Park Nicollet Institute

Chronic Disease Update

Thursday and Friday
September 26–27, 2013

Location

Naegele Auditorium
Park Nicollet Clinic–St. Louis Park
3800 Park Nicollet Boulevard
St. Louis Park, Minn.
(View map and directions)

Audience

This program is designed for primary care physicians, physician assistants and nurse practitioners. Nurses and other members of the care team may also find it beneficial.

Description

Chronic diseases are the leading causes of death and disability in the United States according to the Centers for Disease Control and Prevention. The cost of healthcare for these individuals accounts for nearly 70 percent of the nation's healthcare costs. As our population ages, the numbers and associated costs will only increase.

Optimal management of patients with chronic diseases requires strategies that support better patient self-management with collaborative care planning, ongoing monitoring and patient education. Primary care clinicians need to update their skills regularly to keep pace with advancements in medical knowledge, therapies and technologies and provide new approaches to managing patients with chronic disease.

Credit hours

Maximum of 11.5 *AMA PRA Category 1 Credits™.*

Application for CME credit has been filed with the American Academy of Family Physicians.
Determination of credit is pending.

Cost

See printable registration form

Please contact us with questions or to register.

Phone: 952-993-3531
Toll-free: 1-888-786-3119
Fax: 952-993-3033
E-mail: mailto:cme@parknicollet.com

Agenda

Thursday, September 26, 2013

8:30 a.m. Registration and continental breakfast

9:20 Welcome and announcements

9:30 Accountable Care Organizations
Daniel Trajano, MD
• Population management
• Reimbursement

10:00 Acupuncture: What conditions can it treat
Patricia Culliton, MA, LAc
• General pain
• Migraine
• Nausea from chemotherapy
• Hot flashes

10:30 Fibromyalgia: What's new in diagnosis, causes, and treatment
Arthur Wineman, MD
• Alternative approaches to the diagnosis of fibromyalgia
• Pharmacologic and non-pharmacologic treatment of fibromyalgia

11:00 The Right People, the Right Words, the Right Time: Palliative care and advance care planning in chronic illness
Thomas Klemond, MD

11:30 Urogynecology
Kimberly Gerten, MD
• Incontinence
• Common procedures and treatments
• What to do in primary care before referral

Noon Lunch

1 p.m. Cancer Patients: Long-Term Follow Up
Lorre Ochs, MD
• Breast, colon and prostrate
• What tests to order
• Follow up

1:30 Management of Hypertension
Anthony Woolley, MD
• Preferred medication options
• Targets and guidelines

2:00 Celiac Disease
Savanna Borne, NP
• Screening, diagnosis and treatment
• Gluten sensitivity vs. celiac disease

2:30 Refreshment break

3:00 **Managing Obesity: What really works**
Jennifer Vesely, MD
• Medications
• Nonmedical approaches
• Payment and coverage changes

3:30 **Managing Behavioral Issues in People with Dementia**
Jeffrey Larkin, MD
• Behavioral intervention methods
• Managing family expectations
• Medications to improve behavior outcomes

4:00 **Atrial Fibrillation: Management in 2013**
Jay Simonson, MD
• Which anticoagulant?
• Is rate control still important?
• Does my patient really need sinus rhythm?
• When is ablation appropriate?

4:30 **Adjourn**

Friday, September 27, 2013

7:15a.m. **Registration and continental breakfast**

7:50 **Welcome and announcements**

8:00 **Hepatitis C: Screening and Treatments**
Ann Kools, MD
• Screening guidelines for baby boomers
• Current and new treatments on the horizon

8:30 **Better Eating and the Prevention of Chronic Disease**
Mark Melin, MD
• Eating vs. Diet vs. Nutrition
• Metabolic Syndrome
• Sugar sweetened beverages and non-nutritive beverages and water
• Antibiotics and our Food Supply
• Health Care Employee, Patient, Family and Community – What can I do?

9:00 **Depression and Anxiety**
Charlotte Guest, MD
• Long term issues for primary care clinicians
• Duration of medications
• Follow up

9:30 **Herbs and Supplements in Chronic Disease**
Nancy Van Sloun, MD
• Review of evidence for popular herbs and supplements
• Dosing, side effects and cautions
• Resources

10:00 **Refreshment break**

10:30 **Asthma Care: What's new?**
Nicolette Myers, MD
• Bronchothermoplasty
• Tiotroprium Bromide
• Guidelines for interpretation of spirometry

11:00 **Diabetes: Guidelines for picking targets**
Anders Carlson, MD
• Which patient gets which target?

