

THE UNIVERSITY OF VIRGINIA DEPARTMENT OF MEDICINE PRESENTS

The 45th Annual
Edward W. Hook, Jr., MD

RECENT ADVANCES IN CLINICAL MEDICINE



WEDNESDAY-FRIDAY
OCTOBER 24-26, 2018

OMNI HOTEL
CHARLOTTESVILLE, VA



PROVIDED BY
THE OFFICE OF CONTINUING
MEDICAL EDUCATION
UNIVERSITY OF VIRGINIA,
SCHOOL OF MEDICINE
AND THE
SCHOOL OF NURSING
CONTINUING EDUCATION

PROGRAM DESCRIPTION



The 45th Edward W. Hook, Jr., MD Recent Advances in Clinical Medicine conference is a multidisciplinary, interprofessional, continuing education conference designed to provide primary care clinicians with the knowledge and skills needed to practice state-of-the-art generalist medicine. Through an eclectic array of presentations by representatives of general internal medicine, internal medicine subspecialties, and selected other specialties, the program will highlight new or emerging conditions or treatments with key “take-home” messages, as well as provide updates in the diagnosis and/or management of well-recognized conditions. The educational design of the program will encompass formal presentations, questions/answer panels and meet-the-professor sessions, which allow close interaction with content experts.



EDUCATIONAL OBJECTIVES



Upon completion of the Recent Advances in Clinical Medicine conference, participants will be able to:

1. Institute management of selected important diseases seen in the general adult population, employing up-to-date and cost-effective strategies
2. Discuss the role of the clinician in addressing societal challenges, such as firearm violence, the opioid epidemic, and health care reform.
3. Recognize when to initiate treatment, or refer for hospitalization, in cases of alcohol dependent patients
4. Initiate evaluation and management of both common symptom complexes and medical diseases encountered in primary care and hospital practice utilizing strategies that are evidence-based, state-of-the-art, and cost-effective
5. Seek positive health outcomes for patients by incorporating patient age, comorbidities, and personal preferences when determining hemoglobin a1c goals
6. Counsel patients more effectively regarding the benefits, risks, and uncertainties in challenging clinical scenarios, such as whether and how to reduce medication burden in geriatric patients.
7. Recognize and attempt to ameliorate factors that contribute to moral distress and physician burnout.
8. Recognize when specialty referral is indicated for certain medical conditions and have a basic understanding of the anticipated care to be provided by the consultant

