**43rd Annual Irving M. Rasgon MD Family Medicine Symposium**

**October 27-28, 2017**

**DISCOVER NEW WAYS TO HELP FOR YOUR PATIENTS**

***If you could improve care for one patient, or even a few, would it be worth your time?
How confident are you with all of the patient care issues below?***

**Plenary Sessions:**

Acute Multi-Organ Dysfunction

* What are current recommendations for early recognition of sepsis? (What has changed in the recommendations?) How to recognize early signs and symptoms of SIRS and Sepsis?
* What timely treatments are needed for acute organ damage? How to address differences based on patient age and comorbidities?
* When do we need to be more careful relative to exceptions to the Sepsis protocol?

Chronic Multi-Organ Dysfunction: “Let’s Get Together”

* When do patients need referral for certain common multi-organ dysfunctions?
* How to coordinate care plans?
* How to assess patient’s treatment goals and possible end-of-life issues?
* What are best ways to communicate plans from specialist to Family Medicine?
* How to interpret what to do with plans described in specialists’ NOTES?

**Dermatology: Lumps and Bumps and Spots … Oh My!**

* How to interpret common dermatologic presentations of common conditions and of systemic disease?
* What ethnic differences are seen in common dermatologic conditions?
* How to manage cases that should be taken care of in FM clinic vs specialty referral?
* How to avoid common Red flags (that FM has missed)?

**Wellness: Efficiency Strategies to Prevent Burnout – Work Life Best Practices**

* What tips and tricks are SCPMG Family Medicine physicians using to effectively prevent burnout?
* What disparities impact risk for physician burnout?
* How to efficiently manage your inbasket (without going into detail like HCEssentials)?
* How to quickly review charts before seeing patients?
* How to manage charting (e.g. at your desk vs in pt. room)?
* How to avoid working from home?
* How to set patients expectations for an efficient visit?
* What system innovations are helping our physicians prevent burnout?

**Practical Hot Topics in Family Medicine**

* What recent developments directly impact daily family medicine practice?
* How to implement concrete best practices into daily practice, with consideration for disparities in care?

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**Breakout Sessions: Case Discussions**

Neurology: Tremors and Acute Neurological Changes

* How to diagnose different types of tremors?
* What is impact of age, family history, or race and/or gender on differential diagnosis of these common neurologic dysfunctions?
* What are 1st, 2nd & 3rd line medications and how to manage for essential tremors before referring patient to Neurology?
* How to diagnose emergent stroke vs MS flare-ups?

ObGyn: Ovarian Dysfunction

* AUB: What we can manage in FM, and when should we refer? What is the impact of age on risk, management and referrals?
* How to use PALM-COEIN system for categorizing causes, or potential causes, of non-gestational AUB?
* When to use which radiologic studies and pathologic specimens to differentiate causes?
* How to interpret pelvic ultrasound for endometrial thickness?
* Depending on stage of cycle – which hormone levels to order?

GI Dysfunction: *Doctor, What’s Going On in My Abdomen?*

* How to recognize the acute, sub-acute vs chronic liver disease (or related GI) concern during patient evaluations or follow-up? What are risks based on patient age, gender, ethnicity, physical attribute differences?
* Labs: Which labs to include in abdominal pain preference list in HealthConnect? How to interpret labs for next step in workup or tx?
* Imaging: When to do which imaging?
* How to apply workup and treatment algorithms in various challenging/complex cases e.g. existing liver disease, when appropriate to order repeat test?
* When does *H.Pylori* need to be considered?

Cardiology: Dysrhythmias and Atypical Chest Pain

* How to recognize the most common acute and chronic cardiac arrhythmias, especially in those with common chronic medical conditions? What disparities (including gender and comorbidities) impact risk and management?
* How to recognize subtle findings of early MI changes?
* How to recognize abnormal EKGs in common chronic/systemic cases?
* How to select patients who to send for echo, who to send for stress test?
* How to properly manage dysrhymias?
* Who need anticoags (CHADDS2)?
* When to send to EPT?

