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PENN STATE MILTON S. HERSHEY MEDICAL CENTER  
DEPARTMENT OF CONTINUING EDUCATION G220  
P.O. BOX 851  
HERSHEY, PA 17033-0851




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[pennstatehershey.org/ce](http://pennstatehershey.org/ce)

Second Annual  
**Practical**  
**Evidence-Based, Medicine**  
*for the*  
**PRIMARY CARE CLINICIAN**

FRIDAY, AUGUST 15, 2014



PENNSTATE HERSHEY  
 College of Medicine

  
University Conference Center  
Penn State Milton S. Hershey Medical Center  
500 University Drive  
Hershey, Pennsylvania 17033

### PURPOSE/AUDIENCE

This conference is designed to teach primary care physicians, physician assistants, and nurse practitioners clinically useful topics from various areas of medicine. Medical staff from Penn State will present reviews and updates of the latest medical evidence in sports medicine, dermatology, holistic medicine, cardiology, infectious disease, neurology, endocrinology, and preventive care.

### CREDIT

Penn State College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### AMA

Penn State College of Medicine designates this live activity for a maximum of **9.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

### FEE

- **\$150** per person
- **\$65** for residents and students

The fee includes:

**Cost of Instruction • Handouts • Lunch • Break Refreshments**

You can pay for your registration by check, request to bill employer, or VISA, MasterCard or AMEX.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, genetic information, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park PA 16802-5901; Tel. 814-865-4700/V, 814-863-0471/TTY.U.Ed. MED E5495-15-Y

### CANCELLATION POLICY

**Cancellations received later than:**  
**August 8, 2014**  
will incur a \$25 processing fee.

**No refunds:**  
**After August 12, 2014**  
Substitutes are accepted at any time.

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances.

Please provide a cell phone number so we can reach you in the event of last-minute change or cancellation. If a program is canceled or postponed, the University will refund registration fees but is not responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

### ACCESS

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, please contact Continuing Education at least one week in advance of your participation or visit.





## AGENDA

- 7:00 am** Continental Breakfast/Final Registration
- 7:30** **Welcome and Introductions**  
**Michael Malone, MD**  
**Abdul Waheed, MD**
- 7:40** **Stop Worrying about Novel Oral Anticoagulants (NOACs): Blood Will Still be Thicker Than Water**  
**Abdul Waheed, MD**
- Identify indications for secondary prevention of thromboembolism and stroke using a new evidence-based scoring system in atrial fibrillation patients
  - Determine an anticoagulant treatment plan using traditional Vitamin K Analogs (VKAs) like warfarin and NOACs like rivaroxaban and dabigatrin
- 8:25** **A Case-Based Approach to Common Musculoskeletal Conditions**  
**Cayce Onks, DO, MS**
- Identify presentations for common musculoskeletal conditions
  - Develop a treatment plan for common musculoskeletal conditions
- 9:15** **Evidence-Based Medicine Updates: Top 10 Practice-Changing Articles From 2014**  
**Todd Felix, MD**
- Incorporate EBM from 10 recent articles related to primary care and utilize that information to optimize patient outcomes
- 10:05** **Morning Break**
- 10:15** **Moving Towards HIV and Hepatitis C Treatment for ALL**  
**Jarrett Sell, MD**
- Determine appropriate screening, diagnostic testing, and counseling plan for patients with HIV and Hepatitis C
  - Utilize current evidence and recommendations to increase the number of patients in their practice who receive screening for chronic HIV and Hepatitis C infections
- 11:05** **What's New with Hypertension Treatment?**  
**Sukhjeet Kamboj, MD**
- Discuss changes in practice of hypertension diagnosis and treatment based upon new evidence and Joint National Commission (JNC)-8 guidelines
- 11:50** **Lunch and Learn (Lunch provided)**  
**What's New in Integrative Medicine?**  
**John Neely, MD**
- Utilize integrative medicine options to optimize primary care practice
- Senior Resident Case Presentation: Case #1**  
**Mary Tierney, MD**
- Identify the presentation and determine the initial management of thoracic outlet syndrome in primary care

