



# HARVARD MEDICAL SCHOOL

*This program is among the highest-rated Harvard Medical School CME courses*

## Updates in **General Internal Medicine for Specialists**

**January 29 - February 2, 2018  
Boston, Massachusetts**

Fairmont Copley Plaza

*Earn up to:*

- 36.50 AMA PRA Category 1 Credits™
- 35.00 AAFP Prescribed credits
- 6.00 credits of Risk Management Study

**Specialists can rely on this program for updates in general internal medicine that impact day-to-day practice, clinical decisions, and patient care**

This program is among the highest-rated Harvard Medical School CME courses

Under the direction of  
John D. Goodson, MD



Jane S. Sillman, MD



Updates for:

- Potential adverse interactions between drugs prescribed by you and by others
- Current guidelines and management strategies for diabetes, cardiovascular disease, lipid disorders, hypertension, chronic lung disease, sleep disturbances, cognitive decline, chronic pain
- Clinical examination techniques: back, shoulder, the dizzy patient
- Up-to-date interventional therapies in cardiovascular medicine
- How your clinical decision-making impacts care provided by others
- New evidence-based screening and prevention practices

**Register at [GIMS.HMSCME.com](http://GIMS.HMSCME.com)**

# Course Overview

## COURSE DIRECTORS



**John D. Goodson, MD**

Associate Professor of Medicine, Harvard Medical School, and Physician, Massachusetts General Hospital, works daily in primary care. Dr. Goodson is renowned as a teacher, an advocate and an innovator of primary care medicine. He is a founder of the John D. Stoeckle Center for Primary Care Innovation and leads national efforts to improve the work experience for primary care clinicians.



**Jane S. Sillman, MD**

Assistant Professor of Medicine, Harvard Medical School; Director Emerita of Medical Residency Ambulatory Education, Brigham and Women's Hospital.



**HARVARD**  
MEDICAL SCHOOL

Dear Colleague,

We understand that as a specialist, you must keep your knowledge of general medicine current, especially with clinical practice in relevant disciplines outside of your field of expertise. Whether you are a psychiatrist or pathologist, cardiologist or rheumatologist, surgeon or hospitalist, you can rely on this course for updates in general medicine that impact day-to-day practice, clinical decisions, and patient care.

We have designed the curriculum for General Internal Medicine for Specialists to provide broad and inclusive content ranging from clinical controversies to specific new and innovative therapies. In this program, we will be providing updates in several areas including:

- Potential adverse interactions between drugs prescribed by you and by others
- Addressing comorbidities that are commonly seen outside of your specialty
- Current guidelines and management strategies for diabetes, cardiovascular disease, lipid disorders, hypertension, chronic lung disease, sleep disturbances, cognitive decline, chronic pain
- Clinical examination techniques: back, shoulder, the dizzy patient
- Up-to-date interventional therapies in cardiovascular medicine
- How your clinical decision-making impacts care provided by others
- New evidence-based screening and prevention practices

Together with Harvard's leading clinical faculty — representing more than 30 fields of medicine — we have created an educational program expressly for specialists. The updates are relevant, and delivered by faculty who succinctly and effectively summarize information and couple it with recommendations for incorporating it into practice.

We hope you will join us.

**John D. Goodson, MD**

**Jane S. Sillman, MD**

# Reasons to Attend in 2018

## ► Enhance and update your knowledge of general internal medicine

Whatever your specialty, you need a working knowledge of current internal medicine practice standards, an understanding of treatments and interactions, and a familiarity with the work of your colleagues. Designed to meet the needs of the full range of specialists, *General Internal Medicine for Specialists* provides focused updates and covers a vast amount of information efficiently and effectively.

## ► The 2018 program provides updates for:

- Ischemic heart disease
- Antibiotic use in office practice
- Hepatitis
- Reducing fractures
- Stroke
- Chronic obstructive lung disease
- Diabetes management
- Women's health
- Anticoagulation
- Endocrinology
- Dizziness
- Cognitive decline
- Preoperative evaluation
- Congestive heart failure
- Common eye problems
- Diseases of the foregut
- Lower back pain
- Breast cancer
- Differential dx of polyarthritis
- Cost-effective radiology
- IBS and IBD
- Atrial fibrillation
- Lipid management
- Dermatology
- Osteoporosis management
- Asthma
- Renal medicine
- Anemia
- Basic orthopedics
- Antiplatelet agents
- Sleep disorders
- ENT
- Managing obesity
- Headaches
- Allergy medicine
- Thyroid problems
- Hypertension
- Cancer screening
- Non-opioid pain management
- Opioid use in medical practice

## ► Elevate your practice with state-of-the-art advances and recommendations

You will take home relevant, up-to-date, and evidence-based strategies and tools to improve your patient care.

