

CME PROGRAM AGENDA

Friday February 3, 2023

8:00 AM- 12:00 Noon

Care of Women Group KSA or Faculty Development Session

12:30-1:30 PM

**Pain Management and Opioids: Balancing Risks and Benefits of
Opioid CORE * Alaska License Required CME**

1:30 PM-2:30 PM

Sarah Spencer, MD

Learning Objectives:

1. Describe the pathophysiology of pain as it relates to the concepts of pain management.
2. Accurately assess patients in pain.
3. Develop a safe and effective pain treatment plan.
4. Identify evidence-based non-opioid options for the treatment of pain.
5. Identify the risks and benefits of opioid therapy.
6. Manage ongoing opioid therapy.
7. Recognize behaviors that may be associated with opioid use disorder

3:00 PM-3:45 PM

Sepsis and Septic Shock

Patricia Kritek, MD

Learning Objectives:

1. Implement early, guideline-supported interventions for patients with sepsis and septic shock
2. Incorporate most current evidence into treatment of patients with sepsis and septic shock
3. Delineate potential interventions for refractory shock

3:45 PM- 4:30 PM

Ski Injuries

Frank Batcha, MD

Learning Objectives:

1. Participants will learn the common injury patterns in various winter sports
2. Participants will learn common mechanisms of injury in various winter sports
3. Participants will learn how to manage common winter sports injuries and indications for referral
4. Participants will learn how to recognize uncommon but “don’t miss” injuries

5:00 PM- 5:45 PM

Clinical Reasoning in Medicine

Andrew Olson, MD

Learning Objectives:

1. Improve diagnostic reasoning
2. Understand how improving diagnostic reasoning can decrease diagnostic error
3. Review how to improve performance through feedback in clinical care

Saturday February 4, 2023

7:00 AM-8:00 AM

Getting Ahead of the Curve: Identifying and Managing Obesity in Primary Care

Dominica M. Rubio, MD

Learning Objectives:

1. Recognize the role of weight loss pharmacotherapy used as an adjunct to lifestyle modification for reducing risks and addressing obesity as a chronic disease, including effects on appetite regulation, metabolic adaptation, and preventing/managing obesity-related complications
2. Assess current guidance and available long-term efficacy and safety data for using current and emerging weight loss pharmacotherapies for people with or at risk for obesity
3. Incorporate weight loss pharmacotherapy, as appropriate, into individualized, evidence-based treatment plans for long-term obesity management

8:00 AM-9:00 AM

A Narrow Window of Opportunity: Diagnosis and Management of Rheumatoid Arthritis in Underserved Populations

TBD

Learning Objectives:

1. Recognize the signs and symptoms which suggest the presence of RA
2. Refer patients to a rheumatologist as soon as RA is suspected
3. Develop a comfort level in prescribing DMARD's
4. Engage in shared decision making
5. Use low literacy tools to help patient understanding of their disease
6. Use motivational interviewing to understand patient concerns
7. Recognize when clinical inertia is impacting patient care
8. Recognize implicit bias and take steps to mitigate it
9. Build a culture of equity

9:30 AM-10:30 AM

Treatment Strategies for Basal Insulins to Manage Time-in-Range and Glucose Variability to Improve Outcomes in Patients with Diabetes

Charles V. Pollack, Jr., MD Grant from Sanofi

Learning Objectives:

1. Recognize the importance of improving patients' glucose to time-in-range, minimizing glucose variability, and incorporating continuous glucose monitoring in patients with diabetes
2. Distinguish between insulins and incorporate them into practice in patients with diabetes
3. Tailor treatment plans with the interprofessional team and the activated patient with diabetes

10:30 AM-11:30 AM

Advances in Care of Neurological Diseases

Gordon Li, MD and Viveck Buch, MD

Learning Objectives:

1. To discuss modern day neurosurgical treatments for essential tremor and when to refer to a surgeon
2. To describe modern day advances for the treatment of brain metastases
3. To identify some of the exciting new technologies in neurosciences

12:30-3:30 PM

Dermoscopy Workshop

Jonathan Karnes, MD

Learning Objectives:

1. Examine different skin lesions using dermoscopes to determine typical dermoscopic patterns of skin cancer.
2. Begin to identify patterns of benign and malignant lesions.
3. Begin to utilize an algorithmic approach to diagnosis.

4:30 PM-5:30 PM

Navigating Demands without Guilt or Regret: Purpose in Career Workshop

Tonya Caylor, MD

Learning Objectives:

1. Review maladaptive habits relating to the demands
2. Identify individual qualities in 4 key areas through self-reflection
3. Write their own purpose in career statement
4. Gain insight on how your purpose statement can help you navigate the demands on your time, attention, and energy.

Sunday February 5, 2023

7:30 AM-8:15 AM

Osteoporosis Update and Hypophosphatasia (HPP)
Christian Dequet, MD

Learning Objectives:

1. How to better order and interpret bone density results
2. What is TBS (Trabecular Bone Score)
3. Low Alkaline Phosphatase Symptoms, Causes and Meaning

8:15 AM-9:15 AM

Eight Easy Ways to Feed High Iron Foods to Infants
Katie Ferraro, MPH, RDN, CDE

Learning Objectives:

1. Identify the primary barriers to offering iron containing foods for infants age 6 months and beyond
2. Counsel patients and clients on the importance of iron in the weaning diet
3. Recommend 8 distinct strategies for increasing iron food intake safely for infants age 6 months and beyond

9:30 AM-10:15 AM

Healthy Living Alaska
Jessica Downes, Alaska Health Department

Learning Objectives:

1. Discuss the implications of Chronic Disease prevention on the wellness of their patient population.
2. Identify services and systems of health systems change processes that can be used to increase referral to chronic disease prevention.
3. Name benefits of chronic disease prevention, screening and early identification gaining long term results in improvements to overall patient wellness

10:15 AM-11:00 AM

Family Doc Kitchen Style Wisdom

Marianne Bette, MD, Author

Learning Objectives:

1. Participants will understand what is "normal" in grieving, including mental, physical, and cognitive changes
2. Participants will recognize feelings they will encounter in the first year without a loved one or from any type of significant loss
3. Participants will learn effective ways to tap into healing, advice for moving forward, and lessons to be learned after experiencing a profound loss.

11:00 AM-12:00

**Diagnosing and Treating Hyperlipidemia in Family Medicine:
Exploring the Latest Clinical Evidence and the Role of Novel PCSK9-
targeted Therapies**

TBD

Learning Objectives:

1. Perform a diagnostic evaluation based on current clinical guidelines for the treatment of hyperlipidemia
2. Assess the mechanisms of action, efficacy, and safety of PCSK9-targeted agents designed to further reduce lipid levels in patients with hyperlipidemia
3. Identify patients who may benefit from treatment with PCSK9-targeting therapies

Recognize the role of multidisciplinary collaboration and patient education to optimize outcomes in patients with hyperlipidemia

12:30-4:00

Care of Hospitalized Patients Group KSA

TBD