Alaska Chapter of the American College of Physicians and Alaska Osteopathic Medical Association

CME MEETING 2019
Sheraton Hotel & Spa, Anchorage
5/2–5/4
Dear Colleague,

Thank you for your participation in our CME Meeting 2019. The Alaska Chapter of the American College of Physicians (AK ACP) and the Alaska Osteopathic Medical Association (AKOMA) joined together again this year to offer you an outstanding continuing medical education program. We would like to thank the entire education planning committee for their hard work planning the program.

Please review the agenda and note that in addition to the CME lectures there are several social functions you are welcome to attend. Thursday evening will feature a Wine and Cheese Social. The dinner banquet Friday evening will include guest speaker James O’Malley, MD on The Primacy of Medicine in America. Sometimes the best education we get is from one another, so please take these opportunities to get to know each other.

We have a great group of exhibitors. There will be a prize drawing for a JBL Flip 4 Bluetooth Portable Stereo Speaker on Saturday before the final lecture. To be eligible, obtain the signature of each exhibitor and return your form to the registration desk. Winner need not be present to win.

We hope you enjoy the meeting and welcome any feedback you have.

Sincerely,

Julie McCormick, MD, FACP
AK ACP Governor

Cindy Lee, DO
AKOMA President
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## CME MEETING 2019

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**Attachments available on site**

AKOMA CME Attestation of Attendance

ACP CME Claiming Credit

ACP MOC Claiming Points

Exhibitor Signature Card/Raffle Entry

List of Attendees
American College of Physicians
2019 Alaska Chapter Scientific Meeting
Disclosure of Financial Relationships

Planning Committee and Reviewers

Robert Bundtzen, MD, FACP
Justin Carricaburu, DO
Emily Church, MD, FACP – Chair
Mary DeMers, DO, FACP - Chair
Samyuktha Gumidyala, MBA – AOA Staff
Elizabeth Harano, CHCP – AOA Staff
Stock Options/Holdings: Abbvie, Ecolab, Fitbit, P&G
Nancy Kragt, DO
Julie Lake – ACP Executive Director

Cindy Lee, DO – AKOMA President
Julie McCormick, MD, FACP – AK Governor
Kristin Mitchell, MD, FACP
Brian Perkins, DO
Employment: Cornerstone Clinic
Honoraria: Cornerstone Clinic
Gail Pokorney, MD
Molly Southworth, MD, MPH, FACP
Krystal White, MBA – AOA Staff

Faculty

Bradley D. Anawalt, MD, FACP
Employment: UpToDate
Rebecca Andrews, MS, MD, FACP
Christopher D. Blosser, MD
Research Grants/ Contracts: TapCloud, LLC; Honoraria: American Society of Nephrology
Andrew Butki, DO
Andrea Caballero, MD, ACP Member
Justin Carricaburu, DO
Elizabeth D. Ferucci, MD, MPH, FACP
Matt Hollon, MD, MPH, FACP
Robert Hopkins, Jr., MD, MACP, FAAP
Consultantship: Pzimed, LLC
Hans-Peter Kiem, MD, PhD
Research Grants/ Contracts: Markey Molecular Medicine; Honoraria: Jose Carreras and E. Donnall Thomas Endowed Chair for Cancer Research, Fred Hutchinson Cancer Research Center’s Endowed Chair, Rocket Pharmaceuticals; Consultantship: Rocket Pharmaceuticals, Homology Medicines, CSL Behring and Magenta Therapeutics
Robert Lada, MD
Lucy Le He, MD
Crystal Alexandra Martin, DO
Julie McCormick, MD, FACP
J. Ross Tanner, DO, FACS, FACP
Speakers Bureau: Novo Nordisk, Kowa

Members of the College’s Postgraduate/Chapter Education Management Advisory Committee provide oversight of chapter education programs:
Relevant commercial relationships appear in italics below each individual’s affiliation. All others have nothing to disclosure.

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)™ listed below. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Alaska Chapter Scientific Meeting for a maximum of 16 AMA PRA Category 1 Credit(s)™

The SEP module pre-courses, for a maximum of 2 AMA PRA Category 1 Credit(s)™

Successful completion of this CME activity (the Alaska Chapter Scientific Meeting), which includes participation in the evaluation component, enables the participant to earn up to 16 medical knowledge MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.
### THURSDAY, May 2nd

