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EARN CONTINUING MEDICAL EDUCATION CREDITS!

**Emerging  
Challenges  
In Primary Care:  
2009**



**CONFERENCE**

*Long Beach, California  
Hyatt Regency Long Beach*

**Course Director  
Gregg Sherman, MD**

**Activity Director  
Michelle Frisch, MPH, CCMEP**

**Program Evaluation  
December 8, 2009**

In November 2009, the National Association for Continuing Education (NACE) sponsored a CME program, ***Emerging Challenges in Primary Care: 2009***, in Long Beach, CA.

This educational activity was designed to provide primary care physicians, nurse practitioners, physician assistants and other primary care providers the opportunity to learn about diabetes, dyslipidemia, migraine, depression, spinal surgery, chronic obstructive pulmonary disease, dementia, and contraception.

In planning this CME activity, the NACE performed a needs assessment. A literature search was conducted, national guidelines were reviewed, survey data was analyzed, and experts in each therapeutic area were consulted to determine gaps in practitioner knowledge, competence or performance.

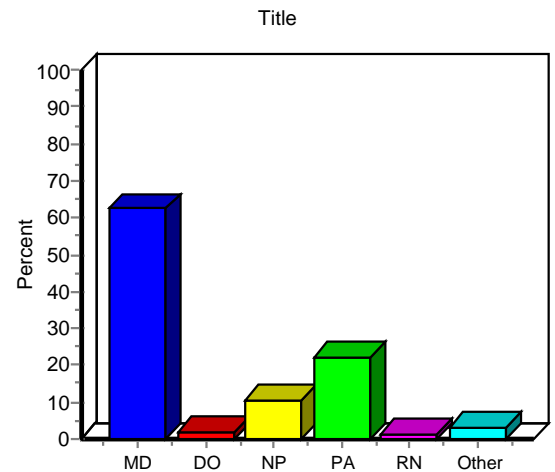
Two hundred thirty four healthcare practitioners registered to attend ***Emerging Challenges in Primary Care: 2009*** in Long Beach, CA. One hundred eleven healthcare practitioners actually attended this conference. Each attendee was asked to complete and return an activity evaluation form prior to the end of the conference. One hundred six completed forms were received. The data collected is displayed in this report.

#### CME ACCREDITATION INFORMATION

The National Association for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The National Association for Continuing Education designates this educational activity for a maximum of 7 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

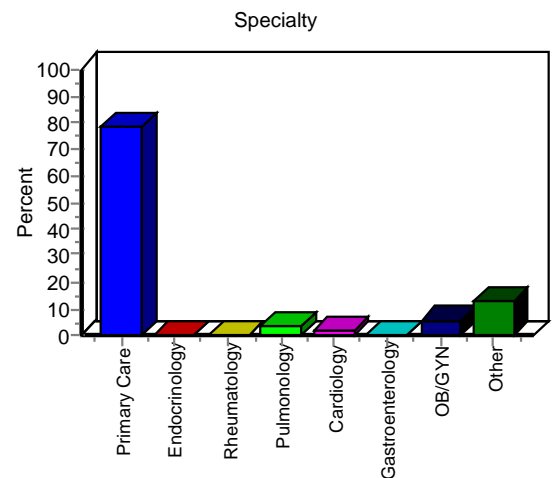
### What is your professional degree?

Label	Frequency	Percent	Valid Percent
MD	66	62.3	62.3
DO	2	1.9	1.9
NP	11	10.4	10.4
PA	23	21.7	21.7
RN	1	0.9	0.9
Other	3	2.8	2.8
Total Valid	106	100.0	100.0



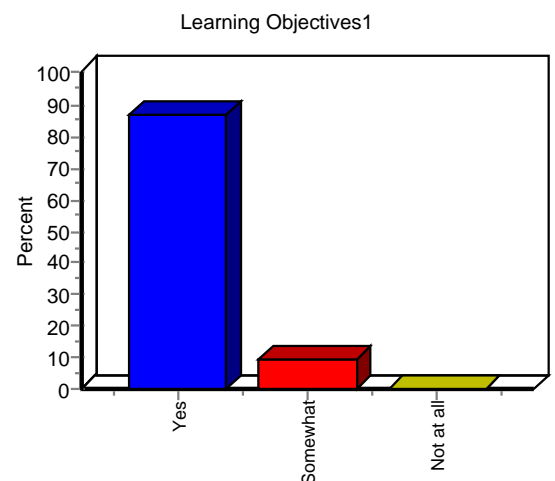
### What is your specialty?

