Primary Care Update: Pathways to Knowledge

September 19–20, 2019
DoubleTree by Hilton, St. Paul East | St. Paul, MN

Conference highlights include:
• Combating the crisis on addiction, obesity and mental health
• Updates on hot topics
• Customized learning
• Interactive workshops
• Lunch-and-Learn sessions
• Practical pearls
• Wellness sessions

Continuing Medical Education for Primary Care
Register online at parknicollet.com/cme
Conference overview
Primary care medicine is the foundation — and largest component — of our health care system. Primary care clinicians attend to over half of all clinic visits. When patients have good access to high-quality primary care medicine, the result is often more timely care, better preventive care, less unnecessary care, improved cost and lower mortality. Remaining up-to-date on practice guidelines and medical skills is imperative for primary care clinicians to provide accessible, cost-effective and high-quality care that results in better experiences for both patients and clinicians.

Because each clinical environment has a unique patient population, *Primary Care Update: Pathways to Knowledge* gives you the opportunity to customize your pathways to learning the best practices, strategies and skills to serve your patients.

**Program highlights include:**
• The latest evidence-based guidelines on common medical conditions in primary care
• Customized learning with over 25 breakout sessions, including case-based discussions, interactive workshops and specialized tracks
• Lunch-and-Learn sessions, including perplexing cases, in-flight medical emergencies, images to improve your clinical skills and a book club discussion on *Dopesick* which charts the devastating opioid crisis in America

**Educational objectives**
*Following this activity, participants will be able to:*
• Apply evidence-based strategies in the diagnosis and management of common medical conditions in primary care
• Discuss best practices and appropriate referrals in primary care
• Formulate appropriate pharmacologic and non-pharmacologic strategies for patients with common medical problems

**Early-Bird Session. Friday, September 20**

**The Resilience Advantage™**
Skills for Personal and Professional Effectiveness

Presented by Cami Smalley, MA, NBC-HWC

Is your life battery running on empty? What would your life be like if . . .
– you had more energy throughout the day
– when out of sync, you could reset yourself just like you reset your computer
– you intuitively knew how to respond to change and challenge

The Resilience Advantage is a research based, program designed by HeartMath®. It helps us transform stress to improve personal and workplace wellbeing. Based on more than 20 years of published, peer-reviewed research on the science of resilience, this program provides a powerful skillset and engaging technology to prepare you to thrive in a world of change, challenge and opportunity.

**Accreditation**
HealthPartners Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Office of Continuing Medical Education, HealthPartners Institute, designates this live activity for a maximum of 13.5 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 credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

HealthPartners Institute is approved by the Minnesota State Board of Pharmacy as a provider of continuing pharmaceutical education for Minnesota pharmacists. This program has been submitted for 13.5 hours of continuing education credit. Pharmacists should claim only the credit commensurate with the extent of their participation in the activity.

This program is designed to meet the Minnesota Board of Nursing’s requirements. It is the responsibility of each nurse to determine if the program meets the criteria for licensure or recertification in their discipline.

**Conference location and accommodations**
The conference will be held at the DoubleTree by Hilton, St. Paul East, 2201 Burns Ave., St. Paul, MN 55119. Reserve guest rooms by calling 651-731-2220. Reference HealthPartners Institute – Primary Care Update to receive the group rate of $121 (plus tax), per night. Reservations should be made by August 29, 2019, after which date rooms are subject to availability and regular rates may apply.

**Click here to book online and receive group rate!**

**Registration**
**Enrollment is limited; early registration is advised**
Registration includes continental breakfast, lunch and refreshments. Presentations will be available for download from the conference website. If you have any special needs or dietary requirements, please notify us when registering so we can make arrangements to accommodate you. To contact us, email cme@parknicollet.com or call 952-993-3531.

**Cancellation and refund policy**
The registration fee, less a $50 administrative charge, is refundable if cancellation is received 5 business days in advance of the conference date.

