

CONTINUING MEDICAL EDUCATION

51st Annual **PRIMARY CARE REVIEW**



February 10-14, 2020
Sentinel Hotel
Portland, Oregon

Provided by:
Division of Continuing Professional Development
School of Medicine, Oregon Health & Science University



COURSE DESCRIPTION

The 51st Annual Primary Care Review provides up-to-date clinical information and critical review of topics essential to primary care practice. Twenty-two plenary presentations and over 40 hours of breakout sessions provide the opportunity to design a personalized learning experience.

Plenary presentations will address a broad range of topics pertinent to primary care including women's health, cardiology, asthma, supplements, and infectious disease.

Breakout sessions of various sizes promote interaction and discussion with faculty and allow ample time for questions. For 2020, you can expect sessions on:

- Vaping
- Physical Therapy
- Mental Health
- Osteoporosis
- Dietary Recommendations
- ECG Skills-building
- Marijuana / Cannabinoids
- Telemedicine
- Perinatal Anxiety

TARGET AUDIENCE & LEARNING OBJECTIVES

The 2020 Primary Care Review is designed for family physicians, internists, hospitalists, nurse practitioners, physicians assistants, and other primary care health care providers.

At the conclusion of the course, participants will be able to:

- Provide evidence-based recommendations to their patients using supplements on a regular basis.
- Incorporate new management options into the care of patients with asthma.
- Consider new studies and current USPSTF guidelines to develop straightforward recommendations for patients regarding the use of aspirin for primary prevention.
- Recognize chronic cognitive, emotional, and behavioral changes that can occur after traumatic brain injuries.
- Better manage hypertension in older adults, using available evidence-based data and individualized plans.

CREDIT

The School of Medicine, Oregon Health & Science University (OHSU), is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

American Medical Association: Oregon Health & Science University School of Medicine designates this live activity for a maximum of 34.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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



GENERAL INFORMATION

Location/Accommodations: The course is at the Sentinel Hotel, 614 SW 11th Ave., Portland, Oregon. For hotel reservations, call the Sentinel directly at 888-246-5631 or [use this booking link](#); be sure to mention your attendance at the OHSU 51st Annual Primary Care Review. Please make your reservation early as the room block will be released on January 10, 2020 and is subject to sell-out prior to that date.

Tuition/Registration: Tuition is \$850 for registrations received before February 1, 2020 and \$950 on or after this date. Tuition includes continental breakfast all week and lunch Monday through Thursday. Two and three day registrations are available. A confirmation letter will be e-mailed to you upon receipt of your registration payment. If you have not received confirmation within seven days of registering, please call 503-494-4898. Admission to the meeting room is limited to registered attendees.

Cancellations: A \$45.00 service charge will be assessed on all refund requests received on or before February 1, 2020. We are unable to issue refunds after that date.

Breakout Sessions: Enrollment in some breakout sessions may be limited and will be filled on a first-come, first-served basis.

Additional Information: For more information, please contact the Division of Continuing Professional Development at 503-494-8700 or e-mail cme@ohsu.edu.

If you have a disability and require assistance to participate in the conference, please contact the Division of CPD at 503-494-8700 or email cme@ohsu.edu as early as possible, but no later than twenty (20) days before the meeting.