Label	Frequency	Percent	Valid Percent
Primary Care	83	78.3	78.3
Endocrinology	0	0.0	0.0
Rheumatology	0	0.0	0.0
Pulmonology	3	2.8	2.8
Cardiology	2	1.9	1.9
Gastroenterology	0	0.0	0.0
OB/GYN	6	5.7	5.7
Other	14	13.2	13.2
Total Valid	106	100.0	100.0



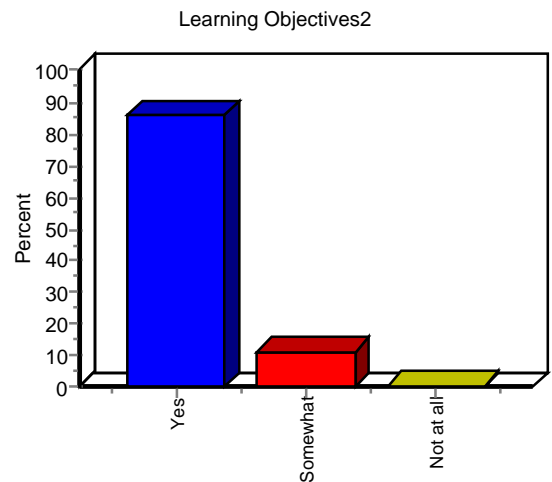
**Upon completion of this activity, I can now - Discuss the prevalence of migraine headaches, and how often appropriate diagnosis is missed; Distinguish between a migraine headache and sinus headaches, tension-type headaches and other types of headaches; Effectively manage migraines through a combination of acute and preventive pharmacologic and non-pharmacologic therapy; Effectively communicate with patients about lifestyle changes, preventive and acute treatment strategies:**

Label	Frequency	Percent	Valid Percent
Yes	92	86.8	90.2
Somewhat	10	9.4	9.8
Not at all	0	0.0	0.0
Total Valid	102	96.2	100.0
Total Missing	4	3.8	
Total	106	100.0	



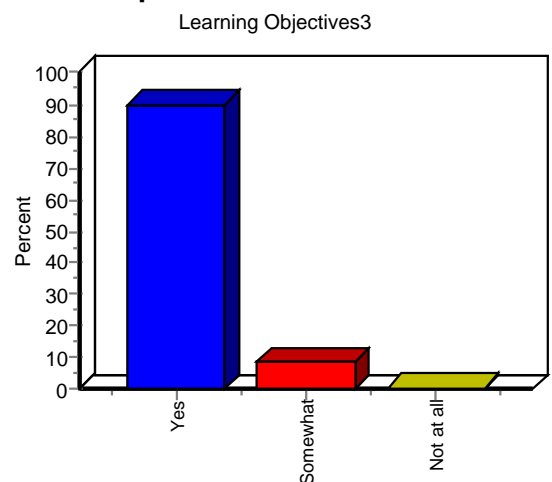
**Upon completion of this activity, I can now - Appreciate the need to recognize and treat Alzheimer's dementia earlier in the disease process; Treat the psychiatric complications that may occur as part of Alzheimer's dementia; Attempt to improve not only cognition and memory, but to improve quality of life for the patient and family; Employ evidence-based clinical practice guidelines when treating patients with Alzheimer's dementia:**