All continuing medical education activities are subject to cancellation. In the event this conference is cancelled, the Office of Continuing Medical Education, HealthPartners Institute, is not responsible for any airfare, hotel or other costs incurred by participants.
Thursday, September 19, 2019

7 a.m.  Registration and continental breakfast
7:50  Welcome and announcements
Moderator: Annie Ideker, MD

8:00  Battling Burnout: Rewriting the Story Mary Fredrickson, MD
Updates and Practical Pearls

8:45  Neurology Bret Haake, MD, MBA
  •  Common neurological problems
  •  Central sensitization

9:30  Cardiology Sunny Kaul, MD
  •  Clinical trials
  •  Medications for heart failure
  •  Coronary artery disease testing

10:15  Refreshment break

10:30  Pulmonary David E. Niccum, MD
  •  Asthma
  •  Bronchiectasis
  •  COPD

11:15  Endocrinology Christopher Kodl, MD
  •  Osteoporosis
  •  Thyroid Disease

Noon  Lunch or Optional Lunch-and-Learn session (lunch included)
  •  This Is Your Captain Speaking: Is There a Provider on Board?
  Management of Inflight Medical Emergencies Scott Faust, MD
  •  CSI Minneapolis: Perplexing Cases Carrie Evavold, MD

Customize Your Learning Needs

<table>
<thead>
<tr>
<th>Session 1+2</th>
<th>1:00–2:05 p.m.</th>
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<tbody>
<tr>
<td><strong>Forever Young:</strong> Baby Boomers Come of Age</td>
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<td><strong>Sharpening the Saw Session 1</strong> 1:00–1:30 p.m.</td>
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<tr>
<td>Timely Immunization Topics Jim Nordin, MD, MPH</td>
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<td>Newer Anticoagulation Agents Bryan Trottier, MD</td>
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<td><strong>Session 1+2 1:00–2:05 p.m.</strong></td>
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<tr>
<td><strong>Who You Gonna Call Session 1</strong> 1:00–1:30 p.m.</td>
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<td>Office-Based Emergencies and Urgencies Jay Dirks, MD, FAAFP</td>
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<td><strong>Session 1 1:00–1:30 p.m.</strong></td>
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<td><strong>Pharmacy Update Session 1</strong> 1:00–1:30 p.m.</td>
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<td>Antibiotic Use in Primary Care Jonathan Alpern, MD</td>
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<td><strong>Session 2 1:35–2:05 p.m.</strong></td>
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<tr>
<td><strong>Diagnosis and Treatment of Cognitive Impairment</strong> Michael Rosenbloom, MD</td>
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<td>The Dizzy Patient: A Practical Approach Manuela Fina, MD</td>
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<td>All in the Family: Genetics and Primary Care Shellie (Michele) Kieke, PhD, MS, LGC</td>
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<td>Common Medication Errors Nicole Buuck, PharmD</td>
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<td><strong>Session 3 2:10–2:40 p.m.</strong></td>
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<td><strong>Refreshment break 2:40–3:00 p.m.</strong></td>
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<td><strong>Session 4 3:05–3:35 p.m.</strong></td>
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<td><strong>End-of-Life Care</strong> Daniel Townsend, DO</td>
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<td><strong>Cardiology Session 4</strong> 3:05–3:35 p.m.</td>
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<tr>
<td>Cardiac Stress Tests: Which One to Do and How to Act on Results Glenn Nickele, MD, FACC, FASE</td>
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<td>Hepatitis C Melanie Richert, MSN, RN, FNP-BC</td>
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<td>New Drug Update Eric Berg, PharmD</td>
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<td><strong>Session 5 3:40–4:10 p.m.</strong></td>
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<td><strong>EKG Pearls Marco Guerrero, MD</strong></td>
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<td><strong>NASH: Diagnosis and Follow-up Melanie Richert, MSN, RN, FNP-BC</strong></td>
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<tr>
<td>Common Supplements: What’s the Evidence? Alison Knutson, PharmD, BCACP</td>
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<td><strong>Adjourn 4:10 p.m.</strong></td>
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**Friday, September 20, 2019**

7 a.m. **Early-Bird Session — The Resilience Advantage™**
Skills for Personal and Professional Effectiveness
(see description under conference overview)

Cami Smalley, MA, NBC-HWC

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

7:50 **Welcome and announcements**

Moderator: Ankit Mehta, MBBS, FHM, FACP

8:00 **Urology**
- Common voiding problems
- Kidney stones
- PSA screening

Colby Dixon, MD

8:45 **Addiction Medicine**
- DSM-5 criteria
- When to use medications and what is evidence-based
- Current trends including methamphetamines, opioids, and synthetic drugs