- 1:10 pm** **Ouch! How to Handle the Pain of Running Out of Medication Options for Musculoskeletal Problems**  
**Jeffrey Baker, MD**
- Identify, select and coordinate nontraditional pain relief modalities for use in musculoskeletal pain syndromes for both short-term and long-term improvement
- 1:55** **Learning to Master the Medical Literature at the Point-of-Care**  
**Jay Zimmermann, MD**
- Utilize common electronic resources known as point-of-care tools more efficiently for a quick evidence search at patient bedside
- 2:40** **Are the New Cholesterol Guidelines Giving You Chest Pain? You Can Relax; Here's A Case-Based Review of the New Hyperlipidemia Guidelines**  
**Michael Malone, MD**
- Create a diagnostic and treatment plan for patients based on the current AHA/ACC Guidelines
  - Explain similarities and differences between the most recent and previous guidelines
  - Utilize the most recent cholesterol guidelines to optimize patient care
- 3:25** **Afternoon Break**
- 3:35** **2014 Diabetes Guidelines: Less Prescriptive, More Descriptive!**  
**Joyce Buliyat, MD**
- Determine individualized therapeutic goals and treatment plans based on the diabetic patient's characteristics and co-morbidities
  - Discuss the most recent diabetic guidelines to optimize patient care
- 4:20** **Migraine Diagnosis and Treatment Update**  
**Sourav Das, MD**
- Utilize current EBM and expert guidelines to determine a diagnostic and treatment plan for migraine headaches
  - Discuss evidence-based tools in clinical decision-making of brain imaging in migraine headache management
- 5:00** **Senior Resident Case Presentation: Case #2**  
**Syed Atif, MD**
- Identify non-specific presentations of common great mimicker conditions in relation to Addison's disease in primary care
  - Incorporate patients' input in clinical decision-making from their internet search
- 5:30** **Conference Wrap-Up/Adjournment**

\* Department of Family and Community Medicine  
Penn State College of Medicine  
Penn State Milton S. Hershey Medical Center

## FACULTY

**Syed Atif, MD\***  
Resident, Year III  
Family and Community Medicine

**Jeffrey Baker, MD\***  
Assistant Professor  
Family and Community Medicine

**Joyce Buliyat, MD\***  
Assistant Professor  
Family and Community Medicine

**Sourav Das, MD\***  
Resident, Year III  
Family and Community Medicine

**Todd Felix, MD\***  
Assistant Professor  
Family and Community Medicine

**Sukhjeet Kamboj, MD\***  
Assistant Professor  
Family and Community Medicine

**Michael Malone, MD\***  
Assistant Professor  
Family and Community Medicine

**John Neely, MD\***  
Professor, Pediatrics  
Family and Community Medicine  
Humanities

**Cayce Onks, DO, MS\***  
Assistant Professor  
Family and Community Medicine  
Orthopaedics and Rehabilitation

**Jarrett Sell, MD\***  
Assistant Professor  
Family and Community Medicine

**Mary Tierney, MD\***  
Resident, Year III, Chief Resident  
Family and Community Medicine

**Abdul Waheed, MD\***  
Assistant Professor  
Family and Community Medicine

**Jay Zimmermann, MD\***  
Assistant Professor  
Family and Community Medicine

## REGISTRATION

Registrations will be confirmed by email upon receipt of payment, authorization to bill, or a credit card guarantee. If you do not receive confirmation from Penn State within two weeks, please call Continuing Education at 717-531-6483 to confirm your registration. Walk-ins and late registrations can be accepted only if space is available.

Call 717-531-6483  
Fax 717-531-5604  
Email [ContinuingEd@hmc.psu.edu](mailto:ContinuingEd@hmc.psu.edu)  
Mail Registrar, Penn State Hershey Continuing Education  
G220, P. O. Box 851, Hershey, PA 17033

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Name (First name, M.I., Last name)  Male  Female

Degree/Credentials

Email Address (Print legibly. Used for confirmation, registration status, and program materials.)

Home Address

City State Zip Code

Daytime Phone

Cell Phone (for last-minute change/cancellation)

Hospital or Organization

Specialty/Position

Address (HMC/COM employees—dept. name/mail code)

City State Zip Code

Special needs (dietary, access, etc.)

### FEES

Check appropriate fee:

\$150 Per person

\$65 Resident/Student (Include verification of your resident/student status.)

### PAYMENT

Indicate method of payment:

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