Label	Frequency	Percent	Valid Percent
Yes	91	85.8	87.5
Somewhat	12	11.3	11.5
Not at all	1	0.9	1.0
Total Valid	104	98.1	100.0
Total Missing	2	1.9	
Total	106	100.0	



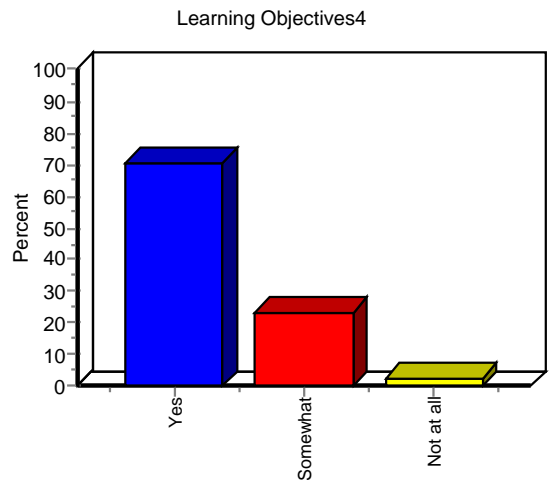
**Upon completion of this activity, I can now - Discuss the need for early recognition, prevention, and treatment of COPD; Discuss the role of lifestyle modification in the prevention and treatment of COPD; Discuss the targeted use of spirometry for diagnosis based on prescreening with validated instruments; Discuss current concepts of therapy, appreciating the importance of adopting evidence based guidelines for improving COPD patient care in clinical practice:**

Label	Frequency	Percent	Valid Percent
Yes	95	89.6	90.5
Somewhat	9	8.5	8.6
Not at all	1	0.9	1.0
Total Valid	105	99.1	100.0
Total Missing	1	0.9	
Total	106	100.0	



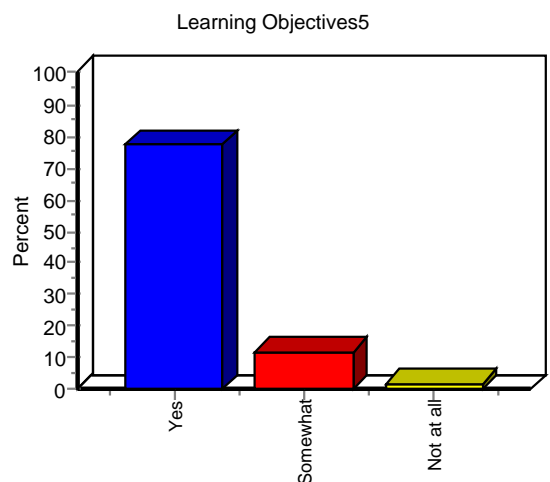
**Upon completion of this activity, I can now - Describe evolving minimally invasive spinal surgical procedures; Discuss the indications for minimally invasive spine surgery; Explain expected outcome differences between traditional and minimally invasive spinal surgical techniques:**

Label	Frequency	Percent	Valid Percent
Yes	75	70.8	72.8
Somewhat	25	23.6	24.3
Not at all	3	2.8	2.9
Total Valid	103	97.2	100.0
Total Missing	3	2.8	
Total	106	100.0	



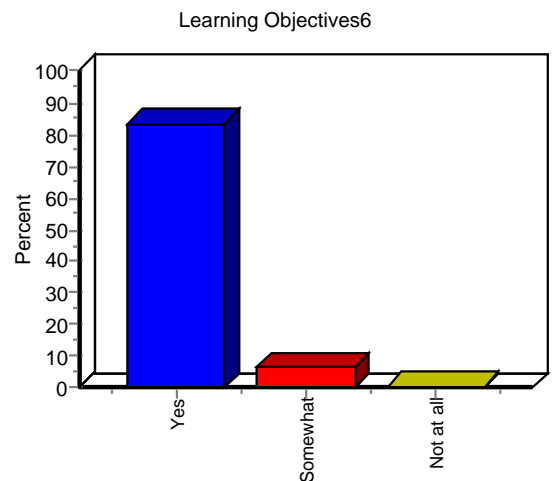
**Upon completion of this activity, I can now - Compare newer therapies with traditional antidiabetic agents, and discuss their place in therapy; Discuss the practical use of new treatments for type 2 diabetes including incretin mimetics, DPP-IV inhibitors, and incretin analogs, and amylinomemetic; Explain the new American Diabetes Association Management Guidelines:**

