

The University of Virginia Department of Medicine
presents

The 42nd Annual Edward W. Hook, Jr., MD
**RECENT ADVANCES
IN CLINICAL MEDICINE**

October 28-30, 2015
OMNI Hotel, Charlottesville, VA

Sponsored by
the Office of Continuing Medical Education,
University of Virginia, School of Medicine



Dear Colleague:

On behalf of the Department of Medicine at the University of Virginia, we would like to invite you to attend the 42nd annual Recent Advances in Clinical Medicine Conference. The Planning Committee has assembled a broad array of stimulating lectures addressing current issues relevant to the care of patients in both the outpatient and inpatient settings. The lectures are designed to provide practical "take-home" points that you can put into practice upon your return to the office and hospital. Ample time is allotted at the end of each session to have your questions addressed by the speakers, and many attendees confer informally with lecturers during the breaks.

This year we have expanded the menu of our popular "Meet the Professor" sessions over breakfast and lunch to provide you with opportunities to broaden your medical knowledge and skills through challenging case discussions, workshops and interactive presentations.

The course will be particularly useful to generalists - physicians, nurse practitioners and physician assistants - but specialists also attend this conference to stay abreast of important advances in medical care. All meeting materials will be available for download at the RACM website for registered participants one week prior to the conference.

A printed paper syllabus will be provided unless you choose to decline it at the time you register and receive a discount for your registration.

Late October is one of the most spectacular times of the year to visit Charlottesville. The foliage in the nearby Blue Ridge Mountains will be at its peak, Thomas Jefferson's University of Virginia and Monticello are within minutes of the conference hotel and there are many activities available for families. The meeting takes place on the historic Downtown Mall, which boasts charming shops, fine restaurants, art galleries, the historic Paramount Theatre (performing arts), and movie theatres.

Don't forget to book early at the Omni, our conference hotel, as it will fill up fast. We look forward to seeing you in October!



Andrew M.D. Wolf, M.D.
Associate Professor of Medicine
Course Director



Mitchell H. Rosner, M.D.
Professor of Medicine
Chair, Department of Medicine

Course Director: Andrew M.D. Wolf, MD

FACULTY

Gorav Ailawadi, MD	Surgery
Brendan T. Bowman, MD	Nephrology
Adam Q. Carlson, MD	Rheumatology
David Cattell-Gordon, MDiv, MSW	Telemedicine
James J. Daniero, MD	Otolaryngology
Andrew E. Darby, MD	Cardiology
Kelly M. Davidson, MD	Oncology
Eric M. Davis, MD	Pulmonary
Gerald R. Donowitz, MD	Infectious Diseases
Douglas M. Farrago, MD	Primary Care
Jeanetta W. Frye, MD	Gastroenterology
Elizabeth M. Gaughan, MD	Oncology
Bruce D. Gehle, JD	Legal Services
D. Preston Grice, MS, MD	Physical Medicine & Rehabilitation
Richard D. Hall, MD, MS	Oncology
David V. Hamilton, MD	Psychiatry
Lily Hargrove, MD	Primary Care
Traci L. Hedrick, MD	Surgery
Zachary H. Henry, MD	Gastroenterology
Katherine G. Jaffe, MD	General Medicine
Kambiz Kalantari, MD	Nephrology
Bradley W. Kesser, MD	Otolaryngology
Joshua D. King, MD	Nephrology
Jennifer L. Kirby, MD, PhD	Endocrinology
Meredith S. Lee, DO	Psychiatry
Janet E. Lewis, MD	Rheumatology
Scott Lim, MD	Cardiology
E. Allison Lyons, MD	General Medicine
John M. MacKnight, MD	General Medicine
H. Charles Malpass, MD	Pulmonary
Anthony L. McCall, MD, PhD	Endocrinology
Andrew D. Mihalek, MD	Pulmonary
Glenn A. Moulder, MD	Hospitalist Medicine
Mark A. Newbrough, MD	Geriatrics
JoAnn V. Pinkerton, MD	Obstetrics & Gynecology
Margaret L. Plews-Ogan, MD	General Medicine
Jeffrey A. Potter, MD	Rheumatology
Melinda D. Poulter, PhD	Pathology
Karen S. Rheuban, MD	Telemedicine
Evelyn S. Scott, MD	General Medicine
Francis H. Shen, MD	Orthopedic Surgery
Tim B. Short, MD	Palliative Care
Costi D. Sifri, MD	Infectious Diseases
Helmy M. Siragy, MD	Endocrinology
Ryan P. Smith, MD	Urology
Ina Stephens, MD	Pediatrics, Infectious Diseases
Nassima Ait-Daoud Tiourine, MD	Psychiatry
Denise A. Way, MD	General Medicine

Planning Committee Members

Andrew M. D. Wolf, MD
General Medicine

Amer M. Beitinjaneh, MD
Hematology – Oncology

Eric M. Davis, MD
Pulmonary

Sue A. Brown, MD
Endocrinology

Kambiz Kalantari, MD
Nephrology

Eva Casola, MBA
CME

Amy J. Mathers, MD
Infectious Diseases

Andrew E. Darby, MD
Cardiology

Bryan G. Sauer, MD
Gastroenterology

Please bring your LAPTOPS or other mobile devices as course evaluations will be on-line.

