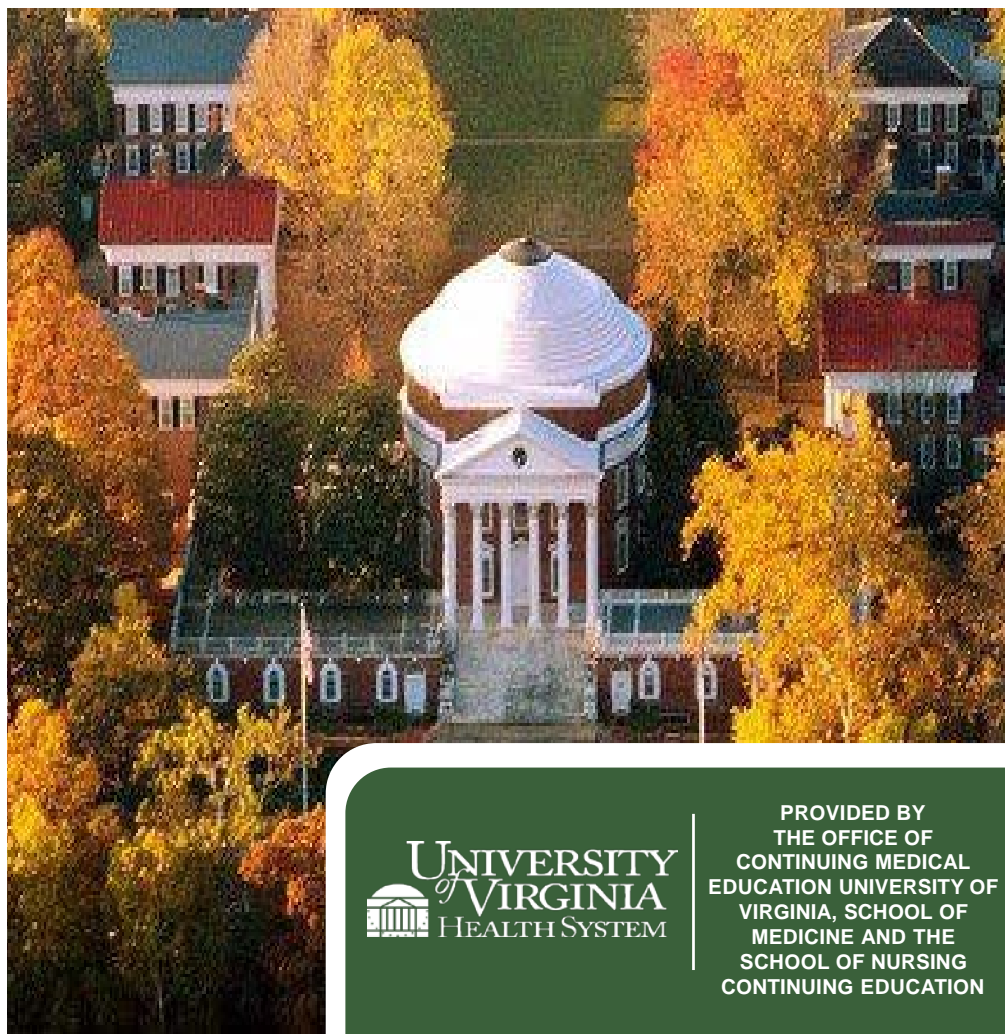


THE UNIVERSITY OF VIRGINIA DEPARTMENT OF MEDICINE PRESENTS

The 46th Annual
Edward W. Hook, Jr., MD

RECENT ADVANCES IN CLINICAL MEDICINE

WEDNESDAY-FRIDAY
OCTOBER 23-25, 2019
OMNI HOTEL CHARLOTTESVILLE, VA



 **UNIVERSITY**
of **VIRGINIA**
HEALTH SYSTEM

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

PROGRAM DESCRIPTION

The 46th 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

At the completion of this program, participants will be able to:

