



HARVARD
MEDICAL SCHOOL



Beth Israel Deaconess
Medical Center
Department of Medicine

SEVENTH ANNUAL

Principles of Prevention in Primary Care Practice: Pearls and Pitfalls

JUNE 7-9, 2018 The Fairmont Copley Plaza, Boston, Massachusetts, USA



This program offers ABIM MOC Points

FEATURING BEST PRACTICES AND EFFECTIVE PREVENTIVE MEDICINE STRATEGIES TO IMPROVE YOUR PRACTICE

OUR EXPERT FACULTY, RECOGNIZED AS LEADERS IN CLINICAL PRACTICE AND MEDICAL EDUCATION, WILL ENRICH YOUR KNOWLEDGE OF PREVENTION IN PRIMARY CARE. TOPICS INCLUDE:

- Genetic causes of cancer: which patients should be screened
- Patient management in the face of alcohol or opioid use
- Screening and treatment of depression
- Nutrition counseling and healthy-lifestyle coaching to prevent chronic illnesses
- Preventing falls in the elderly
- Evolving vaccine recommendations
- Lifestyle changes to prevent type 2 diabetes, cardiac disease, hypertension and hyperlipidemia
- Strategies for smoking cessation
- Advice for the world traveler to prevent infections
- Reducing medical errors
- Updates from the scientific director of the USPSTF

UNDER THE LEADERSHIP OF:

Gerald W. Smetana, MD, MACP | Howard Libman, MD, FACP

EARN UP TO:

20.75 AMA PRA Category 1 Credits™ | 20.75 MOC Points | 9.25 Risk Management Credits

REGISTER NOW: PreventionPrinciples.com

Course Description

A major challenge we face today as primary care clinicians is staying current with the rapid advances in prevention. **Prevention is a major component of effective primary care practice and one of the unique strengths that we must possess.** Most CME courses focus on prevention in one or several limited spheres. In this course, we will focus on screening and prevention, teaching you novel and cutting-edge strategies across multiple disciplines. Topics include prevention of cancer, heart disease, infectious diseases, obesity and diabetes, and risk management issues in primary care; plus, there will be a number of keynotes and ask-the-experts sessions.

ENGAGING SESSIONS WITH PROMINENT EXPERTS AND COLLEAGUES

Our outstanding faculty, recognized as experts in the field, will teach you how to incorporate the latest tests and tools into your practice. We will discuss challenging cases and treatments and give you ample opportunity to ask questions of and interact with leading experts. Course material will be presented in a distraction-free environment through formats that include:

- Innovative lectures
- Valuable case-based sessions
- Question-and-answer panels
- Interactive discussions

WHY ATTEND?

Practitioners from around the world attend this unique course to ensure they are current with state-of-the-art clinical practices and skills, including:

- Understanding when to refer patients for genetic testing for a personalized cancer risk assessment
- Strategizing how to effectively promote smoking cessation
- Navigating guidelines and best practices regarding the safe use of chronic opioid therapy in primary care
- Improving outcomes for treating hypertension
- Optimizing screening options to reduce the risk of breast cancer
- Being prepared to answer patient questions about healthy lifestyles
- Improving outcomes by prescribing pre-exposure prophylaxis to reduce the risk of HIV infection

WHO SHOULD ATTEND?

Clinicians seeking a useful, comprehensive review that ensures they are up to date across all major fields in preventive medicine should attend, including:

- Physicians
- Osteopathic physicians
- Nurse practitioners
- Physician assistants
- Other providers who care for patients in primary care practice settings

HIGHEST-RATED CME

THIS PROGRAM IS AMONG THE
HIGHEST-RATED HARVARD
MEDICAL SCHOOL CME COURSES.

