

Friday June 24th, 2022

Time	Title	Speaker name	Title	Learning Objectives:	CME Amount
7:45 AM	Overview of Program/Moderator: Melissa Campos, MD Chairperson		SDAFP President and Program	Topics addressed in this AM session will be introduced with a pre-lecture review to assist in development of and increased knowledge of each topic.	15 min
				At the conclusion of this program learners will be able to:	
8:00	Atrial Fibrillation Update	Cecilia Gutierrez, MD	Clinical Professor, Department of Family Medicine and Public Health, University of California, San Diego, CA	<ol style="list-style-type: none"> 1. Understand the clinical significance of A-Fib in regard to morbidity and mortality 2. Determine assessment and treatment of Atrial Fibrillation; rate versus rhythm control 3. Discuss new updates on Anticoagulation 4. Assess new options treatment for patients with contraindications for long term anticoagulation 	40 min
		Jonathan Hsu, MD, MAS, FACC	Associate Professor, Cardiac Electrophysiology Section, Division of Cardiology, Department of Medicine, University of California, San Diego, CA		40 min.
9:20	Pediatric Gender Affirming Care	Jehrib M. Cabarlo, DO, MBA, FAAP	Clinic Medical Co-Director, Pediatric Gender Affirming Director, San Ysidro Health Center, San Ysidro, CA	<ol style="list-style-type: none"> 1. Understand Gender Dysphoria 2. Understand Gender Affirming Pronouns 3. Assess Gender Affirming Terms 4. Determine Gender Affirming Medical Treatment 	40 min.
10:00	Break time				40 min

10:40	Inflammatory Bowel Disease (IBD): A review and update for the primary care provider	Rebecca Matro, MD	Faculty Physician, Department of Gastroenterology and Hepatology, Scripps Medical Group, La Jolla, CA	<ol style="list-style-type: none"> 1. Identify signs and symptoms of IBD and appropriate early testing 2. Learn common risks and side effects of frequently used IBD medications 3. Recognize new IBD medications and updated health maintenance recommendations for IBD patients 	40 min.
11:20	Climate Change and Medicine	Rachel Anne Abbott, MD Angelica Neison, MD, CCMS Melanie Fiorella, MD	<p>Dr. Rachel Abbott: Co-Director of Medical Education, Kaiser Permanente, San Diego, CA</p> <p>Dr. Angelica Neison: Physician Team Leader for Food and Nutrition Services, Sharp Healthcare, San Diego, CA</p> <p>Dr. Melanie Fiorella: Assistant Professor of Family Medicine and Public Health, University of California, San Diego, CA</p>	<ol style="list-style-type: none"> 1. Acknowledge connection between climate change, health and equity 2. Update our illness scripts of certain diseases affected by climate change 3. Prescribe interventions which reduce carbon emissions while improving personal health and community resiliency 	40 min.
12:00	Lunch Lecture: A Hitchhikers Guide to Fatty Liver Disease	Julio A. Gutierrez, MD	Director of Care Pathway, Transplant Hepatology, Center for Organ Transplantation, Scripps Clinic, La Jolla, CA	<ol style="list-style-type: none"> 1. Understand the epidemiology of fatty liver disease in the United States 2. Differentiate between nonalcoholic fatty liver disease and nonalcoholic steatohepatitis 3. Understand algorithmic approach to evaluation and diagnosis of fatty liver disease. 4. Learn to appropriately triage patients who need advanced liver care. 5. Learn about novel therapies for fatty liver disease on the horizon. 	40 min.
12:40	Overview of Program/Moderator: Julie Celebi, M.D., SDAFP President-Elect			Topics addressed in this PM session will be introduced with a pre-lecture review to assist in development of and increased knowledge of each topic.	10 min