REGISTRATION

Register Here

\$850 for registrations received before February 1, 2020

\$950 for registrations on or after February 1, 2020

Three day registration: \$650 / \$750

Two day registration: \$475 / \$575

PROGRAM

MONDAY, FEBRUARY 10, 2020

- 7:00 **Registration and Continental Breakfast**
- 7:50 **Welcome and Announcements**
- 8:00 **HPV and Upper Aerodigestive Tract Cancers** – Joshua Schindler, MD
- 8:40 **The Colon Cancer Screening Story: Once Upon a Time** – David Lieberman, MD
- 9:20 **Panel/Questions and Answers**
- 10:00 **BREAK**
- 10:20 **Appropriate and Inappropriate Use of Supplements** – Ali Olyaei, PharmD
- 11:00 **What Do I Tell My Patients About Aspirin Now?** – Craig Williams, PharmD
- 11:40 **Panel/Questions and Answers**
- 12:10 **LUNCH**
- 1:00 **BREAKOUT SESSION I**
- A. Financial Wellness: Loan Repayment Strategies for Medical Professionals**
– Justin Kribs, MS, CFP
 - B. Priming Primary Care Providers to Have Evidence-based Discussions About Cannabis with Their Patients** – Devan Kansagara, MD
 - C. Success in Failure: New Updates, New Insights and New Challenges for Managing Heart Failure** – Harleen Singh, PharmD
 - D. Vaping, Nicotine Addiction and Lung Injury: The Smoke is Lifting**
– Holger Link, MD
- 2:05 **BREAKOUT SESSION II**
- A. Picking a Target - Parsing the Guidelines and Improving Resistant Hypertension**
– Rob Rope, MD
 - B. Management of Asymptomatic and Symptomatic Carotid Disease**
– Cherrie Abraham, MD
 - C. Unexpected Career Paths in Medicine** – Jessica Walter, MA and Steven Kinder, MPA
 - D. How Oregon DHS Can Support Health Care Providers in Reporting Patient Abuse**
– Ann McQueen, PhD
- 3:05 **BREAK**
- 3:25 **BREAKOUT SESSION III**
- A. Overview of 2019 ACC/AHA Primary Prevention Guidelines**
– Cezary Wojcik, MD, PhD, DSc
 - B. Management of Elevated Liver Enzymes in Children** – Henry Lin, MD, MBA
 - C. The Skinny on Pharmacologic Management of Obesity** – Jonathan Purnell, MD
 - D. The Role of Palliative Care in Acute Surgical Illness** – David Zonies, MD, MPH
- 4:30 **PLENARY: Cases in Lipid Management - A Multidisciplinary Approach**
– Cezary Wojcik, MD, PhD, DSc; Tracy Severson, RD, LD; Bruce Warden, PharmD
- 5:30 **ADJOURN**

PROGRAM

TUESDAY, FEBRUARY 11, 2020

- 7:30 Continental Breakfast
- 7:55 Announcements
- 8:00 Considering Visual Impairment in the Primary Care Setting – Alan Labrum, OD
- 8:40 The Pressure is On! Using Available Data and Individualization of Care to Manage Hypertension in Older Adults – Jessica Weiss, MD, MCR
- 9:20 Panel/Questions and Answers
- 10:00 BREAK
- 10:20 High-Risk Behaviors in Adolescents – Jessica Serrano, MD, MPH
- 11:00 Vaccinations by Dentists: A New Role in Primary Care – Phillip Marucha, DMD, PhD
- 11:40 Panel/Questions and Answers
- 12:10 LUNCH
- 1:00 **PLENARY: Management of Hepatitis C in the Primary Care Setting**
– Timothy Herrick, MD, MS, MA and Brian Garvey, MD, MPH
- 2:05 **BREAKOUT SESSION I**
- A. The Adult Psychiatry ECHO Program: Using Telementoring to Improve Community Mental Health Outcomes – Rebecca Castner, PharmD
 - B. Primary Care Management of Hypermobility Disorders – Sonia Sosa, MD
 - C. Chronic Peripheral Vascular Disease and Limb Preservation
– Cherrie Abraham, MD
- 3:05 BREAK
- 3:25 **BREAKOUT SESSION II**
- A. ECG Participatory Workshop: Building your Confidence **(2 hours)**
– Steven Wahls, MD
 - B. Engaging Your Patients in Self-Care: Strategies for Making Primary Care More Efficient, Effective and Enjoyable – Theresa Liao, MD, PhD
 - C. Antiplatelet and Anticoagulation Combination Therapy: When are Risks Worth the Benefit? – Megan Herink, PharmD
 - D. Feeling the Burn: The Benefits and Risks of Long Term PPI Use – Sarah Diamond, MD
- 4:30 **BREAKOUT SESSION III**
- A. ECG Participatory Workshop: Building your Confidence **(continued)**
– Steven Wahls, MD
 - B. An Integrative, Team-Based Approach to Mental Health in the Underserved
– Rebecca Castner, PharmD
 - C. Updates on Evidence-based Smoking Cessation Interventions in Primary Care
– Joan Fleishman, PsyD; Moira Ray, MD, MPH; Steffani Bailey, PhD
 - D. Mindfulness and Depression – Catherine Polan Orzech, MA, LMFT
- 5:30 ADJOURN

