



# MARYLAND ACADEMY OF FAMILY PHYSICIANS

ABLE, RESPONSIVE FAMILY PHYSICIANS SERVING THEIR COMMUNITIES

**2012 WINTER REGIONAL CME CONFERENCE  
"SELECTED CHALLENGES IN PRIMARY CARE"  
SATURDAY, FEBRUARY 25, 2012**

## **TOPIC NEED STATEMENTS AND LEARNING OBJECTIVES**

### **Top Ten Articles of the Year**

#### Need Statement

How can busy, over-worked family doctors keep up with the hundreds of thousands of medical journal articles published each year? How can they know which articles are scientifically sound and which articles can change the way they practice in their clinic and/or their hospital? Just as Microbiology is the basic science of Infectious, Evidence-Based Medicine is the basic science of Family Medicine and family doctors have to keep current with the best of each year's evidence-based medical articles.

#### Learning Objectives

At the end of this program, the learner will be able to:

1. list at least 5 new practice-changing recommendations for their inpatient or outpatient family practice.
2. cite 5 reliable evidence-based journals that are important for family physicians to read.
3. Describe the Evidence-Based Medicine Triad and its application to the practice of Family Medicine.

### **Pediatric Immunizations Update**

#### Need Statement

Several new vaccines have been licensed and recommended in the past five years for use in infants as well as adolescents and adults. Parents continue to have questions about vaccine

safety. This lecture will focus on current vaccine recommendations with an emphasis on newly recommended vaccines and combination vaccines. Resources for addressing vaccine safety will be discussed and provided.

### Learning Objectives

At the end of this program, the learner will be able to:

1. Describe current vaccination trends in Maryland, and be aware of vaccination disparities.
2. Review the 2012 immunization schedule, with an emphasis on new vaccines and recommendations within the past five years.
3. Develop a plan for addressing parent concerns about vaccine safety.

## **Obesity: A Non-Biased Look at the Risks**

### Need Statement

65% of adults in the U.S. are overweight or obese and many of them diet repeatedly with little appreciable long term benefit. Obesity is recognized as a chronic, debilitating, and potentially fatal disease, so far unabated by the myriad of diets available. For example, obesity-related. The personal and economic costs of such chronic diseases will be amplified due to their early onset. Currently, those individuals with two or more chronic diseases account for 65 cents of every health care dollar spent. Chronic diseases already affect the quality of life of 133 million Americans and kill 17 million annually. Type II diabetes now comprises one-third to one-half of new diabetes cases. Hypertension and dyslipidemia now are common place. Fueled by obesity, health care costs will rise substantially over the next 25 years and predictions are that one of our premier benchmark health indicators, life-expectancy, may be jeopardized for this and future generations. Primary care physicians have a unique opportunity to prevent the habits that drive obesity risk, identify problems early in their course and treat them effectively.

### Learning Objectives

At the end of this program, the learner will be able to:

1. review the current status of obesity and the implications of current trends on health
2. understand the dietary and activity habits that drive obesity
3. develop practice-based strategies for prevention, early identification and intervention for patients at risk of developing excess weight.

# **GYN: Management of DUB**

## Need Statement

Abnormal vaginal bleeding is a common cause for concern among women, as well as a frequent cause of visits to the emergency department and health care provider. While there are many causes of abnormal vaginal bleeding, the most likely cause among otherwise healthy women is dysfunctional uterine bleeding (DUB) resulting from an irregular hypothalamic-pituitary-ovarian axis, which results in anovulatory cycles and unpredictable bleeding. However, abnormal vaginal bleeding also may be the presenting symptom of a more serious underlying condition or problem. Furthermore, depending on the cause and severity of the bleeding, significant morbidity and mortality may be associated with it. This presentation will discuss many of the common causes of DUB, as well as the diagnostic work-up and management for this condition.

## Learning Objectives

At the end of this program, the learner will be able to:

1. understand factors contributing to DUB
2. know how to arrive at the differential diagnosis of DUB
3. ascertain the best treatment modalities given the patient's demographic and history.

# **Interactive Workshop: Challenging EKGs**

## Need Statement

The modern EKG is the most effective tool in determining a patient's cardiovascular health. Correct interpretation of an EKG result leads to the detection of cardiovascular disease and options for the course of treatment. Nuances in readings of EKGs can present challenges in interpretation, thus impacting diagnoses and treatment options.

