



**HARVARD**  
MEDICAL SCHOOL

Beth Israel Deaconess  
Medical Center

11<sup>TH</sup> 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**

**MARCH 30 – APRIL 1, 2023**



**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
- Outpatient treatment of COVID-19 and management of long-haulers
- Common outpatient infections and travel medicine
- 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
- Pharmacological management of obesity
- Preventative therapies for migraine
- Lifestyle changes to prevent type 2 diabetes, cardiac disease, hypertension and hyperlipidemia
- Strategies for managing menopause
- Recommendations for preventing dementia and osteoporosis
- Reducing medical errors
- Screening, prevention and treatment options for Obstructive Sleep Apnea (OSA)

## 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:

- 23.50 AMA PRA Category 1 Credits™
- 23.50 ABIM MOC Points • 23.50 AAFP Credits
- 23.50 ANCC Contact Hours
- 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. 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 1, 2023



## 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 optimal strategies to improve success for cigarette cessation
- Improving outcomes for treating hypertension
- Optimizing screening and prevention options to reduce the risk of selected cancers and improve early detection
- Being prepared to answer patient questions about healthy lifestyles
- Learning how to properly diagnose and treat common outpatient infections

## 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

## 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

**Matthew J. Miller, MD, ScD**  
Adjunct Professor of Epidemiology  
Harvard T.H. Chan School of Public Health

**Scott Podolsky, MD**  
Professor of Global Health and Social  
Medicine  
Harvard Medical School  
Director, Center for the History of Medicine  
Countway Medical Library

**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

**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  
Infectious Disease Physician  
The University of Vermont Medical Center

**Marybeth Meservey, MS,  
WHNP-BC**  
Women's Health Nurse Practitioner  
Beth Israel Deaconess Medical Center

**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

**Paula Stering, PA-C**  
Travel Clinic  
Beth Israel Deaconess Medical Center

**Melinda Van Niel, MBA, CPHRM**  
Director of Communication, Apology, and  
Resolution (CARE) Programs  
Betsy Lehman Center for Patient Safety

## HARVARD MEDICAL SCHOOL FACULTY

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

**Lindsey R. Baden, MD**  
Associate Professor of Medicine

**Mark D. Benson, MD, PhD**  
Assistant Professor of Medicine

**Jennifer Cluett, MD**  
Assistant Professor of Medicine

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

**Eric J. Heckman, MD**  
Instructor in Medicine

**Michael W. Kahn, MD**  
Assistant Professor of Psychiatry

**Michelle Lai, MD**  
Associate Professor of Medicine

**Daniel Press, MD, MMSc**  
Associate Professor of Neurology

**Nancy A. Rigotti, MD**  
Professor of Medicine

**Rachel V. Reynolds, MD**  
Assistant Professor of Dermatology

**Harold N. Rosen, MD**  
Associate Professor of Medicine

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

**Nadine M. Tung, MD**  
Professor of Medicine

**Amy R. Weinstein, MD, MPH**  
Assistant Professor of Medicine  
Clerkship Director

**Robin Wigmore, MD**  
Assistant Professor of Medicine

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# Schedule

## THURSDAY, MARCH 30, 2023

8:00am – 8:10am Introduction and Welcome

### PRINCIPLES OF SCREENING AND PREVENTION

8:10am – 8:50am Prevention of Dementia\*  
*Daniel Press, MD, MMSc*

8:50am – 9:30am Screening and Treatment of Depression  
*Michael W. Kahn, MD*

9:30am – 9:50am Break and Optional Guided Meditation ✦

9:50am – 10:30am Communication and Resolution of Medical Error\*  
*Melinda Van Niel, MBA, CPHRM*

10:30am – 11:10am Evidence-Based Approach to Prevention\*  
*Quyen Ngo-Metzger, MD, MPH*

11:10am – 11:20am Break

11:20am – 12:20pm **KEYNOTE: Outpatient Management of COVID-19**  
*Paul E. Sax, MD*  
Q&A

12:20pm – 1:10pm Lunch Break

### CANCER

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 Prostate Cancer – Screening and Beyond: Genetics, Prevention and Therapy  
*Marc B. Garnick, MD*

2:30pm – 2:40pm Q&A

2:40pm – 3:00pm Break and Optional Rejuvenation Exercises ✦

3:00pm – 3:40pm Breast Cancer Prevention and Screening: What We Know, What We Do and Does It Make Sense?\*  
*Nadine M. Tung, MD*

3:40pm – 4:20pm Which Patients Should Be Screened for Genetic Causes of Cancer?\*  
*Nadine M. Tung, MD*

4:20pm – 4:30pm Break

4:30pm – 5:00pm Screening for Skin Cancer\*  
*Rachel V. Reynolds, MD*

5:00pm – 5:40pm Cervical Cancer Prevention: Is the Pap Smear Obsolete?\*  
*Amy R. Weinstein, MD, MPH*

## FRIDAY, MARCH 31, 2023

### HEALTHY LIFESTYLES

8:00am – 8:35am Motivational Interviewing: A Proven Approach for Weight Loss  
*Frank J. Domino, MD*

