



# Washington Chapter

## Fostering Excellence in Internal Medicine

Visit Seattle: © Alabastro Photography

### **Washington Chapter Scientific Meeting November 1–3, 2018**

**Bell Harbor International Conference Center | Seattle, Washington**  
This educational activity has been designated for up to 21.5 CME credits

## Who Should Attend

General Internists, Hospitalists, Subspecialty Internists, Family Practitioners, Fellows in Subspecialty Training, Resident Members, Allied Health Practitioners, Physician Assistants, Nurse Practitioners, and Medical Students interested in Internal Medicine.

## Learning Objectives

At the conclusion of this activity, the participants will be able to:

- Apply updated knowledge of diabetes management to clinical practice
- Understand recent advances in general and subspecialty internal medicine
- Optimize their approach to clinical care by understanding their personality types & learning techniques for resiliency
- Evaluate common orthopedic complaints and evaluate chest radiographs

## CME Accreditation

The American College of Physicians (ACP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The ACP designates each live activity for the number of AMA PRA Category 1 Credit(s)<sup>™</sup> listed below. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Washington Chapter Scientific Meeting for a maximum of **13.5 AMA PRA Category 1 Credit(s)<sup>™</sup>**.

The Washington Chapter Update in Ambulatory Care PreCourse for a maximum of **4.0 AMA PRA Category 1 Credit(s)<sup>™</sup>**.

The Washington Chapter Update in Hospital Medicine PreCourse for a maximum of **4.0 AMA PRA Category 1 Credit(s)<sup>™</sup>**.

The ABIM Maintenance of Certification Modules PreCourse, for a maximum of **4 AMA PRA Category 1 Credit(s)<sup>™</sup>**.

The Spokane ACP Scientific Meeting webcast for a maximum of **13.5 AMA PRA Category 1 Credit(s)<sup>™</sup>**.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 17.5 MOC points in medical knowledge 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 for the purpose of granting ABIM MOC credit.

## MOC Modules!

Back by popular demand, we are offering ABIM Maintenance of Certification (MOC) modules on the morning of Thursday, November 1. Faculty will teach the modules by presenting and analyzing each question, reviewing current evidence, and highlighting clinical pearls and key points. This format will be highly interactive with use of an audience-response system. The scheduled modules are the 2018 Update in Internal Medicine and 2018 Update in Hospital Medicine.



## Meeting e-Syllabus

The syllabus for this meeting is available in electronic format at no charge. It will be emailed to you prior to the meeting or logon to [www.washingtonacp.org/2018meeting](http://www.washingtonacp.org/2018meeting) at any time to see details. We encourage you to print speaker handouts prior to the meeting and bring them with you or plan to access the syllabus at the meeting from your viewing device. Complimentary Wi-Fi is available throughout the Bell Harbor International Conference Center.

## Student and Resident Activities

**Oral Presentations:** Clinical vignettes and research/QI papers prepared by residents will be presented orally at the meeting. Oral presentations are not designated for CME credit.

**Poster Competitions:** Resident and student clinical vignettes and research/QI papers will be presented for the poster competition.

**Jeopardy Competition:** Resident teams from five residency programs in Washington State will compete in Medical Jeopardy during lunch on Saturday, November 3.

## 2018 Spokane Webcast Contact

Kirsten Young is the new ED at SSIM  
[spokanesocietyim@gmail.com](mailto:spokanesocietyim@gmail.com)  
(509) 448-9709

See registration information below

## Hotel Accommodations

### Seattle Marriott Waterfront

2100 Alaskan Way  
Seattle, WA 98121

800-228-9290 | 206-443-5000

**Special Room Rates:** \$179.00 for the dates of **October 31, 2018–November 3, 2018**. Reservations can be booked online or over the phone. If guests wish to book their room over the phone, they can call in to (800) 228-9290 and ask for the **“WA Chapter ACP2018 Room Block”** to reserve their room. Deadline Wednesday, October 10, 2018.