Charles Reznikoff, MD

9:30 **Obesity**
- Physiology of weight reduction
- Medical weight management options
- Bariatric surgery overview

Jennifer Vesely, MD

10:15 **Refreshment break**

10:30 **Mental Health**
- Depression
- Anxiety
- Suicide

Christine Stanson, MD

11:15 **Top Studies: A Patient-Centered Review of the Literature**

Jason H. Szostek, MD

Noon **Lunch or Optional Lunch-and-Learn session (lunch provided)**

- A Picture is Worth a Thousand Words!
- Impactful Pages: A Book Club Discussion of *Dopesick: Dealers, Doctors, and the Drug Company that Addicted America* by Beth Macy

Ashley Dohlen, MD

Mabel Rohr, APRN, CNP

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**Customize Your Learning Needs**

<table>
<thead>
<tr>
<th>Empathy: The Heart of Medicine</th>
<th>From Head and Shoulders to Knees and Toes</th>
<th>Show and Tell Interactive Workshop</th>
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<tbody>
<tr>
<td><strong>Session 6 + 7  1:00–2:05 p.m.</strong></td>
<td><strong>Session 6  1:00–1:30 p.m.</strong></td>
<td><strong>Session 6 + 7  1:00–2:05 p.m.</strong></td>
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<tr>
<td>Improve Connection with Improv</td>
<td>Preventing New Cases of HIV: The Critical Role of Primary Care</td>
<td>Deep Under My Skin: Clinical Dermatology Scenarios and Biopsy Techniques</td>
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<tr>
<td>Ankit Mehta, MBBS, FHM, FACP</td>
<td>Michael Stiffman, MD, MSPH, AAHIVS</td>
<td>Tiffany L. Shih, MD ($25 additional fee)</td>
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<td>Mary Fredrickson, MD</td>
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<td>Brett Hendel-Paterson, MD</td>
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<td><strong>Session 7  1:35–2:05 p.m.</strong></td>
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<td>Irritable Bowel Syndrome</td>
<td>Shoulder Examination: Principles and Practice</td>
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<td>George Logan, MD</td>
<td>Steven Greer, MD, CAQ</td>
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<th>Curbside Consult</th>
<th>From Head and Shoulders to Knees and Toes</th>
<th>Show and Tell Interactive Workshop</th>
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<tr>
<td><strong>Session 8  2:10–2:40 p.m.</strong></td>
<td><strong>Session 8 + 9  2:10–3:15 p.m.</strong></td>
<td><strong>Session 8 + 9  2:10–3:15 p.m.</strong></td>
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<tr>
<td>Cancer Screening Update 2019</td>
<td>Rheumatology Pearls</td>
<td>Clinical Imaging: Appropriate Use of Diagnostic Tests to Practice High Value Care</td>
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<tr>
<td>Daniel M. Anderson, MD, MPH</td>
<td>Marty Mertens, MD</td>
<td>Michael Madison, MD</td>
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<td><strong>Session 9  2:45–3:15 p.m.</strong></td>
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<td>Flying High in Minnesota: Medical Uses of Cannabis</td>
<td>Chronic Kidney Disease</td>
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<tr>
<td>Art Wineman, MD</td>
<td>Judson Pollock, MD</td>
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| Adjourn 3:15 p.m. | | |
Faculty and Planning Committee*

Jonathan Alpern, MD  Infectious Disease  HealthPartners

Daniel M. Anderson, MD, MPH  Hematology/Oncology  Cancer Care Center  Regions Hospital

Megan Bennett, OTR/L  Rehab Services  Regions Hospital

Eric Berg, PharmD  Pharmacy Clinical Services  Regions Hospital

Nicole Buuck, PharmD  Pharmacy Clinical Services  Regions Hospital

Jay Dirks, MD, FAAFP  University of Minnesota Family Medicine Residency – Smiley’s Clinic