12:50	Chronic Pelvic Pain	Lysistrati A. Alimonos, MD	Assistant Director, Obstetrics/Gynecology and Family Medicine Resident Obstetric/Gynecology Clinical Supervisor, Family Health Centers of San Diego, CA	1. Review the appropriate evaluation of chronic pelvic pain 2. Outline the treatment and management options available for chronic pelvic pain 3. Summarize interprofessional team strategies for improving care coordination and communication to enhance the care of chronic pelvic pain and improve outcomes	40 min
1:30	Diabetes Updates 2022	Athena Philis-Tsimikas, MD	Corporate Vice President, Scripps Whittier Diabetes Institute, San Diego, CA; Director, Community Engagement Research, Scripps Translational Science Institute, La Jolla, CA	1. Determine updates on the diagnoses, and latest technology used for evaluation and treatment of diabetes. 2. Understand the latest pharmacologic guidelines for medication management for improving glucose values and apply these to a case study. 3. Understand updates on the lipid and CKD management recommendations from the ADA standards of care 2022	40 min
2:10	Break Time				50 min
3:00	ANA and Connective Tissue Diseases Update	Sheena Ogando, MD, RhMsUS	Attending Physician, Rheumatology, Family Health Center, San Diego, CA	1. Understand patterns of the ANA 2. Determine connective tissue diseases that are associated with the ANA 3. Understand when to order ANA	40 min
3:40	Fibromyalgia Mimics	Sheena Ogando, MD, RhMsUS	Attending Physician, Rheumatology, Family Health Center, San Diego, CA	1. Understand criteria for Fibromyalgia 2. Create a differential diagnosis prior to diagnosing Fibromyalgia 3. Assess case based presentations of Fibromyalgia mimics	40 min.
4:20	Pre-Exposure Prophylaxis (PrEP) for HIV Prevention	Daniel Lee, MD	Clinical Professor, Department of Medicine, University of California, San Diego, CA	1. Identify the appropriate indications for PrEP 2. Have an increased comfort in screening candidates for PrEP 3. Identify the appropriate management and follow-up of patients taking oral PrEP	40 min.
5:00	Adjourn			Total Estimated CME General Session Friday:	7.75 Hours
Saturday, June 25th, 2022					
Time	Topic	Speaker	Title	Learning Objectives	CME Amount

7:45	Overview of Program/Moderator: Kristin Brownell, MD, MPH, Immediate Past President and Program Chairperson			Topics addressed in this AM session will be introduced with a pre-lecture review to assist in development of and increased knowledge of each topic.	15 min
8:00	Choosing Wisely in Pediatrics: When less is more	Jolie A. Limon, MD, FAAP	Vice President Academic Affairs, Designated Institutional Official, Chief of Pediatrics, Associate Professor, Valley Children's Pediatric Residency Program, Affiliated with Stanford School of Medicine	<ol style="list-style-type: none"> 1. Understand high value care 2. Discuss the Choosing Wisely campaign 3. Examine the top 10 things physicians should question in pediatrics 4. Review knowledge with a series of case examples 	40 min
8:40	Practical Weight Management in the Outpatient Setting	Sarah A. Rojas, MD, MAS, AAHIVS	Faculty Physician, Family Health Centers of San Diego, CA	<ol style="list-style-type: none"> 1. Understand obesity as a disease 2. Assess different anti-obesity medications 3. Determine obesity related stigma 	40 min
		Steven M. Rojas, MD	Faculty Physician, San Ysidro Health, San Ysidro, CA		
9:20	Common Foot and Ankle Injuries	Alan Shahtaji, D.O.	Associate Professor of Family Medicine, Assistant Director, Primary Care Sports Medicine Fellowship, University of California, San Diego, CA	<ol style="list-style-type: none"> 1. Describe the differential diagnosis for metatarsalgia 2. Diagnose a Lis Franc injury in the patient with midfoot pain 3. Identify when an "ankle sprain" is something else 	40 min
10:00	Break Time				40 min
10:40	Overcoming the Causes (and Consequences) of Chronic Hyperkalemia	Biff Franklin Palmer, M.D.	Professor of Internal Medicine, University of Texas Southwestern Medical Center, Dallas, TX	<ol style="list-style-type: none"> 1. Understand common causes of Hyperkalemia 2. Describe the clinical benefits of renin-angiotensin-aldosterone system inhibitor (RAASi) therapy in patients with chronic kidney disease and heart failure 3. Compare and contrast patiromer and sodium zirconium cyclosilicate for the treatment of chronic hyperkalemia, including safety and efficacy data 4. Identify opportunities to treat patients with potassium-binding agents, in accordance with the latest guidance, to help optimize the use of RAASi therapy 	40 min

