CARDIO/PULMONARY MEDICINE FOR PRIMARY CARE

Nassau, Bahamas – Atlantis Paradise Island Resort
December 4 – 7, 2014

Participating Faculty

Lee E. Morrow, MD, MSc
Professor of Medicine
Professor of Pharmacy Practice
Creighton University
Omaha, Nebraska

Charlie Strange, MD
Professor of Pulmonary, Critical Care, Allergy and Sleep Medicine
Medical University of South Carolina
Charleston, South Carolina

Eugene E. Wolfel, MD
Professor of Medicine, Division of Cardiology
Section of Advanced Heart Failure and Transplant Cardiology
Medical Director, Cardiovascular Rehabilitation and Exercise Testing Laboratory
University of Colorado Denver, Anschutz Medical Campus

Frank G. Yanowitz, MD, FACC, FACP
Professor of Medicine, University of Utah School of Medicine
Medical Director, Intermountain Healthcare Cardiac Rehabilitation Program
Cardiologist, Intermountain Healthcare LiVe Well Center
Salt Lake City, Utah
Lee E. Morrow, MD, MSc
Professor of Medicine
Professor of Pharmacy Practice
Creighton University
Omaha, Nebraska

Dr. Morrow received his undergraduate and master’s degrees from the University of Michigan at Ann Arbor and his medical degree from the University of Iowa at Iowa City. He completed his Residency at Memorial Medical Center in Savannah, Georgia and a Fellowship in Critical Care Medicine at Washington University in Saint Louis.

Dr. Morrow is board certified in Internal Medicine, Pulmonary Medicine and Critical Care Medicine. He is a member of the Society of Critical Care Medicine Practice Survey Task Force and the Society of Critical Care Medicine Research Committee. He has been the recipient of numerous awards including the Compassionate Doctor Award, Patients’ Choice, International Association of Internists Top Doctor, Best of the U.S. Physicians and Omaha’s Best Doctors.
Dr. Morrow is involved in many presentations, publications and scientific research.
Charlie Strange, MD  
Professor of Pulmonary, Critical Care, Allergy and Sleep Medicine  
Medical University of South Carolina  
Charleston, South Carolina

Dr. Strange received his undergraduate degree from Davidson College in North Carolina and his medical degree from the Medical College of Virginia. He completed both his internship and residency at the Medical University of South Carolina and went on to finish his fellowship in the Division of Pulmonary and Critical Care Medicine there. Dr. Strange is board certified by the American Board of Internal Medicine with subspecialties in Pulmonary Medicine and Critical Care.

Dr. Strange is a member of the American Thoracic Society and the American College of Chest Physicians. He participates in NIH sponsored trials in interstitial lung disease.

Dr. Strange is the author of over 80 articles in such publications as Chest and the American Review of Respiratory and Critical Care Medicine. He continues to speak nationally and internationally on topics relating to respiratory disease.
Eugene E. Wolfel, MD  
Professor of Medicine, Division of Cardiology  
Section of Advanced Heart Failure and Transplant Cardiology  
Medical Director, Cardiovascular Rehabilitation and Exercise Testing Laboratory  
University of Colorado Denver, Anschutz Medical Campus

Dr. Wolfel received his undergraduate degree from Villanova University in Pennsylvania, his master’s degree from Bryn Mawr College, and his medical degree from Jefferson Medical College in Philadelphia. He completed an internship and residency as well as a Cardiology/Pulmonary fellowship at Ohio State University Hospital in Columbus. This was followed by a Cardiology fellowship at the University of Colorado Health Sciences Center in Denver.

Dr. Wolfel had been the interim head of the Division of Cardiology at the University of Colorado Health Sciences Center. He is a member in the American College of Cardiology, the American Association of Cardiovascular and Pulmonary Rehabilitation, the American Heart Association, the International Society of Heart and Lung Transplantation, the Heart Failure Society of America, and numerous other professional societies. He has served as a member on many institutional, local, and national committees. Dr. Wolfel is a reviewer for publications such as the American Heart Journal, JAMA, and others. He is the recipient of several honors and awards including The Best Doctors in America.
Frank G. Yanowitz, MD, FACC, FACP
Professor of Medicine, University of Utah School of Medicine
Medical Director, Intermountain Healthcare Cardiac Rehabilitation Program
Cardiologist, Intermountain Healthcare LiVe Well Center
Salt Lake City, Utah

Dr. Yanowitz received his undergraduate degree from Cornell University and his medical degree from the State University of New York Upstate Medical School. After his residency at the University of Chicago Hospitals, he received a fellowship in Cardiology at the University of Chicago Hospitals. Following his fellowship, he spent two years at the USAF School of Aerospace Medicine before joining the faculty at the University of Utah School of Medicine. He is Board Certified in Internal Medicine, Cardiovascular Diseases, and has added qualifications in Geriatric Medicine.