11:30 **Managing Psoriasis and Atopic Dermatitis in Primary Care**
Karla Rosenman, MD
• Diagnosis and treatment
• Associated conditions
• Differences and similarities

Noon **Lunch**

1 p.m. **Chronic Wound Management**
Pamela Cole, MSPT, CWS
• Theory of wound healing, impact on management

1:30 **Proton Pump Inhibitors: When downsides continue to grow**
Anne Schullo-Feulner, PharmD
• Balancing risks and benefits
• Long-term medications
• Medication interactions

2:00 **Sleep Apnea**
TBA
• Who to screen and when to retest
• Effectiveness of appliances
• Follow up and evaluation

2:30 **Refreshment break**

3:00 **Gout 101**
Peter Kent, MD
• Improving management
• New guidelines for treatment

3:30 **The Enlarged Prostate: From Herbal to Surgical Therapy**
Nathan Hoffman, MD
• Medical and surgical management
• Medication complications

4:00 **Adjourn**

Faculty

Park Nicollet Health Services faculty

Savanna Borne, NP
Gastroenterology
Park Nicollet Heart and Vascular Center

Anders Carlson, MD
Endocrinology
HealthPartners

Pamela Cole, MSPT, CWS
Wound Care Clinic
Park Nicollet Methodist Hospital

Patricia Culliton, MA, Lac
Director of the Alternative Medicine Division,
Hennepin Faculty Associates

Center for Spirituality and Healing, Faculty
University of Minnesota

Kimberly Gerten, MD
Urogynecology
Park Nicollet Clinic

Charlotte Guest, MD
Psychiatry
Health Partners

Nathan Hoffman, MD
Urology
Park Nicollet Clinic

Peter Kent, MD
Rheumatology
Park Nicollet Clinic

Thomas Klemond, MD
Palliative Care
Park Nicollet Methodist Hospital

Ann Kools, MD
Gastroenterology
Park Nicollet Heart and Vascular Center

Jeffrey Larkin, MD
Senior Services
Park Nicollet Clinic

M. Mark Melin, MD
Vascular Surgery
Park Nicollet Heart and Vascular Center

Nicolette Myers, MD
Pulmonary Medicine
Park Nicollet Clinic

Lorre Ochs, MD
Oncology
Park Nicollet Frauenshuh Cancer Center

Jay Simonson, MD
Cardiology
Park Nicollet Heart and Vascular Center

Anne Schullo-Feulner, PharmD
Pharmacy
Park Nicollet Methodist Hospital

Karla Rosenman, MD
Dermatology
Park Nicollet Clinic

Daniel Trajano, MD
Population Health
Park Nicollet Clinic

Nancy Van Sloun, MD
Internal Medicine
Park Nicollet Clinic

Jennifer Vesely, MD
Family Medicine
Park Nicollet Clinic

Arthur Wineman, MD
Family Medicine
Health Partners

Anthony Woolley, MD
Internal Medicine
Park Nicollet Clinic

Planning committee

Lynn Manning, MD Conference Chair Family Medicine Park Nicollet Clinic	**Nancy Van Sloun, MD** Internal Medicine Park Nicollet Clinic
Courtney Bull, PA Family Medicine Park Nicollet Clinic	**Christine Bloom, MPH** Office of Continuing Medical Education Park Nicollet Institute
Richard Mitchell, MD Family Medicine Park Nicollet Clinic	**Taylor Powell** Office of Continuing Medical Education Park Nicollet Institute

Program overview

Chronic diseases are the leading causes of death and disability in the United States according to the Centers for Disease Control and Prevention. The cost of healthcare for these individuals accounts for nearly 70 percent of the nation's healthcare costs. As our population ages, the numbers and associated costs will only increase.

Optimal management of patients with chronic diseases requires strategies that support better patient self-management with collaborative care planning, ongoing monitoring and patient education. Primary care clinicians need to update their skills regularly to keep pace with advancements in medical knowledge, therapies and technologies and provide new approaches to managing patients with chronic disease.

Conference format

This conference will focus on providing practical approaches to improve care and outcomes for patients with chronic conditions, including dementia, incontinence, sleep apnea, cancer, gout, hepatitis C, celiac disease and obesity. A format of lectures, case presentations, small-group discussion and question-and-answer periods will be used. To encourage participation and active learning, the conference uses an interactive audience response system (ARS).

Educational objectives

Following this course, participants will be able to:

- Apply clinical advances for long-term management of common chronic conditions, such as dementia, cancer, atopic dermatitis, gout, atrial fibrillation, hepatitis C and incontinence
- Monitor and adjust patient medications and treatments to meet clinical targets for chronic conditions, such as depression, diabetes and asthma
- Formulate strategies for improving patient adherence with treatment recommendations and identify resources for addressing complimentary therapies and palliative care

Accreditation

Park Nicollet Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, Park Nicollet Institute, designates this live activity for a maximum of 11.5 *AMA PRA Category 1 Credit(s)™.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME has been filed with the American Academy of Family Physicians.
Determination of credit is pending.