Colby Dixon, MD  Urology  HealthPartners

Ashley Dohlen, MD  Hospital Medicine  Regions Hospital

Jacklyn Ellickson, MD  Endocrinology  HealthPartners

Carrie Evavold, MD  Hospital Medicine  Regions Hospital

Scott Faust, MD  Hospital Medicine  Regions Hospital

Manuela Fina, MD  Otolaryngology  HealthPartners

Mary Fredrickson, MD  Hospital Medicine and Community Senior Care  HealthPartners  Physician Advisor  Regions Hospital

Jennifer Granlund, PT  Rehab Services  Regions Hospital

Steven Greer, MD, CAQ  Family Medicine and Sports Medicine  TRIA

Marco Guerrero, MD  The Heart Center  Regions Hospital

Bret Haake, MD, MBA  Medical Affairs  Regions Hospital  Neurology  HealthPartners Neuroscience Center

Brett Hendel-Paterson, MD  Hospital Medicine  Regions Hospital

Annie Ideker, MD*  Family Medicine  Clinician/Patient Relationships – Ambulatory HealthPartners

Sunny Kaul, MD  The Heart Center  Regions Hospital

Shellie (Michele) Kieke, PhD, MS, LGC  Licensed Laboratory Genetic Counselor  Medical Laboratory & Pathology Services  Regions Hospital

Alison Knutson, PharmD, BCACP  Medication Management Therapy  Park Nicollet

Christopher Kodl, MD  Endocrinology  HealthPartners

Sharon Kopp-Huth*  Continuing Medical Education  HealthPartners Institute

George Logan, MD  Gastroenterology  Park Nicollet Digestive Center

Michael Madison, MD  Imaging and Radiology  St. Paul Radiology

Ankit Mehta, MBBS, FHM, FACP*  Hospital Medicine  Regions Hospital

Marty Mertens, MD  Endocrinology  HealthPartners

David E. Niccum, MD  Pulmonary and Critical Care  HealthPartners

Glenn Nickele, MD  The Heart Center  Regions Hospital

Jim Nordin, MD, MPH  Clinical Research  HealthPartners Institute  Pediatrics  HealthPartners

Marit Anne Peterson, JD  Program Director  Minnesota Elder Justice Center

Judson Pollock, MD  Nephrology  HealthPartners

Charles Reznikoff, MD  Addiction Medicine and Internal Medicine  Hennepin Healthcare

Melanie Richert, MSN, RN, FNP-BC  Gastroenterology  HealthPartners

Lori Ricke, MD*  Family Medicine  HealthPartners

Mabel Rohr, APRN, CNP*  Hospital Medicine  Regions Hospital

Michael Rosenbloom, MD  Neurology  HealthPartners Neuroscience Center

Tiffany L. Shih, MD  Dermatology  HealthPartners

Cam Smalley, MA, NBC-HWC  Employee Health and Wellness  Regions Hospital

Christine Stanson, MD  Behavioral Health  HealthPartners

Michael Stifflman, MD, MSPH, AAHIVS  Family Medicine  HealthPartners

Jason H. Szostek, MD  General Internal Medicine  Mayo Clinic – Rochester

Daniel Townsend, MD  Hospital Medicine  Regions Hospital

Bryan Trottier, MD  Hematology/Oncology  Park Nicollet Fraunshuh Cancer Center

Jennifer Vesely, MD  Obesity Medicine and Medical Weight Management  Family Medicine  Park Nicollet

Rae Ann Williams, MD, FACP*  Internal Medicine  HealthPartners

Art Wineman, MD*  Family Medicine  HealthPartners

Content Reviewer
Jeremy Springer, MD  Family Medicine  Park Nicollet

*denotes member of the Planning Committee
# Registration Form

**Primary Care Update: Pathways to Knowledge**  
**September 19–20, 2019**

<table>
<thead>
<tr>
<th>Days attending and fee</th>
<th>Entire conference</th>
<th>Thursday only</th>
<th>Friday only</th>
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<tbody>
<tr>
<td>Physician</td>
<td>$475</td>
<td>$245</td>
<td>$230</td>
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<tr>
<td>Health care professional</td>
<td>$405</td>
<td>$210</td>
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<td>Retiree</td>
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<tr>
<td>Medical resident</td>
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**Optional Sessions**

