41st Annual Eastern Shore Medical Symposium

Monday–Friday
June 18–22, 2018
Rehoboth Beach Convention Center
Rehoboth Beach Delaware

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.
41st Annual
Eastern Shore Medical Symposium
June 18-22, 2018

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:

- New hypertension guidelines
- 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
**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 expert bodies, such as the U.S. Preventive Services Task Force (USPSTF), American Cancer Society (ACS) and Advisory Committee on Immunization Practices (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, chest pain and nephropathy.
- Examine how the current system allows for errors and identify tools and approaches to reduce error and improve quality of care.
- Critique and discuss current healthcare trends, medical literature, malpractice and transformations 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, sexual transmitted infections, angina, gastrointestinal issues, adolescent health, and adult and pediatric immunizations.
- Demonstrate improved diagnostic accuracy, chronic disease management, prevention and differences in medication management in special patient populations.
- Analyze and discuss the elements of opioid and adjuvant pain medication selection, dose titration and side effect management.
- Examine risks, benefits and alternatives of common and newer agents in ambulatory care.
- 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 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PENNSYLVANIA PATIENT SAFETY/RISK MANAGEMENT CREDIT**

Topics in this activity fall within the approved list for Pennsylvania Patient Safety state medical licensing requirements. Total: 4.25 credits.

**ABIM MOC**

We anticipate that portions of this symposium will be eligible for MOC points. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 4.25 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. More information about MOC points and the process of obtaining them will be provided at the symposium.

**AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)**

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

**AMERICAN OSTEOPATHIC ASSOCIATION**

Application has been made for AOA credit in Category 2-A of the Continuing Medical Education Program of the American Osteopathic Association. Determination of credit is pending.

**NURSES**

Thomas Jefferson University Hospital is an approved provider of Continuing Nursing Education (CNE) by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. A maximum of 22.50 contact hours will be awarded to participants.

**AMERICAN ACADEMY OF PHYSICIAN ASSISTANTS**

AAPA accepts Category 1 credit for AOAC-CME, prescribed credit from AAFP, and AMA Category 1 CME credit for the PRA from organizations that are accredited by the ACCME.

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

**CME 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 17
4-6 p.m. • Registration
Rehoboth Beach Convention Center
Rehoboth Beach, DE

Monday, June 18
6:30 a.m. • Continental breakfast
7 a.m. • Registration
7:55 a.m. • Welcome
8–8:50 a.m.
Gastroenterology Update 2018
Anthony J. DiMarino, MD
Sidney Kimmel Medical College at Thomas Jefferson University
8:50–9:40 a.m.
Geriatric Update
Susan Parks, MD
Sidney Kimmel Medical College at Thomas Jefferson University
9:40–10 a.m. • Break & Exhibits
10–10:50 a.m.
Atrial Fibrillation
Behzad Pavri, MD
Sidney Kimmel Medical College at Thomas Jefferson University
10:50–11:40 a.m.
Movement Disorders in Primary Care
Daniel Kremens, MD
Sidney Kimmel Medical College at Thomas Jefferson University
11:40 a.m.–12:30 p.m.
Medical Malpractice: Closing Loops
Robert Perkel, MD
Sidney Kimmel Medical College at Thomas Jefferson University

Tuesday, June 19
6:30 a.m. • Continental breakfast
7–7:50 a.m. • WORKSHOPS
Limited space available.
Make your selection on registration form.
Pediatric Immunization
John J. Russell, MD
Abington–Jefferson Health
Musculoskeletal Workshop
Marc Harwood, MD
Sidney Kimmel Medical College at Thomas Jefferson University
Transitions in Care
Danielle Snyderman, MD
Sidney Kimmel Medical College at Thomas Jefferson University
8–8:50 a.m.
Adult and Adolescent Immunization Update
John J. Russell, MD
Abington–Jefferson Health
8:50–9:40 a.m.
I Found a Pulmonary Nodule: Now What?
TBD
9:40–10 a.m. • Break & Exhibits
10–10:50 a.m.
Musculoskeletal Update
Marc Harwood, MD
Sidney Kimmel Medical College at Thomas Jefferson University
10:50–11:40 a.m.
Hypertension Update
Patrick McBride, MD
University of Wisconsin School of Medicine and Public Health
11:40 a.m.–12:30 p.m.
Hyperlipidemia Update
Patrick McBride, MD
University of Wisconsin School of Medicine and Public Health