## Learning Objectives

At the end of this program, the learner will be able to:

1. correctly read and interpret sample EKGs presented
2. determine likely cardiovascular condition manifested in the EKG test
3. determine the appropriate further diagnostic testing and course of treatment based on interpretation of the EKG.

# **Status of Health and Health Care Reform in Maryland**

## Need Statement

When fully implemented, the Patient Protection and Affordable Care Act (PPACA) will require most United States citizens to have health insurance, resulting in an estimated 32 million people becoming newly insured and seeking primary care. The number of people with chronic conditions in the United States is also increasing at high rates and new practice and payment models, such as patient centered medical homes and accountable care organizations, rely on primary care clinicians to better manage their care. Understanding how these changes may further affect the evolution of primary care is valuable information for providers and policy-makers alike.

Maryland is ahead of many states in understanding and preparing for healthcare reform evidenced by the establishment of the Governor's Health Care Reform Coordinating Council soon after PPACA was enacted. This presentation will outline initiatives underway toward reform among various government, private, industry and the citizenry, as well as universities and other workforce training institutions.

## Learning Objectives

At the end of this program, the learner will be able to:

1. understand how a primary care-based system, particularly one modeled from Family Medicine, namely the Patient Centered Medical Home and Accountable Care Organization models, will further improve health care outcomes and costs
2. recognize steps needed toward practice re-design in Maryland (eg. governmental and health plan PCMH pilot projects)
3. understand initiatives in Maryland to increase the primary care workforce, particularly as it relates to increased numbers of medical students choosing family medicine and other primary care specialties
4. understand strong collaboration leading to reform
5. identify next opportunities and steps that will be/should be on the agenda for reform.

# **Diabetes Mellitus: Role of New Meds**

## Need Statement

Type 2 Diabetes is a complex disease that is now affecting over 15% of the adult population in the United States. Early diagnosis is important as is continued treatment of the disease over the life time of the patient. The consequence of poor control can be devastating. The treatment of diabetes has become more complex as newer medications have been introduced over the past

ten years. It is important for the primary care physician to understand these numerous choices and how to use them effectively.

### Learning Objectives

At the end of this program, the learner will be able to:

1. understand the mechanism of action of several new medications used to treat diabetes including DPP-4 Inhibitors, GLP-1 Analogs, Bromocriptine, and Colesevelam
2. appropriately prescribe these medications based on the best evidence
3. identify challenges and barriers to the effective management of diabetes and provide insight regarding potential solutions.

## **Hepatitis C: Update and Treatment: Within the Family Medicine Scope of Practice**

### Need Statement

Overall prevalence of hepatitis C in the US is 1.6%; 3.2 million residents are infected. Hepatologists cannot assume the burden of treating all these patients. Clear guidelines facilitate treatment of hepatitis C by family physicians, whose skills in managing treatment side effects and coexisting conditions are essential to maintaining patients on therapy.

### Learning Objectives

At the end of this program, the learner will be able to:

1. define candidates for hepatitis C treatment
2. describe indications for and findings on liver biopsy
3. delineate monitoring and laboratory testing prior to and during treatment
4. detail pharmacologic treatment and management of side effects
5. review the new protease inhibitors and indications for their inclusion

## **Before and After Breast Cancer: Toughest Questions in Screening and Survivorship**

### Need Statement

There are over 11 million cancer survivors in the United States and breast cancer survivors comprise the largest proportion of these individuals. The complex, multidisciplinary aspect of the diagnosis, treatment and long term care of this group has received increasing attention. There have been updated evidence-based screening guidelines for breast cancer that primary care physicians will need to understand in order to assess their patients. Additionally, cancer survivors who complete their acute therapy often experience long term or latent side effects that should be recognized by their primary care physicians.

## Learning Objectives

At the completion of this activity, the participant will be able to:

1. Identify evidence-based guidelines for breast cancer screening recommendations for average and high risk individuals;
2. Discuss potential long-term and late effects of breast cancer treatment, including drug interactions;
3. Understand treatment recommendations for long-term follow-up of breast cancer survivors; and,
4. Identify breast cancer resources that are available for patients including those diagnosed with breast cancer, survivors, and their families.