Cancellation and refund policy

Substitutions are accepted at any time. If you cancel your registration at any time up to the start of the conference, there will be an administrative charge of $50. No refunds are given after the conference has started.

All continuing medical education activities are subject to cancellation. In the event that this conference would have to be cancelled, the Office of Continuing Medical Education, Park Nicollet Institute, is not responsible for any airfare, hotel or other costs incurred by participants.

Course location and facility

This conference will be held in the Naegele Auditorium on the seventh floor of Park Nicollet Clinic at 3800 Park Nicollet Blvd., St. Louis Park, Minnesota, conveniently located at the northeast intersection of Highway 100 and Excelsior Blvd. Follow the signs off Excelsior Blvd. to park in the free parking ramp.

For more detailed directions, call the Office of Continuing Medical Education at 952-993-3531. A map will be sent with your confirmation letter.

Please note that because our conference facilities are not equipped for infants and children, we ask that you make arrangements for childcare.

Hotel arrangements

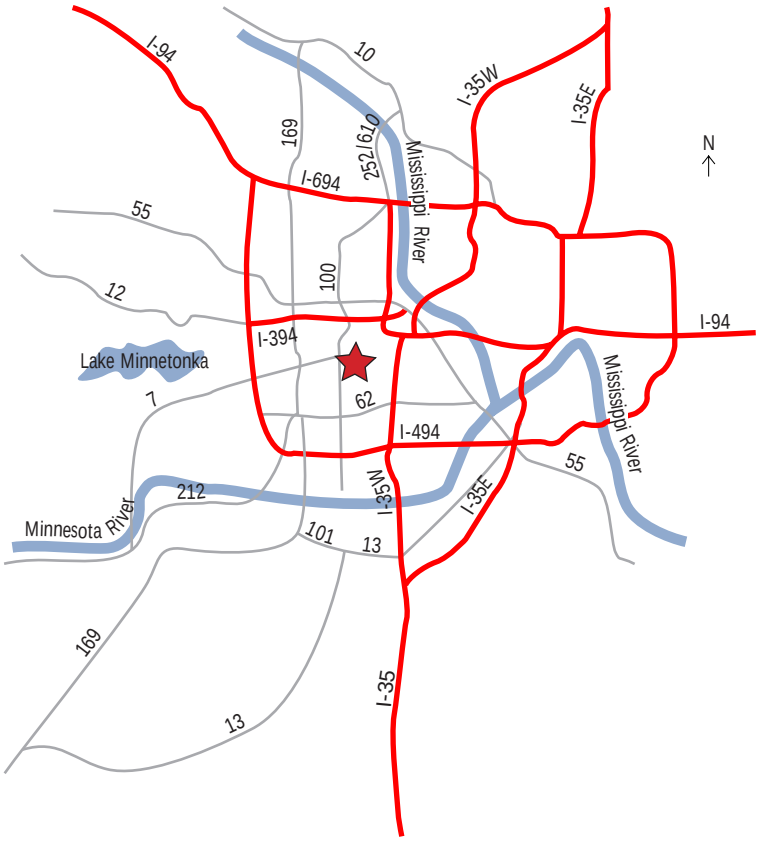
If necessary, you may make arrangements at any of these conveniently located hotels:

Hotel Sofitel
5601 West 78th Street
1-800-876-6303
(5 miles south of Clinic at intersections of Hwys 494 & 100)

DoubleTree by Hilton Bloomington Minneapolis South
7800 Normandale Blvd.
952-835-7800
(5 miles south of Clinic at intersection of Hwys. 494 & 100)

DoubleTree Park Place Hotel
1500 Park Place Blvd.
1-800-222-8733
(3 miles northwest of Clinic at intersection of Hwys. 394 & 100)