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>noon</td>
<td>Registration Begins</td>
<td>ABC</td>
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<tr>
<td>12:55</td>
<td>Introduction to 2019 Meeting</td>
<td>ABC</td>
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<tr>
<td>1:00</td>
<td>ABIM MOC MODULE: 2018–2019 Updates in Hospital Medicine</td>
<td>ABC</td>
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<tr>
<td></td>
<td>Julie McCormick, MD, FACP and Rebecca Andrews, MD, MS, FACP</td>
<td>ABC</td>
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<tr>
<td>1:00</td>
<td>An Osteopathic Approach to Common Clinical Problems</td>
<td>K-E</td>
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<tr>
<td></td>
<td>Crystal Martin, DO</td>
<td>K-W</td>
</tr>
<tr>
<td>A</td>
<td>Break – please visit the Exhibit Hall</td>
<td>A</td>
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<tr>
<td>3:30</td>
<td>Update on Osteoporosis Management</td>
<td>ABC</td>
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<tr>
<td></td>
<td>Bradley David Anawalt, MD, FACP</td>
<td>ABC</td>
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<tr>
<td>4:30</td>
<td>Adult Immunization 2019: Risk-Based Update</td>
<td>ABC</td>
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<td>Robert Hopkins, Jr., MD, MACP, FAAP</td>
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<tr>
<td>A</td>
<td>Wine &amp; Cheese Social</td>
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<td>5:30</td>
<td>ACP Council Meeting</td>
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<td>7:00</td>
<td>AKOMA Board Meeting</td>
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<tr>
<td>7:00</td>
<td>Registration/Breakfast/ACP Fellowship Pathway Table Discussion</td>
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<tr>
<td>7:55</td>
<td>Daily Intro</td>
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<tr>
<td>8:00</td>
<td>Old Drugs, Overlooked Drugs</td>
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<td>Matthew Hollon, MD, MPH, FACP</td>
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<tr>
<td>9:00</td>
<td>Long Term Management of Kidney Transplant</td>
<td>ABC</td>
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<td></td>
<td>Christopher Blosser, MD</td>
<td>ABC</td>
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<tr>
<td>A</td>
<td>Break – please visit the Exhibit Hall</td>
<td>A</td>
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<tr>
<td>10:00</td>
<td>Update on Stroke Treatment</td>
<td>ABC</td>
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<td></td>
<td>Rob Lada, MD</td>
<td>ABC</td>
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<td>Le (Lucy) He, MD</td>
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<td>12:30</td>
<td>Buffet Lunch</td>
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<td></td>
<td>ACP Town Hall</td>
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<td>AKOMA Membership Meeting</td>
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<td>1:30</td>
<td>Difficult Conversations Surrounding Opioids: Deprescribing: Chronic</td>
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<td>Pain is a Chronic Disease; and Opioid Use Disorders Complicating</td>
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<td>Chronic Pain Treatment</td>
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<td></td>
<td>Rebecca Andrews, MD, MS, FACP</td>
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<td>8:00</td>
<td>CRISPR and Gene Editing</td>
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<td>Hans-Peter Kiem, MD, PhD</td>
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<td>9:00</td>
<td>Use of Mobile Health Technology for Medication Adherence</td>
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<td>Christopher Blosser, MD</td>
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<tr>
<td>A</td>
<td>Break – please visit the Exhibit Hall</td>
<td>A</td>
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<tr>
<td>10:00</td>
<td>Diabetes Update 2019</td>
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<td></td>
<td>J. Ross Tanner, DO, FACP</td>
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<tr>
<td>10:30</td>
<td>Molecular Diagnostics: The Benefits, Costs, and Reliability of Rapid</td>
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<td></td>
<td>Infection Detection</td>
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<td></td>
<td>Andrea Caballero, MD</td>
<td>ABC</td>
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<td>11:30</td>
<td>Immunization and Communication: How to Deal with Vaccine Hesitant</td>
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<td>and Anti-Vaccine Families in a Fact-Resistant World</td>
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<tr>
<td></td>
<td>Robert Hopkins, Jr., MD, MACP, FAAP</td>
<td>ABC</td>
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<tr>
<td>12:30</td>
<td>Box Lunch</td>
<td>ABC</td>
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<tr>
<td>13:00</td>
<td>Genetics/Epigenetics in Myeloid Malignancies</td>
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<td>Timothy Lemaire, DO, and Martin Glaves, DO</td>
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<td>3:00</td>
<td>Meeting Adjourned</td>
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**NOTE:** Program details are subject to change (revised 4/09/2019)
Bradley David Anawalt, MD, FACP

**DR. ANAWALT** is the Chief of Medicine at the University of Washington Medical Center and Professor and Vice Chair of the Department of Medicine at the University of Washington. His principal areas of research are in male infertility, male hormonal contraception and male reproductive physiology, and he has received several national and regional awards from his peers for clinical expertise. Dr. Anawalt has been recognized for his excellence in teaching at the University of Washington Department of Medicine. He has been the North American editor for the Journal of Clinical Endocrinology (2012-2020), Associate Editor for Endocrine Reviews (2014-2017) and has served on the editorial board of the Journal of Clinical Endocrinology and Metabolism (2006-2010 and 2010-2014). He earned his bachelor’s degree in anthropology at the University of Santa Clara and his medical degree at the University of California at Davis. He completed his internal medicine residency at the University of Washington in 1992 and served as chief resident at the Seattle VA Medical Center 1992-1993. He completed a fellowship in endocrinology at the University of Washington and joined the faculty in 1995.

