



**HARVARD**  
MEDICAL SCHOOL

Beth Israel Deaconess  
Medical Center

TENTH ANNUAL 



# Principles of Prevention in Primary Care:

**PRACTICAL TOOLS TO IMPROVE YOUR PRACTICE**

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

**APRIL 7-9, 2022 LIVE STREAM**



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

- Evolving vaccine recommendations, including COVID-19
- Racial inequalities in medicine
- Outpatient treatment of COVID-19 and management of COVID long-haulers
- Genetic causes of cancer: which patients should be screened
- Patient management in the face of alcohol or opioid use
- Screening and treatment of depression
- Preventative therapies for migraine
- Nutrition counseling and healthy-lifestyle coaching to prevent chronic illnesses
- 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
- Menopause and hormone replacement therapy

## OPTIMIZED FOR REMOTE LEARNING

Interactive sessions • Instructive clinical cases with audience-response questions, all taught by renowned experts • Recordings of all live-streamed sessions are made available for immediate viewing online

### EARN UP TO:

- 24.75 AMA PRA Category 1 Credits™
- 24.75 ABIM MOC Points • 24.75 AAFP Credits
- 24.75 ANCC Contact Hours
- 13.25 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. Sessions include prevention of cancer, heart disease, infectious diseases, obesity and diabetes; timely updates on COVID-19 prevention, treatment and management; risk management issues in primary care; and a number of inspiring keynotes. All sessions will provide you with practical information that you can use now to provide exceptional patient care.

## 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:

- Interactive live-stream sessions
- Instructive clinical cases with audience-response questions
- Ample opportunities to ask questions of and interact with our faculty, who are continuously responding to your pressing questions via online chat
- A comprehensive electronic syllabus
- Immediate access to all live-streamed sessions, with on-demand access until June 9, 2022



## 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 and other cancers
- 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
- Nurses and 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](https://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, ANP-C**  
Certified Adult & Geriatric NP  
Certified Diabetes Care &  
Education Specialist  
Beth Israel Deaconess Medical Center

## KEYNOTE LECTURERS

### Sanjiv Chopra, MD, MACP, FRCP (London)

Professor of Medicine  
Harvard Medical School  
Co-Director  
Division of Continuing Education  
Beth Israel Deaconess Medical Center  
Editor-in-Chief, Hepatology Section  
UpToDate

### Daniele D. Olveczky, MD, MS

Assistant Professor of Medicine  
Harvard Medical School  
Geriatric Inpatient Fracture Trauma Service  
Interim Director  
Center for Diversity Equity and Inclusion  
Inclusion Officer, Department of Medicine  
Beth Israel Deaconess Medical Center

### Paul E. Sax, MD

Professor of Medicine  
Harvard Medical School  
Clinical Director  
Division of Infectious Diseases  
Brigham and Women's Hospital

## 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  
Boston Medical Center

### 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  
The University of Vermont  
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  
Former Scientific Director, U.S. Preventive  
Services Task Force Program  
U.S. Department of Health and Human  
Services

### Megan Grew Pimentel, Esq.

Attorney  
Adler | Cohen | Harvey | Wakeman |  
Guekguezian, LLP

### Melinda Van Niel, MBA, CPHRM

Program Manager  
Massachusetts Alliance for Communication  
and Resolution Following Medical Injury

