Caring for Washington State:
Community sharing of best practices

Thursday, April 2, 2020 – Saturday, April 4, 2020
The Lodge at Suncadia, Cle Elum, Wash

About the Course
Please join Kaiser Permanente Washington and community experts in a course that focuses on our shared commitment across the state of providing excellent patient care to all Washingtonians. Carl Olden, MD, past President of the Washington Academy of Family Physicians from Yakima, Wash., will launch the program with a look at Native Health. The course will also explore climate health, chronic pain and opioids, virtual empathy, and health disparities while providing presentations focused on key clinical conditions seen in every day practice.

Target Audience
Primary Care physicians, advanced practice nurses, physician assistants, and members of the health care team who seek to advance their knowledge in this area.
Thursday, April 2, 2020

1:30 – 2:00  Registration & Refreshments
2:00 – 2:15  Introductions – Angie Sparks, MD
2:15 – 3:15  Welcome - A Historical Perspective of the Original Inhabitants of the Cle Elum River Basin and Current Health Disparities of Native Americans in Washington State – Carl Olden, MD
3:15 – 4:00  Shared Decision Making – Katie Paul, MD, MPH
4:00 – 4:15  Break
4:15 – 5:00  The ‘Greatest’ Imitator: Hyperthyroidism – Shaji Philip, MD

6:30 p.m.  Family Reception

Friday, April 3, 2020

6:15 – 7:15  Yoga at Activity Center
7:15 – 8:00  Registration & Breakfast
8:00 – 8:15  Introductions – Angie Sparks, MD
8:15 – 9:15  Measurement – why does it matter – How does it help my patients – Faculty TBD
9:15 – 10:00  Virtual Empathy - Cassie Gavin, ARNP and Cynthia Lee, MSW, MPH
10:00 – 10:15  Break
10:15 – 11:00  Osteoporosis: It's more than a DXA score... – Shaji Philip, MD
11:00 – 12:00  Domestic Violence – Catherine M. Thompson, PA-C
12:00 – 1:00 p.m.  Lunch
1:00 – 1:45  Telephone Medicine 2.0 – Cassie Gavin, ARNP and Cynthia Lee, MSW, MPH
1:45 – 2:30  Adverse Childhood Experiences (ACEs) – Cecily White, MD
2:30 – 2:45  Break
2:45 – 3:45  “My hip hurts!” Hip Bursitis, Sciatica and Ligament Laxity – Tamara Jackson, PA
3:45 – 4:45  EKG Jeopardy – Katie Paul, MD and Brandon Hidaka, MD, PhD

6:30 – 7:30 p.m.  Campfire Marshmallows

Saturday, April 4, 2020

6:30 – 7:00 a.m.  Registration & Breakfast
7:00 – 7:15  Introduction - Angie Sparks, MD
7:15 – 8:15  Evidence- Based Bariatric Surgery – Anirban Gupta, MD
8:15 – 9:00  Inheriting the Pain Patient – Malcolm Butler, MD
9:00 – 9:15  Break
9:15 – 10:15  Climate Change and Shifting Dynamics of Vector-Borne and Zoonotic Diseases – Alexander L. Brzezny, MD, MPH
10:15 – 11:00  Trauma-Informed Care in Pediatrics – Cecily White, MD
11:00 – 12:00  Maternal Health in Washington: A Report from the Maternal Mortality Review Panel Through the Lens of Health Disparities – Carl Olden, MD
12:00 p.m.  Adjournment
At the end of this educational activity, attendees will be able to:

- Appreciate the historical significance of the conference location, along the headwaters of the Cle Elum River and the importance of the Lake Cle Elum fishery to the Native Americans who originally inhabited this area and cite the health disparities of Washington’s Native American residents in comparison to other racial and ethnic groups.

- Increase patient knowledge about treatment options and the risks and benefits of each option. Clarify what to expect from treatment and increase active participation in decision making which will reduce uncertainty about the appropriate course of action and decrease the proportion of people remaining undecided about treatment which will help patients reach decisions that are more aligned with their values.

- Review the various symptoms associated with hyperthyroidism as well as confirming etiology and initial treatment. Describe symptoms, initial work-up to determine cause and what treatment to initiate until seen by Endocrinology.

- Cite how measurement in healthcare can reveal areas in which interventions could improve care, identify variations of care, provide evidence about interventions that work best for certain types of patients under certain circumstances, and compare the effectiveness of various treatments and procedures.

- Create more secure, empathetic, and positive relationships with patients in virtual care settings.

- Review the leading risk factors that impact fragility fracture, primarily in postmenopausal women, as well as appropriate work-up and initial therapy options. Cite osteoporosis risks that are helpful to review at time of initial screening or diagnosis as well as initial therapy options to consider starting.

- Recognize the signs and symptoms of domestic violence and describe the health effects and implications of domestic violence.

- Demonstrate telephone communication skills necessary for effective medical interviewing and patient counseling.

- Define Adverse Childhood Experiences (ACEs) and describe the impact of ACEs on health.

- Distinguish between the common causes of “Hip Pain” by history and physical exam and discuss the differential diagnosis of patients presenting with hip pain.

- Summarize a systematic approach to interpreting the EKG and be able to identify common EKG abnormalities.

- Articulate indications for bariatric surgery, cite the advantages and disadvantages of typical procedures, and describe pre and post-surgical success factors regarding surgery.

All faculty disclosed that their presentations include no promotion of any commercial products or services. They have no relationships with commercial entities to report and do not anticipate discussing any off-label uses of a product.
Faculty and Planners

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Malcolm Butler, MD
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The Lodge at Suncadia, Cle Elum, Wash.

Perched high above the Cle Elum River, The Lodge at Suncadia captures the spirit of the Northwest with magnificent architecture and breathtaking views. Located in the heart of Suncadia Village, The Lodge provides easy access to all the activities Suncadia has to offer.

The Lodge at Suncadia is located at 3600 Suncadia Trail, Cle Elum, WA 98922
https://www.destinationhotels.com/suncadia-resort

Reservation Information

To reserve your room please call The Lodge at Suncadia at 866-904-6300 and mention Kaiser Permanente Washington.

Lodge Deluxe Guest Room: $185
Lodge One Bedroom Suite: $185
Additional One Bedroom Upgrade: $239

The guest room rates are exclusive of any applicable taxes, applicable service fees, and/or hotel-specific fees.

Kaiser Permanente Washington Cancellation Policy

To receive a refund on tuition, Kaiser Permanente Washington Continuing Medical Education must receive telephone or written notification of your cancellation at least 15 days before the first day of the activity. Cancellations received 8 to 14 days before the first day of the activity will be granted a 50% refund. No tuition refunds will be issued for cancellations less than 8 days before the first day of the activity.

Accreditation

Kaiser Foundation Health Plan of Washington is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education activities for physicians.

Kaiser Foundation Health Plan of Washington designates this educational activity for a maximum of 14.00 hours in Category 1 to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Kaiser Foundation Health Plan of Washington designates this live activity for a maximum of 14.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Register online using our secure registration and payment site. ➞
If you prefer to pay over the phone, please call 206-326-3934.

Tuition:

- Medical Staff:
  - $795 Early Registration; $825 (Full Registration starting January 1, 2020)
- Locum Tenens, ARNPs, Nursing, Resident and Others:
  - $695 Early Registration; $725 (Full Registration starting January 1, 2020)

For more information contact:

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