THIRD ANNUAL
PRACTICAL, EVIDENCE-BASED
MEDICINE FOR THE
PRIMARY CARE CLINICIAN

• FRIDAY, AUGUST 14, 2015 •

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A continuing education service of Penn State College of Medicine

PENNSTATE HERSHEY
College of Medicine

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

Conference faculty will present reviews and updates of the latest medical evidence in sports medicine, dermatology, holistic medicine, cardiology, infectious disease, neurology, endocrinology, and preventive care.

AUDIENCE

This conference is designed to teach primary care physicians, physician assistants, and nurse practitioners clinically useful topics from various areas of medicine.

FEE

- $150  Per Person
- $65  Resident/Student

  To receive this special rate, residents and students must use coupon code E5719KS when registering.

Registrations received after August 13, 2015, will incur a $25 late fee.

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.
FACULTY

Hadjh Ahrns, MD*+
Assistant Professor

Jeffrey Baker, MD+
Assistant Professor
Penn State College of Medicine
State College

Todd Felix, MD**
Assistant Professor

Joyce Green, MD**
Assistant Professor

Stacey Milunic, MD**
Assistant Professor

Cayce Onks, DO, MS*
Assistant Professor
Orthopaedics and Rehabilitation

Juan Qiu, MD, MS, PhD+
Associate Professor
Penn State College of Medicine
State College

Nida Rizvi, MD
Physician Author
Uworld LLC

Elizabeth Seiverling, MD*
Assistant Professor
Dermatology

Jarrett Sell, MD**+
Assistant Professor

Abraham Taylor, MD**
Assistant Professor

Abdul Waheed, MD**
Assistant Professor

Jay Zimmerman, MD**
Assistant Professor

RESIDENTS

Ayesha Abid, MD**+
Year II

Neha Kaushik, MD**+
Year III

Jason Woloski, MD**+
Year II

COURSE DIRECTORS

Jeffrey Baker, MD**+
Neha Kaushik, MD**+
Abdul Waheed, MD**+

* Penn State Milton S. Hershey Medical Center
Penn State College of Medicine, Hershey, PA

† Department of Family and Community Medicine
7:00  Check In/Continental Breakfast

7:30  Welcome and Introductions  
Jeffrey Baker, MD and Abdul Waheed, MD

7:40  A Primer on Common Musculoskeletal Conditions  
Cayce Onks, DO, MS  
- Identify presentations for common musculoskeletal conditions  
- Develop a treatment plan for common musculoskeletal conditions

8:25  What’s New About Newer Oral Anticoagulants and Old Vitamin K Analogues?  
Abdul Waheed, MD  
- Identify indications for secondary prevention of thromboembolism and stroke using new evidence-based scoring system in atrial fibrillation patients  
- Develop anticoagulant treatment using traditional vitamin K analogs and NOACs

9:15  Headache Diagnosis and Treatment Update  
Abraham Taylor, MD  
- Diagnose common headache types  
- Write a prescription for abortive and preventive treatments for common types of headache

10:05  Morning Break

10:15  Infectious Disease Update for Primary Care Physicians  
Jarrett Sell, MD  
- Incorporate updated screening, diagnosis, treatment and prevention for primary care-relevant infectious diseases into practice  
- Describe the role of primary care physicians in improving patient care using lessons from recent endemic diseases

11:05  Irritable Bowel Syndrome: Old Story, New Twists with Treatments  
Juan Qiu, MD  
- Utilize evidence-based resources in clinical decision-making regarding pharmacological intervention for irritable bowel syndrome  
- Incorporate complementary and alternative therapies into an optimal treatment plan for irritable bowel syndrome

11:50  Lunch and Learn  
Resident Case Presentation: Mystery Case #1  
Ayesha Abid, MD and Neha Kaushik, MD  
- Identify common presentations for extraordinary medical conditions  

Resident Case Presentation: Mystery Case #2  
Jason Woloski, MD  
- Develop treatment plans for unexpected medical conditions
1:10  Evidence-Base Medicine Updates:  
Top Ten Practice Changing Articles of the Year  
**Todd Felix, MD and Jay Zimmermann, MD**  
- Incorporate evidence-based medicine from ten recent articles related to primary care and utilize that information to optimize patient outcomes

1:55  What's New in Complementary and Alternative Treatment for Osteoarthritis  
**Jeffrey Baker, MD**  
- Select nontraditional treatment modalities for use in osteoarthritis management  
- Coordinate nontraditional treatment modalities for use in osteoarthritis management for long-term stability or improvement

2:40  A Quick Review of Pharmacologic Updates on Diabetes Mellitus  
**Joyce Green, MD**  
- Determine individualized therapeutic goals and treatment plans based on their diabetic patient’s characteristics and co-morbidities  
- Utilize the most recent diabetic guidelines to optimize patient care

3:25  Afternoon Break

3:35  A Primer on Common Dermatosis in Primary Care  
**Hadjh Ahrns, MD and Elizabeth Seiverling, MD**  
- Identify common skin infections and inflammatory dermatoses  
- Distinguish skin infections from inflammatory conditions by recognizing morphologic clues  
- Determine a management strategy for common dermatologic conditions

4:20  Management of Common Non-Obstetric Acute Visits to Primary Care in Pregnancy  
**Stacey Milunic, MD**  
- Identify the impact of pregnancy on the evaluation and management of common non-obstetric acute complaints in pregnancy  
- Identify the risks and benefits of common medications used for the treatment of acute complaints in pregnancy

5:00  Bedtime: An Insomniac’s Nightmare  
**Nida Rizvi, MD**  
- List sleep disorders in adults and children which are commonly encountered during primary care visits  
- Report appropriate indications for formal evaluation with polysomnography  
- Utilize cognitive behavioral therapy and pharmacotherapy for insomnia appropriately in primary care setting

5:30  Program Evaluation/Adjournment
CREDIT

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

Penn State College of Medicine designates this live activity for a maximum of 9.0 AMA PRA Category 1 Credit(s)™. 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.

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No refunds:
▶ After August 11, 2015 Substitutes are accepted at any time.

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Course # E5719-16-Y

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