

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.**



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)*[™]. 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.

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Conference Registration

Please print or type.

Register online at 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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Check one: Physician Nurse Practitioner Physician Assistant Nurse Other _____

EMERGING CHALLENGES IN PRIMARY CARE: 2008

April 26, 2008

at

Westin, St. Louis • 811 Spruce Street • St. Louis, MO 63102

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.

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EMERGING CHALLENGES IN PRIMARY CARE: 2008

Conference

April 26, 2008



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St. Louis, Missouri

April 26, 2008

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

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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 TIA and CVA risk reduction, Restless Leg Syndrome, Chronic Insomnia, Incretins and Incretin-Mimetics and Insulin Therapy in Diabetes, Rheumatoid Arthritis, Fibromyalgia, and Chronic Pain Management.

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.

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

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

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

Christopher Newton, 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

Christopher Newton, 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

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.

TIA and CVA – Risk Reduction and Prevention

Evan Allen, MD

More readily identify an acute ischemic stroke; Utilize current management strategies to improve outcomes; Recognize the most effective treatments for secondary prevention

Case Studies in Chronic Pain Management

Louis Kurtizky, MD

Utilize a pain assessment tool for initial assessment and chronic monitoring during pain management; Choose stratified pharmacotherapy for diabetic peripheral neuropathic pain, osteoarthritis pain and low back pain

Understanding Fibromyalgia – Biology and Therapy

Yvonne Sherrer, 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

Yvonne Sherrer, 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, April 26, 2008

7:20 – 7:50 Continental Breakfast and Registration

7:50 – 8:10 Welcome Remarks – Gregg Sherman, MD

8:10 – 9:10 Restless Leg Syndrome: Optimizing Treatment from a Patient Centered Approach – Phyllis Zee, MD

9:10 – 10:00 Chronic Insomnia in Co-Morbid States – Phyllis Zee, MD

10:00 – 10:20 Break/Vendor Area

10:20 – 11:10 Incretins and Incretin-Mimetics: The Role in Diabetes – Christopher Newton, MD

11:10 – 12:10 Diabetes Mellitus – Case Studies in Insulin Therapy – Christopher Newton, MD

12:10 – 1:00 Lunch

1:00 – 2:00 TIA and CVA – Risk Reduction and Prevention – Evan Allen, MD

Rheumatic Diseases Symposium

2:00 – 3:00 Case Studies in Chronic Pain Management – Louis Kurtizky, MD

3:00 – 3:20 Break

3:20 – 4:10 Understanding Fibromyalgia – Biology and Therapy – Yvonne Sherrer, MD

4:10 – 5:00 Rheumatoid Arthritis – Early Diagnosis and Effective Management – Yvonne Sherrer, MD

ABOUT THE SPEAKERS

Evan Allen, MD, MBA

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Florida State University College of Medicine, Tallahassee, FL

Louis Kurtizky, MD

Clinical Assistant Professor
Department of Community Health & Family Medicine
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Christopher Alan Newton, MD

Division of Endocrinology
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Emory University School of Medicine, Atlanta, GA

Yvonne Sherrer, MD

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Phyllis C. Zee, MD, PhD

Professor of Neurology and Neurobiology and Physiology
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PROGRAM CHAIR

Gregg Sherman, MD

ACTIVITY DIRECTOR

Michelle Frisch, MPH

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