

36th Annual
Primary Care Summer Conference
*Medical Specialties from the
Primary Care Perspective*



August 9-11, 2019
The Westin Carlsbad Resort & Spa
Carlsbad, California

Course Introduction

Course Overview

Scripps Health's Primary Care Summer Conference was designed by primary care physicians for primary care physicians and will present content from their unique perspective. This important CME conference will educate and promote improved patient outcomes in a broad range of therapeutic areas commonly encountered in the busy primary care practice. The 2019 conference will include updates on infectious diseases, diabetes management, human trafficking, neurology, cardiology, and a number of other important conditions providers come across in practice. In addition to an overview of the history and current science of a variety of specialty areas, content will be presented in a very practical, patient-focused manner relevant to the specific primary care setting and challenges.

Conference Highlights

- Presentation of a wide variety of therapeutic areas commonly encountered in primary and family practice settings
- Practical and useful content, including pearls, additional resources, course materials and recordings for later reference
- Dynamic and interactive formats including case studies, audience response system, and ample opportunities for Q&A
- Half-day schedule at one of San Diego's most popular vacation destinations allowing time for learning and relaxation

Educational Objectives

After attending this live activity, participants should be able to:

- Discuss the history, science and evidence of commonly encountered therapeutic areas.
- Integrate current trends in preventive health care into patient care strategies.
- Diagnose frequently encountered medical conditions using office examinations and formal diagnostic techniques.
- Formulate a comprehensive treatment program for various health issues, coordinating other team members within the practice to support the patient care strategy.
- Manage the specialist referral process: assess when to refer, recognize what the specialized treatment will consist of, and determine the role of the primary care physician in cohesive care and follow-up.
- Identify common overlapping or related conditions.
- Access and/or recommend resources for both physicians and patients to acquire additional information pertinent to a range of therapeutic areas.
- Effectively discuss with patients their personal responsibilities in prevention and treatment.

Target Audience

- Family Medicine
- Internal Medicine
- General Practitioners

Dermoscopy Workshop

Additional fee

This interactive, three-part skills workshop is designed for physicians looking to introduce dermoscopy into their practice or further their skill set. Part one will offer an introduction to dermoscopy and its use in identifying melanoma skin cancer. Part two will consist of reviewing real-life cases and slides allowing participants to apply what they have learned thus far. Part three will offer participants the chance to use dermoscopes to conduct skin exams. The workshop will be taught to a limited audience allowing for extensive interaction with the expert speaker. Participants in attendance will earn an additional 3 AMA PRA Category 1 Credits™.

Conference Location & Hotel Information

The Westin Carlsbad Resort & Spa

5480 Grand Pacific Dr.

Carlsbad, California 92008

Reservations: 800-444-3515

Toll Free: 833-489-4455

Website: www.westincarlsbad.com

Rates and Reservations

Please make your own hotel reservations and request the Scripps conference reduced rate of \$239 per night (plus tax).

This low rate also includes:

- Waived resort fee
- Complimentary daily and overnight self-parking
- Complimentary guestroom internet service
- Complimentary use of the fitness center
- 15% discount on services at Ocean Pearl Spa
- Complimentary shuttle service within 5 miles of hotel

Make your reservations early! A block of rooms is being held for us at the special rate of \$239 per night **until July 17, 2019 or until the room block fills, whichever comes first.** After this date, reservations will be accepted on a space and rate availability basis only. Be sure to mention that you are attending the Scripps primary care conference when making your reservations to receive the reduced rate.

About Carlsbad

Known as "The Village by the Sea," the city of Carlsbad offers the charm of a European town with the conveniences of a large city. As you wander streets lined with antique stores, boutique shops, and sidewalk cafes, you'll soon discover much more, including miles of coastline, beautiful flower gardens and world-class resorts. Conference attendees can enjoy a variety of attractions located just minutes from the conference hotel including:

- The Crossings Golf Course
- Carlsbad State Beach
- LEGOLAND
- Carlsbad Premium Outlets
- Carlsbad Flower Fields
- And more!



Accreditation, Disclosure & Faculty

Physicians

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Scripps Health designates this live activity for a maximum of 15 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Credit Breakdown

Three-Part Dermoscopy Workshop (Fri-Sun): 3
Main Conference (Fri-Sun): 12
Total Credits Available: 15

American Academy of Family Physicians

This Live activity, 36th Annual Primary Care Summer Conference, with a beginning date of 08/09/2019, has been reviewed and is acceptable for up to 15.00 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.



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12 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.

American Osteopathic Association

CME activities approved for AAFP credit are recognized by the AOA as equivalent to AOA Category 2 credit.

College of Family Physicians of Canada

Members of the College of Family Physicians of Canada are eligible to receive 15 Certified or Non-Certified Mainpro+ credits for participation in this activity due to reciprocal agreement with the American Academy of Family Physicians.

American Academy of Nurse Practitioners Certification Board

AAFP Prescribed Credits are accepted by the AANPCB. Participants should contact the AANPCB directly to determine how to report credits earned.

American Nurses Credentialing Center

According to the ANCC, the continuing education hours approved by the AAFP meet the ANCC-accredited CNE criteria. Participants should contact the ANCC directly to determine how to report credits earned.

Board of Registered Nursing

For the purpose of re-licensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)[™]. The majority of state boards accept AMA PRA Category 1 Credit(s)[™] as meeting continuing education requirements for license renewal. Nurses should check with their state's Board of Registered Nursing regarding use of CME credit.

American Academy of Physician Assistants

PAs may claim a maximum of 15 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit[™] from organizations accredited by ACCME or a recognized state medical society.

Pharmacology Credits

The main conference is certified for 12 CE credits. The number of credits that may be applied toward Pharmacology will be confirmed after the conference materials have been reviewed by our pharmacist.

