

UW Medicine

UW SCHOOL  
OF MEDICINE

# Diabetes Update for Primary Care

March 13-14, 2020  
Lynnwood Convention Center  
Lynnwood, WA



*Photo courtesy of starvingphotographer.com*

Sponsored by the University of Washington School of Medicine  
Department of Medicine, Division of Metabolism, Endocrinology and Nutrition  
Office of Continuing Medical Education

# Diabetes Update for Primary Care

## TARGET AUDIENCE

Primary care providers including family practice physicians, internists, physician assistants, advanced nurse practitioners, nurses and other healthcare professionals.

## COURSE DESCRIPTION

This is a comprehensive 1.5-day course on diabetes geared toward primary care providers. There is an immense need for provider education as the incidence of diabetes in the general population reaches 10%; primary care clinics carry the major burden of these patients. Didactic lectures and interactive workshops offered in this program will provide the latest information on current classification of diabetes and guideline updates. Important highlights of this course include an update on the newer pharmacologic agents for diabetes, effective disease management in older individuals and management of diabetes in primary care. Current therapies in obesity, management of diabetic kidney disease and nutrition therapy in diabetes will be reviewed. Offerings also include workshops which provide interactive case discussions on nutrition consult, effective use of oral agents, preparing patients for surgery/procedures, and technology in diabetes.

## COURSE OBJECTIVES

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

- Identify and appropriately diagnose the type of diabetes for any given patient.
- Recommend appropriate nutritional interventions for individuals with diabetes.
- Discuss new therapeutics and older agents to treat diabetes.
- Recognize cardiovascular benefits of therapies for diabetes.
- Identify and appropriately manage complications in diabetes.
- Manage diabetes in a cost-effective manner.

## ACCREDITATION

### Accreditation with Commendation

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Designation

The University of Washington School of Medicine designates this live activity for a maximum of 11.25

AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## FEES AND REGISTRATION

<b>All Learners</b>	<b>\$275.00</b>
<b>Resident/Fellow*</b>	<b>\$150.00</b>
<i>*Rate requires written confirmation of current resident/fellow status</i>	
<i>Walk-in registrations incur a \$25 administrative fee</i>	

The fee for this course includes catering, access to electronic instruction materials, and transcript of AMA PRA Category 1 Credits™. To enroll, please register online at uwcmc.org or complete the registration form. If you have not received email confirmation prior to your departure for the course, please contact the CME Office at 206.543.1050. CME will not be responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the course.

To request disability accommodation, contact the Disability Services Office at 206-543-6450 (voice), 206-543-6452 (TTY), 206-685-7264 (fax), or dso@uw.edu, at least 10 days in advance of the event.

## HOTEL ACCOMMODATIONS

Please contact each hotel directly. No room block has been reserved.

**Best Western Alderwood**  
19332 36th Ave. W.  
Lynnwood, WA  
425.775.7600

**Courtyard by Marriott**  
4220 Alderwood Mall Blvd.  
Lynnwood, WA  
425.670.0500

**Embassy Suites by Hilton**  
20610 44th Ave. W.  
Lynnwood, WA  
425.775.2500

# Course Faculty

## COURSE CO-CHAIRS

**Irl B. Hirsch, MD**  
Professor  
Department of Medicine  
Division of Metabolism,  
Endocrinology & Nutrition

**Savitha Subramanian, MD**  
Associate Professor  
Department of Medicine  
Division of Metabolism,  
Endocrinology & Nutrition

## UW FACULTY

**Faaiza Alibhai, PharmD**  
Pharmacist  
University of Washington Medical Center

**Jing Chao, MD**  
Clinical Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Maureen Chomko, RD, CDE**  
Dietician/Nutritionist  
UW Neighborhood Clinics

**Ian de Boer, MD, MS**  
Professor  
Division of Nephrology

**Alison Evert, MS, RD, CDE**  
Manager  
UW Neighborhood Clinics  
Nutrition and Diabetes Programs

**Karen Foster-Schubert, MD**  
Associate Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Farah Khan, MD**  
Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Anne Larson, MD**  
Clinical Professor of Medicine  
University of Washington Medical Center

**Arthi Thirumalai, MD**  
Acting Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Dace Trence, MD**  
Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Subbulaxmi Trikudanathan, MD, MRCP, MMSc**  
Clinical Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Kathryn Weaver, MD**  
Clinical Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Abby Winter, PharmD, BCACP**  
Clinical Pharmacist  
University of Washington