REGISTER NOW: PreventionPrinciples.com

Faculty

HARVARD MEDICAL SCHOOL COURSE DIRECTORS



Gerald W. Smetana, MD, MACP

Professor of Medicine
Harvard Medical School
Division of General Medicine and
Primary Care
Beth Israel Deaconess Medical Center



Howard Libman, MD, FACP

Professor of Medicine, Emeritus
Harvard Medical School
Division of General Medicine and
Primary Care
Beth Israel Deaconess Medical Center

HARVARD MEDICAL SCHOOL FACULTY

Martin J. Abrahamson, MD, FACP
Associate Professor of Medicine

Kelly D. Ford, MD
Assistant Professor of Medicine

Marc B. Garnick, MD
Gorman Brothers Clinical Professor of
Medicine

Michael W. Kahn, MD
Assistant Professor of Psychiatry

Mary T. LaSalvia, MD, MPH
Instructor in Medicine

Lewis A. Lipsitz, MD
Professor of Medicine

Murray A. Mittleman, MD, DrPH
Professor of Medicine
Professor of Epidemiology

Edward M. Phillips, MD
Assistant Professor of Physical Medicine
and Rehabilitation

Nancy A. Rigotti, MD
Professor of Medicine

Martin A. Samuels, MD, DSc(hon)
Miriam Sydney Joseph Professor of
Neurology

Helen M. Shields, MD, FACP, AGAF
Professor of Medicine

Jane S. Sillman, MD
Assistant Professor of Medicine

William Taylor, MD
Associate Professor of Population
Medicine
Associate Professor of Medicine

Nadine M. Tung, MD
Associate Professor of Medicine

KEYNOTE LECTURERS

Charles J. Hatem, MD

Harold Amos Distinguished
Academy Professor
Professor of Medicine
Harvard Medical School
Chair, Department of Medical Education
Mount Auburn Hospital

Quyen Ngo-Metzger, MD, MPH

Lecturer on Global Health and
Social Medicine
Harvard Medical School
Scientific Director, U.S. Preventive
Services Task Force
U.S. Department of Health and
Human Services

Russell S. Phillips, MD

William Applebaum Professor of Medicine
Professor of Global Health and
Social Medicine
Director, Center for Primary Care
Harvard Medical School

GUEST FACULTY

Daniel P. Alford, MD, MPH

Professor of Medicine
Associate Dean
Continuing Medical Education
Boston University School of Medicine
Director, Clinical Addiction Research and
Education (CARE) Unit
Director, Safe and Competent Opioid
Prescribing Education (SCOPE of Pain)
Program
Boston Medical Center

Gabriel W. Bell, Esq.

Attorney
Adler Cohen Harvey Wakeman
Guekguezian, LLP

Frank J. Domino, MD

Professor
University of Massachusetts
Medical School
Attending Physician
UMass Memorial Medical Center

David M. Eisenberg, MD

Adjunct Associate Professor
Director of Culinary Nutrition
Harvard T.H. Chan School of
Public Health

Andrew J. Hale, MD

Assistant Professor of Medicine
University of Vermont Medical Center
Co-Chair
Vermont Hepatitis C Task Force
Co-Chair
Vermont Incarcerated Patients HIV/HCV
Care Task Force

Richard Saitz, MD, MPH, FACP

Professor
Chair, Department of Community
Health Sciences
Boston University Schools of Medicine
and Public Health
Senior Editor
Journal of Addiction Medicine

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Register Online at PreventionPrinciples.com

Principles of Prevention in Primary Care Practice: Pearls and Pitfalls	REGISTER ON OR BEFORE MARCH 2, 2018, AND SAVE \$100	AFTER MARCH 2, 2018
Tuition	\$745	\$845

Fees shown in USD. Your tuition includes all breakfasts, coffee and refreshment breaks and complimentary Internet access. All attendees will receive a comprehensive printed syllabus with online access.

General Information

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 20.75 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NEW! ABIM MAINTENANCE OF CERTIFICATION

Successful completion of this CME activity enables the participant to earn up to 20.75 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.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group-learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert **AMA PRA Category 1 Credits™** to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting **AMA PRA Category 1 Credits™** to ECMECs® can be found at www.eaccme.eu.

AAFP CREDIT

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

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 9.25 credits of Risk Management Study. This includes 0.75 credits of Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming risk management credits.