1. Initiate evaluation of both common symptom complexes and medical conditions encountered in primary care and hospital practice, utilizing evidence-based and state-of-the-art approaches
2. Institute or modify management of selected important conditions seen in the general adult population, employing up-to-date and cost-effective strategies
3. 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
4. Counsel patients more effectively regarding the benefits, risks, and uncertainties in challenging clinical scenarios, such as initiation of perimenopausal hormone replacement
5. Discuss important trends in health care policy and delivery that affect clinical practice



FACULTY & PLANNING COMMITTEE

Jamison M. Bourque, MD Sue	Associate Professor	Cardiology
A. Brown, MD	Associate Professor	Endocrinology
Eva C. Casola, MBA	Program Manager	Continuing Medical Education
Richard D. Hall, MD, MS Beth	Assistant Professor	Hematology – Oncology
A. Jaeger-Landis, ACNP ♦	Nurse Practitioner	General Medicine
Kambiz Kalantari, MD	Associate Professor	Nephrology
Li Li, MD	Professor & Chair	Family Medicine
Hannah C. Mannem, MD Amy	Assistant Professor	Pulmonary
J. Mathers, MD	Associate Professor	Infectious Diseases
Kathryn B. Reid, PhD, RN, FNP-C ♦	Associate Professor	School of Nursing
Bryan G. Sauer, MD, MSc	Associate Professor	Gastroenterology
Andrew M. D. Wolf, MD ★	Professor	General Medicine

- ★ Course Director
- ♦ Nurse Planner
- ◆ Nursing Content Expert

UNIVERSITY OF VIRGINIA FACULTY SPEAKERS

Joshua S. Barclay, MD	Associate Professor	General Medicine
Rita Basu, MD	Professor	Endocrinology
Ananda Basu, MD	Professor	Endocrinology
James D. Bergin, MD	Professor	Cardiology
Michael P. Bergman, MD	Assistant Professor	Pulmonary-Critical Care
William J. Brady, MD	Professor	Emergency Medicine
David M. Callender, MD	Assistant Professor	General Medicine
Adam Q. Carlson, MD	Assistant Professor	Rheumatology
Corey Cavanaugh, DO	Assistant Professor	Nephrology
Katherine L. Coffey-Vega, MD	Associate Professor	General Medicine
Andrew P. Copland, MD	Assistant Professor	Gastroenterology
Amy E. Doran, MD	Assistant Professor	Gastroenterology
Heather A. Ferris, MD, PhD	Assistant Professor	Endocrinology
John D. Gazewood, MD	Associate Professor	Family Medicine
Taylor A. Gilmore, MD	Assistant Professor	Obstetrics & Gynecology
Ward Gypson, MD	Associate Professor	Physical Medicine & Rehabilitation
Zachary H. Henry, MD	Assistant Professor	Gastroenterology
John I. Hogan, MD	Assistant Professor	Infectious Diseases
Christopher P. Holstege, MD	Professor	Emergency Medicine
Molly A. Hughes, MD	Associate Professor	Infectious Diseases
Sarah M. Jones, MD	Assistant Professor	Neurology
Michael K. Keng, MD	Assistant Professor	Hematology - Oncology
Susan E. Kirk, MD	Associate Professor	Endocrinology
Lynn R. Kohan, MD	Associate Professor	Anesthesiology
Anubhav Kumar, MBBS	Assistant Professor	Nephrology
Timothy T. Kyin, MD	Assistant Professor	Allergy & Immunology
Monica G. Lawrence, MD	Assistant Professor	Allergy & Immunology
Meredith S. Lee, MD	Assistant Professor	Psychiatry and NB Sciences
Janet E. Lewis, MD	Associate Professor	Rheumatology
Louise M. Man, MD	Assistant Professor	Hematology - Oncology
Tessy K. Paul, MD	Assistant Professor	Pulmonary-Critical Care
Robert D. Powers, MD	Professor	General Medicine
Christopher M. Rembold, MD	Professor	Cardiology
Richard J. Santen, MD	Professor	Endocrinology
Julia Scialla, MD	Associate Professor	Nephrology
Y. Michael Shim, MD	Associate Professor	Pulmonary-Critical Care
Julio Silvestre, MD	Assistant Professor	General Medicine
S. Craig Thomas, ACNP	Advanced Practice Nurse 2	Advanced Heart Failure Center
Tania A. Thomas, MD	Assistant Professor	Infectious Diseases
Andrew M. Whitman, Pharm D	Clinical Pharmacist	Pharmacy Clinical Services
Anne M. Wolf, MS, RD	Director	Virginia Center for Diabetes Prevention
Jeanne M. Young, MD	Assistant Professor	Dermatology

