



EVIDENCE-BASED DRUG THERAPY UPDATE

A VIRTUAL CME CONFERENCE

OCTOBER 29-30, 2020

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OCTOBER 29-30, 2020

COURSE FACULTY



CONFERENCE CHAIRS

C. Wayne Weart, Pharm.D., BCPS, FASHP, FAPhA

Professor of Clinical Pharmacy and Outcome Sciences
SC College of Pharmacy, MUSC Campus
Professor of Family Medicine, Department of Family Medicine

Scott W. Bragg, Pharm.D., BCPS

Associate Professor
MUSC College of Pharmacy and Department of Family Medicine
SC College of Pharmacy, MUSC Campus

FACULTY

Jennifer Bain, M.D.

Associate Professor
Clinical Services Director
Department of Family Medicine
Medical University of South Carolina

Kristen Hood Watson, M.D.

Assistant Dean for Resident Inclusion
Assistant Professor
Department of Family Medicine
Medical University of South Carolina

Robert Ball, M.D., MPH, FACP

Assistant Adjunct Professor
Division of Infectious Disease
Department of Medicine
Department of Public Health
Medical University of South Carolina

Jean Nappi, Pharm.D., FCCP

Professor of Clinical Pharmacy and Outcome Sciences
College of Pharmacy
Medical University of South Carolina

Michael Corvino, Pharm.D., BCPS, BCACP

Adjunct Assistant Professor, CSU Physician Assistant Program
Clinical Pharmacist, Fetter Heal Care Network
Diabetes Educator, Palmetto Pharmacist Network

Tracy Smith, Ph.D.

Assistant Professor
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina and Hollings Cancer Center

Alec DeCastro, M.D.

Associate Professor
CAQ Sports Medicine
Program Director, Trident/MUSC Family
Medicine Residency Program
MUSC Department of Family Medicine
Medical University of South Carolina

Charlie Strange, M.D.

Professor
Division of Pulmonary Medicine and Critical Care
Department of Medicine
Medical University of South Carolina

Natalie Freidin, M.D.

Clinical Assistant Professor
Associate Fellowship Program Director
College of Medicine
Division of Nephrology
Medical University of South Carolina

Aljoeson Walker, M.D.

Associate Professor
Neurology and Ophthalmology
Director, General Neurology Division
Medical University of South Carolina

Ruth Weber, M.D.

Clinical Associate Professor
MUSC Department of Family Medicine
Trident Family Medicine Residency
Medical University of South Carolina



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COURSE AGENDA

At the end of each presentation, learners should be better able to achieve the respective objectives stated.

THURSDAY, OCTOBER 29, 2020

7:50 am Join Live Stream Session

8:00 Asthma Update 2020- New GINA Guidelines, Charlie Strange, M.D.

Determine if an asthma diagnosis is evidence based; Establish asthma disease severity by guideline definitions; Compare the alternatives of LABA/ICS to Albuterol for recommended daily care in patients with mild intermittent asthma.

9:00 New Insights into the Management of Heart Failure, Jean Nappi, Pharm.D., FCCP

Summarize the most recent findings of the sodium glucose cotransport 2 (SGLT2) inhibitors in the management of heart failure; Describe the limitations of the TOPCAT trial; Discuss the current controversies surrounding heart failure with a preserved ejection fraction (HFpEF); Given a patient case scenario, develop a rationale therapeutic plan to achieve specific patient outcomes

10:00 Break

10:15 Hormone Replacement Therapy Update, Jennifer Bain, M.D.

Participate meaningfully in a shared decision making discussion with patients regarding hormone replacement therapy, including indications, risks and benefits relative to the patient's goals of treatment and unique history.

11:15 Constipation in Older Adults, Ruth Weber, M.D.

Review classes of anti-constipation medications; Participants will formulate a treatment plan for patients with constipation.

12:15 pm Lunch

1:45 Updates in Chronic Kidney Disease Management 2020, Natalie Freidin, M.D.

Interpret the markers of chronic kidney disease and identify when to refer a patient to Nephrology; Manage chronic kidney disease up until renal replacement therapy; Explain the role of SGLT2 inhibitors as part of chronic kidney disease management; Discuss new oral potassium removal medicines; Discuss vaptans and polycystic kidney disease

2:45 LDL Goals Strike Back: Management of Hyperlipidemia, Mike Corvino, Pharm.D.

