

26th Annual Conference

# PRIMARY CARE UPDATE



## May 1-2, 2009 Red Lion Hotel at the Park Spokane, Washington

Pre-Conference Activities April 30  
More CME Offered at Same Low Registration Fee!

Bloomsday Run - Sunday, May 3

The Inland Northwest Chapter of the Washington Academy of Family Physicians, Family Medicine Spokane Residency Program and the Area Health Education Center of Eastern WA, WSU Extension are proud to sponsor the 26th annual PRIMARY CARE UPDATE.

The success of this format in the past has created an exciting opportunity for physicians and other health professionals to participate in educational sessions and workshops designed with the primary care practitioner in mind.

# PRIMARY CARE UPDATE CONFERENCE INFORMATION

## OBJECTIVES

At the conclusion of this conference attendees should be able to:

- Discuss current diagnostic and therapeutic options for common illnesses and injuries seen in a primary care practice;
- Understand the pathology and rationale for management of select pediatric and adult diseases;
- Identify regional resources for consultation and referral;
- Enhance their approach to primary care medicine and improve overall quality of care.

Individual session and workshop objectives are included in the syllabus.


## SYLLABUS MATERIALS

In our commitment to keeping costs as low as possible for PCU, we will provide the syllabus electronically. If you wish to have free print copies of the materials, it is your responsibility to print them before arriving at the conference, whether you pre-register or register onsite.

To help you plan your schedule, syllabus materials will be posted on the conference website ([www.ahec.spokane.wsu.edu](http://www.ahec.spokane.wsu.edu)) as soon as received from the faculty; you may download and print session handouts prior to the conference. It will be each attendee's responsibility to print the free syllabus materials prior to arriving at the conference; there will be no printer capability at the conference.

If you prefer to order a printed copy of the syllabus, you must order it at the time of registration. A limited number of copies will be available at the registration desk at our cost of \$12 each. A free copy of the syllabus will be provided on CD-ROM to each attendee with their registration packet.

## ACCREDITATION

Participants should claim credits for only those sessions that they attend. All credits are Prescribed Credits and noted in parentheses on the next page; evidence-based CME is noted by this logo. 

This activity has been reviewed and is acceptable for up to 21.75 Prescribed credits by the American Academy of Family Physicians. Of these credits, 6.50 conform to the AAFP criteria for evidence-based CME clinical content. CME credit has been increased to reflect 2 for 1 credit for only the EB CME portion. When reporting AAFP credit, report total Prescribed and Elective credit for this activity. It is not necessary to label credit as evidence-based CME for reporting purposes.

The EB CME credit awarded for this activity was based on practice recommendations that were the most current with the strongest level of evidence available at the time this activity was approved. Since clinical research is ongoing, AAFP recommends that learners verify sources and review these and other recommendations prior to implementation into practice.

Accreditation is pending for the AANP and the Washington State Board of Pharmacy. Contact the conference office for details.

## AUDIO CDS

The lecture sessions and workshops at the Conference will be recorded on CD format. They will be available for each of the sessions at a nominal cost. Therefore, you may attend your selected sessions without missing any other content that interests you. Order forms will be available at the conference.

## REFUND POLICY

There will be a \$50 service fee for refunds requested by April 1, 2009. Thereafter, 50% of the fee will be refunded until the first day of the conference. No refunds will be given after the conference begins.

Refunds must be requested in writing and can either be emailed, mailed or faxed to the conference office as noted on the registration form.

## CONFERENCE SUPPORT

The PCU Planning Committee is committed to keeping registration fees affordable and appreciates the generous support contributed by:

Platinum Support:

**ROCKWOOD**

**PROVIDENCE**  
Sacred Heart Medical Center  
Sacred Heart Children's Hospital  
Holy Family Hospital

Bronze Support:

**Division of Developmental Disabilities, WA State DSHS**

## CONFERENCE LOCATION & ACCOMMODATIONS

The conference will be held at the Red Lion Hotel at the Park, 303 W North River Drive, Spokane, the same hotel as previous years. A room block has been set aside for PCU participants.