## HARVARD MEDICAL SCHOOL FACULTY

### Martin J. Abrahamson, MD, FACP

Associate Professor of Medicine

### Lindsey R. Baden, MD

Associate Professor of Medicine

### Marc B. Garnick, MD

Gorman Brothers Clinical Professor of  
Medicine

### Kelly L. Graham, MD, MPH

Assistant Professor of Medicine

### Michael W. Kahn, MD

Assistant Professor of Psychiatry

### Mary T. LaSalvia, MD, MPH

Assistant Professor of Medicine

### Marybeth Meservy MS, WHNP-BC

Women's Health Nurse Practitioner

### 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

### Julie Ruane MBA, ACNP-BC

Nurse Practitioner

### Helen M. Shields, MD, FACP

Professor of Medicine

### Jane S. Sillman, MD

Assistant Professor of Medicine

### Nadine M. Tung, MD

Professor of Medicine

### Amy R. Weinstein, MD, MPH

Assistant Professor of Medicine

### Robin Wigmore, MD

Assistant Professor of Medicine

### Gloria Y. Yeh, MD, MPH

Associate Professor of Medicine

\*Harvard Medical School and Harvard T.H. Chan School of Public Health

# Schedule

## THURSDAY, APRIL 7, 2022

7:15am – 7:30am Introduction and Welcome

### PRINCIPLES OF SCREENING AND PREVENTION

7:30am – 8:10am Prevention of Dementia\*

*Daniel Press, MD*

8:10am – 8:50am Screening and Treatment of Depression

*Michael W. Kahn, MD*

8:50am – 9:10am Break and Optional Guided Meditation ✦

9:10am – 9:50am Communication and Resolution of Medical Error

*Melinda Van Niel, MBA, CPHRM*

9:50am – 10:30am Evidence-Based Approach to Prevention\*

*Quyen Ngo-Metzger, MD, MPH*

10:30am – 10:40am Break

10:40am – 11:40am **KEYNOTE:** The Two Most Important Days: Reflections on Lasting Happiness and Living with Purpose  
Q&A

*Sanjiv Chopra, MD, MACP, FRCP (London)*

### CANCER

11:40am – 12:20pm Prostate Cancer — Screening and Beyond: Genetics, Prevention and Therapy\*

*Marc B. Garnick, MD*

12:20pm – 1:10pm Lunch Break

1:10pm – 1:50pm Prevention of Colon Cancer: Does Anything Besides Aspirin Decrease the Risk of Colon Cancer?\*

*Helen M. Shields, MD, FACP*

1:50pm – 2:30pm Screening for Skin Cancer\*

*Rachel V. Reynolds, MD*

2:30pm – 2:50pm Break and Optional Rejuvenation Exercises ✦

2:50pm – 3:30pm Breast Cancer Prevention and Screening: What We Know, What We Do and Does It Make Sense?\*

*Nadine M. Tung, MD*

3:30pm – 4:10pm Which Patients Should Be Screened for Genetic Causes of Cancer?\*

*Nadine M. Tung, MD*

4:10pm – 4:20pm Break

4:20pm – 5:00pm Cervical Cancer Prevention: Is the Pap Smear Obsolete?

*Amy R. Weinstein, MD, MPH*

5:00pm – 5:30pm Ask-the-Expert Panel

## FRIDAY, APRIL 8, 2022

### HEALTHY LIFESTYLES

8:00am – 8:30am Exercise Prescription: Promoting Physical Activity in You and Your Patients\*

*Edward M. Phillips, MD*

8:30am – 9:05am Motivational Interviewing: A Proven Approach for Weight Loss\*

*Frank J. Domino, MD*

9:05am – 9:35am Lifestyle Changes to Prevent Diabetes\*

*Martin J. Abrahamson, MD, FACP*

9:35am – 9:55am Break and Optional Guided Meditation ✦

9:55am – 10:35am Osteoporosis Prevention and Management\*

*Harold N. Rosen, MD*

### INFECTIOUS DISEASES

10:35am – 11:20am Outpatient Management of COVID-19 Infection

*Mary T. LaSalvia, MD, MPH*

11:20am – 11:30am Break

11:30am – 12:30pm **KEYNOTE:** The History of the COVID Pandemic  
Q&A

*Paul E. Sax, MD*

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12:30pm – 1:20pm	Lunch Break
1:20pm – 2:00pm	COVID-19 Vaccines <i>Lindsey R. Baden, MD</i>
2:00pm – 2:40pm	Vaccine Angst: A Paradigm for Prevention* <i>Robin Wigmore, MD</i>
2:40pm – 3:00pm	Break and Optional Rejuvenation Exercises ✦
3:00pm – 3:40pm	Screening, Prevention and Treatment of HCV: A Shifting Paradigm for Primary Care <i>Andrew J. Hale, MD</i>
3:40pm – 4:20pm	HIV Prevention: The Time Has Come* <i>Howard Libman, MD, FACP</i>
4:20pm – 4:40pm	Ask-the-Expert Panel
4:40pm – 4:50pm	Break
4:50pm – 5:30pm	Orthopedics: Prevention of Musculoskeletal Injuries <i>Julie Ruane MBA, ACNP-BC</i>