FACULTY



PLANNING COMMITTEE

Andrew M. D. Wolf, MD *

Jamieson M. Bourque, MD

Sue A. Brown, MD

Eva C. Casola, MBA

Eric M. Davis, MD

Richard D. Hall, MD, MS

Beth A. Jaeger-Landis, ACNP

Kambiz Kalantari, MD

Amy J. Mathers, MD

Susan P. Pollart, MD

Kathryn B. Reid, PhD, RN, FNP-C

Bryan G. Sauer, MD, MSc

Associate Professor

Associate Professor

Associate Professor

Program Manager

Assistant Professor

Assistant Professor

Nurse Practitioner

Associate Professor

Associate Professor

Professor

Associate Professor

Associate Professor

General Medicine

Cardiology

Endocrinology

Continuing Medical Education

Pulmonary

Hematology – Oncology

General Medicine

Nephrology

Infectious Diseases

Family Medicine

School of Nursing

Gastroenterology

* Course Director



UNIVERSITY OF VIRGINIA FACULTY SPEAKERS

Joshua S. Barclay, MD	Associate Professor	General Medicine
Derek D. Bauer, MD	Assistant Professor	Neurology
Garland A. Campbell, MD	Assistant Professor	Nephrology
Robert M. Carey, MD	Professor	Endocrinology
Catherine F. Casey, MD	Associate Professor	Family Medicine
Nicole A. Chiota-McCollum, MD	Assistant Professor	Neurology
Kelly M. Davidson, MD	Assistant Professor	Hematology – Oncology
Katharine C. (Kate)DeGeorge, MD	Assistant Professor	Family Medicine
Michael E. Devitt, MD	Assistant Professor	Hematology – Oncology
Lori A. Dunn, PharmD	Pharmacist	Pharmacy
Matthew P. Elliott, MD	Assistant Professor	Neurology
Mary Faith Marshall, PhD	Professor	Public Health Sciences
Olubusola Gomes, MD	Assistant Professor	Pulmonary
Erik W. Gunderson, MD	Associate Professor	Psychiatry
Drew A. Harris, MD	Assistant Professor	Pulmonary
Patrick EH Jackson, MD	Assistant Professor	Infectious Diseases
Katherine G. Jaffe, MD	Assistant Professor	General Medicine
Jamie LW Kennedy, MD	Assistant Professor	Cardiology
Jennifer L. Kirby, MD	Assistant Professor	Endocrinology
John M. MacKnight, MD	Professor	General Medicine
Rohit Malhotra, MD	Associate Professor	Cardiology
Hannah C. Mannem, MD	Assistant Professor	Pulmonary
Trish A. Millard, MD	Assistant Professor	Hematology – Oncology
Shannon N. Moonah, MD	Assistant Professor	Infectious Diseases
Carlene A. Muto, MD	Associate Professor	Infectious Diseases
Justin B. Mutter, MD	Assistant Professor	Geriatrics
Brandy Patterson, MD	Assistant Professor	Cardiology
Robert D. Powers, MD	Professor	General Medicine
Catherine R. Ratliff, PhD, GNP-BC, CWOCN, CFCN	Associate Professor	Chronic Wound Care Clinic
Arturo P. Saavedra, MD, PhD	Professor	Dermatology
James M. Scheiman, MD	Professor	Gastroenterology
John B. Schorling, MD	Professor	General Medicine
Amit A. Shahane, MD	Assistant Professor	Psychiatry
Timothy B. Short, MD	Associate Professor	Palliative Medicine
Costi D. Sifri, MD	Assistant Professor	Infectious Diseases
Justin B. Smith, MD	Assistant Professor	Psychiatry
Daniel S. Strand, MD	Assistant Professor	Gastroenterology
Paul V. Targonski, MD	Associate Professor	Public Health Sciences
Danielle S. Wentworth, FNP-BC	Nurse Practitioner	Nephrology
Richard J. Westphal, PhD, PMHNP	Professor	School of Nursing

AGENDA



WEDNESDAY, OCTOBER 24, 2018

7:00-8:00	Registration, Breakfast & Exhibitors	
8:00-8:10	Welcoming remarks	Mitchell H. Rosner, MD Andrew MD Wolf, MD

8:10-9:50 NEPHROLOGY

8:10-8:15	Introduction	
8:15-8:40	De-Mystifying Dialysis: Helpful Tips for the Non-Nephrologist	Danielle S. Wentworth, FNP-BC
8:40-9:05	Chronic Kidney Disease and Medication Dosing: What the PCP Needs to Know	Lori A. Dunn, PharmD
9:05-9:30	Managing Secondary Hyperparathyroidism & Hyperphosphatemia in Chronic Kidney Disease	Garland A. Campbell, MD
9:30-9:50	Panel Discussion	
9:50-10:10	Mid-morning Break & Exhibitors	

10:10-11:50 GENERAL MEDICINE, GERIATRICS & PALLIATIVE CARE

10:10-10:15	Introduction	Mohan M. Nadkarni, MD
10:15-10:40	Geriatric Polypharmacy: Strategies for Avoiding the 'Iatrogenic Epidemic'	Justin B. Mutter, MD Bethany S. Delk, PharmD, BCPS
10:40-11:05	Beyond HAM: Managing Symptoms at the End of Life	Joshua S. Barclay, MD
11:05-11:30	Insomnia : Pharmacologic and Non-Pharmacologic Strategies	Katherine G. Jaffe, MD
11:30-11:50	Panel Discussion	

11:50-12:50	LUNCH on your own or MEET THE PROFESSOR (<i>registration required</i>)	
	LW1: STAND IN: Caring for the imminently dying	Timothy B. Short, MD
	LW2: The Provider's Role in Preventing Firearm Violence	Katherine G. Jaffe, MD

12:50-2:30 PSYCHIATRY IN PRIMARY CARE

12:50-12:55	Introduction	
12:55-1:20	Psychosocial Impact of Trauma Using a Trauma Informed Approach	Richard J. Westphal, PhD, PMHNP
1:20-1:45	Non-Pharmacologic Approaches to Depression & Anxiety	Amit A. Shahane, PhD
1:45-2:10	The Newer Anti-Depressants	Justin B. Smith, MD
2:10-2:30	Panel Discussion	
2:30-2:50	Afternoon Break & Exhibitors	

2:50-4:05 MULTIDISCIPLINARY: SKIN & SOFT TISSUE CHALLENGES

2:50-2:55	Introduction	
2:55-3:20	Venous Leg Ulcers: Prevention and Treatment- What's the Evidence?	Catherine R. Ratliff, PhD, GNP-BC, CWOCN, CFCN
3:20-3:45	Challenging Rashes	Arturo P. Saavedra, MD
3:45-4:05	Panel Discussion	

