

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

PURPOSE AND CONTENT

Internal medicine is expanding at a fast pace as new therapies are developed and new guidelines and standards of care are recommended across a spectrum of diseases. Busy physicians and internists are faced with the growing challenge of keeping abreast of all the advances. The annual Update in Internal Medicine conference offers state-of-the-art, practical advice on common conditions and exciting new developments in areas including cardiovascular and diabetes management, radiation and medical oncology, lifestyle medicine and weight wellness, and many others.

This conference is presented in a hybrid learning approach: a one-day live and synchronous online presentation as well as prerecorded on-demand presentations. All content will be available for up to one year, totaling 16 hours CME credit and the opportunity to apply for MOC credit per ABIM requirements.

EDUCATIONAL OBJECTIVES

Upon completion of this activity, participants should be able to:

- Utilize evidence-based strategies to optimize perioperative management of geriatric patients undergoing surgery
- Implement an evidence-based approach to the diagnosis and treatment of acute CNS infections
- Develop an evidence-based approach to outpatient musculoskeletal complaints for initial diagnosis and management
- Identify key novel treatment approaches to renal and testicular cancers and their common associated side effects
- Develop an evidence-based approach to the evaluation of antibiotic drug allergies
- Develop a diagnostic approach to primary thyroid nodules in patients (ADPKD)
- Discern appropriate indications for pulmonary function testing in patients with respiratory complaints

- Develop a systematic approach to hypokalemia and hyperkalemia diagnosis and treatment
- Develop the ability of primary care physicians and internists to effectively utilize state-of-the-art practical advice in addressing common consultation items, providing second opinions, and integrating new advances in scientific techniques and technologies for translational medicine

TARGET AUDIENCE

This CME conference is designed for primary care providers, nurse practitioners, physician assistants, and specialists in internal medicine and family practice seeking updates in practical knowledge relating to patient care.

SPONSORED BY

This CME conference is sponsored by the UT Southwestern Department of Internal Medicine and the Office of Continuing Education.

ACCREDITATION AND DESIGNATION STATEMENT

The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center designates this live educational activity for a maximum of 16.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Texas Southwestern Medical Center certifies that non-physicians will receive an attendance certificate stating that they participated in the activity that was designated for 16.0 AMA PRA Category 1 Credits™.

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

LIVE SESSION – SATURDAY, APRIL 13, 2024

TIME	TOPIC	SPEAKER
7 a.m. – 7:45 a.m.	Breakfast/Exhibits	
7:45 a.m. – 8 a.m.	Welcome	James “Brad” Cutrell, M.D., and Vlad Zaha, M.D., Ph.D.
8 a.m. – 9:30 a.m.	Women’s Health: A Multidisciplinary Perspective	Rachel Bonnema, M.D. Naim Maalouf, M.D. Rina Mauricio, M.D. Nisha Unni, M.D.
9:30 a.m. – 9:45 a.m.	Q&A/Break	
9:45 a.m. – 10:15 a.m.	Pulmonary Function Testing for the Internist	Andrew Tomlinson, M.D.
10:15 a.m. – 10:45 a.m.	Laboratory Diagnosis of Rheumatic Diseases	Maria Bacalao, M.D.
10:45 a.m. – 11:15 a.m.	What Is Vascular Medicine?	Joshua Beckman, M.D.
11:15 a.m. – 11:30 a.m.	Q&A/Break	
11:30 a.m. – Noon	Lunch Break/Exhibits	
Noon – 12:30 a.m.	HTN Management: Pharmacologic and Non-Pharmacologic Strategies	Miguel Vazquez, M.D.
12:30 a.m. – 1 p.m.	Thyroid Nodule and Cyst Management	Iram Hussain, M.D.
1 p.m. – 1:15 p.m.	Q&A/Break	
1:15 p.m. – 1:45 p.m.	Approaches to CNS Infections	Josephine Thinwa, M.D., Ph.D.
1:45 p.m. – 2:15 p.m.	POSH: Perioperative Optimization of Senior Health	Sarah Wingfield, M.D.
2:15 p.m. – 2:45 a.m.	Update on the Management of Acute Non-Variceal GI Bleed	Chenlu Tian, M.D.
2:45 p.m. – 3 p.m.	Q&A/Wrap-Up	
3 p.m.	Adjourn	

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

PRERECORDED SESSIONS – AVAILABLE ON DEMAND

TOPIC (30-Minute Presentations)

SPEAKER

Cardiology

Updates in Heart Failure Management
Updates in Ischemic Heart Disease Management
Updates in Valvular Heart Disease

Digestive and Liver Diseases

IBD for the Internist
Updates in Liver Transplant for the Internist
Updates on Non-Alcoholic Fatty Liver Disease

Endocrinology

Improving Diabetes Care for Your Clinic Patients

Hematology and Oncology

Management of Procedure-Related Bleeding Complications
Updates on Brain Cancer
Updates on Renal Cell Carcinoma
Updates on Testicular Cancer

Infectious Diseases and General Internal Medicine

Mental Health Management for the PCP
Updates on New Antibiotic Choices and Strategies
Updates in Vaccines and Outpatient ID
What's New in Antibiotic Allergies

Nephrology

Hyperkalemia and Hypokalemia
Management of Chronic Kidney Disease

Pulmonary and Critical Care Medicine

Approaches to Pleural Diseases
What Internists Need to Know About PH

Rheumatology

Osteoarthritis: Diagnosis and Management

Maryjane Farr, M.D.
Rafic Barbarie, M.D.
Amit Goyal, M.D.