Label	Frequency	Percent	Valid Percent
Yes	82	77.4	84.5
Somewhat	13	12.3	13.4
Not at all	2	1.9	2.1
Total Valid	97	91.5	100.0
Total Missing	9	8.5	
Total	106	100.0	



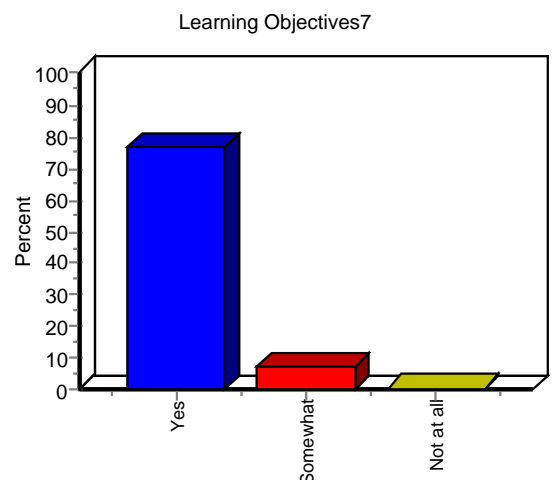
**Upon completion of this activity, I can now - Recognize the prevalence of cardiovascular events in diabetes despite achieving LDL goals; Recognize therapeutic guideline recommendations for patients with Diabetic Dyslipidemia; Describe the impact of HDL-C and Triglycerides on cardiovascular risk in the diabetic population; Utilize combination therapy more comfortably and appropriately in patients with mixed dyslipidemia; More effectively communicate with patients about Cardiovascular Risk and treatment goals:**

Label	Frequency	Percent	Valid Percent
Yes	88	83.0	91.7
Somewhat	7	6.6	7.3
Not at all	1	0.9	1.0
Total Valid	96	90.6	100.0
Total Missing	10	9.4	
Total	106	100.0	



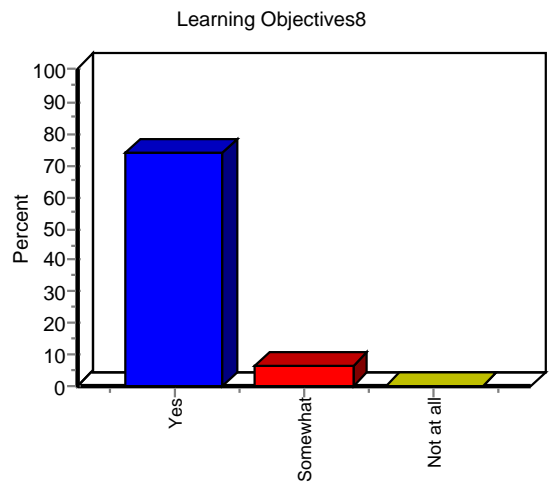
**Upon completion of this activity, I can now - List the risk factors for major depression; Identify tools for the assessment of depression; List strategies for managing major depression in your clinical practice; Utilize treatment regimens tailored to individual patient needs, and increase chance of remission:**

Label	Frequency	Percent	Valid Percent
Yes	81	76.4	90.0
Somewhat	8	7.5	8.9
Not at all	1	0.9	1.1
Total Valid	90	84.9	100.0
Total Missing	16	15.1	
Total	106	100.0	