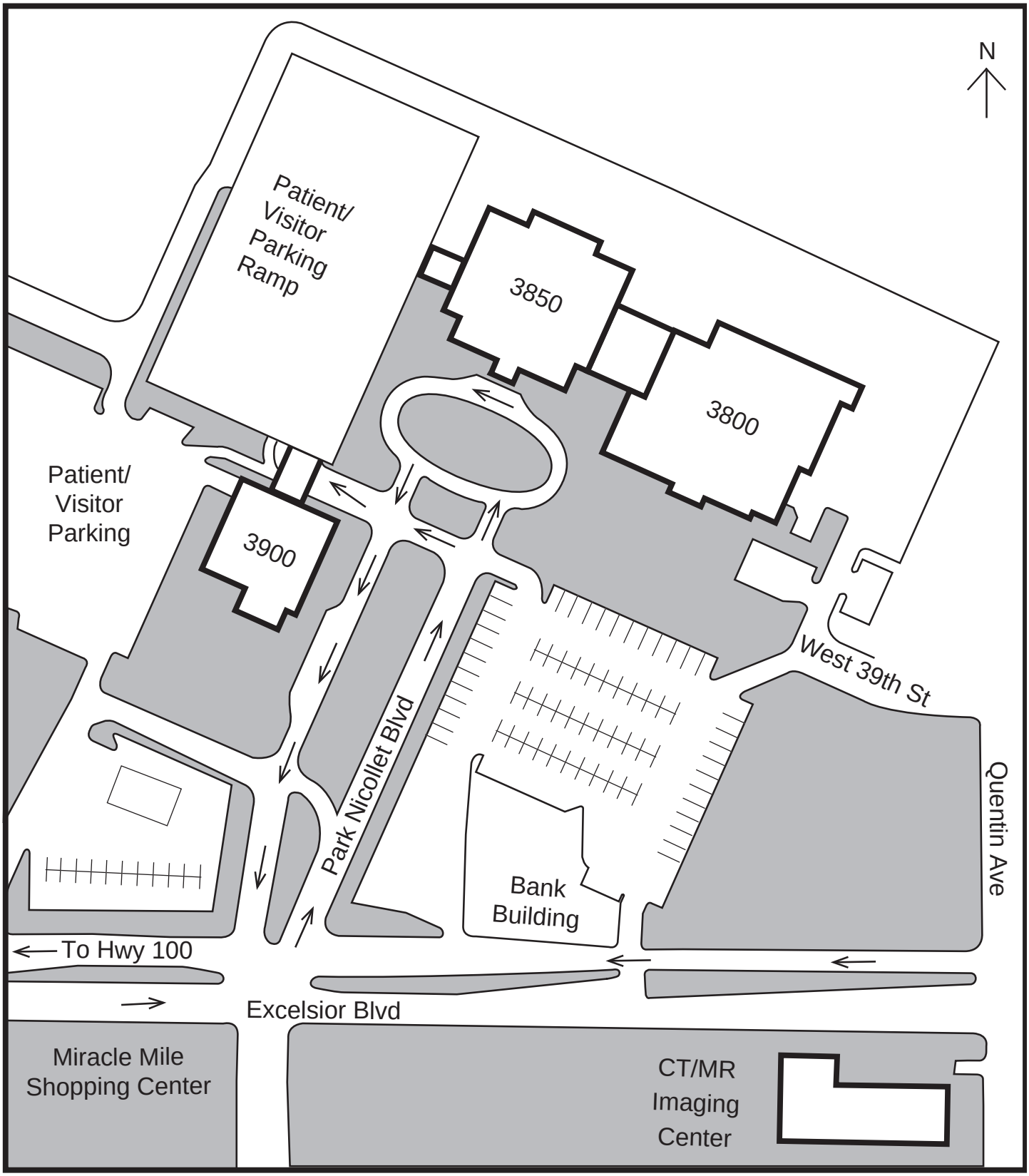
Park Nicollet Clinic—St . Louis Park



Hwy. 100 to Excelsior Blvd.; east to Park Nicollet Blvd. (across from Miracle Mile Shopping Center). Turn left into clinic and follow signs, going straight and then left to parking ramp. Parking is free. or,
Hwy 169 to Excelsior Blvd.; east about three miles to Park Nicollet Blvd. Turn left into clinic and follow signs, going straight and then left to parking ramp. Parking is free.

3800 Park Nicollet Blvd.
St. Louis Park, MN 55416
952-993-3123 (General Information)

Park Nicollet Clinic—St . Louis Park



REGISTRATION

Chronic Disease Update
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Register online
parknicollet.com/cme

Mail
Continuing Medical Education
Park Nicollet Institute
3800 Park Nicollet Blvd.
St. Louis Park, MN 55416

Phone
952-993-3531 or
888-786-3119

Fax
952-993-3033

Name _____
(including degree, as you want it to appear on your name badge)

Organization _____

Address _____

City _____ State _____ ZIP _____

Business phone _____ Fax _____

Email address_____

☐ Check here if you prefer not to receive Park Nicollet professional education program and product announcements via email.

If you have any special needs or dietary requests, call 952-993-3531 or 888-786-3119.

Tuition *(Includes electronic syllabus, refreshment breaks and lunch. A printed syllabus can be added for $40.) Circle amount paid.*

	Physicians	Other professionals/ Retirees/Residents
Thursday only	$180	$150
Friday only	$190	$160
Thursday and Friday	$330	$270
Printed syllabus	$40	$40

Payment Method

☐ Check—Make payable to Park Nicollet Institute.

☐ Credit card—Fax or phone your registration with credit card number or provide online at our website.

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

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