

What's New in Family Medicine - Online

Activity Description

What's New in Family Medicine is an online CME course that provides learners with current and relevant updates on management of patient health concerns encountered in daily practice, with a special focus on changes in medical practice in the COVID-19 pandemic and adapting to telemedicine. Highlights include updates on obesity management, BPH, diabetes pharmacotherapy, contraception, migraines, heart failure and common orthopedic complaints including the prevention of ACL injuries.

Target Audience

This activity is appropriate for primary care physicians, (M.D. or D.O.), physician assistants, nurse practitioners and nurses.

Learning Objectives

- Describe best practices and updates in breast and colon cancer screening
- Describe best practices and updates for the treatment of postural orthostatic tachycardia syndrome (POTS)
- Describe how to integrate regenerative medicine into care for your patients and selecting those who might benefit - from novel therapies including stem cells, plasma injections or prolotherapy
- Identify best practices for care of the patient with the novel coronavirus (COVID-19)
- Explain when it is safe to stop phototherapy in a newborn with hyperbilirubinemia
- Review updates and clinical practice strategies in commonly treated conditions such as obesity management, BPH, diabetes pharmacotherapy, contraception, migraines, heart failure and common orthopedic complaints including the prevention of ACL injuries.
- Recognize the signs of burn out in clinical practice
- Develop strategies to integrate personalized self-care techniques to grow both personally and professionally while fostering genuine meaning and enjoyment in the practice of medicine.

Utilization of this Mayo Clinic online (enduring materials) course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be in this course.

Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Statement(s)

AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 9.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 9.0 ANCC nursing contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

AAFP

This Enduring Material activity, What's New in Family Medicine - Online, has been reviewed and is acceptable for up to 9.00 Prescribed credit(s) by the American Academy of Family Physicians. AAFP certification begins 08/02/2020. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

Listed below are individuals with control of the content of this program who have disclosed...

Relevant financial relationship(s) with industry:

Name	Nature of Relationship	Company
Dennis T. Costakos, M.D.	Owner	Evergreen Bioinformatics LLC

No relevant financial relationship(s) with industry:

Daniel Anderson, D.O.	Muhanad Mohamed, M.B.B., M.D.
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Gregory M. Garrison, M.D.	Evan Nelson, M.D.
Alecia Gende, D.O.	Scott Pate, M.D.
Sarah Gossett, C.N.P., A.P.N.P.	Joseph Poterucha, D.O.
Carol Goulet, Ph.D.	Ashley L. Proulx, M.S., M.S.N., R.N., RN-BC
Cindy Hafferty	Katherine Schupack, D.O.
Maria Daniela Hurtado Andrade, M.D., Ph.D.	Ali Zaied, M.D.
Nathan A. Jacobson, D.O.	Jaime Zigelboim, M.D.
Ann E. Kearns, M.D., Ph.D.	
Graham A. King, M.D.	
Mark McEleney, M.D.	
Edward J. Malone III, M.D.	
Timothy McKenna, M.D.	
John Merfeld, M.D.	

References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:

Name	Manufacturer/Provider	Produce/Device
Daniel Anderson, D.O.		Verapamil, Amitriptyline, Nortriptyline, Gabapentin
Dennis T. Costakos, M.D.		BiliStop
Timothy McKenna, M.D.	Arthrex	

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

Mayo Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

How to Obtain Credit

To obtain credit, complete the post-test, evaluation and submit.

Method of Participation

Participation in this activity consists of reviewing the online videos and completing the post-test and evaluation.

Release and Expiration Dates

Release Date: August 25, 2020

Expiration Date: August 24, 2023







Acknowledgement of Commercial Support (required when applicable*)



No commercial support was received in the production of this activity.

Program Schedule

Pharmacology Content

Select presentations will contain pharmacology content as noted in the program. Identified presentations represent approximately **5.25** hours of pharmacology content.

Video Length (min/sec)	Presentation Title and Faculty Name
00:02:28	Introduction and overview <i>John Merfeld, M.D. and Erin Morcomb, M.D.</i>
00:31:12	What's New in the Treatment of BPH  <i>Scott C. Pate, M.D.</i>
00:32:55	Obesity Management in the Primary Care Setting  <i>Daniela Hurtado, M.D., Ph.D.</i>
00:21:36	Physician, Heal Thyself <i>Edward J. Malone, III, M.D. and Carol Goulet, Ph.D.</i>
00:22:21	Diabetic Medications Update  <i>Sarah E. Gossett, C.N.P., A.P.N.P.</i>
00:21:20	Dermatology Pearls for Primary Care  <i>Michael J. White, M.D.</i>
00:45:04	Stopping Newborn Phototherapy at the Right Time: New Digital Tools <i>Dennis T. Costakos, M.D.</i>
00:24:46	Clinical Management of POTS  <i>Joseph T. Poterucha, D.O.</i>
00:23:40	Considerations for Return to Sport During the COVID-19 Pandemic <i>Mark McEleney, M.D.</i>
00:30:58	Prolotherapy and Platelet Rich Plasma <i>Evan R. Nelson, M.D. and Timothy McKenna, M.D.</i>
00:33:05	Migraine Update  <i>Daniel M. Anderson, D.O.</i>
00:29:59	Contraception and the Primary Care Provider  <i>Graham A. King, M.D.</i>
00:42:46	Concise Guide to the Diagnosis and Management of COPD in Primary Care  <i>Ali A. Zaied, M.D.</i>

00:24:38	Endocrinology – Osteoporosis  <i>Ann E. Kearns, M.D., Ph.D.</i>
00:23:12	EGD/Colonoscopy: When It's Indicated, When It's Not <i>Jaime Zigelboim, M.D.</i>
00:23:12	COVID-19: How to Manage Patients in Your Office  <i>Muhanad Mohamed, M.B.B.S., M.D.</i>
00:25:53	Pelvic Floor Dysfunction <i>Katherine M. Schupack, D.O.</i>
00:41:34	Breast Cancer Screening Recommendations <i>M Kathleen Christian, M.D.</i>
00:44:42	Ortho Pearls <i>Alecia M. Gende, D.O.</i>

Faculty and Course Director Listing and Credentials

Course Director(s)

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