## ► Learn from the best clinical faculty at Harvard Medical School

Our program is led by current, expert practitioners and committed teachers, each with significant experience both in the care of patients and in presenting to colleagues.

## Harvard Medical School Faculty

**Meridale V. Baggett, MD**  
*Assistant Professor of Medicine*

**Joanne Borg-Stein, MD**  
*Associate Professor of Physical Medicine and Rehabilitation*

**Rebecca C. Burch, MD**  
*Instructor in Neurology*

**Raymond T. Chung, MD**  
*Associate Professor of Medicine*

**Gilbert H. Daniels, MD**  
*Professor of Medicine*

**Benjamin T. Davis, MD**  
*Assistant Professor of Medicine*

**Akshay S. Desai, MD**  
*Associate Professor of Medicine*

**Christopher H. Fanta, MD**  
*Professor of Medicine*

**Robert P. Friday, MD, PhD**  
*Instructor in Medicine*

**John D. Goodson, MD**  
*Associate Professor of Medicine*

**E. Kevin Heist, MD, PhD**  
*Associate Professor of Medicine*

**Galen V. Henderson, MD**  
*Assistant Professor of Neurology*

**Eric M. Isselbacher, MD**  
*Associate Professor of Medicine*

**Kunal Jajoo, MD**  
*Assistant Professor of Medicine*

**Ramin Khorasani, MD, MPH**  
*Professor of Radiology*

**Scott Kinlay, MBBS, PhD**  
*Associate Professor of Medicine*

**Daniela Kroshinsky, MD, MPH**  
*Associate Professor of Dermatology*

**Nancy B. Kurtz, MD**  
*Instructor in Medicine*

**James A. MacLean, MD**  
*Assistant Professor of Medicine, Part-time*

**James E. Mojica, MD**  
*Instructor in Medicine*

**David M. Nathan, MD**  
*Professor of Medicine*

**J. Carl Pallais, MD, MPH**  
*Assistant Professor of Medicine*

**Claudia U. Richter, MD**  
*Instructor in Ophthalmology, Part-time*

**Rachel P. Rosovsky, MD**  
*Instructor in Medicine*

**Martin A. Samuels, MD**  
*Miriam Sydney Joseph Professor of Neurology*

**Jane S. Sillman, MD**  
*Assistant Professor of Medicine*

**Barbara L. Smith, MD, PhD**  
*Associate Professor of Surgery*

**David J. R. Steele, MD**  
*Assistant Professor of Medicine*

**Lisa B. Weissmann, MD**  
*Assistant Professor of Medicine*

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## Guest Faculty

**Andrew E. Budson, MD**  
*Professor of Neurology, Boston University School of Medicine*

**Thomas J. Gill, MD**  
*Chairman, Department of Orthopedics, St. Elizabeth's Medical Center; Director, Boston Sports Medicine and Research Institute*

**R. William Mason, MD**  
*Boston University School of Medicine; Otolaryngology, Department of Surgery, Faulkner Hospital*

# Learning Objectives

Upon completion of this activity, participants will be able to:

- Discuss treatments and interventions provided by primary care internal medicine and specialist physicians.
- Anticipate side effects from therapies prescribed by colleagues in other disciplines.
- Develop response strategies for important medication interactions.
- Assess the added value of new diagnostic and screening tests, specifically their sensitivity, specificity and predictive values, both positive and negative.
- Review current guidelines, diagnostic recommendations, and management strategies for diabetes, hypertension, hypercholesterolemia, ischemic heart disease, memory loss, pain, sleep disorders, stroke management, anemia, anticoagulant use and many other specific conditions.
- Assess the relative efficacy and cross-specialty implications of innovative therapies used in a broad spectrum of specialties.
- Identify current disease-prevention, screening, and health-promotion goals.
- Design more effective treatment plans based on a refreshed understanding of the newest and most effective interventions offered by your specialty colleagues.
- Develop treatment plans in specific common clinical situations, such as chronic pain, dizziness, and headache.
- Innovate treatments based on a broader understanding of the management strategies and clinical decision-making of colleagues in other specialties and their modalities and medications.
- Appreciate the impact of the opioid epidemic and how to participate in national efforts to address this crisis.



