



Live Webinar
Option
Available!

THE 35TH ANNUAL RECENT DEVELOPMENTS IN INTERNAL MEDICINE

Thursday - Saturday
August 24-26, 2023

The Coral Bay Club
Atlantic Beach, NC
Also Presented via Live Webinar

Directly Provided by:

The Department of Internal Medicine and Continuing Medical Education of the Brody School of Medicine at East Carolina University® in association with the Eastern Area Health Education Center

www.easternahec.net



EASTERN AHEC
PART OF NC AHEC

RECRUIT
TRAIN
RETAIN

About the Program

This popular annual course, offered by the Department of Internal Medicine, Brody School of Medicine, is designed to provide the most current, practical and concise information available on recent advances made in clinical medicine. The areas selected for discussion are derived from requests and suggestions made by past participants in response to a recent survey and from developing knowledge in a variety of medical specialties. Lectures, discussion periods will offer opportunities for both formal and informal exchanges between faculty and participants. New learning modalities this year include skills stations and incidental learning. A comprehensive course e-syllabus will provide useful information and references for future practice.

Internists, family physicians, dermatologists, gynecologists, emergency medicine physicians and others providing primary care management of adult and adolescent medical problems should find the course will enhance their ability to apply practical, state-of-the-art knowledge of differential diagnoses, management strategies and practice performance in the areas outlined below.

Who Should Attend

This conference has been planned for Physicians, Nurse Practitioners and Physician Assistants, particularly those in the fields of Primary Care, Family Medicine, Women's Health and Oncology.

Credit



Accreditation: The Brody School of Medicine at East Carolina University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit: The Brody School of Medicine at East Carolina University designates this live activity for a maximum of 17.5 *AMA PRA Category 1 Credits™*. Physicians should claim only those credits commensurate with the extent of their participation in the activity.

CME for Physician Assistants

AAPA accepts certificate of participation for educational activities certified for *AMA PRA Category 1 Credit(s)™* from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 17.5 hours of Category 1 credit for completing this program.

Eastern AHEC Contact Hours

17.5 EAHEC Contact Hours

This activity is designated for 17.5 *AMA PRA Category 1 Credit(s)™*.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number # 2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government. The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.



The American College of Rheumatology's Rural Health Outreach Project is, in part, supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7 million dollars with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government

Course Content

Upon completion of this knowledge-based program, the participant should be able to integrate new developments in the following areas into practice.

Thyroid Incidentaloma

- Review the incidence, malignant potential, and recommended evaluation of thyroid incidentalomas through a case-based format
- Discuss the proper utilization of thyroid U/S
- Review of TIRADS criteria for deciding which thyroid nodules merit FNA evaluation
- Identify various results from FNA cytology and which nodules merit surgery versus follow up imaging

Helpful Bedside Ultrasound

- Recognize how to look at the heart and lungs with ultrasound
- Recognize normal artifacts
- Identify findings consistent with various pathological states

Heart Failure Management from an Outpatient Perspective

- Review updated guidelines on the management of heart failure
- Discuss various treatment options that can be used in an outpatient setting

Emerging Fungal Infections: Something Old and Something New!

- Discuss what Candida auris is and why we need to be prepared
- Discuss the spread of once localized infections
- Distinguish fungal infections related to biologicals and review treatment options
- Review anti-fungal resistance in common fungal infections

Rural Health Outreach: Provider Education on Lupus

- Recognize the signs and symptoms of lupus
- Know when to effectively refer a suspected lupus case to a rheumatologist
- Know how to initiate a work-up for lupus
- Have increased knowledge about lupus epidemiology, health disparities and disease characteristics

Updates in Management of Acute Ischemic Stroke

- Explain current management of acute ischemic stroke
- Discuss updates on thrombolysis and thrombectomy in acute ischemic stroke
- Discuss acute stroke treatment and prevention in the elderly population

Ur-ine Trouble

- Discuss the challenges and management of positive urine cultures
- Discuss the management of urinary tract infection complications

A Case Based Approach to Medication for Opiate Use Disorder (MOUD)

- Explore MOUD through a case-based approach
- Identification and management of acute withdrawal
- Formulation of treatment plan including medication assisted options
- Monitoring and long term follow up
- Gain exposure to more complicated special circumstance OUD cases
- Appreciate the medicolegal aspects of MAT

Infection Prevention in a Post-Pandemic World

- Review the history of Hospital Epidemiology and Infection Prevention
- Discuss the impact of COVID-19 on Infection Prevention and lessons learned
- Determine Infection Prevention best practices
- Differentiate horizontal from vertical infection prevention practices

Interesting Cases from the Desert

- Discuss signs and symptoms of VEXAS
- Review interesting dermatology cases and their presenting symptoms, diagnosis, and management

Lung Cancer Screening: How We Got to This Point and Where We Are Headed

- Discuss the rationale and efficacy behind LDCT for lung cancer screening in at risk populations
- Review the impact of the recent COVID-19 pandemic on LDCT screening
- Discuss the newest technologies that are being tested for lung cancer screening

Hypertension Update

- Review recent articles and literature that discuss the most current updates in the management of hypertension

Hypertension: What Drug, What Dose?

