

# 42nd Annual Eastern Shore Medical Symposium

**Monday–Friday  
June 17–21, 2019**

**Rehoboth Beach  
Convention Center**

**Rehoboth Beach  
Delaware**



**Nursing  
pharmacotherapeutic  
contact hours!**

Jointly provided by Sidney Kimmel Medical College  
at Thomas Jefferson University and the  
University of Delaware, with promotional assistance  
provided by the Medical Society of Delaware.



**Jefferson**  
Philadelphia University +  
Thomas Jefferson University  
HOME OF SIDNEY KIMMEL MEDICAL COLLEGE



# 42nd Annual Eastern Shore Medical Symposium

**June 17–21, 2019**

The Eastern Shore Medical Symposium combines quality education with a great location. If you are a primary care physician, family practitioner, advanced practice nurse or other healthcare professional, take advantage of this comprehensive update on relevant medical topics in a relaxed, collegial atmosphere. This year's program focuses on important topics in primary care such as:

- Hypertension update
- Heart failure
- Gastroenterology update
- Opioid epidemic
- Cancer screening and prevention
- Immunization update
- Diabetes management

Rehoboth Beach offers a beautiful location for this conference. Whether you are traveling alone or with your family, attractions abound. The beach provides opportunities for relaxation and fun, with shopping, historical sites and nature preserves nearby. Rehoboth Beach is less than a three-hour drive from Baltimore, Washington, D.C. or Philadelphia.

- *Excellent programs and faculty*
- *Great beach location*

## **SPECIAL FEATURES**

- Outstanding and accessible, expert faculty
- Relaxed, informal learning environment
- Small group workshops to promote interaction and individual attention
- Attractive beach location

## **TARGET AUDIENCE**

Primary Care Physicians  
Family Practitioners  
Pediatricians  
General Practitioners  
Internists  
Advanced Practice Nurses  
Physician Assistants  
Professional Nurses

## PROGRAM OBJECTIVES

The Eastern Shore Medical Symposium provides a comprehensive review of pertinent topics in primary care medicine. By discussing both the evidence behind each topic and practical approaches for incorporating new information and processes into their practices, we strive to assist participants in continually improving the patient care they provide.

At the conclusion of this activity, participants should be able to:

- Review evidence and limitations behind common and updated recommendations from national experts such as ADA/EASO, AHA, ACS, and ACIP.
- Recognize risks, benefits and alternatives associated with these recommendations.
- Assess new approaches for the screening, diagnosis, management and prevention of clinical issues frequently seen by the family practitioner and primary care physician including hypertension, cancer, cardiovascular diseases, diabetes, pulmonary disease, sleep, and dementia.
- Critique and discuss current healthcare trends, medical literature, and patient safety issues in primary care practices.
- Demonstrate diagnostic accuracy and appropriate application of resources in diagnosis and management of common diseases.
- Identify and implement into practice the latest recommendations and updates in type 2 diabetes, stroke management, gastrointestinal issues, sports medicine, infectious diseases, medical marijuana, and immunizations.
- Demonstrate improved diagnostic accuracy, chronic disease management, prevention and differences in medication management in special patient populations.
- Examine risks, benefits, and alternatives of common and newer agents in ambulatory care.
- Discuss strategies to improve healthcare provider communications in social media, end of life care, and reporting errors to patients.
- Assess their individual practices in light of the information and discussions during the course, and identify specific strategies to implement as part of a continuing improvement process for their practices.

## CREDIT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Sidney Kimmel Medical College at Thomas Jefferson University and the University of Delaware.

### PHYSICIANS

Sidney Kimmel Medical College at Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Sidney Kimmel Medical College at Thomas Jefferson University designates this live activity for a maximum of **22.5 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Topics in this activity fall within the approved list for Pennsylvania State Requirements for Patient Safety/Risk Management credits.

Total: **4.0 credits**.

### NURSES

Thomas Jefferson University Hospital is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.

RN participants who successfully complete this activity will be awarded a maximum **22.41 contact hours**.

Selected sessions are identified as content that meets ANCC criteria for pharmacotherapeutic credit. A participant attending all such sessions may be awarded a maximum of **15.75 pharmacotherapy contact hours**. Actual amount awarded will be based on sessions attended.

### OTHER PROFESSIONALS

Continuing Education Hour verification is provided to other professionals who successfully complete this activity. A certificate of completion of **22.5 continuing education hours** will be provided.

Promotional assistance by the Medical Society of Delaware in no way implies endorsement of any product or service.

**CE Transcripts:** Please note that CME transcripts will be available online after the conference and upon completion of the online evaluation. Instructions to retrieve your transcript will be provided at the conference.

# Program Schedule

## Sunday, June 16

### 4–6 p.m. • Registration

Rehoboth Beach Convention Center  
Rehoboth Beach, DE

## Monday, June 17

### 6:30 a.m. • Continental breakfast

### 7 a.m. • Registration

### 7:55 a.m. • Welcome

### 8:00 a.m.–8:50 a.m.

#### The 3 G's: A GI Update— GERD, Gastritis and Ulcers

Christina Tofani, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 8:50 a.m.–9:40 a.m.