## Educational Impact

*This course has helped me better understand medication choices being implemented by primary care physicians and when I need to ask for medication changes based on what I need to prescribe.*

*I remain impressed by the quality of all the speakers and their dedication to presenting current information on their topic and making it clinically relevant for me.*

*After the course, I became the leader of the team of anesthesiologists at my hospital. The course content will be shared with my group to improve our clinical routines.*

*I can now do a more judicious assessment of a patient's medication regimen in conjunction with my prescribing behavior.*

*I am a geriatric psychiatrist... I found the guidelines for hyper/hypothyroid, Vitamin D, B12 deficiencies and anemia helpful and will incorporate these into my practice.*

*In emergency medicine, we tend only to look at the acute complaint, but after attending this course, I take much more into consideration when examining my patients.*

*Having such gifted clinicians interacting and teaching us is an exceptional experience and so is the presence of so many dedicated physician "students" from different states and countries, learning together.*

*My updated knowledge of obstructive sleep apnea, cardiovascular disease, and diabetes has been incorporated into the surgical and non-surgical management of my orthopedic patients.*

*As a result of this course, my approach to pain management has become more sophisticated.*

*The quality of the course encourages me to further renew my knowledge of Internal Medicine as it is essential to my own specialty.*

*The philosophy of health promotion and the balanced presentation of the evidence for interventions was particularly helpful.*

*I just loved the whole course. It got me back in touch with my medical core skills.*

# Agenda

	Monday, January 29	Tuesday, January 30
7:00 am – 7:30 am	<b>Registration and Continental Breakfast</b>	<b>Continental Breakfast</b>
7:30 am – 8:00 am	<b>Welcome, Introductions and CME Instructions</b> John D. Goodson, MD	
8:00 am – 9:00 am	<b>Ischemic Heart Disease</b> Eric M. Isselbacher, MD	<b>Update in Renal Medicine</b> David J. R. Steele, MD
9:00 am – 10:00 am	<b>Atrial Fibrillation</b> E. Kevin Heist, MD, PhD	<b>Diabetes Management</b> David M. Nathan, MD
10:00 am – 10:15 am	<i>Morning Break (refreshments provided)</i>	
10:15 am – 11:15 am	<b>Antibiotic Use in Office Practice</b> Benjamin T. Davis, MD	<b>Women's Health: Managing Menopause</b> Jane S. Sillman, MD
11:15 am – 12:15 pm	<b>Lipid Management</b> Scott Kinlay, MBBS, PhD	<b>Common Dermatologic Problems</b> Daniela Kroshinsky, MD, MPH
12:15 pm – 1:30 pm	<i>Lunch Break</i>	
1:30 pm – 2:30 pm	<b>The Dizzy Patient</b> Martin A. Samuels, MD	<b>Cost-Effective Radiology: What Specialists Should Now Know</b> Ramin Khorasani, MD, MPH
2:30 pm – 3:30 pm	<b>Update on Congestive Heart Failure</b> Akshay S. Desai, MD	<b>New Anticoagulants and Antiplatelet Agents</b> Rachel P. Rosovsky, MD
3:30 pm – 3:45 pm	<i>Afternoon Break (refreshments provided)</i>	
3:45 pm – 4:45 pm	<b>New Practices for Managing Osteoporosis and Reducing Fractures</b> John D. Goodson, MD	<b>Stroke</b> Galen V. Henderson, MD
4:45 pm – 5:45 pm	<b>Asthma and Chronic Obstructive Lung Diseases</b> Christopher H. Fanta, MD	<b>Current Approaches to Anemia</b> Lisa B. Weissmann, MD

*Be our guest  
at 5:45 for a course reception*



**Register at [GIMS.HMSCME.com](https://GIMS.HMSCME.com)**

# Agenda

	Wednesday, January 31	Thursday, February 1
7:00 am – 7:30 am	<b>Continental Breakfast</b>	<b>Continental Breakfast</b>
7:30 am – 8:00 am		
8:00 am – 9:00 am	<b>Sleep Disorders</b> James E. Mojica, MD	<b>Modern Doctoring: Disease Prevention and Health Promotion*</b> John D. Goodson, MD
9:00 am – 10:00 am	<b>Cognitive Decline</b> Andrew E. Budson, MD	<b>Case Studies in Endocrinology</b> J. Carl Pallais, MD, MPH
10:00 am – 10:15 am	<i>Morning Break (refreshments provided)</i>	
10:15 am – 11:15 am	<b>ENT in 2018</b> R. William Mason, MD	<b>Breast Cancer: Current Approaches to Diagnosis and Treatment</b> Barbara L. Smith, MD, PhD
11:15 am – 12:15 pm	<b>Updates in Addressing Headaches*</b> Rebecca C. Burch, MD	<b>Infectious and Metabolic Hepatitis</b> Raymond T. Chung, MD
12:15 pm – 1:30 pm	<i>Lunch Break</i>	
1:30 pm – 2:30 pm	<b>Diseases of the Foregut</b> Kunal Jajoo, MD	<b>Updates in Cancer Screening*</b> John D. Goodson, MD
2:30 pm – 3:30 pm	<b>Managing Obesity</b> Jane S. Sillman, MD	<b>Basic Orthopedics: Shoulder and Arm</b> Thomas J. Gill, MD
3:30 pm – 3:45 pm	<i>Afternoon Break (refreshments provided)</i>	
3:45 pm – 4:45 pm	<b>Preoperative Evaluation*</b> Meridale V. Baggett, MD	<b>Allergy Medicine in 2018</b> James A. MacLean, MD
4:45 pm – 5:45 pm	<b>Common Eye Problems</b> Claudia U. Richter, MD	<b>Differential Dx of Polyarthritis</b> Robert P. Friday, MD, PhD