Educational Objectives

By the end of the Recent Advances in Clinical Medicine conference, attendees should be able to:

1. Better manage patients who present with disturbing menopausal symptoms
2. Institute a practical strategy for evaluating and managing erectile dysfunction
3. Adhere to the most recent guidelines for cervical cancer screening
4. Evaluate and initiate management of suspected non-alcoholic steatohepatitis
5. More effectively evaluate and manage challenging gastrointestinal complaints
6. Initiate management of common anorectal disorders
7. Discuss the pros and cons of the "Direct Primary Care" practice model
8. Refine their ability to appropriately order and accurately interpret rheumatologic tests
9. Incorporate recent updates in the use of oral agents in diabetes
10. Incorporate recent updates in the use of injectable agents in diabetes
11. Initiate evaluation of patients with suspected hyperaldosteronism
12. Implement the new guidelines regarding lung cancer screening
13. Evaluate patients who present with thrombocytopenia
14. Discuss cost-effective strategies for cancer screening
15. Develop a systematic approach to evaluating patients with diffuse myalgias
16. Initiate the evaluation of patients presenting with acute arthralgias
17. Better recognize rashes that are likely to be seen in the primary care setting
18. Improve competency in leading "Goals of Care" family meetings
19. Discuss emerging and re-emerging viral diseases
20. Apply principles of cost-effectiveness and patient safety to infectious diseases
21. Incorporate recent advances in diagnostics into the evaluation of infectious diseases
22. Become more comfortable evaluating, managing and preventing opioid addiction
23. Weigh the benefits and harms of antipsychotic use in elderly patients with dementia
24. Better manage patients with treatment resistant depression
25. Discuss the role of telemedicine in primary care practice
26. Adopt practices to reduce the risk of malpractice suits
27. Integrate the latest guidelines into management of atrial fibrillation
28. Discuss management options to reduce stroke risk in atrial fibrillation
29. Recognize appropriate indications to refer patients for minimally invasive valve surgery
30. Improve geriatric prescribing practices
31. Integrate recent developments in hospital medicine into the care of inpatients
32. Manage hypertension utilizing the most up-to-date guidelines
33. Enhance diagnostic skills in evaluating the painful knee
34. Better appreciate the spectrum and role of complementary therapies in health care
35. Broaden the repertoire of strategies utilized for low back pain management
36. Better identify appropriate candidates for orthopedic referral among patients with low back pain
37. More effectively address challenging asthma scenarios
38. Evaluate the sleepy patient who doesn't have sleep apnea
39. Correctly interpret pulmonary function test results
40. Reflect on medical errors and near misses in a more proactive fashion
41. Appropriately perform the Medicare Wellness Exam
42. Adopt effective approaches to managing diuretic resistance
43. Evaluate and initiate management of electrolyte disorders encountered in patients with cancer
44. Discuss recent and emerging recreational drugs of abuse
45. Institute a practical approach to evaluating and managing dizziness and vertigo
46. Initiate evaluation of hoarseness and identify patients needing referral
47. Utilize a rationale evaluation and management strategy for tinnitus

WEDNESDAY, OCTOBER 28, 2015 AM SESSIONS

7:00AM Registration and breakfast

8:00AM Welcoming Remarks:
Mitchell H. Rosner, MD, Chair, Department of Medicine
Andrew M.D. Wolf, MD, Course Director

8:10-9:50 Gender – Specific Health Issues

8:10 Introduction
Andrew M.D. Wolf, MD

8:15 Hormonal and Non-Hormonal Management of Menopausal Symptoms
JoAnn V. Pinkerton, MD

8:40 The Assessment and Management of Erectile Dysfunction in Primary Care:
Beyond the Little Blue Pill
Ryan P. Smith, MD

9:05 Cervical Cancer Screening Updates
E. Allison Lyons, MD

9:30 Panel Discussion

9:50 Morning Break

10:10-11:50 Gastroenterology

10:10 Introduction
Steven M. Cohn, MD

10:15 Non-Alcoholic Fatty Liver Disease: Prognosis and Treatment
Zachary H. Henry, MD