**Thursday, May 2nd – 3:30pm**

**Update on Osteoporosis Management**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Select which studies to order to evaluate for causes of osteoporosis
- Recognize when to initiate pharmacotherapy for prevention of fractures
- Identify the most appropriate pharmacotherapies for management of osteoporosis

**Friday, May 3rd – 2:30pm**

**To T or not T?**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Define the relative prevalence of hypogonadism vs. low serum testosterone concentrations in adult men
- Describe an approach to the diagnosis and the evaluation of cause of male hypogonadism in an adult man
- State the known adverse effects of testosterone therapy

Slides for both presentations will be posted.
DR. ANDREWS received her bachelor’s and master’s degrees in biology at Boston College before attending medical school at the University of Connecticut. She remained at the University to complete a residency in internal medicine. Dr. Andrews joined UConn Health faculty in 2009. She is an Associate Professor with a three-pronged position: primary care provider, Associate Program Director and Director of Ambulatory Education for the Internal Medicine Residency Program. Her education and research focus has been on developing innovative curricula and clinical experiences to increase graduates entering the field of primary care, pain management, and developing tools to identify resident skills gaps for rapid intervention. She received the Richard Neubauer award for her role in healthcare advocacy and recognition as a “Top Doctor” by Connecticut magazine. Dr. Andrews is the Governor of the CT ACP chapter and Vice-Chair of the ACP Education and Publications Committee.

Thursday, May 2nd - 1:00pm
ABIM MOC MODULE: 2018-2019 Updates in Hospital Medicine (with Dr. McCormick)
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Complete the Internal Medicine Hospital Module for MOC points
- Learn the latest in hospital medicine
- Refresh current practices in hospital medicine

Friday, May 3rd - 1:30pm
Difficult Conversations Surrounding Opioids: Deprescribing; Chronic Pain is a Chronic Disease and Opioid Use Disorders Complicating Chronic Pain Treatment
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Explain bias surrounding pain management
- Identify difficult patient interactions
- Discuss best practices of opioid use in chronic pain management
- Describe opioid use disorders
- Outline successful pain management strategies and tapering of opioids

Friday, May 3rd - 4:00pm
Doctors Dilemma
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Have fun while participating in a “game show” style, fast-paced review of key internal medicine concepts and facts
(Dr. Andrews, continued)

Slides for MOC and Doctors Dilemma will not be posted. Opioid presentation slides will be posted.

Christopher D. Blosser, MD

**DR. BLOSSER** is a Clinical Associate Professor and Transplant Nephrology Fellowship Director at the University of Washington. He also directs the Seattle Children’s Hospital-UWMC Kidney Transplant Transitions of Care Program and the UW Renal HLA Pathology Conference. He has clinical and research interests in cancer and transplantation, immune-mediated renal diseases, and care plan adherence. He has been an Associate Editor of the American Journal of Transplantation since 2014, and is Series Editor of the Cancer & Transplant Review series. When he isn’t working, he’s leading his three children (ages 6, 10, 12) on adventures in the Pacific Northwest year-round. He also loves good fiction, jazz and time with family and friends around a campfire.

**Friday, May 3rd - 9:00am**

**Long Term Management of Kidney Transplant**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Describe common long-term post-transplant complications and how to respond to each
- Identify common transplant-related drug interactions
- Understand and apply cancer surveillance and prevention in kidney transplant recipients

**Saturday, May 4th – 9:00 am**

**Use of Mobile Health Technology for Medication Adherence**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Identify the increasing applications of mobile technology in healthcare
- Assess the impact of medication nonadherence on healthcare
- Review a pilot study of mobile healthcare applications in kidney transplant recipients

Slides will be posted.
Andrew Butki, DO

Andrew Butki, DO completed an Emergency Ultrasound Fellowship in 2016 and is now the Ultrasound Director and Assistant Residency Program Director (Emergency Medicine) for McLaren Oakland Hospital in Pontiac, Michigan. He is also an Adjunct Fellowship Director for the Wayne State University Emergency Ultrasound Fellowship. He splits his time between working clinically in Michigan and Alaska.

Saturday, May 4th – 2:00 pm
Point of Care Ultrasound Workshop
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Perform proper in-plane and out-of-plane needle visualization for ultrasound-guided procedures
- Investigate the contractility / ejection fraction of the left ventricle using point-of-care echocardiography
- Demonstrate scanning techniques for musculoskeletal assessment using point-of-care ultrasound

Slides will be posted.