Commercial Support

This course is supported, in part, by educational grants from industry, in accordance with ACCME Accreditation Standards for Commercial Support. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

Course Director

Michael L. Van Buskirk, MD, ABFM

Chairman, Department of Family Medicine
Scripps Clinic
Site Medical Director, Scripps Clinic Encinitas and Del Mar
Clinical Professor, Voluntary
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Conference Planning Committee

Bonnie Marblestone, PhD, RN, FNP-BC

Family Nurse Practitioner
Division of Internal Medicine
Scripps Clinic
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Conference Faculty

Robert Alan Bonakdar, MD, FAAFP, FACN

Director of Pain Management
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La Jolla, California

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Medical Director
Scripps Whittier Diabetes Institute
Diabetes and Endocrine Associates
Clinical Professor of Medicine,
UCSD Past-President, American
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La Jolla, California

David Feifel, MD, PhD

Director, Adult ADHD and TMS Programs
University of California, San Diego
Director, Neuropsychiatry and
Behavioral Medicine Program
Kadima Neuropsychiatry Institute
La Jolla, California

Faculty Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity. A complete listing of disclosures associated with this program can be found on the conference website: www.scripps.org/pcsummercme and in the mobile conference app: www.gupio.com/PCM19.

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Division Head, Scripps Center for
Integrative Medicine
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Poulina Q. Uddin, MD

Co-founder, Scripps Women's Heart
Center
Scripps Clinic
La Jolla, California

Course Agenda

Friday, August 9, 2019

- 6:30 a.m. Registration, Continental Breakfast & View Exhibits
- 7:55 a.m. **Welcome & Educational Overview**
- 8 a.m. **Travel Related Infectious Disease: What Not to Bring Home**
Nancy F. Crum-Cianflone, MD, MPH
- 9 a.m. **Type 1 Diabetes Treatment and Delivery: 2019 Update**
Daniel Einhorn, MD
- 10 a.m. Break & View Exhibits
- 10:30 a.m. **Treating Depression in Primary Care**
David Feifel, MD, PhD
- 11:30 a.m. **Medical Jeopardy**
Joel C. Diamant, MD
- 12:30 p.m. Adjourn

Saturday, August 10, 2019

- 7 a.m. Continental Breakfast & View Exhibits
- 8 a.m. **Recognizing Human Trafficking: A Primer for Health Care Providers**
Tonya Chaffee, MD, MPH
- 9 a.m. **Obesity, Weight Loss and Fad Diets**
Raymond A. Plodkowski, MD
- 10 a.m. Break & View Exhibits
- 10:30 a.m. **NeuroBowl**
Michael A. Lobatz, MD
- 11:30 a.m. **Take Care: Tips for Preventing Health Care Professional Burnout**
Christopher J. Suhar, MD
- 12:30 p.m. Adjourn

Sunday, August 11, 2019

- 7 a.m. Continental Breakfast & View Exhibits
- 8 a.m. **Cardiovascular Disease in Women**
Poulina Q. Uddin, MD
- 9 a.m. **Incorporating Point-of-Care Ultrasound in Your Practice**
James Q. Hwang, MD
- 10 a.m. Break & View Exhibits
- 10:30 a.m. **Rheumatology Pearls for Primary Care**
Vikram K. Garg, MD
- 11:30 a.m. **Evidence-Based Integrative Pain Management**
Robert A. Bonakdar, MD
- 12:30 p.m. Final Adjournment

Topics, speakers, and order of talks is subject to change.

Download the Scripps CME app for your smart phone or tablet!

All conference information including a detailed agenda, faculty listing, faculty disclosures, industry support, attendee list, and course materials can be found on the free Scripps CME conference app for smart phones, tablets, and laptop computers. To download the app on your smart phone or other device visit the appropriate app store and search ScrippsCME (must be one word). The app is free of charge and will be continuously updated during and after the course.

To access the site using a web browser:

<http://www.grupio.com/PCM19>

Three Part Pre-Conference Workshop

Dermoscopy and Melanoma: What Have You Been Missing?

Friday-Sunday, 7-8 a.m. each day

Michael L. Van Buskirk, MD

This interactive, three-part skills workshop is designed for physicians looking to introduce dermoscopy into their practice or further their skill set. Part one will offer an introduction to dermoscopy and its use in identifying melanoma skin cancer. Part two will consist of reviewing real-life cases and slides allowing participants to apply what they have learned thus far. Part three will offer participants the chance to use dermoscopes to conduct skin exams. The workshop will be taught to a limited audience allowing for extensive interaction with the expert speaker. Participants in attendance will earn an additional 3 AMA PRA Category 1 Credits™.



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Space is limited, so register early!

Included: Course tuition, breakfasts, breaks, internet access, parking, and course materials

Not Included: Travel costs, lodging, lunch, and dinners

Attendance Policies

	Thru Jun 10	Jun 11–Aug 5	On-site after Aug 5
Pre-Conference Workshop (3 days)	___ \$150	___ \$175	___ \$200
Physicians (MD, DO)	___ \$450	___ \$475	___ \$500
RN, PA, NP	___ \$250	___ \$275	___ \$300
Fellows, Residents, Students	___ \$150	___ \$175	___ \$200

Register Online

www.scripps.org/pcsummercme

Attendance Policies

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Fellow, Resident, Student), if your cancellation is received in writing no later than **July 29, 2019**. Attendee substitutions are allowed, but notification must be made in writing by **Monday, July 29, 2019**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows." Pre-conference workshop registration fees will be refunded in full until July 29, 2019.

Guest Attendance Policy

All conference activities, including, meal functions, are exclusively reserved for paid conference attendees. Children and family members are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.



Scripps Conference Services & CME
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