

**CONTINUING EDUCATION**

**Physicians and Nurse Practitioners**

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.** AAFP recognizes educational content based on information from evidence-based sources as value-added CME. Increased credit is pending for the evidence-based CME presentations in this activity and will be confirmed to learners at the event.



This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Massachusetts Medical School (UMMS) and the National Association for Continuing Education. The University of Massachusetts Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The University of Massachusetts Medical School designates this educational activity for a maximum of 7.5 AMA PRA Category I Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Under the auspices of the University of Massachusetts Medical School Office of Continuing Education this offering meets the requirements for 8.8 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.04). Each nurse should claim only those hours of credit that he/she actually spend in the educational activity.

Policy on Faculty and Provider Disclosure: It is the policy of the University of Massachusetts Medical School to ensure fair balance, independence, objectivity and scientific rigor in all activities. All faculty participating in CME activities sponsored by the University of Massachusetts Medical School are required to present evidence-based data, identify and reference off-label product use and disclose all relevant financial relationships with those supporting the activity or others whose products or services are discussed. Faculty disclosure will be provided in the activity materials.

**EMERGING CHALLENGES  
IN PRIMARY CARE: 2008**

*Conference*

**June 21, 2008**



**EARN CONTINUING MEDICAL EDUCATION CREDITS!**

THIS CONFERENCE IS FOR PHYSICIANS, NURSE PRACTITIONERS,  
AND PHYSICIAN ASSISTANTS.

**Conference Registration**

Please print or type.

**Register online at [www.naceonline.com](http://www.naceonline.com) or this form may be mailed or faxed.**

Onsite registration will be accepted provided space is available. Return completed form to:

National Association for Continuing Education (NACE)  
7860 Peters Road, Suite F-111, Plantation, Florida 33324

**For Registration – Phone Toll Free: 1-866-266-6223 • Fax: 954-723-0353**

**Personal Information**

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

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Fax \_\_\_\_\_ Email Address (Required) \_\_\_\_\_

Check one:  Physician  Nurse Practitioner  Physician Assistant  
 Nurse  Other \_\_\_\_\_

**EMERGING CHALLENGES IN PRIMARY CARE: 2008**

**June 21, 2008**

at

**Hyatt Regency Columbus • 350 North High Street  
Columbus, OH 43215**

*There is no charge for this activity.*

Attendees must register in advance. Reservations for this program will be taken on a first come, first reserved basis. Space is limited so please register early. You will receive a confirmation as to your registration by mail or email. This confirmation will serve as your admission ticket for the program.

*Join us...*

**Columbus, Ohio**

**June 21, 2008**

at the

**Hyatt Regency  
Columbus**

Jointly sponsored by the University of Massachusetts Medical School Office of Continuing Medical Education and the National Association for Continuing Education.

UMMS designates this educational activity for a maximum of 7.5 AMA PRA Category I Credit(s)<sup>™</sup>.

**There is No Charge  
for Program Registration.**

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online CME activities and live conferences.

## PROGRAM SUMMARY

This educational activity is designed to provide primary care physicians, nurse practitioners, physician assistants and other primary care providers the opportunity to learn about Restless Leg Syndrome, Insomnia, Incretins and Incretin-Mimetics, Insulin Therapy in Diabetes, TIA and CVA risk reduction and prevention, Chronic Pain Management, Fibromyalgia, and Rheumatoid Arthritis.

In planning this CME activity, the National Association for Continuing Education (NACE) performed a needs assessment. A literature search was conducted, national guidelines were reviewed, survey data was analyzed, and experts in each therapeutic area were consulted to determine gaps in practitioner knowledge, competence or

performance. Learning objectives (see below), linked to identified gaps, were developed and will be addressed by each presenter.

This multidisciplinary program will utilize a variety of educational techniques incorporating the various aspects of Adult Learning Principles. There will be emphasis on audience participation utilizing interactive case-based presentations to deliver educational material. Participants will be asked to engage in pre and post testing to collect data for outcome studies and to uncover unmet needs for future programming.

Each participant will be provided with a syllabus containing presentations, clinical tools, and practical guidelines at the start of the program to be used for future reference.