Nephrology: Renal Dysfunction in Primary Care

* How to approach early recognition and treatment of acute and chronic renal injury?
* How to manage progression of renal disease?
* How to approach uncontrolled hypertension treatment and management in the elderly?
* How to manage electrolyte disturbances?
* Proteinuria: What are early signs/red flags? How to diagnose? How to treat? When to refer? How to address different needs of children and elderly?

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**Breakout Sessions: Case Discussions** *(continued)*

Pulmonology: What Should I Do With This Spirometry?

* Diagnosis: When to do spirometry and/or PFT? How to communicate with patient to increase likelihood of follow-through with spirometry referral? What is impact of age, lifestyle, and gender on risk for COPD?

How to interpret spirometry pulmonary function tests (PFTs)?

* Treatment: What medications to prescribe for COPD vs asthma? What inhalers to try for combined dx? Referral: When to use Dr. Advice vs refer to pulm clinic? How to talk w/patients who may not be able to afford COPD meds, to access financial assistance programs?

Pediatrics: Acute and Well Child Care in Family Medicine

* UTI: When to do further workup, treatment?
* VUCG: How to do age-specific sepsis work-ups?
* Growth charts: How to interpret growth charts, how to evaluate/dx organ dysfunction that is reflected in growth chart?
* MSK dysfunction: differential dx of pediatric limp?

Recreational Drugs: When Too Much is Not Enough

* Screening: What drugs are out there / names / effects/ clinical considerations? How should we inquire about substance use, assess risk, and make important next steps?

How to do basic triaging of substances?

* Recovery: How to think of the recovery process – Challenging current assumptions? What works and doesn’t work in recovery process? What to advise/educate pts about the recovery process? What services are available for pts to get help? What are treatment options, i.e. for which do you think about using medicine? Referral? or other resources?
* Management: How to improve management in FM?What is Addiction Medicine using tomonitor care?

Osteopathic Manipulation: Patient Satisfier for Chronic Pain

* What is scope of practice for Osteopathic Manipulation Technique (OMT)?
* What techniques are used?
* What are indications and contraindications for OMT for neck or back pain in various patient populations?
* What is the brief business case for OMT?
* How to select patients and counsel for referral to manage expectations appropriately, considering patient age, gender, and physical attributes?

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**Workshops**

MSK: Shoulder and Knee Exam and Joint Injections Workshop

* When are injections indicated, considering patient age?
* How well can participants diagnose knee and shoulder musculoskeletal injuries now, and what do they need to do differently to improve?
* How well can participants perform injections now, and what do they need to do differently to improve?

Minor Surgical Procedures Workshop

* General: What equipment is needed for certain procedures? How much of which anesthesia to use? What are aftercare instructions to give patient?
* Incision and Drainage: What are red flags to look for … when should you NOT cut, what needs further workup? How big should incision be when doing I&D?
* Laceration repair: when to use which method of repair?
* Suturing: What size sutures for which lacerations, incisions? How do you tie a simple knot Suture knot? How far apart? How to approach advanced suturing techniques? (new materials that are available? Which precautions can get a better result?)
* Biopsies: when to biopsy a lesion, how to perform biopsy in clinic, post-procedural care?
* Eye: how to examine the eye, how to perform fluorescein eye exam?
* For each of the following procedures in various case scenarios, what are participants doing correctly, and what needs improvement? **Incision and drainage, laceration repair, ingrown toenail repair, punch and shaved biopsies, eye trauma exam with fluorescein.**

**Osteopathic Manipulation Technique Workshop**

* How to educate patients to manage expectations for OMT visits?
* How well can participants perform basic evidence-based techniques for specific conditions -- e.g. chronic neck pain, chronic back pain, chronic headache, fibromyalgia – and what do they need to do differently to improve?

**OPTIONAL Session**

**ABFM Maintenance of Certification Knowledge Self-Assessment Module
– Pain Management**

* What predicts misuse of prescribed opiates?
* How to provide culturally appropriate communication/counseling for pain management?
* How to appropriately evaluate patients with chronic pain?
* If providers prescribe controlled substances, what are requirements / how to avoid legal trouble?
* How to use multiple pain management modalities (pharma & non-pharma)?
* How is my practice aligned with ABFM’s standards related to pain management?
* How do I need to change my practice to address my personal gaps related to pain management?