4:05-5:20 ADDICTION & SUBSTANCE ABUSE UPDATES

4:05-4:10	Introduction	
4:10-4:35	Medication-Assisted Treatment of Opioid use Disorders	Erik W. Gunderson, MD
4:35-5:00	Alcohol Detox in the Office	Beth A. Jaeger-Landis, ACNP
5:00-5:20	Panel	

ADJOURN

THURSDAY, OCTOBER 25, 2018

7:00-8:00	BREAKFAST or MEET THE PROFESSOR (<i>registration required</i>)	
	BT1: Challenging Cases in CHF and Pulmonary Hypertension	Jamie LW Kennedy, MD

8:00-9:40 PULMONARY

8:00-8:05	Introduction	
8:05-8:30	Granulomas Gone Wild! An Update in Sarcoidosis	Hannah C. Mannem, MD
8:30-8:55	Obstructive Sleep Apnea Update	Olubusola Gomes, MD
8:55-9:20	Asthma Update	Drew A. Harris, MD
9:20-9:40	Panel Discussion	
9:40-10:00	Mid-morning Break & Exhibitors	

10:00-11:40 INFECTIOUS DISEASES

10:00-10:05	Introduction	
10:05-10:30	Calling the Shots – Vaccine Updates for Primary Care Providers	Shannon M. Moonah, MD
10:30-10:55	Doing More with Less: Strategies to Reduce Your Antibiotic Footprint	Patrick EH Jackson, MD
10:55-11:20	GU GU Oh What to Do? What's New in the Management of Genital-Urinary Infections	Carlene A. Muto MD
11:20-11:40	Panel Discussion	

11:40-12:40	LUNCH on your own or MEET THE PROFESSOR (<i>registration required</i>)	
	LT1: Losing it: Practical Prescribing of Weight-Loss Medications	Katharine C. DeGeorge, MD
	LT2: Fighting Forgetting: Current Research on Combating Cognitive Decline	Paul V. Targonski, MD

12:40-2:20 GASTROENTEROLOGY

12:40-12:45	Introduction	James M. Scheiman, MD
12:45-1:10	Eosinophilic Esophagitis	Bryan G. Sauer, MD
1:10-1:35	Cardiovascular and GI Risks of NSAID's	James M. Scheiman, MD
1:35-2:00	Recognizing and Managing Chronic Pancreatitis	Daniel S. Strand, MD
2:00-2:20	Panel Discussion	
2:20-2:40	Afternoon Break & Exhibitors	

2:40-4:20 ENDOCRINOLOGY

2:40-2:45	Introduction	
2:45-3:10	Osteoporosis: Does Treat to a Target BMD Make Sense?	Sue A. Brown, MD
3:10-3:35	The Debate Over A1C Targets in Diabetes Management	Jennifer L. Kirby, MD
3:35-4:00	The Lowdown on Hypertension: Recommendations and Reasons	Robert M. Carey, MD
4:00-4:20	Panel Discussion	

HEALTHCARE POLICY

4:20-4:25	Introduction	
4:25-4:50	Health Care Reform: Where We've Been, Where We're Going	Robert D. Powers, MD

ADJOURN

FRIDAY, OCTOBER 26, 2018

7:00-8:00	BREAKFAST or MEET THE PROFESSOR (<i>registration required</i>)	
BF1	Crashing through Barriers to Create an LGBTQ-Friendly Clinic	Catherine F. Casey, MD
BF2	Approach to Inflammatory Arthritis	Adam Q. Carlson, MD

8:00-9:40 HEMATOLOGY-ONCOLOGY

8:00-8:05	Introduction	Karen K. Ballen, MD
8:05-8:30	Controversies in Coagulation: Can I Use a DOAC?	Kelly M. Davidson, MD
8:30-8:55	Breast Cancer Survivorship	Trish A. Millard, MD
8:55-9:20	Prostate Cancer Updates	Michael E. Devitt, MD
9:20-9:40	Panel Discussion	
9:40-10:00	Mid-morning Break & Exhibitors	

10:00-11:40 CARDIOLOGY

10:00-10:05	Introduction	Jamison M. Bourque, MD
10:05-10:30	Women's Heart Disease	Brandy Patterson, MD
10:30-10:55	Advanced Cardiovascular Imaging Modalities for the Non-Cardiologist	Jamison M. Bourque, MD
10:55-11:20	Atrial Fibrillation: Contemporary Management Strategies	Rohit Malhotra, MD
11:20-11:40	Panel Discussion	

11:40-12:40	LUNCH on your own or MEET THE PROFESSOR (<i>registration required</i>)	
LF1:	Challenging Cases in Infectious Diseases	Costi D. Sifri, MD
LF2:	Musculoskeletal Workshop – Approach to Hip Pain	John M. MacKnight, MD