Special convention rates will be available April 29 – May 4, 2009, to accommodate early arrival and participation in the Bloomsday Run on Sunday morning. Hotel/motel space will be at near-capacity on Bloomsday Weekend in Spokane and you are strongly encouraged to call early for reservations at the special rates noted.

Reservations made after March 30, 2009, will be subject to room availability and current prices.

## HOTEL RATES

Red Lion Hotel at the Park, Spokane, WA

Single Occupancy \$98

Double+ Occupancy \$108

**\*IDENTIFY PCU ROOM BLOCK FOR ABOVE RATES\***

**FOR RESERVATIONS AT RED LION HOTEL AT THE PARK CALL: 1-800-733-5466**

## PARKING

Parking is available at the hotel as well as across the street **compliments of Group Health** at the Group Health Riverfront Medical Center with a pass from conference headquarters.

*Please note that due to the Bloomsday Weekend, hotel rooms and parking will be at a premium. Call early for reservations!*



## CHILDREN AT THE CONFERENCE:

Reminder: It is a courtesy to allow children at the conference; please treat it as such and be respectful of others' learning environment.


THURSDAY, APRIL 30, 2009

PRE-CONFERENCE ACTIVITIES

7:30 AM – 5:30 PM	<b>PALS COURSE:</b> Sacred Heart Children’s Hospital (8.25)
4:00 – 6:00 PM	<b>RULING OUT LIABILITY: A RISK MANAGEMENT TOOL KIT FOR OFFICE PRACTICE</b> (2.0) — Kim R. Anderson, CPCU & Allan Moorhead, CPCU, CIC WISPI sponsored course for providers to meet risk management education requirements
6:00 – 8:30 PM Dinner 6:30 – 7:00	<b>DINNER WORKSHOP 1: SUSTAINING EXCELLENCE IN HEALTH, WORK AND RELATIONSHIPS</b> (2.0) — Robert Maurer, PhD
	<b>DINNER WORKSHOP 2: PRIMARY CARE ENDOSCOPY</b> (2.0) Inflammatory Bowel Disease — Paul Davis, MD Non Polypoid Lesions at Colonoscopy – Important or Nordstrom Colonoscopy? — Michael Garnett, MD Microscopic Colitis — Kal Kelley, MD


FRIDAY, MAY 1, 2009 PRIMARY CARE UPDATE

7:00 AM	EXHIBIT HALL	BREAKFAST
7:00	REGISTRATION – LOBBY	REGISTRATION
	<b>PLENARY SESSIONS</b>	



NOTE: Numbers in parentheses note individual session credit.  
 Denotes speakers giving evidence-based presentations. Increased credit reflected below.

7:45	<b>WELCOME</b>		
8:00	<b>Bridging Health Education in the Pacific Northwest</b> (.875) Stanley Flemming, DO		
8:55	<b>Environmental Contaminants and Human Health</b> (.875) Patricia Hunt, PhD		




9:45 BREAK/EXHIBITS - EXHIBIT HALL WORKSHOPS

10:30	<b>Keeping Herbs Honest: An Evidence Based Review</b> (1.5  ) Steve Setter, PharmD	<b>A1 Managing Family Abuse Dynamics</b> (1.5) Chris Blodgett, PhD	<b>A2 Physical Examination of the Skin &amp; Pediatric Dermatology for the Primary Care Physician</b> (1.5) Joel Sears, MD Andrea Dominey, MD	<b>A3 Colorectal Cancer Screening</b> (1.5) Paul Davis, MD	<b>A4 Psychiatry and Psychology in Developmental Disabilities</b> (1.5) Matt Layton, MD, PhD Dave Pounds, PhD
11:20	<b>Visual Diagnosis of the Child: Case Presentations</b> (.75) David Spiro, MD				

12:00-1:30 PM LUNCHEON: Patient Centered Medical Home in the Information Age (1.0) Ted Epperly, MD – President AAFP