\* Meets criteria for Risk Management credit in Massachusetts

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

Register at [GIMS.HMSCME.com](http://GIMS.HMSCME.com)

# Agenda

	Friday, February 2	WHO SHOULD ATTEND
7:00 am – 7:30 am	<b>Continental Breakfast</b>	<ul style="list-style-type: none"> <li>• Physicians</li> <li>• Surgeons</li> <li>• Nurse Practitioners</li> <li>• Advanced Practice Nurses</li> <li>• Physician Assistants</li> </ul>
7:30 am – 8:00 am		
8:00 am – 9:00 am	<b>Case Studies of Common Thyroid Problems</b> Gilbert H. Daniels, MD	
9:00 am – 10:00 am	<b>Management of Hypertension: Updates for Specialists</b> John D. Goodson, MD	
10:00 am – 10:15 am	<i>Morning Break (refreshments provided)</i>	
10:15 am – 11:15 am	<b>Non-Opioid and Opioid Pain Management*</b> Nancy B. Kurtz, MD	
11:15 am – 12:15 pm	<b>Lower Back Pain*</b> Joanne Borg-Stein, MD	
12:15 pm – 1:30 pm	<b>Course Concludes</b>	<i>Specialists from all disciplines can rely on this program for updates in general internal medicine that impact day-to-day practice, clinical decisions, and patient care</i>

## ACCREDITATION

### ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 36.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

### AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Updates in General Internal Medicine for Specialists, with a beginning date of 01/29/2018, has been reviewed and is acceptable for up to 35.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 6.00 credits of Risk Management Study. This includes 3.00 credits of Opioid Education and Pain Management Training. Please check your individual state licensing board requirements before claiming these credits.

### CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

### EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: [www.eaccme.eu](http://www.eaccme.eu).

Register at [GIMS.HMSCME.com](http://GIMS.HMSCME.com)



# HARVARD MEDICAL SCHOOL

## Updates in General Internal Medicine for Specialists 2018

(Course #732253-1802)

	Tuition
Physicians	\$1,695
Allied Health Professionals and Residents/Fellows	\$1,595

Tuition includes continental breakfast, morning and afternoon refreshments, and a special reception on Tuesday evening, January 30.

All attendees of Updates in General Internal Medicine for Specialists 2018 will receive a flash drive containing course materials. You can purchase a printed copy of these materials at the time of registration for \$50, or on site at the course for \$90.

## REGISTRATION, PAYMENT, CONFIRMATION AND REFUND POLICY

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at [GIMS.HMSCME.com](http://GIMS.HMSCME.com).

At the end of the registration process, a \$5 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check or credit card (Visa, MasterCard, or American Express). If you are paying by check (draft on a United States bank), the online registration system will provide you with instructions and a printable form for remitting your course fees by check. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation from the HMS GCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

## QUESTIONS?

Call 617-384-8600 Monday-Friday 9am – 5pm EST or e-mail [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu).

## VENUE

Fairmont Copley Plaza  
138 St. James Avenue  
Boston, Massachusetts 02116  
617-267-5300



## ACCOMMODATIONS

A limited number of discounted rooms<sup>†</sup> have been reserved at Fairmont Copley Plaza until January 3, 2018, or until sold out. You can call the hotel directly to make a room reservation: 617-267-5300. Please specify that you are enrolled in this activity in order to request the reduced room rate. You can also make your discounted reservation online by January 3 by going to <https://GIMS.HMSCME.com/Venue> and clicking on the dedicated reservation link.

<sup>†</sup>Please note that the discounted rooms may sell out before the deadline.

**Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.**