40th Annual
Eastern Shore Medical Symposium

Monday-Friday, June 19-23, 2017
The Bay Center and Cove at the Hyatt Place Dewey 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
40th Annual
Eastern Shore Medical Symposium
Monday-Friday, June 19-23, 2017

The Eastern Shore Medical Symposium combines quality education with a great beach location. If you are a primary care physician, family practitioner, advanced practice nurse or other healthcare professional, take advantage of this comprehensive symposium that discusses relevant medical topics in a relaxed, collegial atmosphere. This year’s program focuses on important topics seen in primary care like diabetes management; heart disease; kidney disease; acute stroke; women’s health; G.I. update; polypharmacy; and cancer screening, prevention and care.

Dewey 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. Dewey 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, expert, accessible faculty
• Relaxed, informal learning environment
• Small group workshops to promote interaction and individual attention
• Attractive beach resort location
• Access to information about new products and equipment

TARGET AUDIENCE
Primary Care Physicians
Family Practitioners
Pediatricians
General Practitioners
Internists
Advanced Practice Nurses
Physician Assistants
Professional Nurses
PROGRAM OBJECTIVES

The purpose of the Eastern Shore Medical Symposium is to provide a comprehensive review of pertinent topics in primary care medicine. By discussing both the evidence behind each selected 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 end of this activity, participants should be able to:

• Review evidence, as well as limitations behind updated recommendations from national experts such as U.S. Preventive Services Task Force, American Cancer Society, and Advisory Committee on Immunization Practices and identify 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 dementia.
• Examine how the current healthcare 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, patient safety issues in hospital medicine, and transformations in primary care practices.
• Identify and implement into practice the latest recommendations and updates in Type 2 diabetes, acute stroke, angina, gastrointestinal issues, adolescent health, and adult and pediatric immunizations.
• Appraise diagnostic accuracy, chronic disease management and prevention, and recognize differences in medication management in special patient populations such as pediatrics and geriatrics.
• 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 pharmacologic agents in ambulatory care.
• Assess their own practice 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 practice.

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 provider-ship 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 23.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 3.25 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.

PENNSYLVANIA PATIENT SAFETY/RISK MANAGEMENT CREDIT

Topics in this activity fall within the approved list for Patient Safety Pennsylvania State Requirements. Total: 5 credits

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

Application for CME credit has been filed with the 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. Participants who successfully complete all educational program components for this activity will be awarded a maximum of 22.8 contact hours.

AMERICAN ACADEMY OF PHYSICIAN ASSISTANTS

AAPA accepts Category 1 credit for AOA-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. Instructions to retrieve your transcript will be provided at the conference.
Program Schedule

For information about our speakers, visit udel.edu/esms/faculty.

Sunday, June 18

4 – 6 pm Registration
Bay Center and Cove, Dewey Beach, DE
Pick up your conference materials and other information for the week.
Faculty are affiliated with Sidney Kimmel Medical College at Thomas Jefferson University unless otherwise noted.

Monday, June 19

6:30 am Continental Breakfast
7 am Registration
7:55 am Welcome
8 – 8:50 am Gastroenterology Update
Anthony J. DiMarino Jr., MD
8:50 – 9:40 am Cancer Update
Richard C. Wender, MD
American Cancer Society, Inc.
9:40 – 10 am Break
10 – 10:50 am Cancer Screening and Prevention
Richard C. Wender, MD
American Cancer Society, Inc.
10:50 – 11:40 am Hypertension Update
Patrick E. McBride, MD, MPH
University of Wisconsin, School of Medicine and Public Health
11:40 am – 12:30 pm Hyperlipidemia
Patrick E. McBride, MD, MPH
University of Wisconsin, School of Medicine and Public Health

Tuesday, June 20

6:30 am Continental Breakfast
7 – 7:50 am WORKSHOPS — Limited space is available. Mark your choice on the registration form.
Sports Medicine
Jeremy D. Close, MD
Topics in Geriatric Medicine
Kristine Swartz, MD
Primary Care for the HIV Patient
Lindsay B. Ashkenase, MD
Christiana Care Health System
8 – 8:50 am Type 2 Diabetes Management—What to Do After Metformin
Neil S. Skolnik, MD
Abington – Jefferson Health
8:50 – 9:40 am Management of Diabetes in the Elderly
Neil S. Skolnik, MD
Abington – Jefferson Health
9:40 – 10 am Break
10 – 10:50 am Medical Cannabis: Lessons Learned by a Family Doctor
Sarah Mullins, MD
10:50 – 11:40 am Novel Oral Anticoagulants (NOACs): How Not to Be Overwhelmed, and Selecting the Correct Agent
Geno J. Merli, MD
11:40 am – 12:30 pm Common Foot and Ankle Problems
Marc I. Harwood, MD
Wednesday, June 21

6:30 am Continental Breakfast
7 – 7:50 am
WORKSHOPS — Limited space is available. Mark your choice on the registration form.