WEDNESDAY, OCTOBER 23, 2019

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 INFECTIOUS DISEASES

8:10-8:15 Introduction
8:15-8:40 Better Latent Than...Updates in the Approach to Latent Tuberculosis Infection Tania A. Thomas, MD
8:40-9:05 FUO: Fever of Unknown Origin, or Fever of Umpteen Origins? Molly A. Hughes, MD
9:05-9:30 Transplant Infectious Disease: Emphasis on Pretransplant Evaluation and Common Clinical Presentations John I. Hogan, 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
10:15-10:40 What Constitutes the Yearly Exam in 2019? David M. Callender, MD
10:40-11:05 Practical Tips and Pitfalls in Opioid Management Julio Silvestre, MD
11:05-11:30 Low Back Pain in the Elderly Katherine L. Coffey-Vega, MD
11:30-11:50 Panel Discussion

11:50-12:50 LUNCH on your own or MEET THE PROFESSOR (*registration required*)*

LW1 Telemedicine Updates Karen S. Rheuban, MD
LW2 Nutrition Updates Anne M. Wolf, MS, RD

12:50-2:30 HEMATOLOGY-ONCOLOGY

12:50-12:55 Introduction
12:55-1:20 Immunotherapy in Solid Tumors: Why the PCP Should Care Richard D. Hall, MD
1:20-1:45 Updates in Myelodysplastic Syndrome Michael K. Keng, MD
1:45-2:10 The Hypercoagulable Work-UP: Who? What? When? Louise M. Man, MD
2:10-2:30 Panel Discussion

2:30-2:50 Afternoon Break & Exhibitors

2:50-4:05 ALLERGY & IMMUNOLOGY

2:50-2:55 Introduction
2:55-3:20 Challenging the Penicillin Allergy Timothy T. Kyin, MD
3:20-3:45 Updates in Evaluating and Managing Urticaria Monica G. Lawrence, MD
3:45-4:05 Panel Discussion

4:05-4:10 Stretch Break

4:10-5:25 WOMEN'S HEALTH UPDATES

4:10-4:15 Introduction
4:15-4:40 OCP'S – Common Problems & Solutions Taylor A. Gilmore, MD
4:40-5:05 Revisiting Hormonal Replacement Therapy Richard J. Santen, MD
5:05-5:25 Panel

ADJOURN

* Breakfast Buffet or Boxed Lunch included with Meet-the-Professor (Pre-registration required)

THURSDAY, OCTOBER 24, 2019

7:00-8:00 BREAKFAST or MEET THE PROFESSOR (registration required)*
 BT1 Updates in Dermatology Jeanne M. Young, MD

8:00-9:40 NON-OPIOID PAIN STRATEGIES
 8:00-8:05 Introduction
 8:05-8:30 Updates on Analgesics Lynn R. Kohan, MD
 8:30-8:55 Acupuncture for Pain Syndromes Ward Gypson, MD
 8:55-9:20 Medical Cannabis & CBD Oil Andrew M. Whitman, PharmD
 9:20-9:40 Panel Discussion