12:40-1:55 MULTIDISCIPLINARY: PROVIDER WELLNESS

12:40-12:45	Introduction	
12:45-1:10	Moral Distress	Mary Faith Marshall, PhD
1:10-1:35	Keeping the Flame Alive – Insights into Addressing Provider Burnout	John B. Schorling, MD
1:35-1:55	Panel Discussion	
1:55-2:15	Afternoon Break & Exhibitors	

2:15-3:55 NEUROLOGY

2:15-2:20	Introduction	
2:20-2:45	Peripheral Neuropathy	Matthew P. Elliott, MD
2:45-3:10	Update in Stroke Care: Beyond the “Window”	Nicole A. Chiota-McCollum, MD
3:10-3:35	Evaluating and Managing New Onset Seizures	Derek D. Bauer, MD
3:35-3:55	Panel Discussion	

ADJOURN



ACCREDITATION AND DESIGNATION STATEMENT

The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this live activity for a maximum of **19.75 AMA PRA Category 1 Credits™** for the main course and **1.00 AMA PRA Category 1 Credits™** for each breakout session for a total of 24.75 credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine awards **19.75 hours of participation** (equivalent to **AMA PRA Category 1 Credits™**) for the main course and **1.00 hour of participation** to each non-physician participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

The University of Virginia School of Nursing Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The University of Virginia SONCE awards **19.75 contact hours** for the main course and **1.00 contact hours** for each breakout session for nurses who participate in this educational activity and complete the post activity evaluation.

This Live activity, 45th Annual Edward W. Hook, Jr., MD – Recent Advances in Clinical Medicine, with a beginning date of 10/24/2018, has been reviewed and is acceptable for up to 25.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 19.75 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

SPECIAL NEEDS

Please contact the CME Office (434-924-5310) with special needs or to update your profile.

LODGING

This conference will be held at the Omni Charlottesville Hotel, 212 Ridge McIntire Road, Charlottesville, Virginia 22903. To make reservations, please call 434-971-5500 or 1-800-THE-OMNI **before Tuesday, 10/2/18** in order to secure a room at the block rate of \$190 + taxes. Parking in the Omni garage is complimentary to guests and included in registration for attendees during the conference. **Parking elsewhere is at the expense and risk of the registrant.**

Additional rooms have been reserved across the street at the Marriott Residence Inn Charlottesville Downtown, 315 West Main Street, Charlottesville, VA 22903 for \$189 + taxes and will be available until **Wednesday, 10/17/18**. Alternately, you may use this link, cut/paste into your browser, to make your reservation, <https://tinyurl.com/MarriottRACM2018>, or call the desk at 434-220-0075 and identify yourself as a participant at the "Hook Recent Advances Conference". Parking in the Marriott garage is complimentary to guests.

AIM PRECEPTORS

You may be eligible for partial reimbursement of the RACM registration fee if you are scheduled to precept a 3rd year AIM Student in the 2018-2019 academic year. Please contact LeAnn Hopkins from the AIM Office (434-297-7475; LMR9U@hscmail.mcc.virginia.edu) for more information.

CONFIRMATION & CANCELLATION POLICY

Upon receipt of registration and payment, you will receive an email confirmation and EPay receipt. Registration fees will be refunded (less a \$50 administrative fee) for written email cancellations received a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations made within 13 days of the activity.

The University of Virginia School of Medicine or the University of Virginia School of Nursing Continuing Education reserves the right to cancel CE activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CE activity are the sole responsibility of the participant.

REGISTRATION

Registration and Credit Payment available online ONLY at www.cmevillage.com

	Through midnight 9/23/18	9/24/18 through midnight 10/16/18	Walk-in Registration after midnight 10/16/18*
Main Session(s)			
Physician	\$650	\$750	**\$800
Other HCP	\$600	\$700	**\$750
Paper Syllabus (FULL ONLY; DAILY N/A)***	\$75	\$75	N/A
One day only	\$325	\$375	**\$400
Meet-the-Professor (Breakfast)	\$35	\$35	N/A
Meet-the-Professor (Lunch)	\$45	\$45	N/A

* On-site Registration: No option for a printed syllabus or Meet-the Professor session

** Online syllabus only

*** Unless pre-ordered before midnight on 10/10/17, the Syllabus will be provided online only at www.cmevillage.com

- Registration will close at **midnight on 10/16/18** and will be considered walk-in after that time. All conference registrants receive breakfast, breaks, free parking, Wi-Fi and access to the online syllabus.
- Eligible UVA **Academic Division** employees may wish to consider use of the University Education Benefits Program to assist with the conference registration fee. For more information, visit www.hr.virginia.edu/go/ed-benefit

CONTACT INFORMATION

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