**Brent Wisse, MD**  
Associate Professor  
Division of Metabolism,  
Endocrinology & Nutrition

**Lorena Wright, MD, FACE**  
Clinical Assistant Professor  
Division of Metabolism,  
Endocrinology & Nutrition



## Friday, March 13, 2020

- 7:30 **Registration and Continental Breakfast**  
7:55 Welcome  
8:00 What Type of Diabetes Does This Patient Have? - *Lorena Wright, MD*  
8:45 Management of T2D in 2019: ADA Guidelines - *Savitha Subramanian, MD*  
9:30 ADA Guidelines on Nutrition 2019 - *Alison Evert, MS, RD, CDE*  
10:15 **Break**  
10:35 Using SGLT2 Inhibitors and GLP-1 Analogs - *Subbulaxmi Trikudanathan, MD, MRCP, MMsc*  
11:20 Using Insulin for Management of T2D: Basal and Prandial Insulin - *Dace Trence, MD*  
12:10 **Lunch (provided)**  
1:15 Management of Older Adults with Type 2 Diabetes - *Brent Wisse, MD*  
2:00 **Transition to Next Workshop**  
2:10 Workshop Session 1 (choose one)  
A. Effective Use of 'Older Therapies' in Diabetes - *Arthi Thirumalai, MD*  
B. Five-Minute Nutrition Consult - *Maureen Chomko, RD, CDE*  
2:55 **Break/Transition to Next Workshop**  
3:15 Workshop Session 2 (choose one)  
C. Obesity Drugs: How to Use - *Karen Foster-Schubert, MD*  
D. Preparation for Surgery/Procedures - *Jing Chao, MD*  
4:00 **Transition to Next Workshop**  
4:10 Workshop Session 3 (choose one)  
E. Foot Care in Diabetes - *TBD*  
F. Practical Strategies for Insulin Use - *Farah Khan, MD*  
4:55 **Adjourn**

## Saturday, March 14, 2020

- 7:30 **Sign-In and Continental Breakfast**  
7:55 Welcome  
8:00 Management of Type 1 Diabetes for Primary Care - *Irl Hirsch, MD*  
8:50 Diabetic Kidney Disease - *Ian de Boer, MD, MS*  
9:35 Fatty Liver Disease in Type 2 Diabetes - *Anne Larson, MD*  
10:10 **Break**  
10:30 Diabetes On a Budget - *Kathryn Weaver, MD*  
11:15 **Transition to Next Workshop**  
11:25 Workshop Session 4 (choose one)  
G. Diabetes Technology - *Faaiza Alibhai, PharmD, and Abby Winter, PharmD, BCACP*  
H. Difficult Lipid Cases - *Savitha Subramanian, MD*  
12:10 **Transition to Next Workshop**  
12:15 Workshop Session 5 (choose one)  
I. Diabetes Technology - *Faaiza Alibhai, PharmD, and Abby Winter, PharmD, BCACP*  
J. Bring Your Diabetes Cases - *Irl Hirsch, MD*  
1:00 **Adjourn**

**Register Online: [uwcme.org](http://uwcme.org)**

UW School of Medicine | Continuing Medical Education  
Email: [cme@uw.edu](mailto:cme@uw.edu) | Phone: 206.543.1050

# Diabetes Update for Primary Care

## March 13 - 14, 2020

MJ2014

### REGISTRATION

First	MI	Last
Professional Title <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> RN <input type="checkbox"/> ARNP <input type="checkbox"/> PA <input type="checkbox"/> Other:		
Street		
City	State	Zip
Phone (   )   -	Email	

### PAYMENT      *\*Residency Program, if applicable*

<input type="checkbox"/> Check (payable to University of Washington)
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<input type="checkbox"/> Credit Card (please note a payment link will be sent)
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<input type="checkbox"/> UW Budget	Budget Name	Budget #
Box #	Proj	Opt      Task

### COURSE FEES

All Learners	\$275.00
*Resident/Fellow	\$150.00
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### WORKSHOPS (choose one for each session)

Session 1	A	B
Session 2	C	D
Session 3	E	F
Session 4	G	H
Session 5	I	J

### MAIL:

UW CME  
 Box 359558  
 Seattle, WA 98195-9558  
 FAX: 206.221.4525  
 CALL: 206.543.1050  
 EMAIL: [cme@uw.edu](mailto:cme@uw.edu)

Register online at [uwcme.org](http://uwcme.org)