## Venue Directions and Parking

### Bell Harbor International Conference Center

2211 Alaskan Way  
Seattle, WA 98121

[www.bellharbor.com](http://www.bellharbor.com)

Log onto [www.washingtonacp.org/2018meeting](http://www.washingtonacp.org/2018meeting) for driving and parking directions.



## How to Register

To register **online**, visit us on the Web at [www.acponline.org/about\\_acp/chapters/wa/](http://www.acponline.org/about_acp/chapters/wa/).

To register **by mail**, complete the inserted registration form and mail it to:

**American College of Physicians  
190 N. Independence Mall West  
Philadelphia, PA 19106-1572**

Register 24 hours a day **via fax** sent to 215-351-2799. Faxed forms must include credit card number, expiration date, security code number and signature. Do not mail a copy of the form if you have faxed it, as it may result in a duplicate registration and charge.

To register **by phone**, call 1-800-523-1546, ext 2600, or 215-351-2600 (M-F, 9 am–5 pm ET). Be sure to have your credit card number, expiration date, and security code number available before calling.

**Spokane Webcast Registration:** All of the main meeting on Friday and Saturday will be webcast live to Spokane—including lunch sessions on both days and the workshops starred (\*). To register for the webcast in Spokane you must contact Kirsten Young at [spokanesocietyim@gmail.com](mailto:spokanesocietyim@gmail.com) or 509.448.9709

A confirmation of your registration will be sent to you by email. If you have not received a confirmation for the Seattle meeting within two weeks of submitting your registration, contact the ACP Member and Customer Service (M-F, 9 am–5 pm ET) toll-free at 800-523-1546, ext 2600, or direct at 215-351-2600. You may also email [custserv@acponline.org](mailto:custserv@acponline.org).

**Note: Thursday MOCs and Pre-courses require separate registration and fees.**

### ➡ Register by October 1 and Save!

There is an additional fee to register after October 1, so save money by registering early!

### ➡ Resident and Student Registrations

Non-member residents and medical students cannot register online and must register by contacting Customer Service at 800-523-1546, ext. 2600 in order to get the complimentary registration. No fee is required, but a commitment to attend specific day(s) will ensure an accurate catering count for meals and refreshment breaks.

### ➡ Cancellation Policy

All cancellation requests must be received by Customer Service in writing via e-mail [custserv@acponline.org](mailto:custserv@acponline.org). Cancellations will not be accepted by telephone. A processing fee of \$50 will be deducted from all refunds for cancellation requests received by October 7. There are no refunds for no-shows or cancellations received after October 7.

### ➡ Questions?

For registration information, contact ACP Member and Customer Service (M–F, 9 am–5 pm ET) toll-free at 800-523-1546, ext 2600, or direct at 215-351-2600. You may also email [custserv@acponline.org](mailto:custserv@acponline.org).

### ➡ Services for People with Disabilities

We encourage participation by all individuals. If you have a disability or any special dietary needs, please let us know 15 days in advance of the meeting.

If you need more information on the meeting schedule or location, contact Kimberly Conn at 206-956-3652, or email [kim@wsma.org](mailto:kim@wsma.org).



## SCHEDULE-AT-A-GLANCE

Time is listed in minutes. Add your minutes and divide by 60 to calculate your credit hours.