## SATURDAY, APRIL 9, 2022

8:00am – 8:30am	Managing Menopause <i>Marybeth Meservey MS, WHNP-BC</i>
8:30am – 9:20am	Preventive Therapies for Migraine <i>Gerald W. Smetana, MD, MACP</i>
9:20am – 9:40am	Break and Optional Guided Meditation ✦
9:40am – 10:20am	Perspectives on Drug and Alcohol Misuse and Use Disorders <i>Daniel P. Alford, MD, MPH</i>
10:20am – 10:50am	Treating Tobacco Users: Strategies and Controversies* <i>Nancy A. Rigotti, MD</i>
10:50am – 11:00am	Break
11:00am – 12:00pm	<b>KEYNOTE:</b> Racial Inequalities in Medicine Q&A <i>Daniele D. Olveczky, MD, MS</i>
12:00pm – 12:50pm	Lunch Break

### CARDIOVASCULAR DISEASE PREVENTION

12:50pm – 1:30pm	New Developments in the Management of Hyperlipidemias <i>Murray A. Mittleman, MD, DrPH</i>
1:30pm – 2:20pm	Hypertension 2022: Recent Evidence That Will Change Your Practice <i>Gerald W. Smetana, MD, MACP</i>
2:20pm – 2:40pm	Break and Optional Rejuvenation Exercises ✦

### RISK MANAGEMENT

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 – 4:00pm	Deprescribing Medication in Clinical Practice* <i>Molly S. Brett, MD</i>
4:00pm – 4:10pm	Break

### SPECIAL LECTURES

4:10pm – 4:50pm	Practicing Prevention: Interdisciplinary Care Teaming in Primary Care <i>Maura Moran Brain, DNP, ANP-C</i> <i>Kelly L. Graham, MD, MPH</i>
4:50pm – 5:20pm	Complementary and Integrative Medicine for Prevention <i>Gloria Y. Yeh, MD, MPH</i>
5:20pm – 5:30pm	Closing Remarks

\*Qualifies for Risk Management Credit

✦ Optional wellness activity

Program changes/substitutions may be made without notice.

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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 24.75 *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 24.75 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.

## AAFP ACCREDITATION

The American Academy of Family Physicians has reviewed *Principles of Prevention in Primary Care: Practical Tools to Improve Your Practice* and deemed it acceptable for up to 24.75 Online Only, Live AAFP Prescribed credits. Term of approval is 4/7/2022 to 4/9/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 13.25 credits of Risk Management Study. This includes .75 credits of Opioid Education and Pain Management training. Please check with your individual state licensing board requirements before claiming risk management credit(s).

## 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 24.75 contact hours, of which 12.75 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](http://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

<b>Principles of Prevention in Primary Care: Practical Tools to Improve Your Practice</b>	<b>REGISTER ON OR BEFORE FEB. 25, 2022</b>	<b>REGISTER AFTER FEB. 25, 2022</b>
Live-Streaming Program	\$750	\$850

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*<sup>™</sup> and ABIM MOC points, as well as other relevant credits. Video recordings of the presentations will be available on demand until June 9, 2022.

## 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](http://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 4pm (EDT), or by email at: [ceprograms@hms.harvard.edu](mailto: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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**UNDER THE LEADERSHIP OF:**

**Gerald W. Smetana, MD, MACP • Howard Libman, MD, FACP • Maura Moran Brain, DNP, CDCES**

**REGISTER NOW:**

**PreventionPrinciples.com**

**REGISTER EARLY AND SAVE!**

Register by February 25, 2022,  
 for discounted pricing.