

Practical Primary Care Skills

Learning Objectives for Individual Topics

“As a result of this session, attendees will be able to:

Topics & objectives in blue comply with AB1195 –

Presentation Topic: Cardiovascular Disease Prevention in Patients with Co-Morbidities

Speaker: Marc Jaffe, MD

- Identify individuals at high risk for cardiovascular disease based on specific associated medical conditions
- Recommend appropriate lifestyle changes for individuals at high risk for cardiovascular disease
- Control LDL, blood pressure and diabetes in individuals at high risk for cardiovascular disease
- Prescribe medications (Aspirin, Beta Blocker, Statin, and ACE) in appropriate individuals at high risk for cardiovascular disease

Presentation Topic: Primary Care & End-of Life Care

Speaker: Richard DellaPena, MD

- List common concerns of patients with advanced illness.
- Integrate into their office practice approaches that elicit patient preferences and address distressing problems as their illnesses advance
- **Demonstrate the significance of health literacy competencies across diverse cultures at End of Life Care.**

Presentation Topic: Exercise as Medicine: The Health Benefits of Physical Activity

Speaker: Robert Sallis, MD

- Describe the effect of physical activity on the treatment and prevention of chronic disease, as well as, lowering mortality rates
- Review studies showing the beneficial effects of resistance training on health
- Demonstrate how to prescribe exercise to patients in the office
- Relate a sports medicine approach to caring for all patients as athletes

Presentation Topic: Managing Time-Off Requests in Primary Care

Speakers: Dennis Pocekay, MD TPMG & David Bischoff, MPH TPMG

- Define and differentiate between patient “impairment” and “disability”
- Discuss factors that influence patient requests for time off work
- Formulate an “activity prescription” to help patients return to work

Presentation Topic: Computers in the Exam Room

Speaker: Patricia Padilla, MD

- List 1-2 ways a clinician can use the computer to enhance the patient encounter.
- Use the computer to display pictures or images to supplement a conversation with a patient regarding diagnosis or treatment.
- Effectively use/modify the after-visit summary to clarify follow-up instructions for patients with limited health literacy

Presentation Topic: EmPower the Patient to Go for the Goal!

Speaker: Jim Dudl, MD

- Educate the patient about medication use for long term control of blood pressure and glucose
- Determine a patient’s ability & commitment to accept control of their medications using the sig-algorithm and frequent brief contacts by a medical assistant as tools to assist the patient in their care.
- Prescribe the use of insulin in the primary care setting
- **Demonstrate the significance of health literacy competencies across diverse cultures in patients with Diabetes.**

Presentation Topic: Practical Clinical Skills to Strengthen Medication Adherence: Evidence-Based Approaches

Speaker: David Sobel, MD

- Describe the extent and impact that non-adherence has on clinical outcomes
- Describe 3 evidence-based strategies that improve adherence
- Assess adherence through improved clinician-patient communication strategies
- **Demonstrate the significance of health literacy competencies across diverse cultures when medications are prescribed as part of a treatment plan.**

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Presentation Topic: Dermatology in Primary Care
Speaker: Elizabeth Kass, MD

- Assess inflammatory skin conditions using a diagnostic approach based on cutaneous "reaction patterns"
- Utilize treatments for the most common inflammatory skin disorders and advise patients of the expected response
- Recognize common benign and cancerous skin growths
- Distinguish those skin conditions which should be referred to a dermatologist

Presentation Topic: Infectious Disease Update
Speaker: Lee Jacobs, MD

Old Bugs – New Resistance

- Identify and treat outpatients with MRSA
- Describe new or updated STD treatment recommendations

The HIV Virus – Still a Major Clinical Challenge

- List the strategies to enhance compliance with anti-retroviral therapies
- Describe the current evidence on HIV prevention

What’s New in Primary Care Immunizations – including Travel Vaccinations

- Participants will be able to list three major changes in vaccinations

Presentation Topic: Chronic Pain as a Co-Morbidity
Speaker: Karen Pantazis, MD

- Describe how multimodal treatment for pain decreases development of nervous system hypersensitivity and neuropathologic change
- Apply effective, easy to use tools to assess pain and identify the patient at high risk of further impairment
- Collaboratively determine treatment goals with challenging chronic pain patients.
- Assess the pain mechanism in designing pharmacologic intervention for pain

Presentation Topic: Depression as a Co-Morbidity
Speaker: David Price, MD

- Describe the comorbidity of major depression (MDD) with other common illnesses
- Describe the consequences of untreated MDD on patients with other co-morbidities
- Describe the potential impact of successful MDD on patient outcomes
- Describe methods to diagnose MDD in patients with medical co-morbidities
- Develop a treatment strategies for MDD patients with medical co-morbidities