Moheb Bektor, M.D.
Arjmand Mufti, M.D.
Shannan Tujios, M.D.

Asra Kermani, M.D.

Yu-Min Shen, M.D.
Elizabeth Maher, M.D., Ph.D.
James Brugarolas, M.D., Ph.D.
Waddah Arafat, M.D.

Jessica Campbell, M.D.
Esther Young Golnabi, Pharm.D
Parisa Suthun, M.D.
David Khan, M.D.

Michael Concepcion, M.D.
Stephanie Torres Rodriguez, M.D.

Audra Schwalk, M.D.
Trushil Shah, M.D.

Haidy Galous, M.D.

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

IMPORTANT INFORMATION



Successful completion of this CME activity enables the participant to earn up to 16.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points 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 points.

REQUIREMENTS FOR OBTAINING CREDITS (CME, ATTENDANCE, and MOC)

1. Attend today's live session.
 2. View additional educational content (On-demand pre-recorded video presentations).
 3. Successfully pass the Post-Test/Quiz.
 4. Complete the Course Evaluation.
 5. Provide required participant information (for MOC)
- Content will be available until December 13, 2024 for obtaining ABIM-MOC credit; and for one year for CME credit.

HOW TO ACCESS CONFERENCE RESOURCES

FOR IN-PERSON ATTENDEES:

Go to the conference website:
<https://cme.utsouthwestern.edu/rp2404c>

CME HANDOUT – Click on “PROGRAM” tab

PRESENTATION SLIDES – Click on “PROGRAM” tab and the click on the presentation title to view a handout of the presentation slides.

ADDITIONAL CONTENT (ON-DEMAND VIDEO PRESENTATIONS) – You will receive an email from the CME Office with instructions to access these pre-recorded presentations.

FOR VIRTUAL ATTENDEES:

Virtual Attendees will receive the zoom link for the conference after registration. Please contact CME Office Program Coordinator(briauna.ryans@utsouthwestern.edu) for any questions.

Conference Website:
<https://cme.utsouthwestern.edu/rp2404c>

CME HANDOUT – Click on “PROGRAM” tab

PRESENTATION SLIDES – Click on “PROGRAM” tab and the click on the presentation title to view a handout of the presentation slides.

ADDITIONAL CONTENT (ON-DEMAND VIDEO PRESENTATIONS) – You will receive an email from the CME Office with instructions to access these pre-recorded presentations.

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

Course Directors

James (Brad) Cutrell, MD
Program Director, Infectious Diseases Fellowship Program
Associate Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Vlad Zaha, MD, PhD
Associate Professor, Cardiology Division
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Speakers

Amit Goyal, MD
Assistant Professor, Cardiology Division
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Andrew Tomlinson, MD
Associate Professor, Pulmonary and Critical Care Division
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Arjmand Mufti, MD
Medical Director, Division of Digestive and Liver Diseases
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Asra Kermani, MD
Associate Professor, Division of Endocrinology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Audra Schwalk, MD
Assistant Professor, Pulmonary and Critical Care Division
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Chenlu Tian, MD
Assistant Professor, Division of Digestive and Liver Diseases
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

David Khan, MD
Program Director, Allergy & Immunology Fellowship Program
Professor, Division of Allergy and Immunology
UT Southwestern Medical Center - Dallas, Texas

Elizabeth Maher, MD, PhD
Professor, Division of Hematology and Oncology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Ester Golnabi, PharmD
Clinical Pharmacy, Outpatient Parenteral Antimicrobial
Therapy (OPAT)/Ambulatory Antimicrobial Stewardship
UT Southwestern Medical Center - Dallas, Texas

Haidy Galous, MD
Assistant Professor, Division of Rheumatic Diseases
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Iram Hussain, MD
Associate Professor, Division of Endocrinology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

James Brugarolas, MD, PhD
Director, Kidney Cancer Program
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Jessica Campbell, MD
Assistant Professor, Division of General Internal
Medicine
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Josephine Thinwa, MD, PhD
Assistant Professor, Division of Infectious Disease and
Geographic Medicine
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Joshua Beckman, MD
Director, Vascular Medicine
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Maria Bacalao, MD
Assistant Professor, Division of Rheumatic Diseases
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