► Key: \* = Spokane Webcast HDR = Harbor Dining Room  
† Ultrasound machines are on loan from Philips Ultrasound

THURSDAY ☐ NOVEMBER 1		Room	Minutes	Web
<b>Morning Session: ABIM Maintenance of Certification Modules</b>		RM1946A		
8:00-9:45 AM	Update in Hospital Medicine – Chris Knight & Melissa (Moe) Hagman		120	
9:45-10:15 AM	Break			
10:15-12:00 PM	Update in Internal Medicine – Chris Knight & Melissa (Moe) Hagman		120	
<b>Afternoon PreCourse I: Update in Ambulatory Care -Focus on Chronic Pain and Opioid Use Disorder</b>		RM1946C		
1:00-1:30 PM	Guidelines to opioid prescribing: Where are we now? – Amanda Locke		30	
1:30-2:05 PM	What to do with high dose opioids? – Jane Ballantyne		35	
2:05-2:45 PM	Considering Opioid Use Disorder in Patients with Chronic Pain – Joseph Merrill		40	
2:45-3:00 PM	Break			
3:00-3:45 PM	Practical aspects of caring for patients who inject drugs – Jane Ballantyne, Joseph Merrill, and Judith Tsui		45	
3:45-4:20 PM	Treatment of Opioid Use Disorder – Jocelyn James and Judith Tsui		35	
4:20-5:00 PM	A New look at Non-Opioid and Non-Pharmacologic approaches to Chronic Pain Debra Gordon		40	
<b>Afternoon PreCourse II: Inpatient Care</b>		RM1946D		
1:00-1:30 PM	Direct Oral Anticoagulants: Current Research and Clinical Practice – Joseph Rosales		30	
1:30-2:00 PM	Practical approaches to Delirium: Preparation, Managing family and Treatment – Tom Soeprono		35	
2:00-2:35 PM	Update in Stroke – Claire Creutzfeldt		40	
2:35-2:55 PM	Panel Q&A			
2:55-3:10 PM	Break			
3:10-3:45 PM	Staphylococcus Aureus Bacteremia – Robert Harrington		45	
3:45-4:15 PM	Influenza and Respiratory Infections – Seth Cohen		35	
4:15-4:45 PM	Inpatient Management of Cirrhosis and Portal Hypertension – Anne Larson		40	
4:45-5:00 PM	Panel Q&A			
FRIDAY ☐ NOVEMBER 2		Room	Minutes	Web
7:00-8:30 AM	Registration/Continental Breakfast	Foyer		
7:15-8:15 AM	<b>Workshops</b>		60	
	1. Skin Biopsy Workshop – Paul Smith, Carrie Horwitch, and Rebecca Ruud	WS01		
	2. Approach to Pulmonary Function for Interpretation – Basak Coruh	WS02		
	3. Evaluation of Knee Pain: Translating the Physical Exam into Diagnosis & Treatment – Greg Nakamoto	WS03		
	4. Primary Care Psychiatry Pearls – Karina Uldall	WS04	Bay	*
8:15-8:30 AM	Break/Visit Exhibits & Posters	Foyer		
8:30-8:35 AM	Governor's Welcome – Matt Hollon	Bay		*
8:35-9:10 AM	Ignorance at The Broad Street Pump: Climate Change, Health & Action – Matt Hollon	Bay	35	*
9:10-9:45 AM	Residents' Session: Oral Presentations	Bay		*
9:45-9:55 AM	Q&A	Foyer	10	
9:55-10:00 AM	Story Slam	Bay		*
10:00-10:15 AM	Break/Visit Exhibits & Posters	Bay		*
10:15-10:50 AM	"Should I have a Mammogram this year?" Counseling on Breast Cancer screening in Primary Care – Adelaide McClintock	Bay	35	*
10:50-11:25 AM	Practical Pearls for Primary Care – Doug Paauw	Bay	35	*
11:25-11:35 AM	Q&A	Bay	10	*
11:35-11:40 AM	Story Slam	Bay		*
11:40-1:15 PM	Lunch: WA Chapter Update: Overview & Business Meeting/Chapter Awards – Matt Hollon	HDR		*

## SCHEDULE-AT-A-GLANCE

Time is listed in minutes. Add your minutes and divide by 60 to calculate your credit hours.