Andrea Caballero, MD

Andrea Caballero, MD, originally from Guatemala, has been making her way north since completing high school and college in the vibrant city of New Orleans, LA. Before beginning medical school, she worked with local organizations as a Spanish-English medical interpreter and as a community outreach advocate and educator in post-Katrina New Orleans. During medical school at Louisiana State University, she spent her first summer as an intern with the NIH’s National Institute on Drug Abuse in Baltimore, MD performing research on opioid receptors and her second year working as a lead at the student run homeless clinics. Dr. Caballero remained local to complete her Internal Medicine residency where she was exposed to a variety of patients, in particular, a robust TB and HIV patient population.
Presenters – *alphabetical order*

*(Dr. Caballero, continued)*

Combining her interests for global health, disparities in medicine, and marginalized communities, she went on to pursue Infectious Diseases, moving to Portland, OR, for fellowship at Oregon Health and Science University. During her time at OHSU, she had the opportunity to work with the BotswanaHarvard HIV partnership doing rounds on the wards in Molepolole and working at the weekly HIV clinic in Gabarone. She spent her last year in fellowship working alongside the State Health department on a research project investigating invasive Group A Strep infections in the Hepatitis C population. After fellowship, she relocated to Soldotna where she is the first Infectious Diseases doctor on the Kenai Peninsula. She divides her time between inpatient consults and clinic. She is also the physician lead for both the Infection Control and the Antibiotic Stewardship committees.

**Saturday, May 4<sup>th</sup> – 10:30 am**

**Molecular Diagnostics: The Benefits, Costs and Reliability of Rapid Infection Detection**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Recognize the molecular technologies being used at their institution
- Apply results from rapid molecular tests to guide their clinical management
- Understand the basic limitations of the commonly utilized molecular testing technologies

Slides will be posted.

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**Elizabeth D. Ferucci, MD, MPH, FACP**

**DR. FERUCCI** is a rheumatologist and clinical researcher with the Alaska Native Tribal Health Consortium (ANTHC) in Anchorage, Alaska. Since completing fellowship and moving to Alaska in 2003, Dr. Ferucci has conducted research primarily focused on the epidemiology of autoimmune diseases in Alaska Native and American Indian people. In the clinical setting, she practices adult rheumatology at the Alaska Native Medical Center, incorporating field clinics and telemedicine for outreach to rural patients. Dr. Ferucci received her undergraduate degree at Columbia University, MD from New York University School of Medicine, MPH from the Johns Hopkins Bloomberg School of Public Health, and completed her internal Medicine residency and rheumatology fellowship at the University of Colorado Health Sciences Center in Denver.

**Saturday, May 4<sup>th</sup> – 3:00 pm**

**Recent Updates in Rheumatology**
Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Identify recent developments in the diagnosis and management of rheumatic diseases
- Recognize newly described diseases in rheumatology
- Apply information from recently published rheumatology studies to improve the care of patients with rheumatic diseases

Slides will be posted.

Martín Glaves, DO

Dr. Glaves wishes he was a lifelong Alaskan; however, he was born in southern Oregon, and has been inching north all his life. He was happy to move to Soldotna in 1999. Since then he has worked hard to achieve three of his lifelong dreams, to become a commercial fisherman, learn a foreign language and become a doctor. Now, after 17 years, one Marriage (still intact), two kids and more loans than any one person should own, he has the privilege of starting his medical career and finishing his medical training in Alaska. He looks forward to settling in a small Alaskan town and practicing full scope family medicine. Martin enjoys a wide variety of activities in his leisure time which means that he doesn’t do any of them very often.

Saturday, May 4th – 2:00 pm
Resident Case Presentations

Learning Objectives: At the conclusion of the presentation, learners will be able to:

Slides will be posted.

Please be advised that only osteopathic 1-A CME credit will be available for this presentation.
Presenters — alphabetical order

Le (Lucy) He, MD

LE “LUCY” HE, MD is a board-certified neurosurgeon affiliated with the Alaska CyberKnife Center, Alaska Gamma Knife Center, Alaska Regional Hospital, Creekside Surgery Center, and the Providence Alaska Medical Center. A graduate of Case Western Reserve University School of Medicine in Cleveland, OH, she completed Residency with Vanderbilt University Medical Center in Nashville then had her Fellowship training in endovascular and operative vascular with Beth Israel Deaconess Medical Center in Boston, MA and Vanderbilt University Medical Center. Her special interests are vascular malformations of the brain and spine including aneurysms, AVMs, cavernous malformations, fistulas and carotid disease along with tumors of the brain and spine, pediatric neurosurgery, stereotactic radiosurgery, trigeminal neuralgia and degenerative spine disease. She is a member of the American Association of Neurological Surgeons, Congress of Neurological Surgeons, and the Alaska State Medical Association.

Friday, May 3rd – 11:30 am
Interventional Radiology Acute Stroke, What’s New
Learning Objectives: At the conclusion of the presentation, learners will be able to:
Learning Objectives will be provided by the presenter on site.