Speakers Continued

Maryjane Farr, MD
Section Chief, Heart Failure, Mechanical Circulatory Support, and Heart Transplantation
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Michael Concepcion, MD
Assistant Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Miguel Vazquez, MD
Professor, Division of Nephrology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Moheb Boktor, MD
Associate Professor, Division of Digestive and Liver Disease
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Naim Maalouf, MD
Associate Director, Director of the Charles and Jane Pak Center for Mineral Metabolism and Clinical Research
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Nisha Unni, MD
Associate Professor, Division of Hematology and Oncology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Parisa Suthun, MD
Clinical Assistant Professor, Division of Infectious Diseases and Geographic Medicine
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Rachel Bonnema, MD
Professor, Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Rafic Berbarie, MD
Associate Professor, Division of Cardiology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Rina Mauricio, MD
Assistant Professor Division of Cardiology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Sarah Wingfield, MD
Associate Professor, Division of Geriatric Medicine
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Shannan Tujios, MD
Associate Professor, Division of Digestive & Liver Diseases
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Stephanie Torres Rodriguez, MD
Assistant Professor, Division of Nephrology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Trushil Shah, MD
Associate Professor, Division of Pulmonary and Critical Care Medicine
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Waddah Arafat, MD
Assistant Professor, Division of Hematology and Oncology
Department of Internal Medicine
UT Southwestern Medical Center - Dallas, Texas

Yu-Min Shen, MD
Professor, Division of Hematology and Oncology
Department of Internal Medicine

Update in Internal Medicine

April 13, 2024



UT Southwestern Medical Center
Biomedical Engineering and Sciences Building

UT Southwestern
Medical Center

DISCLOSURE OF FINANCIAL RELATIONSHIPS

As an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME), The University of Texas Southwestern Medical Center, Office of Continuing Medical Education (UTSW CME) requires that the content of CME activities and related materials provide balance, independence, objectivity, and Scientific rigor. Planning must be free of the influence or control of any ineligible company, and promote improvements or quality in healthcare. In accordance with ACCME's Standards for Integrity and Independence in Accredited Continuing Education, all persons in the position to control the content of an education activity are required to disclose all financial relationships in any amount occurring within the past 24 months with any ineligible company producing, marketing, selling, re-selling, or distributing health care goods or services consumed by, or used on patients. UT Southwestern also considers ineligible those companies producing, marketing, selling, re selling, or distributing healthcare products in development for future use on patients, such as healthcare product research companies. All reported financial relationships with ineligible companies are reviewed for relevancy and then mitigated through a content review process prior to the activity (where applicable).

Name	Role	Financial Relationship Disclosed
Amit Goyal, MD	Speaker	<u>Grant or Contract</u> Pfizer, Novo Nordisk, Esperion, Illumina, Amarin, Amgen, Cardiac Dimensions <u>Professional Services</u> Zoll LifeVest <u>Other Business Ownership</u> CardioNerds, LLC
Audra Schwalk, MD	Speaker	<u>Independent Contractor</u> Ambu
David Khan, MD	Speaker	<u>Professional Services</u> UpToDate <u>Financial Support</u> JACI In Practice
Iram Hussain, MD	Speaker	<u>Independent Contractors</u> Veracyte
Joshua Beckman, MD	Speaker	<u>Independent Contractors</u> Novartis, JanOne, Janssen <u>Grant or Contract</u> Bristol Myers Squibb
James Brugarolas, MD, PhD	Speaker	<u>Travel</u> Abbvie <u>Professional Services</u> Consultant
Maria Bacalao, MD	Speaker	<u>Professional Services</u> GSK
MaryJane Farr, MD	Speaker	<u>Stock Options</u> TransMedics
Moheb Boktor, MD	Speaker	<u>Travel</u> AbbVie
Nisha Unni, MD	Speaker	<u>Grant or Contract</u> Biotheranostics <u>Professional Services</u> Pfizer
Sarah Wingfield, MD	Speaker	<u>Stock</u> 3M Company
Yu-Min Shen, MD	Speaker	<u>Professional Services</u> Apellis Sanofi Alexion

The following persons reported have no financial relationships within the past 24 months:
Course Directors: James (Brad) Cutrell, MD; Vlad Zaha, MD, PhD
Speakers: Andrew Tomlinson, MD; Arjmand Mufit, MD; Asra Kermani, MD; Chenlu Tian, MD; Elizabeth Maher, MD, PhD; Ester Gohnabi, PharmD; Haidy Galous, MD; Jessica Campbell, MD; Josephine Thinwa, MD, PhD; Michael Concepcion, MD; Miguel Vazquez, MD; Parisa Suthun, MD; Rachel Bonnema, MD; Rafic Berbarie, MD; Rina Mauricio, MD; Shannan Tujios, MD; Stephanie Torres Rodriguez, MD; Waddah Arafat, MD
CME Staff: Briauna Ryans, Mark Vinciguerra, Brandon Wilson