► Key: \* = Spokane Webcast HDR = Harbor Dining Room  
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FRIDAY ☞ NOVEMBER 2 (continued)		Room	Minutes	Web
1:15-1:50 PM	Residents' Session: Oral Presentations	Bay		*
1:50-2:25 PM	Hemingway, Hemoglobin, Hawkins & Hypertension: Clinical Impact of the Medical Humanities – Jeremy Graham	Bay	35	*
2:25-2:35 PM	Q&A	Bay	10	*
2:35-3:15 PM	Hypertension debate: Aggressive vs. Relaxed Targets – Michael Soung and Doug Berger	Bay	50	*
3:15-3:30 PM	Break/Visit Exhibits & Posters	Foyer		
3:30-4:05 PM	Male hypogonadism: Who should get it? What should be used? And how should the Primary Care Physician monitor it? – John Amory	Bay	35	*
4:05-4:40 PM	Individualized Treatment for Osteoporosis – Abe DeSantis	Bay	35	*
4:40-4:50 PM	Q&A	Bay	10	*
4:50-5:00 PM	Story Slam	Bay		*
5:00-6:00 PM	GOVERNOR'S RECEPTION & Poster Judging	Foyer		
SATURDAY ☞ NOVEMBER 3		Room	Minutes	
7:00-8:30 AM	Registration/Continental Breakfast	Foyer		
7:15-8:15 AM	Workshops		60	
	5. Skin Biopsy Workshop – Paul Smith, Carrie Horwitch & Rebecca Ruud WS05			
	6. Point of Care Ultrasound for the General Internis – Kang Zhang & Beau Sober WS06			
	7. ACP Humanities Teaching Module: The Prison Patient – Rachel Safran WS07			
	8. Cases in Palliative Care – Mark Beiter WS08	Bay		*
8:15-8:30 AM	Break/Visit Exhibits & Posters	Foyer		
8:30-9:05 AM	Walking the Tightrope: Acute Pain Management in Persons with Opioid Use Disorder – Jared Klein	Bay	35	*
9:05-9:40 AM	Insomnia: Updates & Clinical Pearls – Anna Golob	Bay	35	*
9:40-9:50 AM	Q&A	Bay	10	*
9:50-10:00 AM	Story Slam	Bay		*
10:00-10:15 AM	Break/Visit Exhibits & Posters	Bay		
10:15-11:15 AM	Workshops		60	
	9. Cases in Palliative Care – Mark Beiter WS09			
	10. Point of Care Ultrasound for the General Internist – Kang Zhang & Beau Sober WS10			
	11. Medicine After Age 60: How do you stay involved in your Profession? – David Dale and Joyce Wipf WS11			
	12. Approach to Pulmonary Function Test for Interpretation – Basak Coruh WS12	Bay		*
11:15-11:30 AM	Break/Visit Exhibits & Posters	Foyer		
11:30-1:00 PM	Lunch: Residents' Medical Jeopardy & Abstract Award Presentations	HDR		*
1:00-1:35 PM	Residents' Session: Oral Presentations	Bay		*
1:35-2:10 PM	A case based update on Asthma Management – Ben Arthurs	Bay	35	*
2:10-2:45 PM	When the door doesn't open or stay shut: Understanding valvular heart disease – Kelly Branch	Bay	35	*
2:45-2:55 PM	Q&A	Bay	10	*
2:55-3:00 PM	Story Slam	Bay		*
3:00-3:15 PM	Break/Visit Exhibits & Posters	Foyer		
3:15-3:50 PM	What's Neu in Rheum? – George Mount	Bay	35	*
3:50-4:25 PM	How do you spell that? New drugs for 2018 – Chris Knight	Bay	35	*
4:25-4:35 PM	Q&A	Bay	10	*
4:35-4:40 PM	Story Slam	Bay		*
4:40-5:00 PM	Closing Remarks – Matt Hollon	Bay		*
5:00 PM	Adjourn			