Wednesday, June 20
6:30 a.m. • Continental breakfast
7–7:50 a.m. • WORKSHOPS
Limited space available.
Make your selection on registration form.
Information Access for Family Practitioners in the Digital Age
Neil S. Skolnik, MD
Abington–Jefferson Health
Medical Marijuana Workshop
Brooke Worster, MD
Sidney Kimmel Medical College at Thomas Jefferson University
Contraception Workshop
Edward Buchanan, MD
Sidney Kimmel Medical College at Thomas Jefferson University
8–8:50 a.m.
The Year in Review
Christopher Chambers, MD
Sidney Kimmel Medical College at Thomas Jefferson University
8:50–9:40 a.m.
Type 2 Diabetes Management
Neil S. Skolnik, MD
Abington–Jefferson Health
9:40–10 a.m. • Break & Exhibits
10–10:50 a.m.
Palliative Care Skills for the Primary Care Provider
Beth Wagner, CRNP
Sidney Kimmel Medical College at Thomas Jefferson University
10:50–11:40 a.m.
Sexually Transmitted Infection Update
Christopher Chambers, MD
Sidney Kimmel Medical College at Thomas Jefferson University
11:40 a.m.–12:30 p.m.
The Abuse Epidemic in the United States: Opioids and Benzodiazepines
Brooke Worster, MD
Sidney Kimmel Medical College at Thomas Jefferson University
### Thursday, June 21

**6:30 a.m. • Continental breakfast**

**8–8:50 a.m.**
**Psychiatric Cases in Primary Care**  
Heather Bittner-Fagan, MD  
Christiana Care Health System

**8:50–9:40 a.m.**
**Sleep Medicine Update 2018 for the Primary Care Provider**  
Karl Doghramji, MD  
Sidney Kimmel Medical College at Thomas Jefferson University

**9:40–10 a.m. • Break & Exhibits**

**10–10:50 a.m.**
**Future of Primary Care and the Importance of Quality**  
Christine Arenson, MD  
Sidney Kimmel Medical College at Thomas Jefferson University

**10:50–11:40 a.m.**
**Cancer Screening Update**  
Richard Wender, MD  
American Cancer Society, Inc.

**11:40 a.m.–12:30 p.m.**
**Burnout and Resiliency in Healthcare Professionals**  
Margot L. Savoy, MD, MPH  
Lewis Katz School of Medicine at Temple University

### Friday, June 24

**6:30 a.m. • Continental breakfast**

**8–8:50 a.m.**
**Advances in Cancer Care That You Need to Know**  
Richard Wender, MD  
American Cancer Society, Inc.

**8:50–9:40 a.m.**
**Heart Failure**  
Andrew Boyle, MD  
Sidney Kimmel Medical College at Thomas Jefferson University

**9:40–10 a.m. • Break & Exhibits**

**10–10:50 a.m.**
**Anticoagulation**  
Luis Eraso, MD  
Sidney Kimmel Medical College at Thomas Jefferson University

**10:50–11:40 a.m.**
**Nephrology Questions from My Primary Care Colleagues**  
William J. Dahms Jr., DO, FASN  
Nephrology Associates, PA

**11:40 a.m.–12:30 p.m.**
**Pharmacology Update**  
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.
ACCOMMODATIONS
Visit 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.

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.

REFUND POLICY
A refund will be given (less a processing charge of $75) for written cancellation received on or before June 11, 2018. 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 Lynn Fishlock or Marguerite Mahoney at lynnaf@udel.edu, or mahoneym@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.
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 18–22, 2018
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 ________________________________

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 19, 7–7:50 a.m.  Wednesday, June 20, 7–7:50 a.m.

[ ] Pediatric Immunization  [ ] Information Access for Family Practitioners in the Digital Age
[ ] Musculoskeletal Workshop  [ ] Medical Marijuana Workshop
[ ] Transitions in Care  [ ] Contraception Workshop

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)
[ ] $755 Retired physicians  and physician assistants
[ ] $695 Previous participant bringing a first-time participant
[ ] $520 Resident rate (letter from program director must
(First-time participant’s name________________________________) be included)

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.