11:20	Menopause: Management Updates 2022	Marianne McKennett, MD	Clinical Professor, Department of Family Medicine and Public Health, University of California, San Diego, CA; Family Medicine Residency Faculty, Scripps Hospital, Chula Vista, CA	<ol style="list-style-type: none"> 1. Prescribe HRT safely when indicated 2. Approach to Genitourinary Symptoms of Menopause and Hypoactive Sexual Desire 3. Non-Hormonal Approaches to Menopausal Symptoms 	40 min
12:00	Keynote Lunch: Family Medicine Legislative Update	David E. J. Bazzo, M.D., FAAFP	Interim Chairperson, Clinical Professor, Department of Family Medicine; Director, Fitness for Duty Program, Physician Assessment and Clinical Education, University of California, San Diego, CA	<ol style="list-style-type: none"> 1. Determine the latest policy issues confronting Family Medicine 2. Understand the specifics of key legislation impacting the Family Medicine community 3. Assess impact of current legislation on the practicing physician 	40 min
		Lee P. Ralph, MD	Family Medicine Physician, San Diego Sports Medicine and Family Health Center, San Diego, CA; State Delegate, American Academy of Family Physicians		
12:40	Overview of the Program/Moderator: David Bazzo, M.D., SDAFP Board Member and CAFP Immediate Past President			Topics addressed in this PM session will be introduced with a pre-lecture review to assist in development of and increased knowledge of each topic.	10 min
12:45	Innovations and Smart Approaches in Safe Prescribing Part 1: Section I - Eliminating Stigma through Clinical Understanding, Section II - Alternatives to Opioids for Pain	Bianca A. Tribuzio, DO	Staff Physician, Physical Medicine & Rehabilitation, Sharp Rees-Stealy Medical Group, San Diego, CA	<p>Section I: Eliminating Stigma through Clinical Understanding</p> <ol style="list-style-type: none"> 1. Understand the neurobiology, psychology, and heritability of addiction 2. Determine the etiology of stigma and examine their own internalized biases 3. Evaluate addiction in a de-stigmatizing way to build trust and rapport with their patients <p>Section II: Alternatives to Opioids for Pain</p> <ol style="list-style-type: none"> 1. Review the CDC guidelines for prescribing opioids, risks in prescribing opioids and alternative pain management 2. Understand non-pharmacological and pharmacological alternatives to opioids, including the use of trigger point injections, regional anesthesia blocks, lidocaine patches 3. Review Enhanced Recovery After Surgery (ERAS): a 	40 min.

1:25	<p>Innovations and Smart Approaches in Safe Prescribing Part 2: Section I - Safe Prescribing of Opioids and CNS depressants, Section II - Recognition and Treatment of Opioid and Substance Use Disorder</p>	Bianca A. Tribuzio, DO	Staff Physician, Physical Medicine & Rehabilitation, Sharp Rees-Stealy Medical Group, San Diego, CA	<p>Section I: Safe Prescribing of Opioids and CNS depressants</p> <ol style="list-style-type: none"> 1. Examine multimodal approaches for chronic pain, including physical, psycho-behavioral, procedural, and pharmacological modalities, which are more cost effective when used together than separately 2. Utilize tools for prescribing and tapering opioids and benzodiazepines to increase competency and comfortability when treating patients 3. Review the importance of utilizing CURES 2.0 for opioids, evaluate current usage of CURES, and examine the importance of using CURES for not only opioids, but benzodiazepines and other CNS depressants 4. Screen patients for use of CNS depressants and marijuana to mitigate the potential for contraindications with opioids <p>Section II: Recognition and Treatment of Opioid and Substance Use Disorder</p> <ol style="list-style-type: none"> 1. Implement strategies for recognizing Substance Use Disorder (SUD) and Opioid Use Disorder (OUD) 2. Screen for fentanyl in all urine drug screens to reduce fentanyl related mortality 3. Provide pharmacological and non-pharmacological resources to connect patients to treatment for addiction in order to better assist recovering patients 	40 min
2:05	2 Minutes/2 Slides/2 Questions	Bradford H. Stiles, M.D., FAAFP	Clinical Instructor (Non Salaried), Department of Family Medicine and Public Health, University of California, San Diego, CA; Associate Physician, Sharp Rees Stealy Medical Group, San Diego, CA	<ol style="list-style-type: none"> 1. Identify specific clinical presentations of interesting cases that present to a family physician 2. Recognize common symptoms that lead to unusual diagnoses 3. Describe clinical pearls presented in an interactive format 4. Understand medical advances related to interesting cases presented 	40 min
2:45	Resident Poster Session and Refreshment Break				45 min

3:30	Sexually Transmitted Infection Update	Myres Winston Tilghman, MD	Assistant Clinical Professor, Department of Medicine, University of California, San Diego; Public Health Medical Officer, County of San Diego Health and Human Services Agency, San Diego, CA	<ol style="list-style-type: none"> 1. Describe the local epidemiology of infectious syphilis, gonorrhea, and chlamydia in San Diego County 2. Diagnose and treat sexually transmitted infections in accordance with the 2021 Centers for Disease Control and Prevention (CDC) treatment guidelines 3. Prevent and manage complications of sexually transmitted infections, including congenital syphilis, pelvic inflammatory disease, and disseminated gonococcal infection 	40 min
4:10	Effective Approaches in Somatic Symptom Disorder: Identifying Pathways of Anxiety can Lead to the Road to Recovery	Kelley De Leeuw, MD	Volunteer Assistant Professor of Medicine, Department of Psychiatry, University of California, San Diego, CA, Behavioral Health Director, Imperial Beach Community Clinic, Imperial Beach, CA; Teaching faculty, Scripps Chula Vista Family Medicine Residency, Chula Vista, CA	<ol style="list-style-type: none"> 1. Identify anxiety discharge pathways from mild to severe 2. Understand how to open the conversation about Somatic Symptom Disorder with patients 3. Co-create effective treatment plans with patients diagnosed with Somatic Symptom Disorder 	40 min.
4:50	End of Life Care	Stephen M. Poses, M.D.	Voluntary Assistant Clinical Professor, University of California, San Diego, CA; Founding Member, Board of Directors, End of Life Choices	<ol style="list-style-type: none"> 1. Understand how to deliver enhanced End Of Life Care (EOLC) which can be seamlessly integrated into primary medical care 2. Assess best practices regarding Medical Aid In Dying (MAID) including data supported “cocktail” for MAID and States where MAID is legal 3. Determine resources to share with patients/families about EOLC 4. Understand billing codes to improve proper reimbursement for EOLC 	40 min
Sunday, June 26th, 2022					
Time	Topic	Speaker	Title	Learning Objectives	CME Amount
7:45	Overview of the Program/Moderator: Sarah Merrill, DO, SDAFP Secretary Treasurer			Topics addressed in this AM session will be introduced with pre-lecture review to assist in development and increased knowledge of each topic.	15 min