# Faculty List

**John Amory**

University of Washington Medical Center  
Seattle, WA

**Ben Arthurs**

Multicare Deaconess Hospital &  
Rockwood Clinic  
Spokane, WA

**Jane Ballantyne**

University of Washington Medical Center  
Seattle, WA

**Mark Beiter**

Virginia Mason Medical Center  
Seattle, WA

**Doug Berger**

VA Puget Sound  
Seattle, WA

**Kelley Branch**

University of Washington Medical Center  
Seattle, WA

**Seth Cohen**

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University of Washington  
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**Başak Çoruh**

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**Abe DeSantis**

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**Anna Golob**

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**Debra Gordon**

Harborview Medical Center &  
University of Washington  
Seattle, WA

**Jeremy Graham**

Internal Medicine Residency Spokane  
Spokane, WA

**Melissa (Moe) Hagman**

University of Washington Medical  
Center & Boise VA Medical Center  
Boise, ID

**Robert Harrington**

University of Washington Medical Center  
Seattle, WA

**Matt Hollon**

Internal Medicine Residency Spokane  
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**Carrie Horwitch**

Virginia Mason Medical Center  
Seattle, WA

**Jocelyn James**

Harborview Medical Center &  
University of Washington  
Seattle, WA

**Jared Klein**

Harborview Medical Center &  
University of Washington  
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**Chris Knight**

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**Anne Larson**

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**Amanda Locke**

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**Adelaide McClintock**

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**Joe Merrill**

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Seattle, WA

**LTC George Mount**

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**Greg Nakamoto**

Virginia Mason Medical Center  
Seattle, WA

**Doug Paauw**

University of Washington Medical Center  
Seattle, WA

**Joe Rosales**

Virginia Mason Medical Center  
Seattle, WA

**Rebecca Ruud**

Swedish Bellevue Primary Care  
Bellevue, WA

**Rachel Safran**

Internal Medicine Residency Spokane  
Spokane, WA

**Paul Smith**

Virginia Mason Medical Center  
Seattle, WA

**Beau Sober**

University of Washington  
Seattle, WA

**Tom Soeprono**

University of Washington Medical Center  
Seattle, WA

**Michael Soung**

Virginia Mason Medical Center  
Seattle, WA

**Judith Tsui**

Harborview Medical Center &  
University of Washington  
Seattle, WA

**Karina Uldall**

Virginia Mason Medical Center  
Seattle, WA

**Joyce Wipf**

University of Washington Medical  
Center & VA Puget Sound  
Seattle, WA

**Kang Zhang**

Internal Medicine Residency Spokane  
Spokane, WA

# Registration Form

Washington Chapter Scientific Meeting  
November 1–3, 2018



Washington  
Chapter

RM1734

ACP Number (found on Mailing Label)

Name

☐ MD ☐ DO

Address

City

State

Zip

Email (required to receive the meeting e-syllabus)

Day Time Phone

☐ Please check here to indicate a permanent change to your preferred address for all College mailings.

**Practice Setting:** ☐ Academic Practice ☐ Private Practice ☐ Hospitalist ☐ Primary Care ☐ Specialist ☐ Other \_\_\_\_\_

Registration to the SEP Modules and Precourses includes scientific sessions, e-syllabus access, CME documentation, afternoon break. Lunch is not included. Registration to the Scientific Meeting includes continental breakfasts, lunches, all scientific and breakout sessions, e-syllabus access, CME documentation, and the Governor's Reception.