#### Atrial Fibrillation

Behzad Pavri, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 9:40 a.m.–10:00 a.m. • BREAK

### 10:00 a.m.–10:50 a.m.

#### Pre-Diabetes and Prevention of Type 2 Diabetes

Neil S. Skolnik, MD  
Abington—Jefferson Health

### 10:50 a.m.–11:40 a.m.

#### Medical Management of Diabetes: The New ADA/ EASO Guidelines

Neil S. Skolnik, MD  
Abington—Jefferson Health

### 11:40 a.m.–12:30 p.m.

#### You Found a Nodule, Now What?

Gregory Kane, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

## Tuesday, June 18

### 6:30 a.m. • Continental breakfast

### 7–7:50 a.m. • WORKSHOPS

*Limited space available.*

*Make your selection on registration form.*

#### Pre-Participation Evaluation of the Special Olympics Athlete

Mary Stephens, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 7:00 a.m.–7:50 a.m. • WORKSHOP

#### Sports Medicine

Marc Harwood, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 7:00 a.m.–7:50 a.m. • WORKSHOP

#### Urgent Care Dermatology

Kathryn Traves, MD and  
Jim Studdiford, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 8:00 a.m.–8:50 a.m.

#### Cancer Screening Update

Richard Wender, MD  
American Cancer Society, Inc.

### 8:50 a.m.–9:40 a.m.

#### Cancer Therapeutics for the Primary Care Practitioner

Richard Wender, MD  
American Cancer Society, Inc.

### 9:40 a.m.–10:00AM • BREAK

### 10:00 a.m.–10:50 a.m.

#### Dementia

Susan Parks, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 10:50 a.m.–11:40 a.m.

#### Sports Medicine Update

Marc Harwood, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 11:40 a.m.–12:30 p.m.

#### Medical Marijuana in the Era of the Opioid Crisis

Brooke Worster, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

## Wednesday, June 19

### 6:30 a.m. • Continental breakfast

### 7–7:50 a.m. • WORKSHOPS

*Limited space available.*

*Make your selection on registration form.*

### 7:00 a.m.–7:50 a.m. WORKSHOP

#### Communicating with a Patient in 2019: Navigating Social Media

Austin Chiang, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 7:00 a.m.–7:50 a.m. WORKSHOP

#### Sexually Transmitted Infections

Christopher Chambers, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 7:00 a.m.–7:50 a.m. • WORKSHOP

#### Hospice

Beth Wagner, CRNP  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 8:00 a.m.–8:50 a.m.

#### Asthma Update 2019

Christopher Chambers, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

### 8:50 a.m.–9:40 a.m.

#### Hypertension Update

Arun Malhotra, MD  
St. Francis Hospital

### 9:40 a.m.–10:00 a.m. • Break

### 10:00 a.m. –10:50 a.m.

#### Dyslipidemia Update

Alyson Owen, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University

**10:50 a.m.–11:40 a.m.****Psychopharmacology for the Primary Care Provider**Heather Bittner-Fagan, MD  
Christiana Care Health System**11:40 a.m.–12:30 a.m.****Can't Miss Cases: Movement Disorders**Tsoa-Wei Liang, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**Thursday, June 20****6:30 a.m. • Continental breakfast****8:00 a.m.–8:50 a.m.****Congestive Heart Failure**Rene Alvarez, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**8:50 a.m.–9:40 a.m.****Medical Malpractice**Robert Perkel, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**9:40 a.m.–10:00 a.m. • BREAK****10:00 a.m.–10:50 a.m.****Insomnia and Sleep Disorders**Karl Doghramji, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**10:50 a.m.–11:40 a.m.****Immunization Update 2019**John Russell, MD  
Abington—Jefferson Health**11:40 a.m.–12:30 p.m.****Adverse Reactions to Immunizations**Lawrence Cohan, Esq.  
Anapol Weiss Law Firm**Friday, June 21****6:30 a.m. • Continental breakfast****8:00 a.m.–8:50 a.m.****Infectious Disease Issues Relevant to Primary Care**Deb Kahal, MD  
Christiana Care Health System**8:50 a.m.–9:40 a.m.****New Anticoagulant Agents**Geno Merli, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**9:40 a.m.–10:00 a.m. • BREAK****10:00 a.m.–10:50 a.m.****The Consult Guys**Geno Merli, MD  
Howard Weitz, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**10:50 a.m.–11:40 a.m.****Stroke Management in Women and Young Adults**Diana Tzeng, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**11:40 a.m.–12:30 p.m.****Debunking Drug Myths**Cynthia Cheng, MD  
Sidney Kimmel Medical College at  
Thomas Jefferson University**FACULTY DISCLOSURE***All faculty at continuing education activities for nurses, physicians and allied health professionals are required to disclose to the audience: 1) Any significant financial relationships with the manufacturer(s) of any commercial products, goods or services; and 2) Any unlabeled/unapproved uses of drugs or devices discussed in their presentations. Such disclosures will be made in writing in the course presentation materials. Jefferson Conflict of Interest resolution process may result in changes to the program agenda.*

# General Information

## ACCOMMODATIONS

Visit [www.pcs.udel.edu/esms](http://www.pcs.udel.edu/esms) for hotel information.