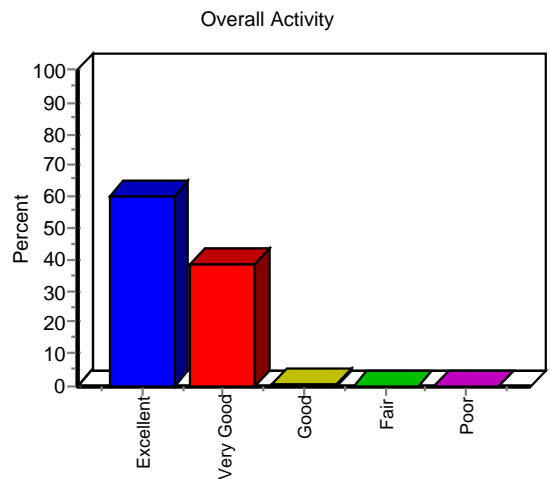
**Upon completion of this activity, I can now - Discuss the efficacy, utilization, and continuation rates of various methods of contraception; Recognize the benefits and risks associated with the various forms of contraception; Explain the rationale for changing the traditional 21/7-day regimen of oral contraceptives:**

Label	Frequency	Percent	Valid Percent
Yes	78	73.6	91.8
Somewhat	7	6.6	8.2
Not at all	0	0.0	0.0
Total Valid	85	80.2	100.0
Total Missing	21	19.8	
Total	106	100.0	



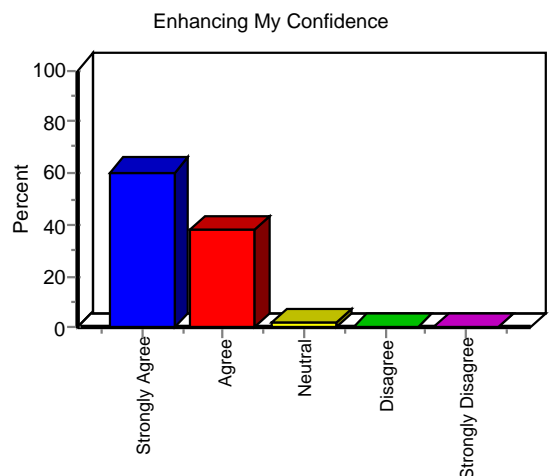
**Overall, I would rate this activity as:**

Label	Frequency	Percent	Valid Percent
Excellent	64	60.4	60.4
Very Good	41	38.7	38.7
Good	1	0.9	0.9
Fair	0	0.0	0.0
Poor	0	0.0	0.0
Total Valid	106	100.0	100.0



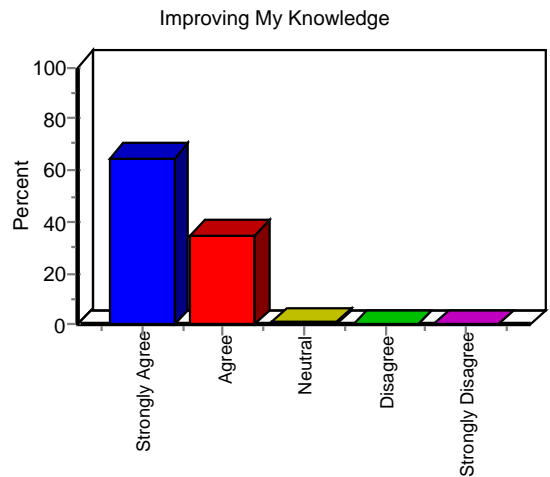
**Overall, this activity was effective in enhancing my confidence in caring for patients with the condition(s) presented?**

Label	Frequency	Percent	Valid Percent
Strongly Agree	64	60.4	60.4
Agree	40	37.7	37.7
Neutral	2	1.9	1.9
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	106	100.0	100.0