1:45	<b>Pulmonary Hypertension 2009: New Hope for an Old Disease</b> (.75) Sam Joseph, DO	<b>B1 Pediatric Potpourri: Case Studies</b> (1.5) David Spiro, MD	<b>B2 STDs: Updating our Practice</b> (1.5) Sue Szabo, PA-C	<b>B3 New Targeted Agents in Cancer Treatment – The Era of Personalized Medicine</b> (3.0  ) Robert Gersh, MD	<b>B4 Bipolar Affective Disorders: Diagnosis &amp; Treatment Update</b> (1.5) John Tran, MD
2:30	<b>Congestive Heart Failure: What We Need to Know &amp; Do</b> (1.5  ) Bryan Fuhs, MD				


3:15 EXHIBIT HALL REFRESHMENT BREAK

4:00	<b>Dementia Update</b> (1.5  ) Israel Coutin, MD	<b>C1 Childhood Anemia and Abnormal Newborn Hemoglobinopathy Screens</b> (1.5) Judy Felgenhauer, MD Chris Kishiyama, MD	<b>C2 Abnormal Vaginal Bleeding, An Evidence Based Approach</b> (3.0  ) Gary Newkirk, MD	<b>C3 Primary Care Management of Chronic Pain: Taking the PAIN Out of It for You!</b> (1.5) Lynda Williamson, DO	<b>C4 Acute Liver Failure</b> (1.5) Gregory Schlepp, MD
4:45	<b>Evidence Meets Genomics</b> (1.5  ) Al Berg, MD				


SATURDAY, MAY 2, 2009 PRIMARY CARE UPDATE

7:00 AM	EXHIBIT HALL	CONTINENTAL BREAKFAST
7:30 AM	<b>Precepting Students in WWAMI - Volunteers Needed!</b>	

PLENARY SESSIONS WORKSHOPS

8:00	<b>An Office Approach to Common Thyroid Problems</b> (1.5  ) Ken Cathcart, DO	<b>D1 Geriatric Jeopardy</b> (2.0) Israel Coutin, MD	<b>D2 Bariatric Surgery: What the Primary Care Provider Ought to Know About Long-Term Management</b> (2.0) Matt Rawlins, MD Crystal Johnson, RD, CDE Carol Pielli, RN, CBN	<b>D3 Post Deployment Mental Health – Supporting Our Returning Warriors</b> (2.0) Jennifer McClure-Wright, PsyD
8:40	<b>Performance Enhancing Drugs</b> (.63) PZ Pearce, MD			
9:20	<b>Vitamin D &amp; Bones &amp; Balance</b> (.62) Lynn Kohlmeier, MD			

10:00 EXHIBIT HALL REFRESHMENT BREAK

10:30	<b>Diabetes in Pregnancy</b> (.66) John Dame, MD	<b>F1 10 Pearls of Sports Medicine</b> (2.0) PZ Pearce, MD	<b>F2 Hypertension: Pathophysiology Revealed</b> (2.0) Ken Cathcart, DO	<b>F3 Chronic Kidney Disease – Pre Crisis Management</b> (4.0  ) Curtis Wickre, MD
11:10	<b>Adolescent Health Update</b> (.67) Ponrat Pakpreo, MD			
11:50	<b>Shaping the Future of Medicine: Why Consider Precepting Students</b> (.67) John McCarthy, MD			

12:30 PM CONFERENCE ADJOURNS

## P.A.L.S. WORKSHOP

Pediatric Advanced Life Support Course (AHA course - AHA PALS card provided upon successful course completion)

Thursday, April 30, 2009 7:30 am - 5:30 pm

Sponsored by Sacred Heart Children's Hospital Professional Outreach Education

### FACULTY:

Peter Graves, MD, & Pam Kohlmeier, MD, Course Co-Directors  
Dianne Molsberry, RNC, MA, PALS Course Coordinator  
AHA-WA Regional Faculty  
Additional PALS Faculty

Advance registration by April 15, 2009 is required.

Limited to 18 MD/DO participants.

Please register early!

No phone registrations will be accepted.

Workshop will be held at Sacred Heart Children's Hospital, Spokane. Since there is limited space, please do not make travel/hotel arrangements until your registration is confirmed. Includes 2006 PALS Provider Materials; the 2008 ECC Handbook (optional) is available for \$18.

Workshop cost is \$150. Plus \$45 book fee, if needed. (The 2006 PALS Textbook and Course Guide are REQUIRED for this course. If you do not have this, we will be happy to send you one with your registration materials.)