PROGRAM

WEDNESDAY, FEBRUARY 12, 2020

- 7:30 Continental Breakfast
- 7:55 Announcements
- 8:00 Why I Should Care About the Right Heart – Jonathan Lindner, MD
- 8:40 Congenital Heart Disease - What Every Provider Should Know – Craig Broberg, MD
- 9:20 Panel/Questions and Answers
- 10:00 BREAK / EXHIBITS
- 10:20 Keep Calm and Breathe Easier: Updates in Asthma Diagnosis and Management Options – Shyam Joshi, MD
- 11:00 Common Questions in Venous Thrombosis – Thomas DeLoughery, MD
- 11:40 Panel/Questions and Answers
- 12:10 LUNCH
- 1:00 **BREAKOUT SESSION I**
- A. Biopsychosocial Approach to Perinatal Mood and Anxiety Disorders 2020 Update **(2 hours)** – Nicole Cirino, MD and Teni Davoudian, PhD
 - B. Radiographic Findings Associated with Aging: Normal or Abnormal? – David Pettersson, MD and Barry Hansford, MD
 - C. Navigating Suboxone in Primary Care and Encouraging Your ED to Start Saving Lives! – Laurel Hallock-Koppelman, DNP, FNC-P, APRN
 - D. Evidence-Based Physical Therapy **(repeated at 2:05)** – Trevor Schongalla, PT, DPT, OCS
- 2:05 **BREAKOUT SESSION II**
- A. Biopsychosocial Approach to Perinatal Mood and Anxiety Disorders 2020 update **(continued)** – Nicole Cirino, MD and Teni Davoudian, PhD
 - B. What to Do About Abnormal Iron Studies – Thomas DeLoughery, MD
 - C. Food Talk: What Your Patients Don't Tell You and Why You Need to Ask – Diane Stadler, PhD, RDN, LD
 - D. Evidence-Based Physical Therapy **(repeat of 1:00)** – Trevor Schongalla, PT, DPT, OCS
- 3:05 BREAK / EXHIBITS
- 3:25 **BREAKOUT SESSION III**
- A. Preventing Thrombosis: From Arthroscopy to Airplanes – Thomas DeLoughery, MD
 - B. The Impact of an Oral Health Integration Training on Children's Receipt of Oral Health and Dental Services – Hannah Cohen-Cline, PhD, MPH
 - C. OPAL: Phone Consultation Supporting Primary Care-Delivered Mental Health – David Nagarkatti-Gude, MD, PhD
 - D. Is There a Doctor On Board? In-Flight Medical Events – Riana Wurzburg, MD, MPH
- 4:30 **PLENARY: Bites and Stings: From Gila Monsters To Komodo Dragons** – Thomas DeLoughery, MD
- 5:30 ADJOURN

PROGRAM

THURSDAY, FEBRUARY 13, 2020

- 7:30 **Continental Breakfast**
- 7:55 **Announcements**
- 8:00 **Caring for Menopausal Women in 2020: Everything You Need to Know**
– Karen Adams, MD
- 8:40 **The Challenges of Common Vaginitis** – Amy Stenson, MD, MPH
- 9:20 **Panel/Questions and Answers**
- 10:00 **BREAK / EXHIBITS**
- 10:20 **Sexual and Pelvic Pain in Women** – Amy Stenson, MD, MPH
- 11:00 **Practice Pearls for Comprehensive Pain Management** – Kimberly Mauer, MD
- 11:40 **Panel/Questions and Answers**
- 12:10 **LUNCH**

Optional Breakout Alternative

1:00 p.m. - 5:30 p.m.

BUPRENORPHINE WAIVER TRAINING

- 1:00 **BREAKOUT SESSION I**
 - A. **Marijuana Use in Pregnancy: Weeding Out the Evidence** – Jamie Lo, MD
 - B. **Osteoporosis Review for Primary Care** – Chaim Vanek, MD
 - C. **Updated Dietary Recommendations for Pregnant Women, Infants & Toddlers**
– Diane Stadler, PhD, RDN, LD
- 2:05 **BREAKOUT SESSION II**
 - A. **Perioperative Medicine: Pearls, Myths, and Complexities of Care**
– Avital O'Glasser, MD
 - B. **Missed Opportunities for HIV Screening and Diagnosis** – Cara Varley, MD, MPH
 - C. **Tuberculosis Treatment: A Focus on Latent TB Management and Key Mistakes to Avoid with Active TB** – Luke Strnad, MD
- 3:05 **BREAK / EXHIBITS**
- 3:25 **BREAKOUT SESSION III**
 - A. **Melanoma: Early Detection** – Sancy Leachman, MD, PhD
 - B. **Chronic Kidney Disease for the Non-Specialist** – Tonja Dirkx, MD
 - C. **The 60 Second Exam (repeated at 4:30)** – Nels Carlson, MD
- 4:30 **BREAKOUT SESSION IV**
 - A. **Familial Hypercholesterolemia: Another Rare Disorder?** – Bart Duell, MD
 - B. **The Accessible Clinic: More Than Doors and Walls** – Ian Jaquiss, JD
 - C. **The 60 Second Exam (repeat of 3:25)** – Nels Carlson, MD
- 5:30 **ADJOURN**