10:40 Challenging Cases in GI
Jeanetta W. Frye, MD

11:05 Common Anorectal Disorders
Traci L. Hedrick, MD

11:30 Panel Discussion

11:50-12:50 Lunch on your own – OR

11:55-12:45 Meet the Professor Lunch Session – Pre-registration Required

WL1 – Direct Primary Care: A New Model to Revolutionize Your Practice
Lily Hargrove, MD
Douglas M. Farrago, MD

WL2 – Interpretation of Rheumatologic Tests
Janet E. Lewis, MD

WEDNESDAY, OCTOBER 28, 2015 PM SESSIONS

12:50-2:30 Endocrinology

12:50 Introduction
Zhenqi Liu, MD

12:55 What's New in Oral Agents for Diabetes?
Jennifer L. Kirby, MD, PhD

1:20 Injectable Options in the Management of Diabetes
Anthony L. McCall, MD, PhD

1:45 Approach to Hyperaldosteronism
Helmy M. Siragy, MD

2:10 Panel Discussion

2:30 Afternoon Break

2:50 – 4:30 Hematology-Oncology

- 2:50 Introduction
Robert Dreicer, MD
- 2:55 CT Screening for Lung Cancer: Overhyped or Long Overdue?
Richard D. Hall, MD, MS
- 3:20 Goldilocks and the Three Platelets: An Approach to Thrombocytopenia
Kelly M. Davidson, MD
- 3:45 Cancer Screening in the Time of the Affordable Care Act
Elizabeth M. Gaughan, MD
- 4:10 Panel Discussion
- 4:30 Stretch Break

4:40 – 5:45 Rheumatology

- 4:40 Introduction
Janet E. Lewis, MD
- 4:45 Approach to the Patient with Diffuse Myalgias
Jeffrey A. Potter, MD
- 5:10 Approach to the Patient with Acute Arthralgias
Adam Q. Carlson, MD
- 5:35 Panel Discussion
- 5:45 Adjourn

THURSDAY, OCTOBER 29, 2015 AM SESSION

- 7:00 Registration and continental breakfast
- 7:30-8:20 Meet the Professor Breakfast Session – Pre-registration Required
- BT1 - Common & Not So Common Rashes
Jeanne M. Young, MD
 - BT2 - How to Run a “Goals of Care” Family Meeting
Tim B. Short, MD
- 8:30-10:10 General Medicine, Geriatrics, Palliative Care & Hospital Medicine**
- 8:30 Introduction
Mohan Nadkarni, MD
- 8:35 The Beer’s List – What CAN I Give My Elderly Patients?!
Mark A. Newbrough, MD
- 9:00 The Top Five Changes to Hospital Medicine in 2015
Glenn A. Moulder, MD
- 9:25 150 is the New 140 Unless You’re Under 60: New Guidelines for Blood Pressure Control in 2015
Evelyn S. Scott, MD
- 9:50 Panel Discussion
- 10:10 Morning Break
- 10:30 - 12:10 Psychiatric Issues in Primary Care Practice**
- 10:30 Introduction
Andrew M.D. Wolf, MD
- 10:35 Updates in Opioid Abuse & Addiction
Nassima Ait-Daoud Tioutirine, MD

- 11:00 Antipsychotic Use in Dementia & the Elderly
Meredith S. Lee, DO
- 11:25 Management Strategies for Treatment Resistant Depression
David V. Hamilton, MD
- 11:50 Panel Discussion
- 12:10 – 1:10 Lunch – On Your Own – OR
- 12:15-1:05 Meet the Professor Lunch Session – Pre-registration Required
TL1 - Telemedicine in Primary Care
Karen S. Rheuban, MD / David Cattell-Gordon, MDiv, MSW
TL2 –How to Avoid Malpractice Suits for Primary Care Docs
Bruce D. Gehle, JD

THURSDAY, OCTOBER 29, 2015 PM SESSION

1:10-2:50 Cardiology

- 1:10 Introduction
Brian H. Annex, MD
- 1:15 Atrial Fibrillation Guideline Updates - What the Clinician Needs to Know
Andrew E. Darby, MD
- 1:40 Stroke Prevention in Atrial Fibrillation - a Balancing of Risks
Scott Lim, MD
- 2:05 Minimally Invasive and Percutaneous Valve Surgery
Gorav Ailawadi, MD
- 2:30 Panel Discussion
- 2:50 Afternoon Break