Slides will not be posted.

Matthew Hollon, MD, MPH, FACP

DR. HOLLON received his medical degree from the University of Washington (UW). He completed residency in internal medicine in the UW’s Boise Primary Care track. He subsequently completed his Masters in Public Health then joined the Department of Medicine faculty at UW in 1999 where he remained until June 2008. In 2008, he joined Providence Internal Medicine Residency Spokane where he is associate program director. In 2013 he became head of the faculty group teaching core clinical skills to UW School of Medicine students in Spokane. He has served on the regional leadership for the
(Dr. Hollon, continued)

Society of General Internal Medicine, is a past-president of both the Spokane Society of Internal Medicine and the Spokane County Medical Society and is currently Governor of the Washington Chapter of the American College of Physicians.

Friday, May 3rd – 8:00 am
**Old Drugs, Overlooked Drugs**
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Understand updated evidence on older medications that may be overlooked, despite evidence of efficacy, efficiency, and safety
- Apply knowledge of drug pharmacology, safety, and efficacy of older medications to specific clinical scenarios as well as consider the limitations of some older medications

Friday, May 3rd – 2:30 pm
**Using Opioids to Manage Chronic Pain**
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Apply CDC guidelines for opioid prescribing to patient care
- Identify patients who may be candidates for chronic opioid therapy and risk factors for opioid use disorders
- Explain risks and benefits of chronic opioid therapy

Slides will be posted.

Robert Hopkins, Jr., MD, MACP, FAAP

DR. HOPKINS is professor of Internal Medicine and Pediatrics and serves as the Director of the Division of General Internal Medicine and Associate Program Director for the Internal Medicine-Pediatrics combined residency at the University of Arkansas for Medical Sciences. Dr. Hopkins is past governor of the Arkansas Chapter of the American College of Physicians (ACP) [2007 – 2011] and has served on a number of ACP national committees (Clinical Guidelines Committee, Performance Measurement Committee, the Adult Immunization Technical Advisory Committee, ACPNet Steering Committee). He has been involved in numerous local and national efforts to improve preventive immunization practices. He currently serves as the Chair of the National Vaccine Advisory Committee to the US Department of Health and Human Services; is a member of the Arkansas Department of Health Vaccine Medical
Presenters – alphabetical order

(Dr. Hopkins, continued)

Advisory Board, the ACIP Adult Immunization Workgroup and a number of workgroups for the National Influenza Vaccine Summit. Dr. Hopkins is board certified in Internal Medicine and Pediatrics and maintains an active teaching and clinical practice caring for adults and children. Dr. Hopkins has lectured and been published on a variety of medical topics, including adult and pediatric immunization, health care transition for adolescents moving into the adult care world, evidence-based medical practice, and quality improvement in primary care.

Thursday, May 2nd – 4:30 pm
Adult Immunization 2019: Risk-Based Update
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Understand and implement evidence-based vaccination in their adult diabetic patients
- Effectively counsel their patients and families about adult vaccination needs
- Help their staff to overcome vaccine hesitance to more effectively vaccinate their patients in need

Saturday, May 4th – 11:30 am
Immunization and Communication: How to Deal with Vaccine Hesitant and Anti-Vaccine Families in a Fact-Resistant World
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Understand the differences between vaccine hesitant and anti-vaccine
- Develop strategies to assess vaccine hesitant patients/parents
- Develop communications strategies to address vaccine hesitant patients
- Apply strategies to common adult immunization scenarios

Slides will be posted.

Hans-Peter Kiem, MD, PhD

DR. KIEM received his MD and PhD credentials from the University of Ulm, in Ulm, Germany. His postgraduate studies were at Stanford University and Vanderbilt University. He joined Fred Hutchinson Cancer Research Center in 1992. In 2009 he became the inaugural recipient of the Jose Carreras/ED Thomas Endowed Chair for Cancer Research, and in 2015 he became the director of the Stem Cell and Gene Therapy Program at Fred Hutch. He is also the associate director of the Hematologic Malignancies Program of the University of Washington/Fred Hutch Cancer Consortium. In 2018 he was the inaugural
(Dr. Kiem, continued)

recipient of the Stephanus Family Endowed Chair for Cell and Gene Therapy. He has been the principal investigator of many R01 and P01 grants, including a Martin Delaney Consortium grant to study HIV cure strategies.

Saturday, May 4th – 11:30 am
CRISPR and Gene Editing
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Describe the basic mechanism of gene editing
- Describe the use of gene-editing technology
- Identify diseases that can be treated with gene editing

Saturday, May 4th – 1:00 pm
Genetics/Epigenetics in Myeloid Malignancies
Learning Objectives: At the conclusion of the presentation, learners will be able to:
- Describe the difference between Genetics and Epigenetics
- Describe examples of inherited cancer syndromes
- Describe the clonal evolution and impact on treatment in AML

Slides for both presentations will not be posted.

