
Challenging Outpatient Cases of Electrolyte Abnormalities Bradley M. Denker, MD	I4
Primary Care for the Patient Experiencing Homelessness Jennifer K. Brody, MD, MPH	I5
Functional Assessment of the Geriatric Patient Laura N. Frain, MD, MPH	I6
Using Genetic Testing in Primary Care Joel B. Krier, MD, MMSc	I7

Adjourn

Meet Our Master Clinicians:

Tuesday, March 12, 2019

1:40 – 2:30pm

Customize your learning experience. Choose from among eight master clinician-run interactive forums:

Stroke Galen V. Henderson, MD	T1
Depression and Bipolar Illness: Challenging Cases Russell G. Vasile, MD	T2
Concussions and Head Trauma¹ William J. Mullally, MD	T3
The Exercise Prescription Edward M. Phillips, MD	T4
Menopause Management Robert L. Barbieri, MD	T5
Management of Chronic Kidney Disease J. Kevin Tucker, MD	T6
Getting the Most Out of Your EHR David W. Bates, MD, MSc	T7
Updates in Hospice and Palliative Care³ Kristen G. Schaefer, MD	T8

Meet Our Master Clinicians:

Thursday, March 14, 2019

1:40 – 2:30pm

Customize your learning experience. Choose from among eight master clinician-run interactive forums:

Solitary Pulmonary Nodules and Screening for Lung Cancer¹ Gerald L. Weinhouse, MD, MPH	TH1
Outpatient Management of Atrial Fibrillation Paul C. Zei, MD, PhD	TH2
How Neurologists Think: What My Mistakes Taught Me Martin A. Samuels, MD, DSc (hon)	TH3
Managing Cirrhosis Robert C. Lowe, MD	TH4
Smoking Cessation Sara Kalkhoran, MD, MAS	TH5
Treatment of Movement Disorders Albert Hung, MD, PhD	TH6
Kidney Stones Brian Eisner, MD	TH7
Breast Cancer Screening Susan L. Troyan, MD	TH8

¹ Meets criteria for Risk Management credit in Massachusetts

² Meets criteria for Pain Management credit and Risk Management credit in Massachusetts

³ Meets criteria for End-of-Life Care credit and Risk Management credit in Massachusetts

⁴ This session eligible for Patient Safety MOC credits

*There are many convenient and varied lunch options within a short walking distance of the course.

A1 – I7 You can use these codes when registering online for your choice of workshops.

Program changes/substitutions may be made without notice.

To view the most up-to-date version of the course program, please visit the course website.

This program is among the highest-rated Harvard Medical School CME courses



New data, guidelines, and best practices across every major area of general internal medicine

► New data, innovations, and state-of-the-art practices for:

- Physical exams
- Counseling
- Screening
- Office procedures
- Diagnoses
- Treatment strategies
- Practice management
- Motivational interviewing

► Earn up to:

- 38.75 *AMA PRA Category 1 Credits*[™]
- 38.75 ABIM MOC points and 1.5 patient safety credits
- 38.50 Prescribed credits from the AAFP
- 38.75 ECME Credits[®]
- 13.25 Risk Management Credits, including 3.75 Credits in Opioid Education and Pain Management Training and 2.25 Credits in End-of-Life Care Studies

This program is distinguished for its

- Comprehensive coverage of clinical updates
- Practical and immediately applicable approach to content
- Extensive offering of skills-advancement and hands-on workshops
- Caliber of faculty — as leaders and as outstanding teachers

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 38.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

MOC STATEMENT

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 38.75 Medical Knowledge MOC points and 1.50 patient safety MOC credits in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Office Practice of Primary Care Medicine 2019, with a beginning date of 03/11/2019, has been reviewed and is acceptable for up to 38.50 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.

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 13.25 hours of Risk Management Study. This includes 3.75 Credits of Opioid Education and Pain Management Training and 2.25 Credits of End-of-Life Care Studies. Please check your individual state licensing board requirements before claiming these credits.

NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit*[™] issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*[™] are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eaccme.eu.



HARVARD MEDICAL SCHOOL

Register at PrimaryCare.HMSCME.com

**Office Practice of
Primary Care Medicine 2019**
(Course #732490-1902)

	Tuition
Physicians	\$1,795
Allied Health Professionals and Residents/Fellows	\$1,695
Optional Printed Course Materials*	\$75

Your tuition includes morning yoga, all breakfasts, coffee and snack breaks, complimentary internet in the meeting and sleeping rooms, and a course reception on Tuesday, March 12.

** All attendees receive a flash drive that includes all of the course materials: a full-color syllabus, additional readings, and information for patients. If you would like a printed copy of the syllabus, you can purchase it in advance for \$75 with your course registration. A very limited supply will be available on site at the course for \$100.*

REGISTRATION, PAYMENT, CONFIRMATION, and REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at PrimaryCare.HMSCME.com.

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the conference has started.



VENUE

Hyatt Regency Boston
One Avenue de Lafayette, Boston, MA 02111 • 617-912-1234

ACCOMMODATIONS*

A limited number of rooms have been reserved at the Hyatt Regency Boston until February 14, 2019. You can call the hotel reservation line to make a room reservation: 617-912-1234. Please reference “Brigham and Women’s Hospital” in order to request the reduced room rate. Hotel arrangements can also be made online before February 14 by going to PrimaryCare.HMSCME.com/Venue and clicking on the dedicated room reservation link. Using group code “G-bawh” will access the group room rate.

**Please note that the discounted rooms may sell out before the deadline.*

Please do not make non-refundable travel plans until you have received an email from our office confirming your paid registration.

INQUIRIES

Call 617-384-8600 Mon-Fri 9am – 5pm (ET) or e-mail CEPrograms@hms.harvard.edu.