3:10 – 4:50 Infectious Diseases

- 3:10 Introduction
William Petri, MD
- 3:15 It's a Small World after All: Emerging and Reemerging Viral Infectious Diseases
Costi D. Sifri, MD
- 3:40 Clinical Applications of Recent Advances in Diagnostics for Infectious Diseases
Melinda D. Poulter, MD
- 4:05 How to Do Quality, Cost Conscious Medicine and Not Be Lawyer Averse: Experience in ID
Gerald R. Donowitz, MD
- 4:30 Panel Discussion
- 4:50 Adjourn

FRIDAY, OCTOBER 30, 2015 AM SESSIONS

- 7:00 Registration and continental breakfast
- 7:30-8:20 Meet the Professor Breakfast Session – Pre-registration Required
FB1 – Evaluating the Painful Knee
John M. MacKnight, MD
FB2 - Complementary Therapies in Medicine
Denise A. Way, MD & Ina Stephens, MD
- 8:30-9:45 Multidisciplinary: Low Back Pain**
- 8:30 Introduction
Andrew M.D. Wolf, MD
- 8:35 Low Back Pain: Non-Operative Perspective
D. Preston Grice, MS, MD

- 9:00 Low Back Pain: Orthopedic Perspective
Francis H. Shen, MD
- 9:25 Panel Discussion
- 9:45 Morning Break
- 10:05 – 11:45 Pulmonary & Critical Care**
- 10:05 Introduction
C. Edward Rose, MD
- 10:10 Tough Asthma Challenges
H. Charles Malpass, MD
- 10:35 My Patient Is Sleepy but Doesn't Have OSA: a Top Ten List
Eric M. Davis, MD
- 11:00 The ABC's of PFT's
Andrew D. Mihalek, MD
- 11:25 Panel Discussion
- 11:45 – 12:45 Lunch – On Your Own – OR
- 11:50-12:40 Meet the Professor Lunch Session – Pre-registration Required
- FL1 - Medical Mistakes in Everyday Practice: Close Calls, Bad Outcomes,
Coping with Guilt
Margaret Plews-Ogan, MD
- FL2 - The Medicare Annual Wellness Exam
Katherine G. Jaffe, MD

FRIDAY, OCTOBER 30, 2015 PM SESSION

- 12:45 – 2:25 Nephrology**
- 12:45 Introduction
Mark D. Okusa, MD
- 12:50 Diuretic Resistance
Kambiz Kalantari, MD
- 1:15 Electrolyte Disorders in Cancer
Brendan T. Bowman, MD
- 1:40 Recreational Drugs of Abuse: Update 2015
Joshua D. King, MD
- 2:05 Panel Discussion
- 2:25 Afternoon Break
- 2:45 – 4:25 Otolaryngology for the Primary Care Physician**
- 2:45 Introduction
Bradley W. Kesser, MD
- 2:50 Tackling the Difficult Dizzy Patient
Bradley W. Kesser, MD
- 3:15 Hoarseness: Initial Approach & When to Refer
James J. Daniero, MD
- 3:40 Tinnitus: A Tough Problem to Have... and To Treat!
Bradley W. Kesser, MD
- 4:05 Panel Discussion
- 4:25 Adjourn & Complete Course Evaluations

Location

This conference will be held at the Omni Charlottesville Hotel, 235 West Main Street, Charlottesville, Virginia. ****NOTE: If the Omni lot is full, do not park across the street in the private lot without first checking in with the Omni parking lot attendant. The owner of that lot will tow cars without an Omni pass.****

Additional parking is available at the Water Street garage. It is the city multilevel garage. Please don't park on the open parking lot. We can't validate for that space. We have negotiated discounted daily fee. Please bring your ticket to registration table for validation. Water street garage is approx. 5 minute walk from OMNI.

Accommodations

A block of rooms has been reserved for course participants at the conference site. Please identify yourself as a participant in the Recent Advances in Clinical Medicine conference. Our room block is limited so please book it early. Our conference rate is \$180 plus tax.

On the same weekend the University of Virginia have UVA home football game against Georgia Tech. Rooms will sell out very quickly.

The deadline for our room block is October 6th, 2015 but please note, the room block will sell out before this deadline.

Omni Charlottesville Hotel
235 West Main Street
Charlottesville, Virginia 22902
(434-971-5500 or 1-800-THE-OMNI)

Course Description

Now in its 42nd year, this course is designed for primary care and emergency room physicians and subspecialists who want to update their knowledge of internal medicine and related disciplines. The course will provide current information on specific topics that will also benefit housestaff, nurse practitioners, physician assistants, and other healthcare professionals.