PROGRAM

FRIDAY, FEBRUARY 14, 2020

- 7:30 **Continental Breakfast**
- 7:55 **Announcements**
- 8:00 **The Rise of “STI” Walker: A Multidisciplinary Approach to Common Primary Care Infectious Diseases and Epidemiologic Concerns**
– Erin Bonura, MD and James Lewis, PharmD
- 9:20 **Panel/Questions and Answers**
- 10:00 **BREAK**
- 10:20 **The Geriatric Primary Care Patient: Tips to Help Older Adults Thrive** – Katie Drago, MD
- 11:00 **Traumatic Brain Injury: Neuropsychiatric Sequelae and Treatment**
– David Mansoor, MD
- 11:40 **Panel/Questions and Answers**
- 12:10 **ADJOURN**

FACULTY

All faculty are OHSU except where noted

Cherrie Abraham, MD, Associate Professor of Surgery, Division of Vascular Surgery

Karen Adams, MD, Professor of Obstetrics and Gynecology

Stacie Andoniadis, Primary Care Innovation Specialist, CareOregon

Steffani Bailey, PhD, Research Assistant Professor of Family Medicine

Erin Bonura, MD, Assistant Professor of Medicine, Division of Infectious Diseases

Nels Carlson, MD, Associate Professor of Orthopaedics and Rehabilitation; Assistant Dean, Continuing Professional Development

Nicole Cirino, MD, Associate Professor of Obstetrics and Gynecology, and Psychiatry

Hannah Cohen-Cline, PhD, MPH, Program Director, Research and Evaluation, Providence Health & Services

Teni Davoudian, PhD, Assistant Professor of Obstetrics and Gynecology

Thomas DeLoughery, MD, Professor of Medicine, Hematology and Medical Oncology

Sarah Diamond, MD, Assistant Professor of Medicine, Division of Gastroenterology and Hepatology

Tonja Dirksen, MD, Associate Professor of Medicine, Division of Nephrology and Hypertension

Katie Drago, MD, Assistant Professor of Medicine, Division of General Internal Medicine and Geriatrics

Bart Duell, MD, Professor of Medicine, Division of Cardiovascular Medicine

Joan Fleishman, PsyD, Assistant Professor of Family Medicine

Brian Garvey, MD, MPH, Assistant Professor of Family Medicine

Laurel Hallock-Koppelman, DNP, FNC-P, APRN, Assistant Professor of Family Medicine

Barry Hansford, MD, Assistant Professor of Diagnostic Radiology

FACULTY Continued

All faculty are OHSU except where noted

Megan Herink, PharmD, Assistant Professor, OSU College of Pharmacy

Timothy Herrick, MD, MS, MA, Assistant Professor of Family Medicine

Ian Jaquiss, JD, Interim ADA Coordinator

Shyam Joshi, MD, Assistant Professor of Medicine, Section of Allergy and Clinical Immunology

Devan Kansagara, MD, Associate Professor of Medical Informatics and Clinical Epidemiology

Steven Kinder, MPA, Assistant Professor, Division of Management

Abigail Khan, MD, Assistant Professor of Medicine, Division of Cardiovascular Medicine

Justin Kribs, MS, CFP, Director of Financial Planning & Student Loan Services, InsMed Insurance

Alan Labrum, OD, Instructor of Ophthalmology

Sancy Leachman, MD, PhD, Professor of Dermatology

James Lewis, PharmD, Associate Professor of Medicine, Division of Infectious Diseases

Teresa Liao, MD, PhD, Assistant Professor of Medicine, OHSU; Director, VA Internal Medicine Ambulatory Education

David Lieberman, MD, Professor of Medicine, Division of Gastroenterology and Hepatology

Henry Lin, MD, MBA, Associate Professor of Pediatrics, Division of Gastroenterology

Jonathan Lindner, MD, Professor of Medicine, Division of Cardiovascular Medicine

Holger Link, MD, Associate Professor of Pediatrics, Division of Pulmonology

Jamie Lo, MD, Assistant Professor of Obstetrics and Gynecology

David Mansoor, MD, Associate Professor of Psychiatry

Phillip Marucha, DMD, PhD, Professor of Periodontics; Dean, School of Dentistry

Kimberly Mauer, MD, Associate Professor of Anesthesiology and Perioperative Medicine

