



# 2023 Advances in Primary Care Conference

**Friday, November 3, 2023 | 8:00 am – 4:00 pm MT**

**Intermountain Medical Center | Doty Family Education Center | 5121 Cottonwood Street, Murray, UT**

*\*This will be a hybrid conference; virtual attendance is available.*

## Conference Purpose

The purpose of this conference is to connect healthcare professionals in primary care specialties with the new information they need to deliver high quality care for their patients. During this conference, topics such as chronic disease management, preventative care, major subspecialty updates, healthcare delivery, and systems-based practice will be addressed.

## Target Audience

Advanced Practice Providers (APP), Hospitalists, Internal Medicine Physicians, Nurses, Pharmacists, Primary Care Physicians, Urgent Care Physicians, Sub specialists, and all other healthcare professionals that practice in a medical specialty and primary care setting.

## Registration

Method of Payment – Credit Card or Inter-Department Transfer

For assistance, please call 801-507-8470 or 800-910-7262 or email [ipce@imail.org](mailto:ipce@imail.org)

Intermountain Health  
Interprofessional Continuing Education  
383 West Vine Street – 3rd Floor  
Murray, Utah 84123

### Registration Fees

|                                  |       |
|----------------------------------|-------|
| Physicians . . . . .             | \$200 |
| APP & Pharmacists . . . . .      | \$150 |
| Nurses, RTs, and Other           |       |
| Healthcare Professionals . . . . | \$100 |

## Cancellation and Reimbursement Policy

Full (100%) registration reimbursement for cancellation more than 14 days prior to the beginning of the activity. Half (50%) registration reimbursement for cancellation between four (4) and fourteen (14) days prior to the beginning of the activity. No reimbursement for cancellation three (3) days or less prior to the beginning of the activity.

## Exceptions

Exceptions may be allowed only under extenuating circumstances and with approval from the IPCE Director, Medical Director, and VP for IPCE.

*"Please note that many of our events are hybrid in nature - live and a virtual audience. As such photographs and footage will be taken throughout the event. If you do not want to be captured in these images which will only be used for accredited education to providers of the activity you have signed up for, please sit in the last two rows of the venue."*



To learn more or register, visit:  
<https://intermountain.cloud-cme.com/2023primarycare>



# Leadership & Speakers

## Co-Directors

### **Amanda Breviu, MD**

*Internal Medicine Physician, Intermountain Medical Center*

### **Nicholas Duncan, MD**

*Family Medicine Physician, Intermountain Cottonwood Family Practice*

### **Mark Sims, MD**

*Hospitalist,  
Intermountain Medical Center*

## Planning Committee

### **Amanda Breviu, MD**

*Internal Medicine Physician, Intermountain Medical Center*

### **Nicholas Duncan, MD**

*Family Medicine Physician, Intermountain Cottonwood Family Practice*

### **Mark Sims, MD**

*Hospitalist,  
Intermountain Medical Center*

### **Scott Woller, MD, FACP, FCCP**

*Physician, Chair of Medicine, Intermountain Medical Center*

### **Luanna Schmelter, MBA, RN, NEA-BC**

*Clinical Operations Director, Intermountain Medical Center*

### **Charles Noyes, PharmD, BCADM, CDCES**

*Clinical Pharmacist,  
Intermountain Health*

## Speakers

### **Sarah Pietruszka, MD, DPT**

*Sports Medicine Physician  
Intermountain Health*

### **Camille Moreno, DO**

*Medical Director,  
Midlife Women's Health and  
Menopausal Medicine Program –  
University of Utah*

### **James Craven, MD, MS**

*Endocrinologist, Endocrinology,  
Cottonwood Medical Clinic –  
Endocrine & Diabetes,  
Intermountain Medical Center*

### **Marianne Parshley, MD, FACP**

*Internal Medicine Physician,  
Providence Gateway Internal Medicine –  
Portland, OR*

### **Reauelle King, MD**

*Sleep Medicine Physician,  
Intermountain Sleep Disorder Center –  
LDS Hospital*

### **Richmond Doxey, MD**

*Assistant Professor,  
Department of Internal Medicine  
at the University of Utah*

### **Kathleen Irby, MD**

*Internal Medicine Fellow,  
Department of Internal Medicine  
at the University of Utah*