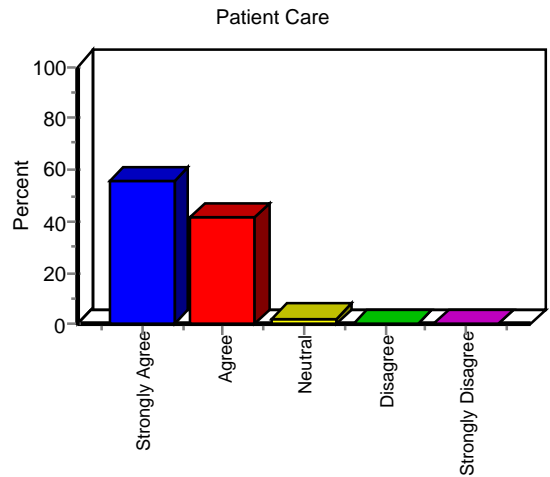
**Overall, this activity was effective in improving my knowledge in the content areas presented:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	68	64.2	64.2
Agree	37	34.9	34.9
Neutral	1	0.9	0.9
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	106	100.0	100.0



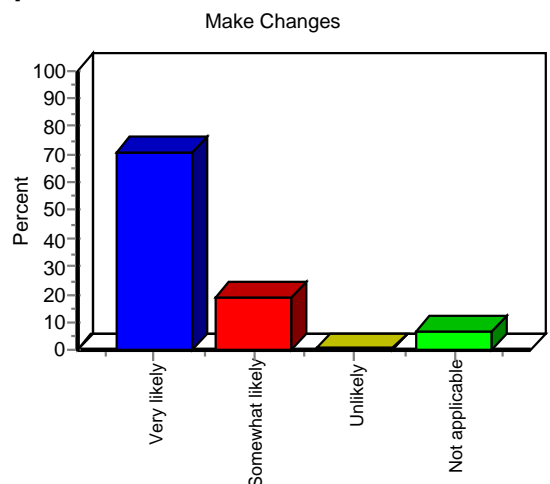
**As a result of this activity, I have learned new strategies for patient care:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	59	55.7	55.7
Agree	44	41.5	41.5
Neutral	3	2.8	2.8
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	106	100.0	100.0



**How likely are you to implement these new strategies in your practice?**

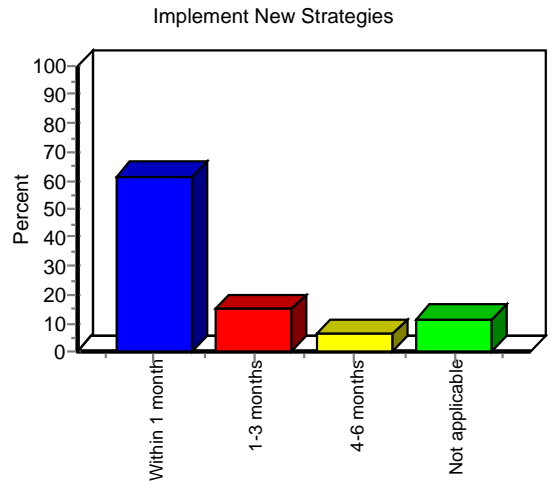
Label	Frequency	Percent	Valid Percent
Very likely	75	70.8	72.8
Somewhat likely	20	18.9	19.4
Unlikely	1	0.9	1.0
Not applicable	7	6.6	6.8
Total Valid	103	97.2	100.0
Total Missing	3	2.8	
Total	106	100.0	





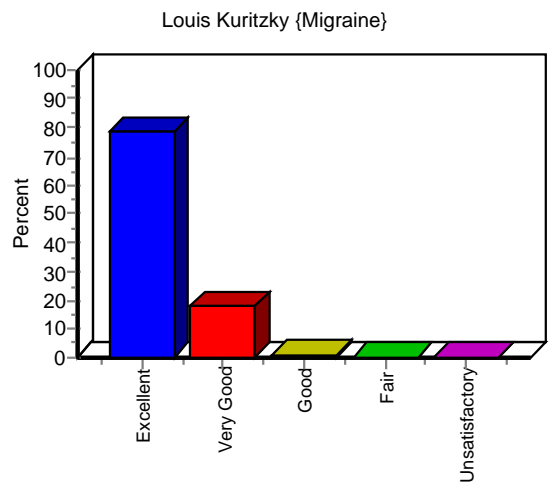
**When do you intend to implement these new strategies into your practice?**