Refund Policy for PALS: All refunds will be subject to a \$75 administrative charge. Notification must be received in writing by April 15, 2009. No refunds will be granted within two weeks of the course. Substitutions are encouraged if you cannot attend.

### FOR INFORMATION CONTACT:

Shannon Dalsanders, EPIC Outreach  
(509) 474-7206  
EPIC@shmc.org

*The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.*

*Reviewed and acceptable for up to 8.25 credits by the American Academy of Family Physicians.*

## WASHINGTON ACADEMY OF FAMILY PHYSICIANS

The Davenport Hotel, Spokane, WA

Board of Directors & House of Delegates Meeting

April 29 – April 30, 2009

Annual Banquet & Foundation Auction

Practice Enhancement Day – May 1, 2009

Featuring: ABFM SAM modules, PQRI courses,

Student & Resident Track

### FOR MORE INFORMATION & TO REGISTER:

(425) 747-3100, Jessica@wafp.net

<http://www.wafp.net/forthephysician/2009-Annual-Meeting.aspx>

## RULING OUT LIABILITY:

A Risk Management Tool Kit for Office Practice

Thursday, April 30, 2009 4:00 - 6:00 pm

Red Lion Hotel at the Park, Spokane

A 2-hour workshop for physicians of all specialties

Presented and Sponsored by Physicians Insurance, Spokane

Kim R. Anderson, CPCU

Healthcare Risk Management Consultant

Allan Moorhead, CPCU, CIC

Account Executive

**ACCREDITATION:** Physicians Insurance is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education for physicians. Physicians Insurance designates this educational activity for a maximum of 2 hours in Category I to satisfy the re-licensure requirements of the Washington State Medical Quality Assurance Commission. Physicians Insurance designates this educational activity for a maximum of 2 AMA PRA Category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians Insurance members in attendance will fulfill the risk management-education requirement mandated by the Washington Health Services Act of 1993.

### NO CHARGE BUT REGISTRATION IS REQUIRED TO:

Estelle Neff at 509-456-5868 or 1-800-962-1398

Fax: 509-456-0821 E-mail: [risk@phyins.com](mailto:risk@phyins.com) Online: [www.phyins.com](http://www.phyins.com)

*Reviewed and acceptable for up to 2 credits by the American Academy of Family Physicians.*

Thursday, April 30, 2009 6:00 - 8:30 pm

Red Lion Hotel at the Park

## Dinner Workshop 1:

“Sustaining Excellence in Health, Work and Relationships”

Robert Maurer, PhD

Family Medicine, Spokane, WA

## Dinner Workshop 2:

Primary Care Endoscopy

“Inflammatory Bowel Disease”

Paul Davis, MD

Kanakanak Hospital

Dillingham, AK

“Non Polypoid Lesions at Colonoscopy

– Important or Nordstrom Colonoscopy?”

Michael Garnett, MD

Klickitat Valley Health Systems

Goldendale, WA

“Microscopic Colitis”

Kal Kelley, MD

Northeast Washington Medical Group

Colville, WA

REGISTRATION REQUIRED: \$35

*Reviewed and acceptable for up to 2 credits by the American Academy of Family Physicians.*

# PRIMARY CARE UPDATE 2009 REGISTRATION

Register Online at [www.ahec.spokane.wsu.edu](http://www.ahec.spokane.wsu.edu)

	Early: POSTMARKED BY APRIL 1, 2009!	Regular	Total Fees
Physician (MD, DO, ND)	\$160	\$180	
Resident/Medical Student/Pre-Med Student Physician Assistant/Nurse Practitioner Student School/Program _____			No Charge *Registration Required
Physician Assistant/Nurse Practitioner	\$130	\$150	
Allied Health/Registered Nurse	\$85	\$105	
Spouse/Guest: Luncheon Friday, May 1		\$30	
*Printed copy of syllabus (An electronic form of the syllabus is included with registration on a CD)		\$12	
<b>PRE-CONFERENCE ACTIVITIES: APRIL 30</b>			
PALS Workshop (MD/DO only): Thursday, April 30		\$150	
2006 PALS Textbook and Course Guide REQUIRED		\$45	
2005 ECC Handbook (Optional)		\$18	
Ruling Out Liability: A Risk Management Tool Kit for Office Practice: April 30 No. of people attending _____			No Charge
Sustaining Excellence Dinner Workshop 1: April 30		\$35	
Guest Name _____		\$35/person	
Endoscopy Dinner Workshop 2: April 30		\$35	
Guest Name _____		\$35/person	
<b>METHOD OF PAYMENT</b>	<b>TOTAL:</b>		