Identify patient-specific risk-enhancing factors that would indicate a patient's need for statin therapy; Incorporate the updated goals for LDL-C levels into current practice models; Utilize non-statin pharmacotherapy options for certain patients; Examine the supporting evidence responsible for the updated guidelines.

3:45 Break

4:00 New Drug Update - The Rest of the Bunch, Wayne Weart, Pharm.D.

Implement the updated CDC Immunization recommendations; Discuss the new drug therapy guidelines for patients and the evidence on which they are based, and how to apply them in selected patients; Describe the current information concerning newly FDA approved medications (pharmacology, pharmacokinetics, efficacy and safety data, drug interactions, dosing, monitoring, and cost) in the selection of evidence-based pharmacotherapy

5:00 Conclude for the Day

FRIDAY, OCTOBER 30, 2020

7:50 am Join Live Stream Session

8:00 Strategies for Treating Patients with Hypertension to Goal, Wayne Weart, Pharm.D.

Discuss the importance of systolic blood pressure vs. diastolic blood pressure in the risk of cardiovascular events and the benefits of blood pressure lowering and what are the best goal BP levels given the evidence from ACCOMPLISH Trial, Kaiser Permanente data and the Sprint Trial; Describe the current evidence-based strategies for the management of patients with hypertension including the AHA/ACC 2017 BP Guidelines, the UK-NICE evidence-based guidelines and the AHA Scientific Statement on Resistant Hypertension; Describe the data that the various guidelines used in deciding upon the compelling indications for specific antihypertensive agents in treating selected patients

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FRIDAY, OCTOBER 30, 2020 (Continued)

9:00 Non Opioid Pain Management, Alec DeCastro, M.D.
Identify contributing risk factors and barriers for treating acute and chronic pain; Identify and diagnose different physiologic types of pain; Apply non opioid treatment options for different types of pain; Compare effectiveness of pain management techniques; Discuss the different treatments for chronic pain syndromes

10:00 Break

10:15 Migraine Today, Aljoeson Walker, MD
Discuss treatment considerations in Migraine; Describe pathophysiology of migraine yesterday and today.

11:15 Updates in Type 2 Diabetes, Kristin Hood Watson, M.D.
Utilize the latest research to create a patient centered treatment plan for type 2 diabetes; Educate patients on risks and benefits of medications for type 2 diabetes; Navigate the challenges of treatment cost

12:15 pm Lunch

1:45 The Promise and Peril of Vaping, Tracy Smith, Ph.D.
Provide evidence-based information and recommendations on vaping to patients and colleagues in a medical setting

2:45 Updates in Managing Type 1 Diabetes, Scott Bragg, Pharm.D.
Identify the role for non-insulin treatments in patients with type 1 diabetes; Recall goals for continuous glucose monitoring in patients using insulin; Make adjustments in insulin dosing as needed for patients

3:45 Break

4:00 Coronavirus, Influenza, (& other Cooties), Robert Ball, M.D., MPH, FACP
Provide evidence-based information and treatment options on coronavirus, influenza and other common infectious diseases.

5:00 Conclude until 2021

COURSE DESCRIPTION

The Evidence-Based Drug Therapy Update is designed to assist primary care providers with the how, when and why to consider the application of new knowledge and/or new medications where appropriate based upon the evidence that is available at the time. Areas where considerable new information and/or medications have become available in the last year will be included in this update.

STATEMENT OF PURPOSE

Our primary goal is to provide these practitioners with the most appropriate, up-to-date, cost-effective and evidence based pharmacotherapy information so that they can apply this information to the care of their patients. Our overall goal is to assist these providers in obtaining the best patient oriented outcomes for their patients.

OVERALL LEARNING OBJECTIVES

At the completion of this conference, you should be better able to:

- Deliver practical updates and reviews covering the newest information and evidence-based guidelines on pharmacologic therapies for the most common health conditions prevalent in today's healthcare environment
- Focus on strategies to improve quality, safety and efficiency in patient care during the ever-changing healthcare market
- Practice a team approach and apply the most evidence-based, non-biased and balanced healthcare decisions in a timely and accurate manner
- Prescribe appropriate diagnostic and therapeutic strategies in a cost-effective manner considering legal and liability exposure

ACCREDITATION

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

DISCLOSURE

In accordance with the ACCME Essentials & Standards, anyone involved in planning or presenting at this educational activity will be required to disclose any relevant financial relationships with commercial interests in the health care industry. This information will be made available to participants at the beginning of the activity. Speakers who incorporate information about off-label or investigational use of drugs or devices will be required to disclose that information at the beginning of their presentation.