- Discuss pros and cons of new medication to manage hypertension

What is New and on the Horizon for Sickle Cell Therapy

- Discuss the new drugs that are approved for the use of sickle cell anemia and when to utilize them
- Review new drugs in development for sickle cell anemia
- Distinguish how these advancements might impact other diseases

History and Introduction to MAT

- Discuss the history of opioid abuse and treatment from a legal perspective
- Review the history of attempts to treat opioid dependence
- Discuss current legal changes to the process
- Review treatment options

Managing Type 2 Diabetes - CGM and Others

- Discuss the benefits of prescribing a CGM
- Discuss how to interpret a CGM report - Accurate, Simple, and Quick
- Review and compare the American Diabetes Association Guideline updates in 2023

Parkinson Disease Update

- Review recent progress in the diagnosis
- Discuss management of Parkinson Disease

Best Practice Guidelines for Immunizations in Primary Care

- Discuss new updates in guidelines for immunizations
- Discuss considerations for special populations
- Discuss catch up immunizations for those not received in childhood

Late Breaking Trials

- Discuss recent research and updates in medicine

Agenda

Thursday, August 24

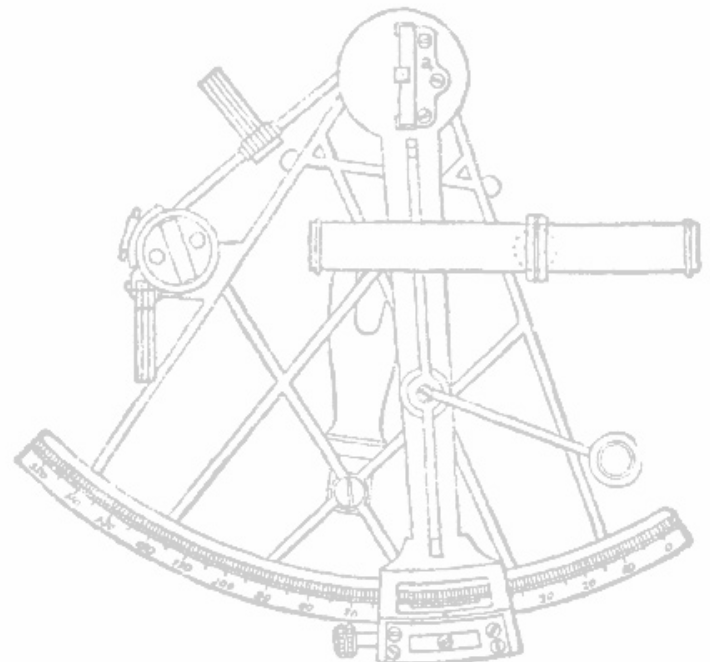
- 7:30 a.m. **On-Site Check-In/Breakfast or Log In to Zoom**
- 8:00 a.m. **Welcome and Overview**
Morning Moderator:
Paul Bolin, Jr., MD
- 8:10 a.m. **Thyroid Incidentaloma**
Almond J. Drake III, MD
- 9:10 a.m. **Helpful Bedside Ultrasound**
Hunter Coore, MD
- 9:55 a.m. **Break & Ultrasound Skill Station**
- 10:15 a.m. **Heart Failure Management from an Outpatient Perspective**
Courtney Saunders, MD
- 11:15 a.m. **Emerging Fungal Infections: Something Old and Something New!**
Paul Cook, MD
- 12:00 p.m. **Lunch Break & Ultrasound Skill Station**
Afternoon Moderator:
Almond J. Drake III, MD
- 1:00 p.m. **Rural Health Outreach: Provider Education on Lupus**
Saira Z. Sheikh, MD
- 2:00 p.m. **Updates in Management of Acute Ischemic Stroke**
Anusha Boyanpally, MD
- 2:45 p.m. **Break**
- 3:00 p.m. **Ur-ine Trouble**
Jennifer Emberger, MD
- 3:45 p.m. **A Case Based Approach to Medication for Opiate Use Disorder (MOUD)**
Michael Lang, MD
- 4:45 p.m. **Adjourn**

Friday, August 25

- 7:30 a.m. **On-Site Check-In/Breakfast or Log In to Zoom**
Morning Moderator:
Paul Cook, MD
- 8:00 a.m. **Infection Prevention in a Post-Pandemic World**
Jacob W. Pierce MD
- 9:00 a.m. **Interesting Cases from the Desert**
Charles Phillips, MD
- 9:45 a.m. **Break**
- 10:00 a.m. **Lung Cancer Screening: How We Got to This Point and Where We Are Headed**
Darla Liles, MD
- 11:00 a.m. **Hypertension Update**
James Powell, MD
- 12:00 p.m. **Lunch**
Afternoon Moderator:
Almond J. Drake III, MD
- 12:45 p.m. **Hypertension: What Drug, What Dose?**
Paul Bolin, Jr., MD
James Powell, MD
- 1:30 p.m. **What is New and on the Horizon for Sickle Cell Therapy**
Darla Liles, MD
- 2:30 p.m. **History and Introduction to MAT**
Nathan Harper, MD
- 3:30 - 5:00 p.m. **Networking Event**