9:40-10:00 Mid-morning Break & Exhibitors

10:00-11:40 NEPHROLOGY
 10:00-10:05 Introduction
 10:05-10:30 Work-Up of Proteinuria Corey Cavanaugh, DO
 10:30-10:55 Updates in Diabetic Nephropathy Julia Scialla, MD
 10:55-11:20 Point-of-Care Ultrasound in Office Practice Anubhav Kumar, MBBS
 11:20-11:40 Panel Discussion

11:40-12:40 LUNCH on your own or MEET THE PROFESSOR (registration required)*
 LT1 Challenging Cases in Palliative Care Josh S. Barclay, MD
 LT2 Diagnosis and Management of Dementia John D. Gazewood, MD

12:40-2:20 PULMONARY – CRITICAL CARE
 12:40-12:45 Introduction
 12:45-1:10 20 Inhalers and Counting: Update on COPD Management Y. Michael Shim, MD
 1:10-1:35 The Need-to-Know Details of Supplemental Oxygen Therapies Tessa K. Paul, MD
 1:35-2:00 Updates in Tobacco Cessation and Alternative Nicotine Delivery Devices Michael P. Bergman, MD
 2:00-2:20 Panel Discussion

2:20-2:40 Afternoon Break & Exhibitors

2:40-3:55 EMERGENCIES FOR THE NON-EMERGENCY PROVIDER
 2:40-2:45 Introduction
 2:45-3:10 In-Flight Emergencies William J. Brady, MD
 3:10-3:35 The Wild and Rapidly Changing Realm of Substance Use & Misuse Christopher P. Holstege, MD
 3:35-3:55 Panel Discussion

3:55-4:00 Stretch Break

4:00-5:15 RHEUM WITH A VIEW
 4:00-4:05 Introduction
 4:05-4:30 Updates in Osteoarthritis Adam Q. Carlson, MD
 4:30-5:05 How to Treat Rheumatoid Arthritis While Waiting for the Rheumatology Consult Janet E. Lewis, MD
 5:05-5:25 Panel

ADJOURN

* Breakfast Buffet or Boxed Lunch included with Meet-the-Professor (Pre-registration required)

FRIDAY, OCTOBER 25, 2019

7:00-8:00 BREAKFAST or MEET THE PROFESSOR (registration required)*
BF1 Collaborative Practice Models Kathryn Reid, NP

8:00-9:40 GASTROENTEROLOGY

8:00-8:05 Introduction
8:05-8:30 Hepatic Encephalopathy: Confused? Zachary H. Henry, MD
8:30-8:55 Updates on *H. Pylori* Amy E. Doran, MD
8:55-9:20 Perils and Pitfalls from Probiotics to Peppermint: A Path Through IBS Andrew P. Copland, 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
10:05-10:30 The Cath is Negative, Could it be Her Heart? Jamison M. Bourque, MD
10:30-10:55 Contemporary Update in Dyslipidemia, Including How to Handle Patients Unable to Tolerate Their Statin Christopher M. Rembold, MD
10:55-11:20 Trends in Heart Failure Management James D. Bergin, MD
S. Craig Thomas, ACNP
11:20-11:40 Panel Discussion

11:40-12:40 LUNCH on your own or MEET THE PROFESSOR (registration required)*
LF1 Health Policy / Health Reform Robert D. Powers, MD
LF2 Continuous Glucose Monitoring Rita Basu, MD

12:40-2:20 ENDOCRINOLOGY

12:40-12:45 Introduction
12:45-1:10 Understanding Transgender Medicine Susan E. Kirk, MD
1:10-1:35 When Metformin is not Enough Heather A. Ferris, MD
1:35-2:00 Are the New Insulins Worth It? Ananda Basu, MD
2:00-2:20 Panel Discussion

