



INDIANA ACADEMY OF
FAMILY PHYSICIANS



Winter CME Weekend

Saturday, December 8 -
Sunday, December 9
Medical Academic Center, Carmel

Agenda

15.5 AAFP Live Prescribed Credits Available (7.75 credits per day)

Early Bird Rate for IAFP Members: \$100 per day or \$150 for both days

Early Bird Rate for Non-IAFP Members: \$200 per day or \$300 for both days

After November 8, add \$100 to registration fees | Walk-in registrations, add \$150 to registration fees

Saturday, December 8

7:30am - 8:30am Registration and Hot Breakfast Buffet

8:30am - 12:45pm Morning CME Session topics:



Benign Paroxysmal Positional Vertigo (BPPV) Update

Scott Sanders, MD

Dr. Scott Sanders was raised in Lebanon, IN, and attended Purdue University, earning a degree in biomedical engineering before pursuing an MD degree and PhD degree in neurobiology from Indiana University. He completed a residency program in neurology in 1999 and fellowship program in neuro-ophthalmology in 2000 at IU Medical Center.

He has been in private practice since 2000, focusing his practice, BalanceMD, on the diagnosis and treatment of those suffering from dizziness and vertigo. He is now a Clinical Assistant Professor of Neurology at Indiana University School of Medicine and currently writing a book on the diagnosis and treatment of dizziness and vertigo, which he hopes to publish by the end of the year.



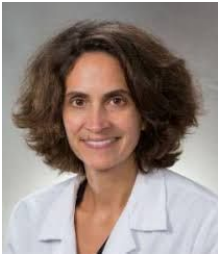
Improving the Diagnosis and Treatment of Lupus: Practical Guidance for the Primary Care Physician

Sung Sam Lim, MD | Emory University, Atlanta, GA

Learning Objectives:

On completion of this activity, participants will be able to:

1. Diagnose systemic lupus erythematosus (SLE) based upon recognition of characteristic clinical manifestations in the setting of supportive serologic studies, after excluding alternative diagnoses
2. Outline nonpharmacologic measures and other medical interventions that are important in the comprehensive management of SLE
3. Describe current approaches to drug therapy in SLE, recognizing that treatment is highly individualized and depends on the predominant symptoms, organ involvement, response to previous therapy, and disease activity and severity
4. Collaborate with SLE patients and other care providers (eg. rheumatologists) to monitor disease activity and therapy, as well as improve treatment adherence, quality of life, and survival outcomes



Satisfies the new Indiana 2 hour Opioid CME requirement

Responsible Pain Management:

Prescribing Opioids in Your Practice

Amy LaHood, MD, FAAFP | St. Vincent, Indianapolis

Learning Objectives:

On completion of this activity, participants will be able to:

1. Review current landscape of opioid epidemic
2. Summarize and critique evidence for opioids to treat pain
3. Identify current Indiana laws that pertain to opioid prescribing
4. Discuss the importance of self-care and non-opioid modalities in the whole person treatment of pain



Finding Ikigai: Integrative Approach to the Person in Pain

Palmer MacKie, MD | Indiana University Health, Indianapolis

This presentation will briefly highlight the disappointing results caused by a reliance on opioids in chronic pain. Participants will learn data demonstrating cost and efficacy benefit to a more integrated or comprehensive care model. A number of modalities will be presented as well as an overarching approach to the person in chronic pain.

Learning Objectives:

1. Understand data demonstrating improved function with less opioid
2. With Chronic pain - Approach the person, not the pain. Learn the importance of Three Es: Empathy, Education and Engagement
3. Learn data demonstrated pain and function improvements with yoga, CBT, Acupuncture, exercise and more

12:45pm - 1:30pm

Lunch

1:30pm - 5:30pm

Afternoon CME Session topics:



*Stories from the Psoriasis CaseBook:
Overcoming Challenges in Diagnosis and Treatment for Family
Physicians*

Alan Menter, MD | Dallas, Texas

Learning Objectives:

On completion of this activity, participants will be able to:

1. Apply evidence-based strategies to diagnose and classify patients with psoriasis
2. Identify novel treatments for psoriasis in terms of mechanism of action, efficacy, and safety
3. Employ comprehensive, multidisciplinary, patient-centered approaches to treating patients with psoriasis that include the management of comorbidities and systemic manifestations



Prenatal Care

Jacklyn Oakley, MD | Assistant Director, Deaconess Family Medicine Residency Program, Evansville, IN

Speaker Biography:

A native of Wadesville, Indiana, Dr. Jacklyn Oakley graduated from Indiana University School of Medicine in 2013. She completed residency training at the Fort Wayne Medical Education Program in 2016.