Saturday, August 26

- 7:30 a.m. **On-Site Check-In/Breakfast or Log In to Zoom**
Morning Moderator:
Paul Bolin, Jr., MD
- 8:00 a.m. **Managing Type 2 Diabetes - CGM and Others**
Basem Mishriky, MD
- 9:00 a.m. **Parkinson Disease Update**
J. M. Ferrara, MD
- 10:00 a.m. **Break**
- 10:15 a.m. **Best Practice Guidelines for Immunizations in Primary Care**
Mary Catherine Brake Turner, MD
- 11:15 a.m. **Late Breaking Trials**
Paul Bolin, Jr., MD
- 12:00 p.m. **Q&A/Wrap Up**
- 12:15 p.m. **Adjourn**



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Department of Internal Medicine

Mary Catherine Brake Turner, MD

Clinical Associate Professor
General Pediatrics
Director, Internal Medicine-Pediatrics Residency Program
Director, Transitional Care

Program Location: The Crystal Coast

Stroll the miles of beach or cast your best lure beyond the surf as the sun rises huge from the far horizon, the sea birds soar and cry overhead, and the Cape Lookout lighthouse flashes the last of its long night of friendly beacons. Follow the nature trails through the shady maritime forest of the Theodore Roosevelt State Park and visit our state-of-the-art aquarium. Play a round of golf on a course bordered by gnarled yaupon trees and dancing sea grasses. Browse the unusual shops along the boardwalks in Morehead City or old restored Beaufort, where there is an intriguing museum, and where the docks are often crowded with boats from distant ports traveling the Intracoastal Waterway. Take your choice of excellent seafood restaurants or enjoy a romantic moonlight dinner cruise, then stop in at one or two of the area night spots.

Course Meeting Site:

The Coral Bay Club
901 W. Fort Macon Rd.
Atlantic Beach, NC

No facility along the Crystal Coast can compare with the Coral Bay Club. Its relaxing oceanfront views are indescribable and the chef's selections are superb!

Room Reservation Information:

A block of rooms is being held for course participants at The Inn at Pine Knoll Shores at a special rate of \$199 . Guests must call the front desk directly at 252-247-4155 and reference the name of the block, "Eastern AHEC" prior to June 28, 2023 to receive the discounted rate. All reservations must be guaranteed by credit card or advance payment. Please note: Hotel reservations must be cancelled 14 days prior to your anticipated arrival time to ensure refund of advance deposit.

Inn at Pine Knoll Shores
511 Salter Path Rd.
Pine Knoll Shores, NC
4.6 miles from Coral Bay Beach Club

Other Nearby Accommodations:

Double Tree by Hilton
2717 W. Fort Macon Dr.
Atlantic Beach, NC
(252) 240-1155
.8 miles from Coral Bay Beach Club

Palm Suites
602 W. Fort Macon Dr.
Atlantic Beach, NC
(252) 247-6400
1.2 miles from Coral Bay Beach Club

Bask Hotel by Wyndham
814 Shepard St.
Morehead City, NC
(252) 499-9200
4.7 miles from Coral Bay Beach Club

Family and Guests

Because of the variety of interesting activities available in the area for families and guests, we do not want to detract from your free time to explore the area; however, your spouse/guest may join you for the breakfast buffet on Thursday, Friday and Saturday morning and lunch on Thursday or Friday – \$15.00 per meal for breakfast and/or lunch each day (these fees must be paid on-site) or you can purchase access for your guest into the Friday afternoon networking event for \$30.00 during on-line registration.



Registration Information

Registration is online only at www.easternahec.net and requires a current MyAHEC account. Registration will close the day before the program at 12:00 p.m.

PREREGISTRATION AND FEE PAYMENT IS REQUIRED.

Advance payment of fee is necessary to guarantee space. Registration fee includes education sessions and an e-syllabus.

REGISTRATION FEES:

Full Conference: \$495	MDs/DOs/Other Doctorates
\$375	PAs/NPs/Others
\$225	BSOM Residents/BSOM Medical Students

Afternoon Networking Event

Program Participants - \$0.00 per person

Guest(s) - \$30.00 per person

Webinar Information: A link and information regarding joining via webinar will be included in your confirmation email. Please test your computer system ahead of time to make sure you will be able to participate.

[Click here](#) for technical requirements and privacy information.

All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

NC AHEC Photo Policy

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

Afternoon Networking Event

Please join us for the Recent Developments in Internal Medicine afternoon networking event on Friday, August 25, 2023 from 3:30 p.m. - 5:00 p.m. at the Coral Bay Club, Atlantic Beach.

Heavy hors d'oeuvres will be served.

Guest(s) are welcome. To register a guest for the event, please choose the networking event for guest option @ \$30.00 per person.

Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

Handouts and Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

For more information, please contact Sarah Warren at **(252) 744-5223**.