8:00	Double Down... Options to Help Treatment-Resistant Depression	Kai S. McDonald, MD, FAPA	Assistant Clinical Professor, Department of Psychiatry and Family Medicine, University of California San Diego, CA; Medical Director, Lasting Recovery Treatment Center, San Diego, CA	<ol style="list-style-type: none"> 1. Define treatment resistant depression (TRD) 2. Discuss the risks and benefits of ketamine for TRD 3. Summarize the data on Transcranial Magnetic Stimulation for TRD 4. Explain what genetic tests can and cannot do in relation to psychiatric illness and TRD 	40 min.
8:40	Upper Extremity Musculoskeletal Injuries and Condition	Soroosh Amanat, MD	Scripps Mercy Chula Vista Family Medicine Program Residency, Clinical Faculty; Scripps Coastal Family and Sports Medicine Physician, Chula Vista, CA	<ol style="list-style-type: none"> 1. Understand the anatomy of the upper extremity including wrist, elbow and shoulder 2. Recognize common upper extremity musculoskeletal injuries and conditions based on history and exam 3. Review proper diagnosis and management of most common upper extremity injuries 	40 min
9:20	Update on Care for Newly Arrived Afghan Immigrants: Medical and Mental Health with Cultural Perspectives	Kristin Brownell, MD, MPH	Core Faculty, Family Medicine Residency Program; Refugee Health Assessment Program, Physician Consultant, Family Health Centers of San Diego, CA	<ol style="list-style-type: none"> 1. Understand differences between Afghan methods of arrival: Refugee, Special Immigrant Visa and Human Parolee 2. Assess potential health concerns of Afghan immigrants, particularly new arrivals 3. Recognize and refer for treatment the 3+ alert illnesses among newly arriving Afghans including: Measles, Leishmaniasis, and Malaria 4. Determine mental health considerations including needs, framework of culturally appropriate discussion, and resources 5. Understand common cultural perspectives related to health 	40 min
10:00	Break time				30 min
10:15	Common Consults for Family Practice: Hematology	Aparajit Venkateswaran, MD	Scripps Clinic Hematology and Medical Oncology Fellow, San Diego, CA	<ol style="list-style-type: none"> 1. Understand Workup of Coagulopathy: PT/INR abnormalities 2. Understand Workup of WBCs: Macrocytosis and Neutrophilia 3. Understand Workup of Isolated Thrombocytopenia 	40 min

10:55	Long COVID: Insights and Paths to Healing	Ni-Cheng Liang, MD	Volunteer Assistant Professor of Medicine, University of California, San Diego; Director of Pulmonary Integrative Medicine, Coastal Pulmonary Associates, Scripps Health Network Partner, Encinitas, CA; CEO and Founder of Awaken Breath, LLC, and the Mindful Healthcare Collective	<ol style="list-style-type: none"> 1. Describe the multi system manifestations of Long COVID-19 2. Identify which clinical assessment tools to use to help accurately diagnose Long COVID 3. Learn lifestyle and integrative medicine approaches for healing 	40 min
11:35	Tackling Healthcare Disparities Together: Heme/Onc and Primary Care	Aparajit Venkateswaran, MD	Scripps Clinic Hematology and Medical Oncology Fellow, San Diego, CA	<ol style="list-style-type: none"> 1. Determine etiology of healthcare disparities in Heme/Onc 2. Assess common healthcare disparities in Heme/Onc 3. Understand how PCPs can help with reducing disparities in Heme/Onc 	40 min
12:15	Adjourn			Total estimated CME for general session on Sunday:	4.25
				Total estimated CME for general session for entire 3 day meeting:	20.25