QUESTIONS?

Call the Office of CME
at 843-876-1925 or
email cmeoffice@muscd.edu

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REGISTRATION INFORMATION

	Full Conference	10/29 Only	10/30 Only
Live Streaming	\$300	\$150	\$150

The fee for live streaming the meeting includes tuition, online syllabus, and certificates of attendance.

REGISTRATION METHODS

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- **Online:** Visit <https://tinyurl.com/EBDTU20>
- **Mail:** Please send registration form with check payable to "Medical University of South Carolina" or credit card information to: Elizabeth Gossen, Office of CME - MUSC, 96 Jonathan Lucas Street, HE 221A, MSC 754, Charleston, SC 29425
- **Telephone:** 843-876-1925 - Credit card only.
- **Fax:** 843-876-1931 - Credit card only. (Secured area)

ACCESS TO RECORDED PRESENTATIONS

The MUSC Office of CME, with the permission of each speaker, will be recording each presentation of the conference. The videos will be posted online after the conference and be available for those who are not able to live stream the entire conference. Viewing the videos will offer the same amount of CME credit and can be viewed for up to 14 days following the posting date. The *non-refundable* fee for this service is \$100.00 and is only available to individuals registered for the conference. Access to the videos will be granted to attendees who purchase this option in advance of the conference.

Credit Designation: The Medical University of South Carolina designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™] for each video. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

AMERICANS WITH DISABILITIES ACT

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at 843-876-1925.



CREDIT DESIGNATION

The Medical University of South Carolina designates this live activity for a maximum of **14.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for continuing medical education credit has been filed with the American Academy of Family Physicians. Determination of credits is pending.



Pharmacy Accreditation: The University of South Carolina College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is accredited for a maximum of 14.0 live contact hours of ACPE credit for pharmacists (visit <https://cop.sc.learningexpressce.com> to view the full activity announcement for pharmacists, including learning objectives for pharmacists, ACPE UAN numbers, and activity types). To obtain maximum credit, participants must attend all sessions during the two-day conference. In order to have credit transmitted to the NABP CPE Monitor system, participants must follow the detailed instructions provided to program attendees to 1) update their online profile with the correct NABP e-profile ID number and birth month/date, and 2) complete the pharmacist-specific program evaluations for all sessions attended within 30 days of the event. If this process is completed greater than 60 days following the event, the credit will be automatically rejected by the NABP CPE Monitor.

Nursing Credit: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 14.0 AMA PRA Category 1 Credit(s)[™].

Advanced Practice Registered Nurses: This continuing education activity awards a total of 14.0 PH (pharmacology hours). Hours are for controlled substances are TBD.

CANCELLATIONS

A refund will be made upon written request **prior to September 29 2020**, less a \$100 cancellation fee. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for cancelled programs. The University cannot be responsible for reimbursement of airline or other transportation fares, hotel or rental car charges, including penalties.

ELECTRONIC SYLLABUS

The conference syllabus will be provided online. Information will be emailed to you the week prior to the conference so that you may download/print a copy.

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OCTOBER 29-30, 2020

By Registering for this conference, you acknowledge and agree to the cancellation policy stated below.

Name _____ Personal ID# XXX - XX - _____
(As you would like it printed on your name badge) (Last four digits of your SSN)

Address _____

City _____ State _____ Zip _____

Specialty _____ Degree/Credentials _____

Email _____
(Please provide your active email address to ensure proper receipt of all CME Credit documentation.)

Phone (_____) _____ - _____ Fax (_____) _____ - _____

PLEASE READ THE STATEMENTS BELOW AND CHECK THE BOX IF YOU AGREE.

I do NOT want my name included on a list of participants to be included in handouts at the conference.

PLEASE SELECT THE APPROPRIATE RATE(S)

Live Streaming Full Conference \$300 10/29 Only \$150 10/30 Only \$150

The fee for live streaming the meeting includes tuition, online syllabus, and certificates of attendance.