ABMS/ACGME COMPETENCIES

This course is designed to meet one or more of the following American Board of Medical Specialties (ABMS)/Accreditation Council for Graduate Medical Education (ACGME) competencies:

- Patient care and procedural skills
- Medical knowledge
- Interpersonal and communications skills
- Professionalism

IOM COMPETENCIES

This course is designed to meet the following Institute of Medicine (IOM) competencies:

- Provide patient-centered care
- Work in interdisciplinary teams
- Employ evidence-based practice

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest before the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

PAYMENT, CONFIRMATION AND REFUND POLICY

You may register by credit card (Visa, MasterCard or American Express) or check using Harvard Medical School's secure online registration system at www.PreventionPrinciples.com. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. A processing fee of \$5 (USD) per transaction will be assessed. Upon receipt of your paid registration, an email confirmation from the HMS-DCE office will be sent to you. **Be sure to include an email address that you check frequently, as it will be used for critical information such as registration confirmation, evaluation and certificate.** Refunds, less an administrative fee of \$150, will be issued for all cancellations received two weeks before the start of the course. **Refund requests must be received by postal mail, email or fax.** No refunds will be issued should cancellation occur less than two weeks before. "No-shows" are subject to the full course fee.

COURSE LOCATION



All sessions for this activity will be held at:
The Fairmont Copley Plaza
138 St. James Ave.
Boston, MA 02116
Tel: 617-267-5300

ACCOMMODATIONS AND TRAVEL

A limited number of rooms have been reserved at the **Fairmont Copley Plaza** (800-441-1414 or 617-267-5300) until May 13, 2018. Please specify that you are enrolled in this course to receive the reduced rate of \$369/\$399 per night (moderate/deluxe). Please do not purchase a nonrefundable airline ticket until you have received an email from our office confirming your paid registration.

INQUIRIES

By phone 617-384-8600, Monday-Friday, 9am to 5pm (EDT), or by email at: ceprograms@hms.harvard.edu.

DISCLAIMER

CME activities sponsored by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

LEARNING OBJECTIVES



Upon completion of this activity, you will be able to:

1. Utilize cutting-edge, contemporary guidelines and standards for screening in primary care across multiple disciplines
2. Demonstrate competency and knowledge of the principles of screening: what factors must be present for a condition to qualify for population-based screening
3. Consider clinical and legal aspects of interventions to reduce the potential for prescription opiate abuse and inadvertent overdose
4. Incorporate recent evidence regarding pharmacologic, dietary and other interventions for preventing serious illness into daily clinical practice
5. Develop and utilize tools and checklists that integrate into medical records in order to maximize preventive interventions in primary care practice
6. Eliminate preventive strategies in practice that are proven to be ineffective

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THURSDAY, JUNE 7, 2018

7:00am – 7:30am

Registration and Continental Breakfast

7:30pm – 7:45am

Introduction and Welcome

7:45am – 8:45am

Keynote: Preventing Physician Burnout

Charles J. Hatem, MD

PRINCIPLES OF SCREENING AND PREVENTION

8:45am – 9:20am

Which Patients Should Be Screened for Genetic Causes of Cancer?*

Nadine M. Tung, MD

9:20am – 9:30am

Q&A

9:30am – 9:45am

Refreshment Break and Stretch

9:45am – 10:20am

Screening and Treatment of Depression

Michael W. Kahn, MD

10:20am – 10:30am

Q&A

10:30am – 11:05am

Screening Ethics and Controversies*

William Taylor, MD

11:05am – 11:15am

Q&A

11:15am – 11:50am

Preventing Falls in the Elderly

Lewis A. Lipsitz, MD

11:50am – 12:00pm

Q&A

12:00pm – 1:15pm

Lunch (on your own)

SPECIAL LECTURE

1:15pm – 1:50pm

New Developments in the Management of Hyperlipidemias

Murray A. Mittleman, MD, DrPH

1:50pm – 2:00pm

Q&A

RISK MANAGEMENT

2:00pm – 2:35pm

Prevention of Unhealthy Alcohol Use

Richard Saitz, MD, MPH, FACP

2:35pm – 2:45pm

Q&A

2:45pm – 3:05pm

Refreshment Break and Stretch

3:05pm – 3:40pm

The Opioid Crisis: Patient Management and Public Health Considerations*

Daniel P. Alford, MD, MPH

3:40pm – 3:50pm

Q&A

3:50pm – 4:25pm

Treating Tobacco Users: Strategies and Controversies*

Nancy A. Rigotti, MD

4:25pm – 4:35pm

Q&A

4:35pm – 5:10pm

Prevention of Colon Cancer: Does Anything Besides Aspirin Decrease the Risk of Colon Cancer?*

