



HARVARD
MEDICAL SCHOOL

Beth Israel Deaconess
Medical Center

NINTH ANNUAL Principles of Prevention in Primary Care Practice: Pearls and Pitfalls



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

APRIL 11-13, 2021 LIVESTREAM



Now offering ANCC Credits

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

- The public health response to COVID-19
- 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
- Preventative therapies for migraine
- Evolving vaccine recommendations, including COVID-19
- Lifestyle changes to prevent type 2 diabetes, cardiac disease, hypertension and hyperlipidemia
- Strategies for smoking cessation
- Recommendations for preventing dementia and osteoporosis
- Reducing medical errors

UNDER THE LEADERSHIP OF:
Gerald W. Smetana, MD, MACP
Howard Libman, MD, FACP
Maura Moran Brain, DNP, CDCES

EARN UP TO:
23.75 AMA PRA Category 1 Credits™
23.75 ABIM MOC Points
23.75 ANCC Credits
13.00 Risk Management Credits

COMPREHENSIVE UPDATES ON PREVENTIVE MEDICINE

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; timely updates on COVID-19 prevention, treatment and management; and risk management issues in primary care. Plus, there will be a number of keynotes and interactive panel discussions.

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 provide specific recommendations for integrating the latest updates into your practice.

Our highly accessible and educationally sound platform includes:

- Innovative lectures
- Valuable case-based sessions with real-time audience-response questions
- Interactive Q&A sessions with our expert faculty
- Chat features to discuss challenging cases and ask pressing questions
- Informal opportunities to share and exchange information with one another through interactive tools



WHY YOU SHOULD ATTEND

Practitioners from around the world attend this unique course to ensure they are current with the latest updates, practice recommendations and skills, including:

- Understanding when to refer patients for genetic testing for a personalized cancer risk assessment
- Learning how to counsel patients on COVID vaccinations and treatment options for COVID disease
- 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:

- Internists
- Family medicine physicians
- Medical specialists
- Nurse practitioners
- Physician assistants
- Other providers who care for patients in primary care practice settings

HIGHEST-RATED CME

THIS PROGRAM HAS SOLD OUT IN PREVIOUS YEARS DUE TO LIMITED SEATING, BUT THE NEW VIRTUAL PLATFORM PROVIDES AN OPPORTUNITY FOR EVERYONE TO ATTEND, ELIMINATING THE NEED TO TRAVEL.

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
Beth Israel Deaconess Medical Center



Howard Libman, MD, FACP
Professor of Medicine, Emeritus
Harvard Medical School
Division of General Medicine
Beth Israel Deaconess Medical Center



Maura Moran Brain, DNP, CDCES
Certified Adult & Geriatric NP
Certified Diabetes Care & Education Specialist
Beth Israel Deaconess Medical Center

KEYNOTE LECTURERS

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

Daniel H. Barouch, MD
William Bosworth Castle Professor of
Medicine
Harvard Medical School
Ragon Institute of MGH, MIT, and
Harvard
Director, Center for Virology and
Vaccine Research
Beth Israel Deaconess Medical Center

Michael J. Mina, MD, PhD
Assistant Professor
Harvard T.H. Chan School of Public
Health
Associate Medical Director
Clinical Microbiology and Molecular
Virology
Brigham and Women's Hospital
Associate Member
Ragon Institute of MGH, MIT, and
Harvard
Broad Institute of MIT and Harvard

GUEST FACULTY

Molly S. Brett, MD
Instructor in Medicine
University of Colorado
Primary Care Physician
Rocky Mountain Regional VA Medical
Center

Frank J. Domino, MD
Professor
University of Massachusetts Medical
School
Attending Physician
UMass Memorial Medical Center

Andrew J. Hale, MD
Assistant Professor of Medicine
Larner College of Medicine at UVM in
Burlington, VT
Associate Program Director, Internal
Medicine Residency
Infectious Disease Physician
The University of Vermont Medical
Center
Chair, Vermont Viral Hepatitis Task Force

Quyen Ngo-Metzger, MD, MPH
Professor
Department of Health Systems
Science
Kaiser Permanente School of Medicine

Megan Grew Pimentel, Esq.
Attorney
Adler | Cohen | Harvey | Wakeman |
Guekguezian, LLP

HARVARD MEDICAL SCHOOL FACULTY

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

Janelle V. Baptiste, MD
Instructor in 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