Check enclosed (Payable to PRIMARY CARE UPDATE - preferred method of payment)

Credit Card:  Mastercard  VISA

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code on Back of Card \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

## REGISTRATION INFORMATION

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_

City & State \_\_\_\_\_ Zip Code \_\_\_\_\_

Specialty \_\_\_\_\_

Place of Employment \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Attendee's E-Mail \_\_\_\_\_

(Registration Confirmation by E-mail Only)

Are you completing this form on behalf of another person?

If so, please enter your name, phone and e-mail so we may contact you if necessary.

Name \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

(Registration Confirmation by E-mail Only)

**WORKSHOP SELECTION:** Please indicate your session preference for space planning purposes. Sessions are filled on a first-come basis at the conference. Prompt session arrival is strongly suggested.

### Friday 10:30 am-12:00 pm

Plenary Sessions

A1  A2

A3  A4

### Friday 1:45-3:15 pm

Plenary Sessions

B1  B2

B3  B4

### Friday 4:00-5:30 pm

Plenary Sessions

C1  C2

C3  C4

### Saturday 7:30-8:00 am

### Saturday 8:00-10:00 am

Plenary Sessions

D1  D2  D3

### Saturday 10:30 am-12:30 pm

Plenary Sessions

E1  E2  E3

I give permission to INWAFP/WSU to publish my contact information in the course materials. INWAFP/WSU will not sell, share or otherwise use this information for any other purpose.

Check Here to Opt Out

I give INWAFP/WSU (Primary Care Update) permission to use my contact information to inform me of future educational offerings. This permission may be withdrawn in writing at any time.

Check Here to Opt Out

Check here if you require any special accommodations. Special arrangements can be made with at least two weeks notice in advance of the conference date.

I request a vegetarian or vegan meal for lunch on Friday.

## RETURN WITH REMITTANCE TO:

**PRIMARY CARE UPDATE**

PO Box 1495

Spokane, WA 99210-1495

Telephone: 509-358-7640

Fax: 509-358-7647

E-mail: [ahec@wsu.edu](mailto:ahec@wsu.edu)

**REGISTER ONLINE**

[www.ahec.spokane.wsu.edu](http://www.ahec.spokane.wsu.edu)

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JOHN DAME, MD  
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Spokane WA

CURTIS WICKRE, MD  
Rockwood Clinic  
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LYNDA WILLIAMSON, DO  
A Center for Health and  
Wellness, PLLC  
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## 26TH ANNUAL CONFERENCE PRIMARY CARE UPDATE PLANNING COMMITTEE

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## BLOOMSDAY RUN INFORMATION

The Bloomsday Run is Spokane's annual celebration of health and fitness. It is Sunday, May 3, 2009, the day after the conference ends. Bloomsday is the largest timed road race in the country. We encourage your participation and will mail you an application form upon request or register online at [www.bloomsday.org](http://www.bloomsday.org). The Bloomsday Run is separate from the conference and a small fee is charged for registration, payable to the Lilac Bloomsday Association. *The deadline for early Bloomsday registration is April 19, 2009. Online information and registration is available at: [www.bloomsday.org](http://www.bloomsday.org).*

*Spokane images courtesy of the Spokane Regional Convention & Visitors Bureau.*



Inland Northwest Academy of Family Physicians  
PRIMARY CARE UPDATE CONFERENCE  
PO Box 1495  
Spokane, Washington 99210-1495

*Address Service Requested*

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U.S. Postage

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Spokane, WA

Permit No. 4

**May 1-2, 2009**

Red Lion Hotel at the Park  
Spokane, Washington

**Register Early! Share this with a colleague!**