Label	Frequency	Percent	Valid Percent
Within 1 month	65	61.3	65.7
1-3 months	16	15.1	16.2
4-6 months	6	5.7	6.1
Not applicable	12	11.3	12.1
Total Valid	99	93.4	100.0
Total Missing	7	6.6	
Total	106	100.0	



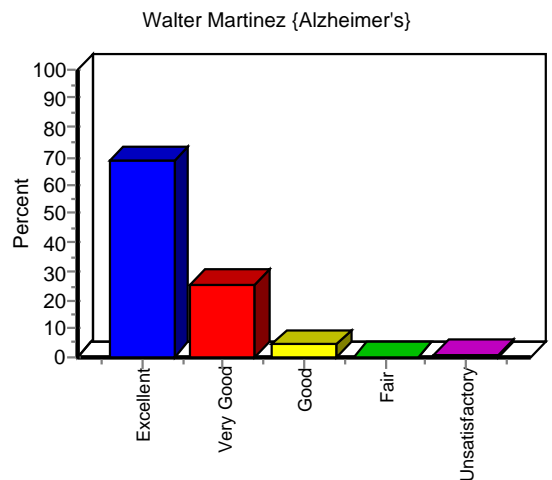
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Louis Kuritzky, MD (Migraine):**

Label	Frequency	Percent	Valid Percent
Excellent	83	78.3	80.6
Very Good	19	17.9	18.4
Good	1	0.9	1.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	103	97.2	100.0
Total Missing	3	2.8	
Total	106	100.0	



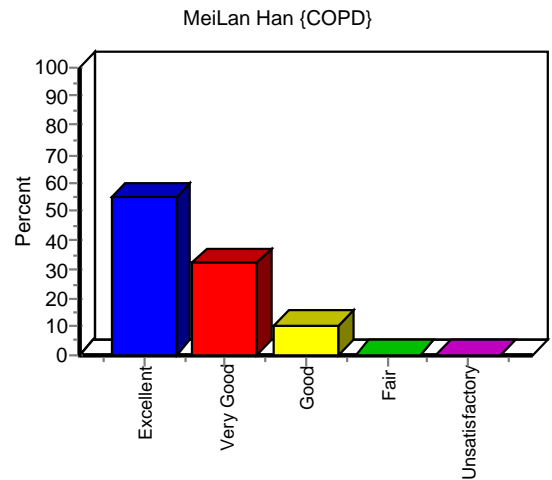
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Walter Martinez, MD (Alzheimer's):**

Label	Frequency	Percent	Valid Percent
Excellent	72	67.9	68.6
Very Good	27	25.5	25.7
Good	5	4.7	4.8
Fair	0	0.0	0.0
Unsatisfactory	1	0.9	1.0
Total Valid	105	99.1	100.0
Total Missing	1	0.9	
Total	106	100.0	



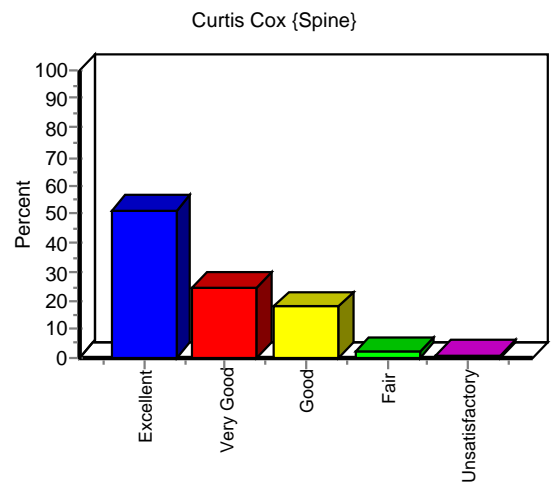
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: MeiLan K. Han, MD (COPD):**