Accreditation

The University of Virginia School of Medicine designates this live activity for a maximum of *21 AMA PRA Category 1 Credits™* for the main program and an additional *1.0 AMA PRA Category 1 Credit™* credit for each breakout session. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, The 42nd Annual Edward W. Hook, Jr, MD Recent Advances in Clinical Medicine, with a beginning date of 10/28/2015, has been reviewed and is acceptable for up to 23.75 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.

Hours of Participation Statement

The University of Virginia School of Medicine awards hours of participation (equivalent to *AMA PRA Category 1 Credits.™*) to each non-physician participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

Attendance

The University of Virginia Office of Continuing Medical Education requires that all participants at live CME activities register daily at registration desk or have their nametag scanned before entering the conference room.

- **FREE Wi Fi available**
- **Please bring your LAPTOPS or other mobile devices as course evaluations will be on-line.**
- **Please provide your email address for conference updates and specials!**



REGISTRATION FEES – BEFORE 9/30/15

Conference Fees:

Main Conference (Continental Breakfast, Breaks & Paper Syllabus) \$575.00
 Discount if no paper syllabus needed (available online – discount NOT available for daily registrations)\$50.00

Or

Daily Registration Fee (Please select days: Wed - Thurs - Fri) \$275/day
 Meet the Professor Session - Breakfast..... \$15/Session
 Meet the Professor Session - Lunch \$30/Session

REGISTRATION FEES – 10/1/15 THRU 10/15/15

Main Conference (Continental Breakfast, Breaks & Paper Syllabus) \$675.00
 Discount if no paper syllabus needed (available online – discount NOT available for daily registrations)\$50.00

Or

Daily Registration Fee (Please select days: Wed - Thurs - Fri) \$325/day
 Meet the Professor Session – Breakfast \$15/Session
 Meet the Professor Session – Lunch..... \$30/Session

REGISTRATION – CLOSES 10/15/15

Must register On-Site *

Main Conference \$725 – (Continental Breakfast, Breaks. No paper syllabus available**)
 Daily Registration Fee \$375/day – (Continental Breakfast, Breaks. No paper syllabus available**)

*No on-line, fax, mail etc available. No printed syllabus, no meet the professor available.

** Only On-line

REGISTRATION

Registration is available ONLY on-line at www.cmevillage.com.
 Pre-registration for this conference will close on Friday, October 15, 2015.
Registration is limited. Please register early to ensure a place.

Confirmation and Cancellation Policy

Upon receipt of registration and payment, you will receive an email confirmation. Registration fees will be refunded (less a \$50 administration fee) for written cancellations (emails and faxed requests are acceptable) received a minimum of 14 days prior to the activity date (October 14, 2015). No refunds will be granted for cancellations made within 13 days of the activity. You are encouraged to send a substitute if you are unable to attend.

The University of Virginia School of Medicine reserves the right to cancel CME activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CME activity are the sole responsibility of the participant.

Contact information

For more information about this course or its logistics, please contact: Eva Casola at EvaC@virginia.edu

AIM Preceptors

You may be eligible for partial reimbursement of the RACM registration fee if you are scheduled to precept a 3rd year AIM Student in the 2015-2016 academic year.

The complimentary AIM Preceptors Dinner is Wednesday October 28 from 6:30-9:00PM at the Omni. Please contact the AIM Office 434-982-2516 for details.

Disclosure of faculty financial affiliations

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The University of Virginia School of Medicine requires that all CME activities through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education for the participants. Questions about specific strategies can be directed to the Office of Continuing Medical Education, P.O. Box 800711, University of Virginia School of Medicine, Charlottesville, Virginia.

The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices
The University of Virginia School of Medicine, as an ACCME accredited provider, requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

The University of Virginia Office of Continuing Medical Education requires that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day.

Special Needs

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908 or to uvacme@virginia.edu.

Some of the conference venues used by the University of Virginia Office of Continuing Medical Education are registered historic properties and may not be fully ADA accessible. Please feel free to contact the facility directly if you have specific questions.

MEET THE PROFESSOR SESSIONS

\$15/Breakfast Session includes *1 AMA PRA Category 1 credit*.TM

(Breakfast is provided to all attendees in the main room. No special breakfast for Meet the Professor Session)

\$30/Lunch Session – Boxed Lunch and *1 AMA PRA Category 1 credit*.TM

Wednesday Lunch Sessions

WL1 – Direct Primary Care: A New Model to Revolutionize Your Practice

Lily Hargrove, MD

Douglas M. Farrago, MD

WL2 – Interpretation of Rheumatologic Tests

Janet E. Lewis, MD

Thursday Breakfast Session

BT1 - Common & Not So Common Rashes

Jeanne M. Young, MD

BT2 - How to Run a “Goals of Care” Family Meeting

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Thursday Lunch Sessions

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