He is a fellow of the Council on Clinical Cardiology – American Heart Association and the American College of Cardiology. He is on several committees including the Preventative and Rehabilitative Exercise Program of the American College of Sports Medicine and the Regional/National Program Committee of the American Heart Association.

Dr. Yanowitz has authored numerous abstracts and articles in such publications as Circulation, The American Journal of Cardiology and the New England Journal of Medicine.
Thursday, December 4th:

7:30 am – 8:00 am
Registration

8:00 am – 9:00 am – Charlie Strange, MD
Asthma
The medical impact of asthma; fundamental role of inflammation, with possible scarring and irreversible loss of lung function; practical points of diagnosis; goal setting management based on levels of severity; risk factors for mortality and treatment in the acute setting; management options for the difficult to control asthmatic patient

9:00 am – 10:00 am – Charlie Strange, MD
Controversies in the Treatment of Common Respiratory Infections
Acute and chronic bronchitis; pneumonia (community versus hospital-acquired); role of the Pneumonia Severity Index score in determining indication for hospitalization; cost-effective use of antibiotics; clinical significance of drug resistance; guidelines for management

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:10 am – Eugene E. Wolfel, MD
Work-up of Patients with Suspected CAD: Which Tests for Which Patients
Risk factor evaluation; symptom evaluation; test selection including stress ECG, echo, nuclear and newer imaging modalities; role of CRP and EBCT; evaluating women – who needs coronary angiography?

11:10 am – 12:10 pm – Eugene E. Wolfel, MD
Acute Coronary Syndromes: Initial Work-up and Treatment
Emergency evaluation; diagnosing and treating ST segment elevation and non-ST segment elevation MIs

12:10 pm
Session Adjourns
Friday, December 5th:

8:00 am – 9:00 am – Charlie Strange, MD
Everything You Need to Know About COPD
Definition; pathophysiology; early detection and intervention; risk reduction; management update including new modalities (including lung volume reduction surgery) and the role of inhaled corticosteroids and domiciliary oxygen

9:00 am – 10:00 am – Charlie Strange, MD
Case Presentations

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:10 am – Eugene E. Wolfel, MD
Arrhythmia Management for the Primary Care Physician
Types and symptoms of arrhythmias; approach to the patient; when to refer, when to admit; atrial fibrillation; ventricular arrhythmias – when are they serious?

11:10 am – 12:10 pm – Frank G. Yanowitz, MD, FACC, FACP
Hypertension Update
JNC-8 update; goals of treatment; thiazides for all?; special populations – diabetics, the elderly, renal failure

12:10 pm
Session Adjourns
Saturday, December 6th:

8:00 am – 9:00 am – Lee E. Morrow, MD, MSc
Deep Venous Thrombosis and Pulmonary Embolism
Clinical presentation: The great masquerader; diagnostic controversies; acute treatment; chronic therapy and complications; ACCP Guidelines.

9:00 am – 10:00 am – Lee E. Morrow, MD, MSc
Sleep Apnea
Systemic consequences of untreated disease; polysomnography: what patient should expect and how to read the report; treatment options.

10:00 am – 10:10 am
Coffee Break

10:10 am – 11:10 am – Frank G. Yanowitz, MD, FACC, FACP
Congestive Heart Failure
Etiologies and stages of heart failure; clinical evaluation; LV systolic vs. diastolic dysfunction; treatment including ACE inhibitors, ARBs, beta blockers; ACC/AHA Heart Failure Guideline Update

11:10 am – 12:10 pm – Frank G. Yanowitz, MD, FACC, FACP
Primary and Secondary Prevention of CAD
AHA/ACC Updated Lipid Guidelines update; what about HDL-C?; metabolic syndrome; role of exercise and cardiac rehabilitation

12:10 pm
Session Adjourns
Sunday, December 7th:

8:00 am – 9:00 am – Lee E. Morrow, MD, MSc
A Primary Care Approach to Lung Cancer Screening and Pulmonary Nodules
Appropriate use of the new lung cancer screening recommendations; Fleischner Society guidelines and American College of Chest Physician Lung Cancer guidelines; approach to definitive evaluation and management strategies

9:00 am – 10:00 am – Lee E. Morrow, MD, MSc
Case-Based Challenging Pulmonary Consultations
An array of interactive cases.