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

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

Daniel Press, MD
Associate Professor of Neurology

Rachel V. Reynolds, MD
Assistant Professor of Dermatology

Nancy A. Rigotti, MD
Professor of Medicine

Harold N. Rosen, MD
Associate Professor of Medicine

Paul E. Sax, MD
Professor of Medicine

Helen M. Shields, MD, FACP
Professor of Medicine

Jane S. Sillman, MD
Assistant Professor of Medicine

Nadine M. Tung, MD
Associate Professor of Medicine

* Also Professor of Medicine at Harvard T.H. Chan School of Public Health

SUNDAY, APRIL 11, 2021

7:30am – 7:45am	Introduction and Welcome
7:45am – 8:35am	KEYNOTE: Perspectives on Drug and Alcohol Misuse and Use Disorders* <i>Daniel P. Alford, MD, MPH</i>
8:35am – 8:45am	Question-and-Answer Session
8:45am – 8:50am	Break
PRINCIPLES OF SCREENING AND PREVENTION	
8:50am – 9:30am	Evidence-Based Approach to Prevention* <i>Quyên Ngo-Metzger, MD, MPH</i>
9:30am – 10:10am	Prostate Cancer – Screening and Beyond: Genetics, Prevention and Therapy* <i>Marc B. Garnick, MD</i>
10:10am – 10:20am	Question-and-Answer Session
10:20am – 10:35am	Break and Optional Guided Meditation ✦
10:35am – 11:15am	Screening and Treatment of Depression <i>Michael W. Kahn, MD</i>
11:15am – 11:55am	Prevention of Dementia* <i>Daniel Press, MD</i>
11:55am – 12:05pm	Question-and-Answer Session
12:05pm – 12:55pm	Lunch Break
12:55pm – 1:35pm	Prevention of Colon Cancer: Does Anything Besides Aspirin Decrease the Risk of Colon Cancer?*
	<i>Helen M. Shields, MD, FACP</i>
1:35pm – 2:15pm	Screening for Lung Cancer: More Than a Protocol* <i>Janelle V. Baptiste, MD</i>
2:15pm – 2:25pm	Question-and-Answer Session
2:25pm – 2:40pm	Break and Optional Rejuvenation Exercises ✦
2:40pm – 3:20pm	Preventing Malpractice: Complications and the Mistakes We Make* <i>Jane S. Sillman, MD</i> <i>Megan Grew Pimentel, Esq.</i>
3:20pm – 3:40pm	Question-and-Answer Session
3:40pm – 3:45pm	Break
3:45pm – 4:15pm	Screening for Skin Cancer* <i>Rachel V. Reynolds, MD</i>
4:15pm – 4:55pm	Hypertension 2021: Recent Evidence That Will Change Your Practice <i>Gerald W. Smetana, MD, MACP</i>
4:55pm – 5:05pm	Question-and-Answer Session

MONDAY, APRIL 12, 2021

7:30am – 8:20am	KEYNOTE: The Public Health Response to COVID-19 <i>Michael J. Mina, MD, PhD</i>
8:20am – 8:30am	Question-and-Answer Session

HEALTHY LIFESTYLES

8:30am – 9:00am	Exercise Prescription: Promoting Physical Activity in You and Your Patients* <i>Edward M. Phillips, MD</i>
9:00am – 9:35am	Motivational Interviewing: A Proven Approach for Weight Loss* <i>Frank J. Domino, MD</i>
9:35am – 9:45am	Question-and-Answer Session

*Qualifies for Risk Management Credit ✦ Optional wellness activity *Program changes/substitutions may be made without notice.*

9:45am – 10:00am	<i>Break and Optional Guided Meditation ✦</i>
10:00am – 10:30am	Lifestyle Changes to Prevent Diabetes* <i>Martin J. Abrahamson, MD, FACP</i>
10:30am – 11:10am	Deprescribing Medication in Clinical Practice* <i>Molly S. Brett, MD</i>
11:10am – 11:20am	Question-and-Answer Session
11:20am – 12:10pm	Preventive Therapies for Migraine <i>Gerald W. Smetana, MD, MACP</i>
12:10pm – 1:00pm	<i>Lunch Break</i>
1:00pm – 1:40pm	Breast Cancer Prevention and Screening: What We Know, What We Do and Does It Make Sense?* <i>Nadine M. Tung, MD</i>
1:40pm – 2:20pm	Which Patients Should Be Screened for Genetic Causes of Cancer?* <i>Nadine M. Tung, MD</i>
2:20pm – 2:30pm	Question-and-Answer Session
2:30pm – 2:45pm	<i>Break and Optional Rejuvenation Exercises ✦</i>
2:45pm – 3:25pm	Osteoporosis Prevention and Management <i>Harold N. Rosen, MD</i>
3:25pm – 4:05pm	The Electronic Medical Record and Patient Portals: Technologic Changes and Interactive Approaches to Prevention <i>Maura Moran Brain, DNP, CDCES</i>
4:05pm – 4:15pm	Question-and-Answer Session
4:15pm – 4:55pm	HIV Prevention: What Else Works Besides Condoms?* <i>Howard Libman, MD, FACP</i>
4:55pm – 5:00pm	Question and Answer Session