In August of 2016 she moved back to the greater Evansville area and began her family medicine practice at Deaconess Clinic on the Gateway campus. She was named the Assistant Director of Women's Health for the Deaconess Family Medicine Residency in September of 2017. Her special interests include OB/GYN, pediatrics, teaching and evidence-based medicine.



Psychiatry Refresher #1: Depression, Anxiety, & Benzos

Aimee Patel, MD | Indiana University, Indianapolis

Learning Objectives:

On completion of this activity, participants will be able to:

1. Identify evidence-based strategies for the diagnosis and management of depression in a primary care setting.
2. Identify evidence-based strategies for the diagnosis and management of anxiety in a primary care setting.
3. Describe appropriate use of benzodiazepines when managing mental health symptoms in a primary care setting.

Speaker Biography:

Aimee Patel, MD is a board-certified psychiatrist and originally from Indianapolis. After attending the University of Notre Dame, Dr. Patel completed both medical school and residency at the Indiana University School of Medicine. She is now an Associate Professor of Clinical Psychiatry at IU and has anywhere from 4-8 learners on her service at any given time.

Dr. Patel spends her clinical time seeing patients with acute mental health crises at the Mental Health Recovery Center at Eskenazi Hospital, a part of Midtown Community Mental Health Center. She also works at the Crisis Intervention Unit at Eskenazi Hospital, helping stabilize patients with acute mental health needs.

Outside of the hospital, Dr. Patel serves on the Mental Health Quality Advisory Committee for Indiana Medicaid. Her research interest is first episode schizophrenia, and she particularly enjoys working with patients experiencing affective and thought disorders.

*Psychiatry Refresher #2:**Bipolar Disorder and All the New Psychiatric Medications*

Aimee Patel, MD | Indiana University, Indianapolis

Learning Objectives:

On completion of this activity, participants will be able to:

1. Describe the accurate diagnosis of bipolar disorder in a primary care setting.
2. Discuss evidence-based strategies for managing bipolar disorder in a primary care setting.
3. Review psychotropic medications that have recently joined the market.

Sunday, December 9

A small number of speakers are still being confirmed as of print time and will be added to this agenda shortly.

7:30am - 8:30am Registration and Hot Breakfast Buffet

8:30am - 12:45pm Morning CME Session topics will include:

Improving the Recognition and Management of Migraine in an Era of Expanding Options for Acute Treatment and Prevention: How is the Role of the Primary Care Clinician Evolving?

Learning Objectives:

On completion of this activity, participants will be able to:

1. Employ available tools and established criteria to accurately diagnose patients with episodic or chronic migraine

2. Use available therapies for the acute treatment and prevention of episodic and chronic migraine
3. Analyze available data on emerging therapies for the acute treatment of migraine
4. Recognize the potential impact of novel therapies may have on the acute treatment of migraine
5. Assess key data on the efficacy, safety, and tolerability of emerging therapies for episodic and chronic migraine prevention
6. Identify the potential implications of novel therapies on the future of episodic and chronic migraine prevention



The Role of Non-Statins Therapies for LPL-C Lowering for Management of ASCVD Risk

Michael Cobble, MD | Adjunct Faculty, University of Utah; Director, Canyons Medical, Salt Lake City, Utah

Learning Objectives:

At the completion of this activity, the participant will be able to:

1. Summarize the latest guidelines and recommendations on cholesterol management from major clinical organizations
2. Review potential cholesterol-lowering therapies beyond statins, and explain when these non-statin therapies should be considered
3. Describe in detail the indications for proprotein convertase subtilisin kexin type 9 inhibitor (PCSK9i) therapy

Speaker Biography:

Dr Michael E. Cobble, MD, is Director and a family medicine physician at Canyons Medical Center in Sandy, Utah. He received his medical degree from the University of Utah School of Medicine in Salt Lake City where he completed a residency in family medicine. Dr Cobble is a diplomat of the American Board of Clinical Lipidology and a certified specialist in clinical hypertension. He is the former medical officer for Atherotech Labs and VAP Diagnostics Labs and has helped direct research regarding diabetic dyslipidemia and cardiovascular risk from lipids. He also has a Master's in Psychopharmacology to help direct neuropsychiatric care in his practice. Dr Cobble's clinical focus is on dyslipidemia, diabetes, cardiovascular disease, hypertension, primary care medicine, and encouraging people to make healthy lifestyle changes. He has been featured on the Emmy Award-winning syndicated TV talk show "The Doctors," and the radio show "Green Tea and Honey."