**Lunch-and-Learn sessions (lunch included)**

- Thursday:  
  - $CSI Minneapolis: Perplexing Cases
  - Inflight Emergencies

- Friday:  
  - A Picture is Worth a Thousand Words!
  - Book Club Discussion of Dopesick

**Early-Bird Session — The Resilience Advantage™**

- Friday, 7 am:  
  - Complimentary

**Dermatology Workshop: Biopsy Techniques**

- Friday, 1 pm:  
  - $25

**Payment method**

- Check made payable to: **HealthPartners Institute**
- Transfer from my HealthPartners or Park Nicollet CME account
- Charge to:  
  - American Express
  - Discover
  - MasterCard
  - Visa

**Participant information**

**Name**  
Profession: MD, DO, NP, PA, PharmD, etc.  
Specialty: FM, IM, Peds, etc.

**Email**  
(Confirmation letter and certificate will be sent to this address. Please print clearly.)

**Affiliation**

**Address**  
Home or Office (Include Mailstop)

**City**  
State  
Zip  
Telephone

**Dietary requirements**

- Special needs
- Lactation room

**How to register**

- Online: [parknicollet.com/cme](http://parknicollet.com/cme)
- Mail: Continuing Medical Education, Mailstop 61N06B  
  3800 Park Nicollet Blvd  
  St. Louis Park, MN 55416

*We accommodate food allergies and restrictions to the best of our ability. If your dietary needs are specific, we encourage other arrangements.*
Enrollment is limited – Early registration is recommended
Select ONE breakout in each session*
*Exception: Presentations in green text are two sessions in length

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakout</th>
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<tbody>
<tr>
<td>Thursday, September 19, 2019</td>
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<tr>
<td>1:00–1:30 p.m.</td>
<td>1. Elder Abuse (Sessions 1 + 2)</td>
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<td>2. Timely Immunization Topics</td>
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<td>3. Office-based Emergencies and Urgencies (Sessions 1 + 2)</td>
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<td>4. Antibiotic Use in Primary Care</td>
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<tr>
<td>1:35–2:05 p.m.</td>
<td>5. Newer Anticoagulation Agents</td>
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<td>2:10–2:40 p.m.</td>
<td>7. Diagnosis and Treatment of Cognitive Impairment</td>
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<td>9. All in the Family: Genetics and Primary Care</td>
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<td>10. Common Medication Errors</td>
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<td>3:05–3:35 p.m.</td>
<td>11. Falls Prevention</td>
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<td>12. Cardiac Stress Tests</td>
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<td>13. Hepatitis C</td>
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<td>14. New Drug Update</td>
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<td>3:40–4:10 p.m.</td>
<td>15. End-of-Life Care</td>
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<td>16. EKG Pearls</td>
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<td>Friday, September 20, 2019</td>
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<tr>
<td>1:00–1:30 p.m.</td>
<td>19. Improve Connection with Improv (Sessions 6 + 7)</td>
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<td>20. Preventing New Cases of HIV</td>
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<td>21. Shoulder Examination: Principles and Practice (Sessions 6 + 7)</td>
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<td>22. Biopsy Techniques: Interactive Workshop (Sessions 6 + 7)</td>
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<td>1:35–2:05 p.m.</td>
<td>23. Irritable Bowel Syndrome</td>
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<td>2:10–2:40 p.m.</td>
<td>24. Cancer Screening Update 2019</td>
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<td>25. Rheumatology Pearls</td>
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<td>26. Twist and Shout: Ankle Examination (Sessions 8 + 9)</td>
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<td>27. Clinical Imaging (Sessions 8 + 9)</td>
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<td>2:45–3:15 p.m.</td>
<td>28. Flying High in Minnesota: Medical Uses of Cannabis</td>
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<td>29. Chronic Kidney Disease</td>
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• Wellness sessions

Upcoming Conferences
Continuing Medical Education for Primary Care
Pain Management Summit | October 11
Clinical Diabetes Management | October 24-25
Urgent Care Update: What You Need to Know | October 31-November 1
Sharing the Journey: Advanced Illness Care | November 7-8
Wound Care Update | November 8
33rd Annual Primary Care Update | November 21-22
Cardiovascular Update | December 5-6
Geriatric Update | December 12-13

Program details will be available prior to each conference.
parknicollet.com/cme