TUESDAY, APRIL 13, 2021

7:30am – 8:20am	KEYNOTE: The History of COVID-19 Vaccine Development: A Success Story That Is Saving Lives <i>Daniel H. Barouch, MD</i>
8:20am – 8:30am	Question-and-Answer Session
8:30am – 8:35am	<i>Break</i>
8:35am – 9:20am	Management of COVID-19* <i>Paul E. Sax, MD</i>
9:20am – 10:00am	Screening, Prevention and Treatment of HCV: A Shifting Paradigm for Primary Care <i>Andrew J. Hale, MD</i>
10:00am – 10:15am	Question-and-Answer Session
10:15am – 10:30am	<i>Break and Optional Guided Meditation ✦</i>
10:30am – 11:10am	Treating Tobacco Users: Strategies and Controversies* <i>Nancy A. Rigotti, MD</i>
11:10am – 11:50am	New Developments in the Management of Hyperlipidemias <i>Murray A. Mittleman, MD, DrPH</i>
11:50am – 12:00pm	Question-and-Answer Session
12:00pm – 1:00pm	<i>Lunch Break</i>
1:00pm – 1:40pm	Vaccine Angst: A Paradigm for Prevention* <i>Kelly D. Ford, MD</i>
1:40pm – 2:20pm	Cervical Cancer Prevention: Is the Pap Smear Obsolete? <i>Kelly D. Ford, MD</i>
2:20pm – 2:30pm	Question-and-Answer Session
2:30pm – 2:35pm	Closing Remarks

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Accreditation

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 23.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABIM MAINTENANCE OF CERTIFICATION

Successful completion of this CME activity enables the participant to earn up to 23.75 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.

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 13.00 credits of Risk Management Study. This includes 1.00 credit of Opioid Education and Pain Management training. Please check your individual state licensing board requirements before claiming risk management credits.

NURSING CREDITS

The Harvard Medical School is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This activity is approved for 23.75 contact hours, of which 11.50 is eligible for pharmacology credit. Contact hours are awarded commensurate with participation and completion of the online evaluation and attendance attestation. Learners should check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credits™* for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. Learners should check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

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.

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. Discuss how and when lifestyle and pharmacologic interventions are most effective in prevention of specific chronic diseases.
4. Identify clinical and legal aspects of interventions to reduce the potential for prescription opiate abuse and inadvertent overdose
5. Incorporate recent evidence regarding pharmacologic, dietary and other interventions to prevent obesity, diabetes, cardiovascular disease and other serious chronic illnesses into daily clinical practice
6. Develop and utilize tools and checklists that integrate into medical records in order to maximize preventive interventions in primary care practice
7. Eliminate preventive strategies in practice that are proven to be ineffective

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Registration

Principles of Prevention in Primary Care Practice: Pearls and Pitfalls	REGISTRATION FEE
Live-Streaming Program	\$699
Optional Extended Viewing License (on-demand video access for one year)	\$200

Fees are shown in USD. The course will be presented in its entirety and includes real-time audience-response questions and interactive Q&A sessions that allow you to pose specific questions to our expert faculty via online chat. All live-stream sessions are eligible for *AMA PRA Category 1 Credits™* and ABIM MOC points, as well as other relevant credits. Video recordings of the presentations will be available on demand for 30 days. By purchasing the optional video recordings you will have access to these materials for one year.

General Information

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 \$10 (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 \$75, will be issued for all cancellations received two weeks before the start of the course. **Refund requests must be received by email.** No refunds will be issued should cancellation occur less than two weeks before. "No-shows" are subject to the full course fee.

INQUIRIES

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

DISCLAIMER

CME activities accredited 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.

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.

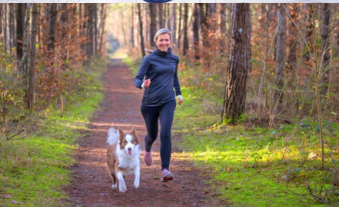
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