Access to Recorded Presentations*

- Yes, I would like access to the recorded videos for an additional fee of \$100.00
- No, I do not want access to the recorded videos for an additional fee of \$100.00

CONFERENCE REGISTRATION MAY BE CHARGED TO:

- Enclosed Check Payable to Medical University of South Carolina
- MasterCard Visa Discover American Express

Card Number _____ Expiration Date _____ CVV Security Code _____

Name as it appears on card _____

REGISTRATION METHODS

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- Mail registration form with check made out to "Medical University of South Carolina" or credit card information to Elizabeth Gossen, Office of CME, Medical University of South Carolina, 96 Jonathan Lucas Street, HE221A, MSC 754, Charleston, SC, 29425
- Telephone: (843) 876-1925 – Registration by credit card only
- Fax: (843) 876-1931 – Registration by credit card only
- Online: Visit <https://tinyurl.com/EBDTU20>

CANCELLATIONS

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By registering for this conference, you acknowledge and agree to this cancellation policy.

*The videos will be posted online after the conference. Viewing the videos will offer the same amount of CME credit and can be viewed for up to 14 days following the posting date.

Evidence-Based Drug Therapy Update

Learning Objectives for Pharmacists

THURSDAY, OCTOBER 29, 2020

- 7:50 am **Join Live Stream Session**
- 8:00 **Asthma Update 2020 - New GINA Guidelines**
Charlie Strange, MD; Professor, Division of Pulmonary Medicine and Critical Care Department of Medicine, Medical University of South Carolina
ACPE UAN 0062-9999-20-138-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Determine if an asthma diagnosis is evidence-based*
 2. *Establish asthma disease severity by guideline definitions*
 3. *Compare the alternatives of LABA/ICS to albuterol for recommended daily care in patients with mild intermittent asthma*
- 9:00 **New Insights into the Management of Heart Failure**
Jean Nappi, PharmD, FCCP; Professor of Clinical Pharmacy and Outcome Sciences, College of Pharmacy, Medical University of South Carolina
ACPE UAN 0062-9999-20-143-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Summarize the most recent findings of the sodium glucose cotransport 2 (SGLT2) inhibitors in the management of heart failure*
 2. *Describe the limitations of the TOPCAT trial*
 3. *Discuss the current controversies surrounding heart failure with a preserved ejection fraction (HFpEF)*
 4. *Develop a rational therapeutic plan to achieve specific patient outcomes given a patient case scenario*
- 10:00 **Break**
- 10:15 **Hormone Replacement Therapy Update**
Jennifer Bain, MD; Associate Professor and Clinical Services Director, Department of Family Medicine, Medical University of South Carolina
ACPE UAN 0062-9999-20-140-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Participate meaningfully in a shared decision-making discussion with patients regarding hormone replacement therapy, including indications, risks and benefits relative to the patient's goals of treatment and unique history*
- 11:15 **Constipation in Older Adults**
Ruth Weber, MD; Clinical Associate Professor, MUSC Department of Family Medicine and Trident Family Medicine Residency, Medical University of South Carolina
ACPE UAN 0062-9999-20-141-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Review classes of anti-constipation medications*
 2. *Formulate a treatment plan for patients with constipation*
- 12:15 pm **Lunch**
- 1:45 **Updates in Chronic Kidney Disease Management 2020**
Natalie Freidin, MD; Clinical Assistant Professor and Associate Fellowship Program Director, College of Medicine, Division of Nephrology, Medical University of South Carolina
ACPE UAN 0062-9999-20-142-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Interpret the markers of chronic kidney disease and identify when to refer a patient to nephrology*
 2. *Manage chronic kidney disease up until renal replacement therapy*
 3. *Explain the role of SGLT2 inhibitors as part of chronic kidney disease management*
 4. *Discuss new oral potassium removal medicines*
 5. *Discuss vaptans and polycystic kidney disease*
- 2:45 **LDL Goals Strike Back: Management of Hyperlipidemia**
Mike Corvino, PharmD; Adjunct Assistant Professor, CSU Physician Assistant Program; Clinical Pharmacist, Fetter Heal Care Network; Diabetes Educator, Palmetto Pharmacist Network
ACPE UAN 0062-9999-20-150-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Identify patient-specific risk-enhancing factors that would indicate a patient's need for statin therapy*
 2. *Incorporate the updated goals for LDL-C levels into current practice models*
 3. *Utilize non-statin pharmacotherapy options for certain patients*
 4. *Examine the supporting evidence responsible for the updated guidelines*