10:00 am
Conference Adjourns

Target Audience
This program is targeted to office-based primary care providers and other health professionals with updates in primary care medicine

Learning Objectives
Upon completion of this program, participants should be better able to:

- Describe current diagnostic approaches to hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Implement treatment strategies reflective of current evidence based medicine for hypertension, congestive heart failure, arrhythmias, ACS and CAD
- Identify the pathophysiology and diagnostic approach of asthma, COPD and common respiratory infections
- Design treatment strategies reflective of current evidence based medicine for asthma, COPD and common respiratory infections
- Discuss systemic consequences and counseling strategies, as well as available treatment options for sleep apnea, deep vein thrombosis and pulmonary hypertension
- Perform a range of pulmonary diagnostics and be better prepared to handle challenging pulmonary cases

Nursing Purpose Statement
To provide updates in primary care medicine to office based providers
Disclosure of Conflicts of Interest
Medical Education Resources insures balance, independence, objectivity, and scientific rigor in all our educational programs. In accordance with this policy, MER identifies conflicts of interest with its instructors, content managers, and other individuals who are in a position to control the content of an activity. Conflicts are resolved by MER to ensure that all scientific research referred to, reported, or used in a CME activity conforms to the generally accepted standards of experimental design, data collection, and analysis. MER is committed to providing its learners with high-quality CME activities that promote improvements or quality in health care and not the business interest of a commercial interest.

The **faculty** reported the following financial relationships with commercial interests whose products or services may be mentioned in this CME activity:

<table>
<thead>
<tr>
<th>Name of Faculty</th>
<th>Reported Financial Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lee E. Morrow, MD, MSc</td>
<td>No financial relationships to disclose</td>
</tr>
<tr>
<td>Eugene E. Wolfel, MD</td>
<td>No financial relationships to disclose</td>
</tr>
<tr>
<td>Frank G. Yanowitz, MD, FACC, FACP</td>
<td>No financial relationships to disclose</td>
</tr>
</tbody>
</table>

The **content managers** reported the following financial relationships with commercial interests whose products or services may be mentioned in this CME activity:

<table>
<thead>
<tr>
<th>Name of Content Manager</th>
<th>Reported Financial Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>MER content managers</td>
<td>No financial relationships to disclose</td>
</tr>
<tr>
<td>MER nurse planner</td>
<td>No financial relationships to disclose</td>
</tr>
</tbody>
</table>

Disclaimer
The content, views and opinions presented in this educational activity are those of the authors and do not necessarily reflect those of Medical Education Resources. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations. MER's ANCC accreditation status does not imply endorsement by MER or ANCC of any commercial products displayed in conjunction with this activity. Before prescribing any medicine, primary references and full prescribing information should be consulted. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient’s conditions and possible contraindications on dangers in use, review of any applicable manufacturer’s product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.

All lectures incorporate time for questions and answers. Due to last-minute updates by the faculty, flash drives may differ from the actual presentations.
**Accreditation**

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

**Credit Designation**
Medical Education Resources designates this live activity for a maximum of 14 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**American Academy of Family Physicians**
This Live activity, *Cardio/Pulmonary Medicine for Primary Care*, with a beginning date of December 4, 2014 has been reviewed and is acceptable for up to 14 Prescribed credits by the American Academy of Family Physicians. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

**American Osteopathic Association**
These programs are approved for 14 hours in Category 2-A by the American Osteopathic Association.

**American College of Emergency Physicians**
This program is approved by the American College of Emergency Physicians for a maximum of 14 hours of ACEP Category I credit.

**Canadian Physicians**
The College of Family Physicians of Canada (CFPC) has a reciprocal credit agreement with the American Academy of Family Physicians (AAFP) for activities which offer Prescribed credit. CFPC members who complete these conferences may claim the equivalent number of Mainpro-M1 credits.

**American Academy of Physician Assistants**
AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 14 hours of Category I credit for completing this program.

**Nursing Accreditation**
Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This CE activity provides 14 contact hours of continuing nursing education.

Provider approved by the California Board of Registered Nursing, Provider Number 12299, for 14 contact hours.
Pharmacy Accreditation

Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 14 contact hours (1.4 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Program Number: 0816-0000-14-048-L01-P

Participants will be required to sign in at the start of the program and/or complete a program evaluation form. Certificates of credit will be provided at the conclusion of the activity. This activity is certified as Knowledge-based CPE.