Zika and Tick-Borne Diseases

Dr. Jennifer Brown, DVM, MPH, DACVPM | State Public Health Veterinarian, Indiana State Department of Health, Indianapolis

Taryn Stevens, MPH | Zoonotic & Vector-Borne Disease Epidemiologist
Indiana State Department of Health, Indianapolis

Learning Objectives:

Upon completion of this activity, the participant should be able to:

1. Describe the epidemiology of tick-borne diseases endemic in Indiana.
2. Describe the clinical approach to diagnosis and treatment of rickettsial diseases.
3. Identify the drug of choice for treatment of rickettsial diseases in children and adults.
4. Describe the indications for Zika virus testing in persons with recent potential exposure.
5. Identify the diagnostic tests that should be used to evaluate symptomatic pregnant women with recent potential exposure to Zika virus.

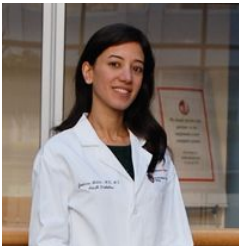
Speaker Biography:

Jennifer Brown, DVM

Jen Brown is the Indiana State Public Health Veterinarian. She earned her DVM from Purdue University in 2000 and her MPH in infectious disease epidemiology from the University of North Carolina-Chapel Hill in 2003. She was board certified by the American College of Veterinary Preventive Medicine in 2009. Dr. Brown has three years of private practice experience at a small animal hospital and eleven years of public health experience at state, local, and federal agencies. Her interests include infectious disease epidemiology, zoonotic and vector-borne diseases, animal-related injuries, and the human-animal bond.

12:45pm - 1:30pm Lunch

1:30pm - 5:30pm Afternoon CME Session:



Eating Patterns and Diabetes Prevention: Recommendations, Research, and Real World

Joanna Mitri, MD

Speaker Biography:

Joanna Mitri, MD, is a staff physician at Joslin Diabetes Center in Boston, MA. Dr. Mitri is interested in lifestyle-based interventions and prevention and management of type 2 diabetes and cardiometabolic disease.

She practiced in Southern MA for few years prior to joining Joslin Diabetes Center. Her clinical practice focuses on type 2 diabetes, lipid disorders and cardiovascular risk reduction. Her research has focused on the effect of lifestyle-based interventions in diabetes. She has published in several peer review journals on this topic. She attended medical school at Lebanese University in Beirut, Lebanon, and completed her residency at Boston University - Roger William Hospital in Boston, MA.



Neurofibromatosis for the Family Physician

Jason Marker, MD



LGB Primary Care

Juan Carlos Venis, MD

Learning Objectives:

On completion of this activity, participants will be able to:

1. Summarize important LGB terminology.
2. Describe health disparities faced by LGB people.
3. Explain the importance of effective communication to provide affirming care for LGB patients.
4. Summarize CDC's guidelines on prescribing and monitoring PrEP.
5. Describe how to counsel patients about the use of PrEP.

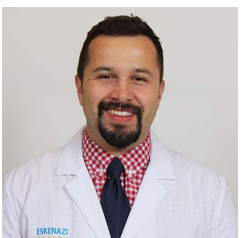
Speaker Biography:

Dr. Venis is practicing family physician who sees patients at the Transgender Health and Wellness program at Eskenazi Hospital in Indianapolis, and at a general primary care clinic on Indianapolis' Westside. He is also a Visiting Assistant Professor of Clinical Family Medicine at IU School of Medicine in Indianapolis.

His areas of focus include cross sex hormone therapy, primary care for gender diverse patients, outpatient prenatal and gyn care, minor procedures, LGBTQ primary care, PrEP/sexual health.

He attended Indiana University School of Medicine and completed residency at Ball Memorial in Muncie. He obtained his MPH from Harvard University School of Public Health.

He has been an active leader of the IAFP since residency, when he served on the board of directors, and also served as a resident member on the AAFP Commission on Quality and Practice. He is an active member of the World Professional Association for Transgender Health and the Gay and Lesbian Medical Association



Transgender Care Issues

Juan Carlos Venis, MD

Learning Objectives:

On completion of this activity, participants will be able to:

1. Define terms related to transgender identity and health.
2. Identify strategies for effective primary care with transgender patients.

3. Explain the basic approaches to transgender medical and surgical treatment.
4. Describe ways to create a welcoming environment for transgender patients.

CME SESSION CREDIT INFORMATION: Application will be made to the American Academy of Family Physicians (AAFP) for this Live activity, 2018 Winter CME Weekend, with a beginning date of 12/08/2018, for up to 15.5 Prescribed credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency: AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

ACCREDITATION STATEMENT: The Indiana Academy of Family Physicians is accredited by the Indiana State Medical Association to provide continuing medical education for physicians. This CME/CE activity complies with all requirements of the federal Physician Payment Sunshine Act. If a reportable event is associated with this activity, the accredited provider managing the program will provide the appropriate physician data to the Open Payments database.

DESIGNATION STATEMENT: The Indiana Academy of Family Physicians designates this activity for a maximum of 15.5 AMA PRA Category 1 Credits[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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