ROB LADA, MD

DR. LADA attended Medical School at Case Western Reserve University in Cleveland, Ohio with a Fellowship in NeuroIntensive Care at the Cleveland Clinic Foundation. He is Board Certified in Neurology, as well as Sleep Medicine and Vascular Neurology. He is passionate about stroke prevention as well as caring for patients along the continuum of emergent and acute care of cerebrovascular injuries. Serving as the Director of Cerebrovascular Medicine in the Summa Health System in Akron, Ohio for 10 years, his career was launched further into the field of Sleep Medicine. In 2008, Dr. Lada decided to integrate his expertise in neurovascular medicine by accepting his assignment as the Medical Director of Neuroscience Services and Sleep Medicine at Providence Alaska Medical Center. Since that time, he has further advanced the delivery of emergency care for stroke patients by launching the Telestroke program which serves our communities throughout the state of Alaska. This has now been integrated into the Providence telestroke program which now encompasses 7 states. More recently he has spearheaded the development of the thrombectomy program at PAMC. He also practices general neurology as a founding member of PEAK Neurology and Sleep Medicine, LLC. He is happily married with
(Dr. Lada, continued)

4 children and is enthusiastic for the outdoors in his new home State of Alaska. He enjoys hunting, fishing, snow machining and skiing, along with traveling with his family.

**Friday, May 3rd – 11:30 am**

**Update on Stroke Treatment**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

Learning Objectives will be provided by the presenter on site.

Slides will be posted.

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**Timothy Lemaire, DO**

**DR. LEMAIRE** is a native of Reno, Nevada. Nestled in a valley surrounded by tall mountains and beautiful country, it is a town with a similar feel to Anchorage. After receiving his biology teaching degree at the University of Nevada Reno he and his wife began to take in foster children. They had 7 children over 8 years and adopted their first child when he was 6 years old. During those exciting years Tim worked at Starbucks Coffee Company while his wife completed her Masters in Social Work. Wanting to work toward addressing the root cause that necessitated the Foster Care system Tim returned to University and after a few more prerequisites, applied to medical school. Upon matriculation to A.T. Still University in Mesa Arizona he was elected by his peers to serve as class president and subsequently served on the national student government executive board. While completing his concurrent course work for a Master’s in Public Health, Tim found he had a passion for politics and policy. Tim and his family are looking forward to a new adventure exploring and living in Alaska while doing all they can to be productive members of their new community.

**Saturday, May 4th – 2:00 pm**

**Resident Case Presentations**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Describe the positive subjective effects of OMT on the mood of Hmong women who participated in treatment

Slides will be posted.

*Please be advised that only osteopathic 1-A CME credit will be available for this presentation.*
Crystal Martin, DO

**DR. MARTIN** is an Assistant Professor of Osteopathic Principles and Practice at Pacific Northwest University in Yakima, WA. She studied public health at Columbia University in New York, attended medical school at Nova Southeastern University in Florida and completed her residency in Osteopathic Neuromusculoskeletal Medicine at A.T Still University in Kirksville, Missouri. Her research interests include osteopathic manipulative medicine, public health, medical cannabis, autoimmune diseases, neurological diseases, sports medicine, and nutrition. Her hobbies include traveling around the world to find exciting new places for hiking, skiing, yoga, and playing the violin.

**Thursday, May 2nd – 1:00 pm**

**An Osteopathic Approach to Common Clinical Problems**

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Describe the underlying structure and function of why OMT works for various clinical problems
- Apply osteopathic treatments to patients in a variety of settings and clinical situations
- Demonstrate OMT for: headache, otitis media, ankle sprains, low back pain (also post-op ileus if time permits)

Slides will be posted.

*Please be advised that only osteopathic 1-A CME credit will be available for this presentation.*

Julie McCormick, MD
DR. McCORMICK is practicing general internal medicine in Anchorage, Alaska and currently the Alaska ACP governor. Prior to starting her Anchorage practice in 2007, she was working in Juneau. Once back in Anchorage, she became involved in continuing medical education which naturally evolved into participation in the Alaska ACP. In addition to practice, she enjoys teaching third year students and participating with the WWAMI class. Looking forward to this year’s meeting!

**Thursday, May 2nd - 1:00pm**

**ABIM MOC MODULE: 2018-2019 Updates in Hospital Medicine** (with Dr. Andrews)

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Complete the Internal Medicine Hospital Module for MOC points
- Learn the latest in hospital medicine
- Refresh current practices in hospital medicine

Slides will not be posted.

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**James E. O’Malley, MD**

**DR. O’MALLEY** was born and raised by physician parents in Anchorage, and returned to town to practice General Surgery more than 30 years ago. He has an interest in the History of Medicine and has developed a six hour comprehensive series of talks on the subject. He will be presenting one of these talks on the period of the primacy of American medicine which occurred at the turn of the 19th century.