## LOCATION

The event will take place at the newly renovated Rehoboth Beach Convention Center, 229 Rehoboth Ave., Rehoboth Beach, Delaware, 19971.

Please bring a jacket or sweater to the conference, as the room is air-conditioned and temperature may vary. In addition, banquet chairs are provided for seating. You may want to bring a seat cushion for added comfort.

Located just three blocks from the Atlantic Ocean and Rehoboth Beach Boardwalk, the Rehoboth Beach Convention Center is conveniently located in the heart of the downtown resort district. The convention center is just a short walk to hotels, shops and amazing restaurants and eateries, and offers many complimentary amenities, including Wi-Fi.

## PARKING

Limited free parking is available at the Rehoboth Beach Convention Center. A conference parking pass will be provided with your registration material. If you are parked in the convention center lot after conference hours, you must pay to park. Attendees driving to the convention center are encouraged to download the *Parkmobile* app prior to arriving at the symposium in case they may need to use metered parking.

## COSTS

Please see registration form for costs.

The registration fee includes course materials on a flash drive and posted online, certificates of attendance, and daily continental breakfast. Participants assume responsibility for living accommodations and all other meals.

To access the course materials electronically, please bring a fully charged laptop or other device to the conference each day. A limited number of electrical outlets are available as backup.

## REGISTRATION

Online—If you are paying with a credit card or online check, please visit [www.pcs.udel.edu/esms](http://www.pcs.udel.edu/esms).

Fax—If you are paying by credit card, purchase order or government voucher, fax form on last page to 302-831-0701.

Phone—Have your credit card and course information ready; call 302-831-7600 weekdays.

Mail—Please see form included with this pdf.

You may also access the registration form and brochure information at [www.pcs.udel.edu/esms](http://www.pcs.udel.edu/esms).

## REFUND POLICY

A refund will be given (less a processing charge of \$75) for written cancellation received on or before June 10, 2019. No refunds will be given after this date. The University of Delaware is not responsible for any penalties or fees assessed as a result of cancellation or modification of travel arrangements or hotel accommodations.

## FOR MORE INFORMATION

### About the conference facilities

Contact Meghan Phelan at [mphelan@udel.edu](mailto:mphelan@udel.edu) or 302-831-3474.

### About continuing medical education

For additional continuing medical education activities sponsored by Sidney Kimmel Medical College of Thomas Jefferson University, please visit [cme.jefferson.edu](http://cme.jefferson.edu).

# Registration Form

**Return to: EASTERN SHORE MEDICAL SYMPOSIUM**  
**University of Delaware, Division of Professional and Continuing Studies**  
**501 South College Avenue, Newark, DE 19716-7410**  
**Attn: Registrar**  
**Phone: 302-831-7600, Fax 302-831-0701**

**June 17–21, 2019**  
**Rehoboth Beach Convention Center**  
**Rehoboth Beach, DE**

☐ Mr. ☐ Ms. ☐ Mrs. ☐ Dr.

Name \_\_\_\_\_ Degree \_\_\_\_\_

Email address \_\_\_\_\_

Specialty \_\_\_\_\_

Address ☐ Home ☐ Business \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (home) \_\_\_\_\_ (business) \_\_\_\_\_

Years in practice \_\_\_\_\_ If Jefferson graduate, year graduated \_\_\_\_\_

Is this your first year attending this symposium? ☐ Yes ☐ No

## How did you hear about this symposium?

- ☐ Postcard ☐ Delaware Medical Society Journal ☐ Email ☐ Word of mouth  
☐ Brochure ☐ Physicians' Travel & Meeting Guide ☐ Web search

## I would like to register for the following workshops:

### Tuesday, June 18, 7–7:50 a.m.

- ☐ Special Olympics Athlete  
☐ Sports Medicine  
☐ Urgent Care Dermatology

### Wednesday, June 19, 7–7:50 a.m.

- ☐ Communicating With a Patient in 2019: Navigating Social Media  
☐ Sexually Transmitted Infections  
☐ Hospice

## Symposium Registration Fee—Full payment is due with registration.

The registration fee includes course materials on a flash drive and posted online, certificates of attendance, and daily continental breakfast.

- ☐ \$795 Physicians and faculty ☐ \$695 Nurses (professional, practitioner, case manager) and physician assistants  
☐ \$755 Retired physicians ☐ \$520 Resident rate (letter from program director must be included)  
☐ \$695 Previous participant bringing a first-time participant (first-time participant's name \_\_\_\_\_)

Enclosed is my check for \$\_\_\_\_\_ made payable to the University of Delaware.

When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic funds transfer from your account or to process the payment as a check transaction.

Please charge \$\_\_\_\_\_ to my ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_ Security code (on back of card) \_\_\_\_\_

Authorized Signature \_\_\_\_\_

**Registration is limited and honored in the order of the date received.**