## Registration Fees

Before/On October 1

After October 1

Amount

### MOC Inpatient/Outpatient Modules (Thursday morning only)

<input type="checkbox"/> Member	<input type="checkbox"/> Fellow	<input type="checkbox"/> Master	<input type="checkbox"/> Retired Member	\$150.00	\$175.00	_____
<input type="checkbox"/> ACP Affiliate/Allied Health Professional				\$150.00	\$175.00	_____
<input type="checkbox"/> Non-Member Physician				\$200.00	\$225.00	_____

**Note: This course is not open to residents, Fellows, or students**

### PreCourse (Thursday afternoon only)

**Choose one:** ☐ Chronic Pain and Opioid Disorder ☐ Inpatient Care

<input type="checkbox"/> Member	<input type="checkbox"/> Fellow	<input type="checkbox"/> Master	<input type="checkbox"/> Retired Member	\$150.00	\$175.00	_____
<input type="checkbox"/> ACP Affiliate/Allied Health Professional				\$150.00	\$175.00	_____
<input type="checkbox"/> Non-Member Physician				\$200.00	\$225.00	_____

**Note: This course is not open to residents, Fellows, or students**

### Scientific Meeting (Friday and Saturday only)

<input type="checkbox"/> Member	<input type="checkbox"/> Fellow	<input type="checkbox"/> Master		\$350.00	\$400.00	_____
<input type="checkbox"/> Non-Member Physician				\$475.00	\$525.00	_____
<input type="checkbox"/> Retired Member				\$250.00	\$275.00	_____
<input type="checkbox"/> ACP Affiliate/Allied Health Professional				\$275.00	\$300.00	_____
<input type="checkbox"/> Member Resident	<input type="checkbox"/> Member Medical Student			FREE	FREE	_____
<input type="checkbox"/> Non-member Resident	<input type="checkbox"/> Non-member Medical Student					_____

**No charge: to register call 800-523-1546, ext. 2600**

☐ Contribution to Support a Pharma-Free Meeting \_\_\_\_\_

**GRAND TOTAL**

### Concurrent Activities: Please indicate by checking which of the following you plan to attend (refer to schedule).

- Fri. Workshops (7:15–8:15 AM) ☐ 1 (WS01) ☐ 2 (WS02) ☐ 3 (WS03) ☐ 4 (WS04) | • Sat. Workshops (10:15–11:15 AM)
- Sat. Workshops (7:15–8:15 AM) ☐ 5 (WS05) ☐ 6 (WS06) ☐ 7 (WS07) ☐ 8 (WS08) | ☐ 9 (WS09) ☐ 10 (WS10) ☐ 11 (WS11) ☐ 12 (WS12)

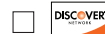
### Special Needs: ☐ Please check here if you have any special dietary needs. ☐ Please check here if you are disabled and require assistance.

Advance notification is essential in order for us to serve you better. At least 15 days prior to the meeting, notify Kimberly Conn of your special needs at 206-956-3652, or email to [kim@wsma.org](mailto:kim@wsma.org).

## Payment

☐ Check Enclosed (Payable to: WA-ACP)

Credit Card: ☐ VISA



Card Number

Expiration Date

Security Code

Name on Credit Card/Signature

MAIL TO: ATTN: ACCOUNTING-ORDER ENTRY | American College of Physicians | 190 N. Independence Mall West | Philadelphia, PA 19106-1572  
FAX TO: 215-351-2799 (Credit Card Payment is required)



2001 6th Avenue, Suite 2700  
Seattle WA 98121

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Register online at: [www.acponline.org/about\\_acp/chapters/wa/](http://www.acponline.org/about_acp/chapters/wa/)  
by October 1st and save!

## 2018 Planning Committee

Sheida Aalami MD  
Mary Anderson, MD  
Ginger Evans, MD  
Nupur Garg, MD  
Leah Geyer, MD  
Matt Hollon, MD, MPH, FACP  
Carrie Horwitch, MD, FACP  
Jared Klein, MD  
Jocelyn James, MD

Ashleigh Leonard, MD  
Sarah Newton, MD  
Tristan Osborn, MD, PhD  
Joey Parker, DO, FACP  
Rebecca Ruud, MD, MACP  
Rachel Safran, MD  
Ananth Shenoy, MD  
Jennifer Thompson, MD  
Joyce Wipf, MD, FACP

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