2:20-2:40 Afternoon Break & Exhibitors

2:40-3:55 NEUROLOGY - PSYCHIATRY

2:40-2:45 Introduction
2:45-3:10 Evaluation and Management of Headache Before Consulting Neurology Sarah M. Jones, MD
3:10-3:35 Managing Behavioral Challenges in Dementia Meredith S. Lee, MD
3:35-3:55 Panel Discussion

ADJOURN

* Breakfast Buffet or Boxed Lunch included with Meet-the-Professor (Pre-registration required)



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 **20 AMA PRA Category 1 Credits™** for the main course and **1.00 AMA PRA Category 1 Credits™** for **each of 5 possible breakout sessions** for a **total of 25.00 credits**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine and/or The University of Virginia School of Nursing Continuing Education, as accredited provider(s), awards **20 hours of participation** and **1.00 credits for each of 5 possible breakout sessions** for a **total of 25.00 credits** (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine and/or The University of Virginia School of Nursing Continuing Education maintains a record of participation for six (6) years.

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.

UVA School of Nursing Continuing Education awards **20 Contact Hours** for the main course and **1.00 Contact Hour** for each of **5 possible breakout sessions** for a total of **25.00 Contact Hours** for nurses who participate in this educational activity and complete the post activity evaluation.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **20 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.



LOCATION & 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, 10/1/19** in order to secure a room at the block rate of \$190 + taxes. Alternately, you may use this link to cut/paste into your browser <https://tinyurl.com/OmniRACM2019> . 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 \$175 + taxes and will be available until **Wednesday, 10/9/19**. Alternately, you may use this link, <https://tinyurl.com/MarriottRACM2019> , and cut/paste into your browser, to make your reservation, or call the desk at 434-220-0075 and identify yourself as a participant at the “UVA Hook Recent Advances Conference”. **Parking in the Marriott garage is complimentary to guests.**

AIM PRECEPTORS

You may be eligible for tuition support for the RACM registration fee if you are an appointed preceptor for 3rd year AIM Students in the 2019-2020 academic year. Be sure to save the date for the AIM Faculty Dinner, Wednesday, 10/23, 6:00 – 9:00 pm after the Conference. Please contact Brittany Henslee (434-982-2516; BH5NS@virginia.edu) from the AIM Office 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 card payment available only at www.cmevillage.com. Registration fees for this conference include lectures, case and panel discussions buffet breakfast, refreshments during morning and afternoon breaks, Wi-Fi, parking and an online syllabus.

	Through midnight 9/22/19	9/23/19 through midnight 10/15/19	Walk-in Registration *
Main Session(s)			
Physician	\$650	\$750	** \$850
Other HCP	\$600	\$700	** \$800
Paper Syllabus (FULL ONLY; DAILY N/A) ***	\$75	\$75	N/A
ONE DAY ONLY	\$325	\$375	** \$475
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 10/6/19**, the Syllabus will be provided online only at www.cmevillage.com

- REGISTRATION WILL CLOSE AS OF MIDNIGHT OCTOBER 15, 2019. All registration after that date will be considered walk-in and will be charged at the higher price
- Eligible UVA Medical Center employees may wish to use the Educational Assistance Program to help defray the cost. For more information visit <https://www.medicalcenter.virginia.edu/human-resources/benefits-perks/education-benefits>

CONTACT INFORMATION

Eva Casola, MBA

Program Manager

Office of Continuing Medical Education

EvaC@virginia.edu

434-924-1657



Things to do in the Charlottesville area:

- Visit UVA grounds to see
 - Edgar Allen Poe's room
 - A hidden chemical hearth in the Rotunda
 - Ten Pavilion Gardens on the University Lawn



- At Carter's Mountain you can experience apple donuts, a spectacular sunset or walk the Monticello Trail



- Monticello and the University of Virginia



- Visit one of the many vineyards, breweries or cideries
- TAKE A WALK ON THE HISTORIC DOWNTOWN MALL



Office of Continuing Medical Education
Box 800711, Charlottesville, VA 22908-0711