## TOPICS & LEARNING OBJECTIVES

**At the conclusion of each presentation, learners should be able to achieve the following learning objectives.**

### Restless Leg Syndrome: Optimizing Treatment from a Patient Centered Approach

Phyllis Zee, MD, PhD

List the four cardinal features of RLS; Name the category of pharmaceutical agents which is first line treatment for RLS; Define and treat augmentation

### Chronic Insomnia in Co-Morbid States

Phyllis Zee, MD, PhD

Recognize the significant impact of insomnia in patients with co-morbid conditions; Increase awareness of behavioral and cognitive therapies; More effectively incorporate appropriate pharmacotherapeutic management to decrease morbidity and enhance quality of life

### Incretins and Incretin-Mimetics: The Role in Diabetes

Robert Tanenberg, MD

Discuss new treatments for type 2 Diabetes including incretin-mimetics, DPP-IV inhibitors, and incretin analogs; Compare and contrast newer therapies with traditional antidiabetic agents; Discuss the place of newer agents in the overall management strategy for patients with Diabetes

### Diabetes Mellitus – Case Studies in Insulin Therapy

Robert Tanenberg, MD

Explain the natural progression to relative insulin deficiency in patients with type 2 Diabetes; Recognize when to initiate insulin therapy and how to overcome barriers to do so; Identify methods of optimizing glycemic control in patients with type 2 Diabetes with the use of insulin; Explain risks and discuss approaches for minimizing risk of hypoglycemia and weight gain

### Stroke Neuromyology Café

Michael Sloan, MD

Dispel common misbeliefs in stroke therapy; recognize the role and intensity of statin therapy in secondary stroke prevention;

understand the importance of adequate blood pressure control post stroke; utilize effective and appropriate antiplatelet therapy; understand the role of anticoagulation in cardioembolic stroke

### The Truth About Opioid Pain Management

Howard Heit, MD

Develop a practical approach to office management of the chronic pain patient; Define such terms as addiction, physical dependence, tolerance, and iatrogenic addiction; Understand the difference between a chronic pain patient and a patient with the disease of addiction; Understand federal law for prescribing opioids; Choose appropriate opioids for the treatment of chronic pain

### Understanding Fibromyalgia – Biology and Therapy

Jefrey Lieberman, MD

Recognize criteria for accurate diagnosis of fibromyalgia established by the American College of Rheumatology; Describe patient demographics and associated features in fibromyalgia; Describe differential diagnosis and basic testing to aid in excluding other conditions; Understand the role of non-pharmacologic and pharmacologic treatment options; Recognize the role of analgesics like tramadol, and non-opioid pain modulating agents such as pramipexole, pregabalin, and duloxetine; Describe emerging therapeutic options on the horizon for fibromyalgia

### Rheumatoid Arthritis – Early Diagnosis and Effective Management

Jefrey Lieberman, MD

Define criteria for the diagnosis of RA; Outline potential; Benefits of early diagnosis and aggressive management; Describe why the TNF inhibitors and newer biologics can potentially improve outcomes and summarize their efficacy and safety

## SCHEDULE

### Saturday, June 21, 2008

7:15 – 7:45 Continental Breakfast and Registration

7:45 – 8:00 Welcome Remarks and Pre-Assessment – Jack Kravitz, MD

8:00 – 9:00 Restless Leg Syndrome: Optimizing Treatment from a Patient Centered Approach – Phyllis Zee, MD, PhD

9:00 – 9:50 Chronic Insomnia in Co-Morbid States – Phyllis Zee, MD, PhD

9:50 – 10:10 Break/Vendor Area

10:10 – 11:00 Incretins and Incretin-Mimetics: The Role in Diabetes – Robert Tanenberg, MD

11:00 – 12:00 Diabetes Mellitus – Case Studies in Insulin Therapy – Robert Tanenberg, MD

12:00 – 1:00 Lunch

1:00 – 2:00 Stroke Neuromyology Café – Michael Sloan, MD

### Rheumatic Diseases Symposium

2:00 – 3:00 The Truth About Opioid Pain Management – Howard Heit, MD

3:00 – 3:20 Break

3:20 – 4:10 Understanding Fibromyalgia – Biology and Therapy – Jeffrey Lieberman, MD

4:10 – 5:00 Rheumatoid Arthritis – Early Diagnosis and Effective Management – Jeffrey Lieberman, MD

## ABOUT THE SPEAKERS

### Howard A. Heit, MD, FACP, FASAM

Certified in Addiction Medicine and as a Medical Review Officer Chronic Pain Specialist Assistant Clinical Professor, Georgetown University

### Jefrey Lieberman, MD, FACP

Medical Director, Arthritis Care Center, Dekalb Medical Center  
Clinical Associate, Emory University College of Medicine  
Atlanta, GA

### Michael Allan Sloan, MD

Professor and Director  
TGH/USF Stroke Program  
Department of Neurology University of South Florida  
College of Medicine, Tampa, FL

### Robert J. Tanenberg, MD, FACP

Professor of Medicine, Division of Endocrinology  
Director, Diabetes Fellowship  
Brody School of Medicine  
Director, Diabetes and Obesity Center  
East Carolina University  
Greenville, NC

### Phyllis C. Zee, MD, PhD

Professor of Neurology and Neurobiology and Physiology  
Northwestern University, Chicago, IL

### PROGRAM CHAIR

Gregg Sherman, MD

### ACTIVITY DIRECTOR

Michelle Frisch, MPH

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