- 3:45 **Break**
- 4:00 **New Drug Update - The Rest of the Bunch**
Wayne Weart, PharmD; Professor of Clinical Pharmacy and Outcome Sciences, College of Pharmacy, Medical University of South Carolina and Professor of Family Medicine, Department of Family Medicine
ACPE UAN 0062-9999-20-148-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Implement the updated CDC Immunization recommendations*
 2. *Discuss the new drug therapy guidelines for patients and the evidence on which they are based, and how to apply them in selected patients*
 3. *Describe the current information concerning newly FDA approved medications (pharmacology, pharmacokinetics, efficacy and safety data, drug interactions, dosing, monitoring, and cost) in the selection of evidence-based pharmacotherapy*

5:00 **Conclude for the Day**

FRIDAY, OCTOBER 30, 2020

- 7:50 am **Join Live Stream Session**
- 8:00 **Strategies for Treating Patients with Hypertension to Goal**
Wayne Weart, PharmD; Professor of Clinical Pharmacy and Outcome Sciences, College of Pharmacy, Medical University of South Carolina and Professor of Family Medicine, Department of Family Medicine
ACPE UAN 0062-9999-20-145-L01-P, 1.0 contact hours (0.1 CEUs), knowledge-based activity
At the completion of this activity, the participant will be able to:
1. *Discuss the importance of systolic blood pressure vs. diastolic blood pressure in the risk of cardiovascular events and the benefits of blood pressure lowering and what are the best goal BP levels given the evidence from ACCOMPLISH Trial, Kaiser Permanente data and the Sprint Trial*
 2. *Describe the current evidence-based strategies for the management of patients with hypertension including the AHA/ACC 2017 BP Guidelines, the UK-NICE evidence-based guidelines and the AHA Scientific Statement on Resistant Hypertension*
 3. *Describe the data that the various guidelines used in deciding upon the compelling indications for specific antihypertensive agents in treating selected patients*
- 9:00 **Non-Opioid Pain Management**
Alec DeCastro, MD; Associate Professor and CAQ Sports Medicine Program Director, Trident/MUSC Family Medicine Residency Program; MUSC Department of Family Medicine, Medical University of South Carolina
ACPE UAN 0062-9999-20-146-L08-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Identify contributing risk factors and barriers for treating acute and chronic pain*
 2. *Identify and diagnose different physiologic types of pain*
 3. *Apply non opioid treatment options for different types of pain*
 4. *Compare effectiveness of pain management techniques*
 5. *Discuss the different treatments for chronic pain syndromes*
- 10:00 **Break**
- 10:15 **Migraine Today**
Aljoeson Walker, MD; Associate Professor and Neurology and Ophthalmology Director, General Neurology Division Medical University of South Carolina
ACPE UAN 0062-9999-20-147-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Discuss treatment considerations in migraine*
 2. *Describe pathophysiology of migraine yesterday and today*
- 11:15 **Updates in Type 2 Diabetes**
Kristin Hood Watson, MD; Assistant Dean for Resident Inclusion and Assistant Professor, Department of Family Medicine, Medical University of South Carolina
ACPE UAN 0062-9999-20-144-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Utilize the latest research to create a patient centered treatment plan for type 2 diabetes*
 2. *Educate patients on risks and benefits of medications for type 2 diabetes*
 3. *Navigate the challenges of treatment cost*
- 12:15 pm **Lunch**
- 1:45 **The Promise and Peril of Vaping**
Tracy Smith, PhD; Assistant Professor and Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina and Hollings Cancer Center
ACPE UAN 0062-9999-20-149-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:
1. *Provide evidence-based information and recommendations on vaping to patients and colleagues in a medical setting*

2:45 **Updates in Managing Type 1 Diabetes**
Scott Bragg, PharmD; Assistant Professor, Medical University of South Carolina College of Pharmacy and
Department of Family Medicine, Medical University of South Carolina
ACPE UAN 0062-9999-20-139-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:

1. *Identify the role for non-insulin treatments in patients with type 1 diabetes*
2. *Recall goals for continuous glucose monitoring in patients using insulin*
3. *Make insulin dosing adjustments as needed for patients*

3:45 **Break**

4:00 **Coronavirus, Influenza, (& other Cooties)**
Robert Ball, MD, MPH, FACP; Assistant Adjunct Professor, Division of Infectious Disease Department of Medicine
Department of Public Health, Medical University of South Carolina
ACPE UAN 0062-9999-20-151-L01-P, 1.0 contact hours (0.1 CEUs), application-based activity
At the completion of this activity, the participant will be able to:

1. *Provide evidence-based information and treatment options on coronavirus, influenza and other common infectious diseases*

5:00 **Conclude until 2021**



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