**Friday, May 3rd – 7:30 pm (dinner presentation)**

**The Primacy of Medicine in America**

*Please be advised that no CME credit will be available for this presentation.*
Presenters – alphabetical order

(Dr. Tanner, continued)

DR. TANNER holds a Bachelor of Science in Biomedical Science from Texas A&M University and graduated medical school with honors from the University of North Texas-College of Osteopathic Medicine. He is currently board certified by the American Board of Internal Medicine and the American Board of Clinical Lipidology. In 2005, he became the first Lipidologist (cholesterol specialist) in Alaska. In addition to a very busy professional life, Dr. Tanner and his wife, Tamara, are the proud parents of three beautiful children. He enjoys anything outdoors.

Saturday, May 4th - 10:30 am
Diabetes Update 2019

Learning Objectives: At the conclusion of the presentation, learners will be able to:

- Recognize current prevalence and future economic burden of T2DM
- Discussion of new pharmacotherapies in 2019
- Prevention CV disease morbidity and mortality in diabetes

Slides will not be posted.
2019 CME MEETING General Conference Information

**Conference Co-Sponsors and Leadership**
The 2019 CME Meeting is co-sponsored by the Alaska Osteopathic Medical Association (AKOMA) and the Alaska Chapter of the American College of Physicians (AK ACP). Please see the ACP Disclosure Form on page 2 for a complete listing of Education Committee members and staff.

**Meeting Space and Meeting Materials**
Presentations will take place in the following rooms: Howard Rock Ballroom ABC, Kuskokwim East, Kuskokwim West and Yukon. Please be sure to stop by the registration desk located in the Howard Rock Lobby daily to sign in. The online link to the meeting materials and handouts will be available at the conference registration desk and was emailed prior to the meeting. Presentation handouts received on-site will be posted after the meeting, pending speaker direction.

**Parking**
There is a parking lot located to the east, north and west of the hotel as well as a parking garage. Parking is $5/day for self-parking. Please be sure to allow time to pay for parking at the Sheraton registration desk and place the parking receipt on your dash. You can pay for parking for entire conference at once.

**Wi-Fi Availability**
WIFI will be available. The WiFi password is cme2019.

**Exhibit Hall**
The Education Committee and staff have worked hard to provide a mix of pharmaceutical and medical device representatives with a variety of service providers in our Exhibit Hall. The exhibitor breaks are set for Thursday 3:00 – 3:30 pm, Friday 10:00 – 10:30 am and 3:30-4:00 pm, and Saturday 10:00 – 10:30 am. Please remember that their financial support is very important to keeping our conference rates level moderate.

**Raffle Prize Drawing**
A form for exhibitors to initial is in your registration packet. This completed form will serve as your raffle ticket, so please be sure to turn it in to the registration desk before the start of the last lecture on Saturday afternoon. A prize drawing for a JBL Flip 4 Bluetooth Portable Stereo Speaker will be held Saturday before the last speaker. Winners need not be present to win!

**Evaluation Forms**
Both AKOMA and ACP are using the ACP meeting evaluation form. Please complete and turn in at the registration desk before you leave, taking care not to fold the form as it will be electronically scanned. Evaluation information will be provided to both organizations.

**Meals and Coffee**
A light breakfast will be provided at 7am on Friday and Saturday. A buffet lunch for registered attendees will be provided on Friday and a box lunch will be provided on Saturday. Friday’s lunch will be
a working lunch with an ACP Town Hall Meeting and a concurrent AKOMA Membership Meeting. Fruit and granola bars will be available during the morning break, and crudité and light dessert during the afternoon breaks. Coffee, tea and water will be refreshed and available throughout the conference.

**Conference Social Opportunities**

- **Thursday 5:30 - 7 pm** – Wine and Cheese Social, light appetizers and drinks for purchase. Note that both the ACP Council and AKOMA Board will meet separately at 7 pm.

- **Friday 5 - 6:30 pm** – Wine and Cheese Social, light appetizers and wine. Gail Pokorney, MD, FACP will be providing additional information on the status of the Alaska Internal Medicine Residency Program, in the Susitna Room. In addition, Sarah Doaty, MD will provide an update on Health and Public Policy. This Committee is engaging in local, state and federal advocacy, and she will share how you can get involved.

- **Friday 6:30 pm** – Banquet Dinner, with a lecture by James O’Malley, MD. His presentation is titled, “The Primacy of Medicine in America.”

**Disclaimer**

The lectures and presentations are intended for educational purposes only. Speakers and presenters provide their viewpoint and opinion based on their expertise. Their presentations are targeted at the audience as a whole and not to the specific circumstances of individuals attending the program. The presentations do not replace independent professional judgment and study of the specific details an attendee may be confronting. Statements of fact and opinions expressed are those of the individual presenters and, unless expressly stated to the contrary, are not the opinions or position of the CME Meeting 2019 cosponsors, which neither endorse nor approve, and assume no responsibility for, the content, accuracy or completeness of the information presented.