Palliative Care
John J. Liantonio, MD
Update in Contraception
Amy L. Clouse, MD
Abington – Jefferson Health
Adolescent Medicine
Christopher V. Chambers, MD

8 – 8:50 am
Chronic Kidney Disease
George C. Francos, MD

8:50 – 9:40 am
Geriatric Polypharmacy
Christine A. Arenson, MD

9:40 – 10 am Break

10 – 10:50 am
Acute Stroke: Evolving TIA/CVA
Carissa Pineda, MD

10:50 – 11:40 am
Post-Stroke Physical Medicine and Rehabilitation for Primary Care
Kristofer J. Feeko, MD

11:40 am – 12:30 pm
Year in Review—Medical Journals Update
Christopher V. Chambers, MD

Thursday, June 22

7:30 am Continental Breakfast
8 – 8:50 am
Adult Immunization Update
John J. Russell, MD
Abington – Jefferson Health

8:50 – 9:40 am
Alternative Medicine
Raymond Y. Teets, MD
Ichan School of Medicine at Mount Sinai

9:40 – 10 am Break

10 – 10:50 am
Dementia Update and Review
Susan M. Parks, MD

10:50 – 11:40 am
Pulmonary Embolism: Issues for the Primary Care Physician
Gregory C. Kane, MD

11:40 am – 12:30 pm
Safety in Outpatient Primary Care
Heather Bittner-Fagan, MD, MPH, FAAFP
Christian Care Health System

Friday, June 23

7:30 am Continental Breakfast
8 – 8:50 am
Chest Pain in Primary Care
David L. Fischman, MD

8:50 – 9:40 am
Management of Chronic Stable Angina in the Outpatient Setting
David L. Fischman, MD

9:40 – 10 am Break

10 – 10:50 am
Safe Opioid Prescribing
Brooke Worster, MD

10:50 – 11:40 am
Drug Prescribing Principles for NSAIDs, Steroids and Other Non-Narcotic Pain Relievers
Cynthia Cheng, MD, PhD

11:40 am – 12:30 pm
Medical Malpractice
Robert L. Perkel, MD

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; 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 udel.edu/esms for hotel information.

LOCATION
Bay Center and Cove
124 Dickinson St.
Dewey Beach, Delaware 19971
The Bay Center and Cove is located behind the Hyatt Place Dewey Beach hotel.

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.

PARKING
Metered parking near the hotel and Bay Center and Cove is $1.50 per hour, beginning at 10 a.m. Permit parking passes in Dewey Beach can be purchased from the Dewey Beach Town Hall located at 105 Rodney Avenue, Dewey Beach, Delaware. Weekly, weekend and daily permits are available for purchase 24/7 at the kiosk in front of the Town Hall parking lot. Parking at the Hyatt Place Dewey Beach hotel parking garage is for hotel guests only. All parking is limited.

TRANSPORTATION BETWEEN REHOBOTH AND DEWEY
Attendees with hotel accommodations in Rehoboth Beach will be able to take advantage of conference-provided trolley service. A central pick up and drop off will occur in Rehoboth Beach on a daily basis and also will be provided for the Tuesday and Wednesday workshops. More information will be provided prior to the conference.

COSTS
Please see registration form for costs.

The registration fee includes course materials on a flash drive and 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 to the conference each day. A limited number of electrical outlets will be available as backup.

REGISTRATION
Online – If you are paying with a credit card or online check, please visit udel.edu/esms.
Fax – Paying by credit card, purchase order or government voucher? Fax form on inside back cover to 302-831-0701.
Phone – Have your credit card and course information ready; call 302-831-7600 weekdays.
Mail – Please see form on inside back cover.
You can also access the registration form and brochure information at udel.edu/esms.

REFUND POLICY
A refund will be given (less a processing charge of $75) for written cancellation received on or before June 12, 2017. 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 Lisa Malbone, University of Delaware, 501 S. College Ave., Newark, DE 19716-7410; telephone 302-831-3474; or email lynnaf@udel.edu or lmalbone@udel.edu.

About continuing medical education
For additional continuing medical education activities sponsored by Sidney Kimmel Medical College at 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

☐ Mr.  ☐ Ms.  ☐ 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  ☐ Brochure  ☐ Delaware Medical Society Journal
☐ Physicians’ Travel & Meeting Guide  ☐ CMEplanner.com  ☐ Email
☐ Web search  ☐ Word of mouth  ☐ Other (please specify)__________________________

I WOULD LIKE TO REGISTER FOR THE FOLLOWING WORKSHOPS:

Tuesday, June 20, 7–7:50 a.m.  Wednesday, June 21, 7–7:50 a.m.
☐ Sports Medicine  ☐ Palliative Care
☐ Topics in Geriatric Medicine  ☐ Update in Contraception
☐ Primary Care for the HIV Patient  ☐ Adolescent Medicine

SYMPOSIUM REGISTRATION FEE—Full payment is due with registration.
The registration fee includes course materials on a flash drive and online, certificates of attendance and daily continental breakfast.

☐ $695 Physicians and faculty  ☐ $595 Nurses (professional, practitioner, case manager) and physician assistants
☐ $655 Retired physicians  ☐ $420 Resident rate (letter from program director must be included)
☐ $595 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 account 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.
Excellent programs and faculty; great beach location!