Ann McQueen, PhD, Research and Policy Integration Manager, Oregon Department of Human Services

David Nagarkatti-Gude, MD, PhD, Assistant Professor of Psychiatry

Myong O, LCSW, Social Worker, Department of Family Medicine

Avital O'Glasser, MD, Associate Professor of Medicine, Division of Hospital Medicine

Ali Olyaei, PharmD, Professor of Medicine, Division of Nephrology and Hypertension

David Pettersson, MD, Assistant Professor of Diagnostic Radiology

Catherine Polan Orzech, MA, LMFT, Instructor of Psychiatry, Division of Clinical Psychology

Jonathan Purnell, MD, Professor of Medicine, Division of Cardiovascular Medicine

Moiray Ray, MD, MPH, Assistant Professor of Family Medicine

Jonathan Robbins, MD, MS, Assistant Professor of Medicine, Division of General Internal Medicine and Geriatrics

Sean Robinson, MD, Assistant Professor of Family Medicine

Jose Rueda, MD, Associate Professor of Medicine, Division of Nephrology and Hypertension

Joshua Schindler, MD, Associate Professor of Otolaryngology - Head and Neck Surgery, Laryngology

FACULTY Continued

All faculty are OHSU except where noted

Trevor Schongalla, PT, DPT, OCS, *Physical Therapist*

Jessica Serrano, MD, *Assistant Professor of Pediatrics, Division of Adolescent Medicine*

Tracy Severson, RD, LD, *Instructor of Medicine, Division of Cardiovascular Medicine*

Harleen Singh, PharmD, *Associate Professor, OSU College of Pharmacy*

Sonia Sosa, MD, *Assistant Professor of Family Medicine*

Diane Stadler, PhD, RDN, LD, *Assistant Professor of Medicine, Health Promotion and Sports Medicine*

Amy Stenson, MD, MPH, *Associate Professor of Obstetrics and Gynecology*

Luke Strnad, MD, *Assistant Professor of Medicine, Division of Infectious Diseases*

Elliott Taxman, ND, *National University of Naturopathic Medicine, Portland, OR*

Chaim Vanek, MD, *Associate Professor of Medicine, Division of Endocrinology, Diabetes and Clinical Nutrition*

Cara Varley, MD, MPH, *House Officer, Division of Infectious Diseases*

Steven Wahls, MD, *Assistant Professor of Family Medicine*

Jessica Walter, MA, *Director, Division of Management*

Bruce Warden, PharmD, *Cardiovascular Pharmacy Specialist and Assistant Professor of Clinical Practice, Department of Pharmacy, Knight Cardiovascular Institute*

Jessica Weiss, MD, MCR, *Assistant Professor of Medicine, Division of Nephrology and Hypertension*

Craig Williams, PharmD, *Affiliate Associate Professor of Family Medicine, OHSU; Professor of Clinical Pharmacy, OSU College of Pharmacy*

Riana Wurzbarger, MD, MPH, *House Officer, Division of General Internal Medicine and Geriatrics*

David Zonies, MD, MPH, *Professor of Surgery, Division of Trauma, Critical Care and Acute Care Surgery*

PROGRAM PLANNING COMMITTEE

All planners are from OHSU except where noted

Michelle Berlin, MD, MPH, *Professor of Obstetrics and Gynecology*

Julianne Bernstein, MPAS, PA-C, *Assistant Professor of Medicine, Internal Medicine and Geriatrics*

Carol DeFrancesco, MALS, RDN, LD, *Senior Research Coordinator, Health Promotion and Sports Medicine*

Tom DeLoughery, MD, *Professor of Medicine, Hematology and Medical Oncology*

Leslie Doering, *Educational Activities Manager, Division of CPD*

Alan Hunter, MD, *Professor of Medicine, Hospital Medicine*

Rose Miller, MD, *Samaritan Health Services, Albany, OR*

Jayne Mitchell, NP, *Instructor of Medicine, Cardiovascular Medicine*

Emily Morgan, MD, *Assistant Professor of Medicine, Internal Medicine and Geriatrics*

Steve Wahls, MD, *Assistant Professor of Family Medicine*

Craig Williams, PharmD, *Affiliate Associate Professor of Family Medicine, OHSU; Professor of Clinical Pharmacy, OSU College of Pharmacy*