**Satisfaction Guarantee & Grievance Policy**

We offer a satisfaction guarantee – if meeting attendees are not satisfied with their experience at the meeting, they may write Julie Lake for a refund of their registration fee. All grievances should be in writing and specify the nature of the grievance and any particulars. Initially, all grievances should be directed to either of the co-sponsor staff directors: Julie Lake for AK ACP and William Padilla, new Affiliate Executive for AKOMA. Staff will review all grievances and resolve if possible. If no resolution is possible, staff may pass the information to the Conference Co-Chairs. If the participant does not receive a satisfactory response, they may then notify the Council on Osteopathic Continuing Medical Education of the American Osteopathic Association at 142 E. Ontario Street, Chicago, IL 60611.

**Questions, Comments?**

Please come to the Registration Desk for information and payment, conference forms, handouts, and evaluations. Afterward, for AK ACP, contact Julie Lake at (907) 350-2351, lake@mtaonline.net. For AKOMA, contact Will Padilla at (312) 202-8394, AKOMA@osteopathic.org. Thank you!
CME Credits Information

2019 CME MEETING Credits Information

The CME credits available for each day are:

- Thursday, May 3: 2 credits + either 2 CME or 2 MOC/SEP credits
- Friday, May 4: 7 credits
- Saturday, May 5: 7 credits

For ACP CME Credits

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 the Alaska Chapter Scientific Meeting for a maximum of 16 AMA PRA Category 1 Credit(s)™ and for the SEP modules pre course for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity (the Alaska Chapter Scientific Meeting), which includes participation in the evaluation component, enables the participant to earn up to 16 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 for the purpose of granting ABIM MOC credit.

Claiming CME Credit through ACP:
Please review attached instruction forms for claiming CME credits and MOC points. CME credit provided by ACP is now claimed online at http://acponline.org/chaptermeetingCME2019. Login with your ACPOnline.org username and password, this is the same one as for online registration. If you do not have a username and password you will need to create an online account. Creating an account is free and does not require membership. Meeting attendees will be able to claim their CME credit after noon on the last day of the meeting. You will receive an email confirmation of your CME credit claim. If you have any questions, please call ACP Member and Customer Service at 1-800-523-1546 x2600 or 215-351-2600.

You will have the opportunity to indicate attendance to the “Difficult Conversations Surrounding Opioids: Deprescribing; Chronic Pain is a Chronic Disease and Opioid Use Disorders Complicating Chronic Pain Treatment” and “Using Opioids to Manage Chronic Pain” sessions and print your certificates.

NOTE: The amount of CME and MOC points claimed through ACP must be equal (although claiming MOC points are not required). If you attended the MOC SEP Module “2018-2019 Update in Hospital Medicine” and will be claiming MOC points through ABIM for the MOC SEP you must also claim those 2 CME credits through ABIM as well.

Claiming MOC Points for the main meeting:
Please review attached instruction forms for claiming CME credits and MOC points. You must claim CME credit before you can claim MOC points. Go to www.acponline.org/chaptermeetingMOCRM1972.
(Please again use your ACPonline.org login if you are not already logged in.) Follow the instructions to complete the quiz. When you score 60% or above, you will be prompted to enter your ABIM number and some personal information. You can then submit for MOC points. You may take the quiz as many times as necessary. When you submit for MOC points, your information will automatically transfer to the ACCME database and then to ABIM. The ABIM will add the points to your MOC transcript within 3 days of your submission.

**Claiming MOC and CME for the Pre-course MOC SEP Module:**
Log in to your American Board of Internal Medicine (ABIM) home page at [www.abim.org](http://www.abim.org). Under “My Maintenance of Certification (MOC) Program,” select “Request a Medical Knowledge Module” and then select “2018-2019 Update in Hospital Medicine 8341801.” Input answers to questions and submit answers electronically to ABIM. Please also see ABIM handout provided at the session.

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**For Osteopathic 1-A CME Credits**

You must complete and sign the attached AKOMA Attendance Attestation form and return it to the registration desk in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. Please return the CME form when you leave, whichever day that is for you, or by 4:00 pm on Saturday afternoon. Please be sure to sign-in each day as well.

The Alaska Osteopathic Medical Association (AKOMA) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. AKOMA designates this program for a maximum of 18 credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

Personalized osteopathic CME certificates will be e-mailed two weeks after the conference. Certificates cannot be processed on-site and certificates will be held until all fees are paid in full. The last day to submit your form to AKOMA Headquarters is MONDAY, May 20, 2019. Attestation forms submitted AFTER this date will require a $25 processing fee in order for credits to be granted.