Helen M. Shields, MD, FACP, AGAF

5:10pm – 5:20pm

Q&A

FRIDAY, JUNE 8, 2018

7:00am – 7:30am

Continental Breakfast

7:30am – 8:30am

Keynote: Primary Care: Saving Money, Saving Lives

Russell S. Phillips, MD

SPECIAL LECTURE

8:30am – 9:20am

Preventing Malpractice: Complications and the Mistakes We Make*

Jane S. Sillman, MD

Gabriel W. Bell, Esq.

HEALTHY LIFESTYLES

9:20am – 9:50am

Exercise Prescription: Promoting Physical Activity in You and Your Patients*

Edward M. Phillips, MD

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9:50am – 10:10am

Refreshment Break and Stretch

10:10am – 10:40am

Motivational Interviewing: A Proven Approach for Weight Loss*

Frank J. Domino, MD

10:40am – 11:10am

Lifestyle Changes to Prevent Diabetes*

Martin J. Abrahamson, MD, FACP

11:10am – 11:25am

Ask the Experts: Answering Your Questions
Faculty

SPECIAL LECTURES

11:25am – 12:10pm

Errors That I Have Made

Martin A. Samuels MD, DSc(hon)

12:10pm – 1:20pm

Lunch Break (on your own)

1:20pm – 1:55pm

Hypertension 2018: Recent Evidence That Will Change Your Practice

Gerald W. Smetana, MD, MACP

1:55pm – 2:05pm

Q&A

2:05pm – 2:40pm

Teaching Kitchens as Learning Laboratories For Patients and Medical Professionals

David M. Eisenberg, MD

2:40pm – 2:50pm

Q&A

2:50pm – 3:05pm

Refreshment Break and Stretch

CANCER SYMPOSIUM

3:05pm – 3:45pm

Prostate Cancer: Consideration for Screening and Prevention: Is Either Worthwhile and Achievable?

Marc B. Garnick, MD

3:45pm – 4:25pm

Cervical Cancer Prevention: Is the Pap Smear Obsolete?

Kelly D. Ford, MD

4:25pm – 5:05pm

Breast Cancer Prevention and Screening: What We Know, What We Do and Does It Make Sense?*

Nadine M. Tung, MD

5:05pm – 5:35pm

Ask the Experts: Answering Your Cancer Questions

Faculty

SATURDAY, JUNE 9, 2018

7:00am – 7:30am

Continental Breakfast

7:30am – 8:30am

Keynote: USPSTF Aims and Methodologies

Quyên Ngo-Metzger, MD, MPH

INFECTIOUS DISEASES

8:30am – 9:05am

Preventing Infections in the World Traveler

Mary T. LaSalvia, MD, MPH

9:05am – 9:15am

Q&A

9:15am – 9:50am

Vaccine Angst: A Paradigm for Prevention*

Kelly D. Ford, MD

9:50am – 10:00am

Q&A

10:00am – 10:30am

Refreshment Break and Stretch

10:30am – 11:05am

HIV Prevention: What Else Works Besides Condoms?*

Howard Libman, MD, FACP

11:05am – 11:15am

Q&A

11:15am – 11:50am

Screening, Prevention and Treatment of HCV: A Shifting Paradigm for Primary Care

Andrew J. Hale, MD

11:50am – 12:00pm

Q&A

12:00pm – 12:15pm

Closing Remarks

Program changes/substitutions may be made without notice.

*Qualifies for Risk Management Credit

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Harvard Medical School
Department of Continuing Education
P.O. Box 825
Boston, MA 02117-0825

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**THIS COURSE SOLD OUT
IN PREVIOUS YEARS.
EARLY REGISTRATION IS
STRONGLY ADVISED.**

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