8:35am – 9:15am Lifestyle Changes to Prevent Diabetes  
*Martin J. Abrahamson, MD, FACP*

9:15am – 9:55am Pharmacological Management of Weight Loss\*  
*Maura Moran Brain, DNP, ANP-C*

9:55am – 10:15am Break and Optional Guided Meditation ✦

### SPECIAL LECTURES

10:15am – 11:05am Osteoporosis Prevention and Management\*  
*Harold N. Rosen, MD*

11:05am – 11:45am Obstructive Sleep Apnea\*  
*Eric J. Heckman, MD*

11:45am – 12:35pm Lunch Break

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12:35pm – 1:35pm **KEYNOTE: Gun Violence**  
*Matthew J. Miller, MD, ScD*  
Q&A

#### INFECTIOUS DISEASES

1:35pm – 2:15pm **Travel Medicine**  
*Paula Sterling, PA-C*

2:15pm – 2:35pm *Break and Optional Rejuvenation Exercises ✦*

2:35pm – 3:15pm **COVID-19 Vaccines**  
*Lindsey R. Baden, MD*

3:15pm – 3:55pm **2023 Adult Vaccine Schedule: A Framework for Primary Care Providers \***  
*Robin Wigmore, MD*

3:55pm – 4:05pm *Break*

4:05pm – 4:45pm **Screening, Prevention and Treatment of HCV: A Shifting Paradigm for Primary Care**  
*Andrew J. Hale, MD*

4:45pm – 5:40pm **Common Outpatient Infections \***  
*Howard Libman, MD, FACP*

### SATURDAY, APRIL 1, 2023

8:00am – 8:30am **Managing Menopause**  
*Marybeth Meserve, MS, WHNP-BC*

8:30am – 9:20am **Preventive Therapies for Migraine**  
*Gerald W. Smetana, MD, MACP*  
Q&A

9:20am – 9:40am *Break and Optional Guided Meditation ✦*

9:40am – 10:20am **Perspectives on Drug and Alcohol Misuse and Use Disorders \***  
*Daniel P. Alford, MD, MPH*

10:20am – 10:50am **Treating Tobacco Users: Strategies and Controversies \***  
*Nancy A. Rigotti, MD*

10:50am – 11:00am *Break*

11:00am – 12:00pm **KEYNOTE: History of Antibiotic Development**  
*Scott Podolsky, MD*  
Q&A

12:00pm – 12:50pm *Lunch Break*

#### CARDIOVASCULAR DISEASE PREVENTION

12:50pm – 1:30pm **New Developments in the Management of Hyperlipidemias**  
*Mark D. Benson, MD, PhD*

1:30pm – 2:20pm **Hypertension 2023: Recent Evidence That Will Change Your Practice**  
*Jennifer Cluett, MD*

2:20pm – 2:40pm *Break and Optional Rejuvenation Exercises ✦*

#### SPECIAL LECTURES

2:40pm – 3:20pm **Non-Alcoholic Fatty Liver Disease**  
*Michelle Lai, MD*

3:20pm – 4:00pm **Palliative Care \***  
*TBD*

4:00pm – 4:10pm **Closing Remarks**

\* Qualifies for Risk Management Credit

✦ Optional wellness activity

Program changes/substitutions may be made without notice.

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# Accreditation

## ACCREDITATION

In support of improving patient care, Harvard Medical School is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

The Harvard Medical School designates this live activity for a maximum of 23.50 *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 23.50 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 23.50 Online Only, Live AAFP Prescribed credits. Term of approval is 3/30/2023 to 4/01/2023. 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 13.00 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 23.50 contact hours, of which 13.25 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. Identify clinical and legal aspects of interventions to reduce the potential for prescription opiate abuse and inadvertent overdose
2. Utilize cutting-edge, contemporary guidelines and standards for screening in primary care across multiple disciplines
3. Demonstrate competency and knowledge of the principles of screening: what factors must be present for a condition to qualify for population-based screening
4. Develop and utilize tools and checklists that integrate into medical records to maximize preventive interventions in primary care practice
5. Discuss how and when lifestyle and pharmacologic interventions are most effective in prevention of specific chronic diseases
6. Incorporate recent evidence regarding pharmacologic, dietary and other interventions to prevent obesity, diabetes, cardiovascular disease and other serious chronic illnesses into daily clinical practice
7. Eliminate preventive strategies from 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. 17, 2023</b>	<b>REGISTER AFTER FEB. 17, 2023</b>
<b>Live-Streaming Program</b>	<b>\$775</b>	<b>\$875</b>

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 sessions will be recorded as they are live-streamed and made available for immediate viewing, at your convenience, through June 1, 2023.

## 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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Department of Continuing Education  
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**MARCH 30 -  
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**UNDER THE LEADERSHIP OF:**

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

**REGISTER NOW:**

**PreventionPrinciples.com**

**REGISTER EARLY AND SAVE!**

Register by February 17, 2023,  
for discounted pricing.