### **Marc Potter, MSW, LCSW**

*Employee Assistance Program Consultant,  
Intermountain Health*

# Agenda

| TIME (MT)           | TOPIC/SPEAKER  | DESCRIPTION  |
|---------------------|--|--|
| 8:00-8:15 AM        | <b>Welcome</b>   |  |
| 8:15-9:00 AM        | <b>Common Shoulder Problems</b><br>Sarah Pietruszka, MD DPT  | <ul style="list-style-type: none"> <li>Identify common shoulder problems healthcare professional encounter and discuss relevant diagnostic findings and treatment pathways.</li> <li>Identify common pitfalls in diagnosis or treatment of common shoulder problems.</li> <li>Recognize when to refer to specialists.</li> <li>Discuss appropriate indications and technique for injection for improved efficiency.</li> </ul>                             |
| 9:00-9:45 AM        | <b>Menopause Update:<br/>A Look at Current Research<br/>and Changes in Clinical Practice</b><br>Camille Moreno, DO | <ul style="list-style-type: none"> <li>Utilize correct terminology for menopause related conditions and treatments.</li> <li>Explain physical, hormonal, cognitive changes at menopause as they pertain to underlying physiologic mechanisms.</li> <li>Identify new medication for the treatment of menopausal symptoms including describing benefits other than vasomotor symptom relief and reviewing risks and contraindications.</li> </ul>            |
| 9:45-10:00 AM       | <b>Break</b>   |  |
| 10:00-10:45 AM      | <b>Updates in Bone Health/<br/>Osteoporotic Care</b><br>James Craven, MD, MS                                       | <ul style="list-style-type: none"> <li>Discuss the current clinical and economic burden of osteoporotic fractures.</li> <li>Review the current standards for optimal osteoporotic care.</li> <li>Explain the most significant bone health literature updates in 2022-2023.</li> </ul>  |
| 10:45-11:45 AM      | <b>Claiming Our Voices:<br/>Advocacy in Primary Care</b><br>Marianne Parshley, MD,<br>FACP                         | <ul style="list-style-type: none"> <li>Recognize that we have an ethical and professional duty to speak out for our patients and our community.</li> <li>Differentiate between advocacy, lobbying, politics and government structure as well as some history of healthcare professionals as advocates.</li> <li>Describe some of the tools and avenues open to healthcare professionals to advocate at the local, regional and national levels.</li> </ul> |
| 11:45 AM - 12:30 PM | <b>Lunch</b>   |  |
| 12:30-1:15 PM       | <b>Obstructive Sleep Apnea (OSA) Primer<br/>for Primary Care</b><br>Reauelle King, MD                              | <ul style="list-style-type: none"> <li>Discuss different types of sleep apnea and when to suspect it.</li> <li>Discuss how to best diagnose sleep disordered breathing.</li> <li>Discuss gold standard and newer treatments for sleep apnea.</li> <li>Describe how to manage sleep apnea in the primary care setting.</li> </ul>   |

# Agenda

| TIME (MT)    | TOPIC/SPEAKER   | DESCRIPTION   |
|--------------|---|---|
| 1:15-2:00 PM | <b>Lasting Lifestyle Changes:<br/>Sailing Towards Solution<br/>Island</b> Richmond Doxey, MD                | <ul style="list-style-type: none"><li>• Outline the basics of facilitating behavior change.</li><li>• Adopt a 'Coach' mindset.</li><li>• Confidently apply the skills learned to help patients make and keep commitments to change.</li></ul>   |
| 2:00-2:15 PM | <b>Break</b>  |   |
| 2:15-3:00 PM | <b>Helping Patients at End of Life:<br/>Improving Hospice Transitions from<br/>Clinic</b> Kathleen Irby, MD | <ul style="list-style-type: none"><li>• Describe prognostication and understanding of hospice qualifications.</li><li>• Outline new ways to discuss hospice with your patients and improve referral timing.</li><li>• Explain how patients should have a successful transition to hospice.</li></ul>  |
| 3:00-3:45 PM | <b>Mindfulness in Medicine:<br/>An Introduction</b><br>Marc Potter, MSW, LCSW                               | <ul style="list-style-type: none"><li>• Identify organizational and intrapersonal causes of burnout.</li><li>• Describe and practice several mindfulness exercises that can increase presence and well-being.</li><li>• Describe and practice two self-compassion exercises that also increase our capacity for compassion toward others.</li><li>• Identify several resources for further learning and practice.</li></ul> |
| 3:45-4:00 PM | <b>Closing Remarks</b>  |   |

# Accreditation



## Accreditation

Intermountain Healthcare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide medical education for physicians.

## AMA PRA Credit

Intermountain Healthcare designates this live activity for a maximum of *\*6.25 AMA PRA Category 1 Credit(s)<sup>TM</sup>*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Nursing Contact Hours

Intermountain Healthcare is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This live activity offers a maximum of 6.25\* nursing contact hours. Successful completion is attending no less than 1 full session and claiming credit only for sessions attended.



## Pharmacy Hours

Accreditation for this educational program is provided by Intermountain Healthcare. Intermountain Healthcare is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. To receive credit, attendees must complete a post-test with a score of 75% or better and complete an activity evaluation for each activity for which they are claiming credit. All credit will be reported directly to CPE Monitor<sup>TM</sup> within 60 days of claiming credit. Intermountain is not responsible for credit report failure as a result of incorrect NABP or date of birth information. Please contact ipce@imail.org or 801-507-8470 with questions.



Each of the following knowledge-based activities are approved for 0.75 hour (0.075 CEU) of ACPE credit unless otherwise noted:

- Common Shoulder Problems, ACPE UAN 0582-0000-23-063-L01-P
- Menopause Update: A Look at Current Research and Changes in Clinical Practice, ACPE UAN 0582-0000-23-064-L01-P
- Updates in Bone Health/Osteoporotic Care, ACPE UAN 0582-0000-23-065-L01-P
- Obstructive Sleep Apnea (OSA) Primer for Primary Care, ACPE UAN 0582-0000-23-067-L01-P
- Lasting Lifestyle Changes: Sailing Towards Solution Island, ACPE UAN 0582-0000-23-068-L01-P
- Helping Patients at End of Life: Improving Hospice Transitions from Clinic, ACPE UAN 0582-0000-23-068-L01-P
- Mindfulness in Medicine: An Introduction, ACPE UAN 0582-0000-23-070-L04-P
- Each of the following knowledge-based activities are approved for 1 hour (0.1 CEU) of ACPE credit unless otherwise noted (Claiming Our Voices: Advocacy in Primary Care, ACPE UAN 0582-0000-23-066-L04-P)



## American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.25\* MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

**The AAFP has reviewed *Advances in Primary Care Conference* and deemed it acceptable for up to 6.25 Live AAFP Prescribed credits. Term of Approval is from 11/03/2023 to 11/03/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.**



## AMA/AAFP Equivalency

**AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)<sup>TM</sup>* toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.**



*\*Credit hours are subject to change and are based on actual learning hours and at the discretion of IPCE.*