Label	Frequency	Percent	Valid Percent
Excellent	58	54.7	56.3
Very Good	34	32.1	33.0
Good	11	10.4	10.7
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	103	97.2	100.0
Total Missing	3	2.8	
Total	106	100.0	



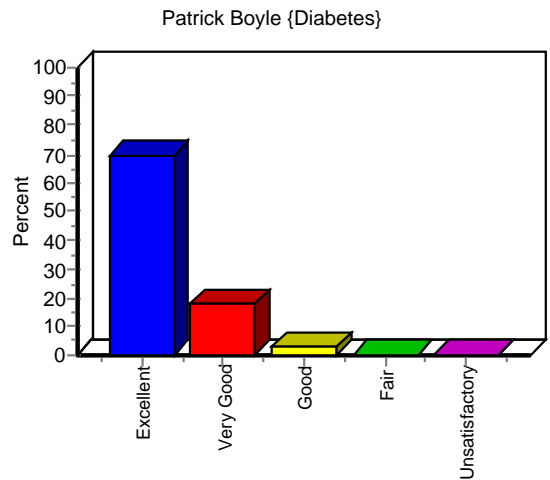
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Curtis S. Cox, MD (Spine):**

Label	Frequency	Percent	Valid Percent
Excellent	54	50.9	52.9
Very Good	26	24.5	25.5
Good	19	17.9	18.6
Fair	2	1.9	2.0
Unsatisfactory	1	0.9	1.0
Total Valid	102	96.2	100.0
Total Missing	4	3.8	
Total	106	100.0	



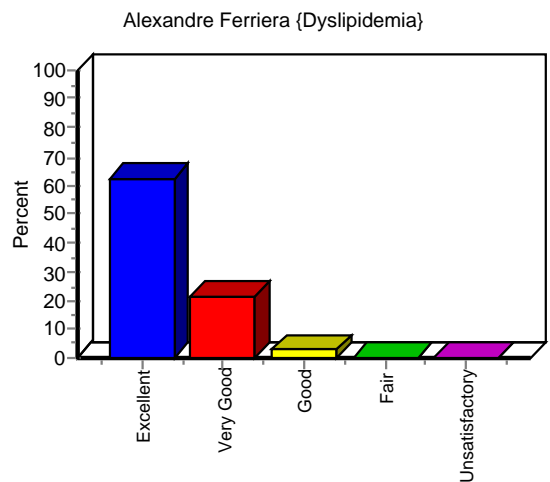
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Patrick Boyle, MD (Diabetes):**

Label	Frequency	Percent	Valid Percent
Excellent	74	69.8	77.1
Very Good	19	17.9	19.8
Good	3	2.8	3.1
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	96	90.6	100.0
Total Missing	10	9.4	
Total	106	100.0	



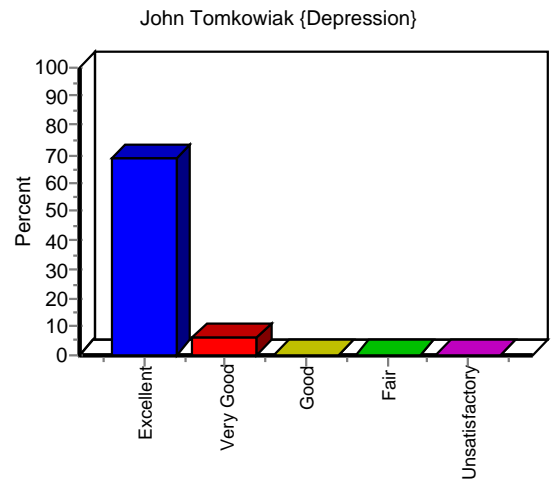
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Alexandre Ferriera, MD (Dyslipidemia):**

Label	Frequency	Percent	Valid Percent
Excellent	66	62.3	71.7
Very Good	23	21.7	25.0
Good	3	2.8	3.3
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	92	86.8	100.0
Total Missing	14	13.2	
Total	106	100.0	



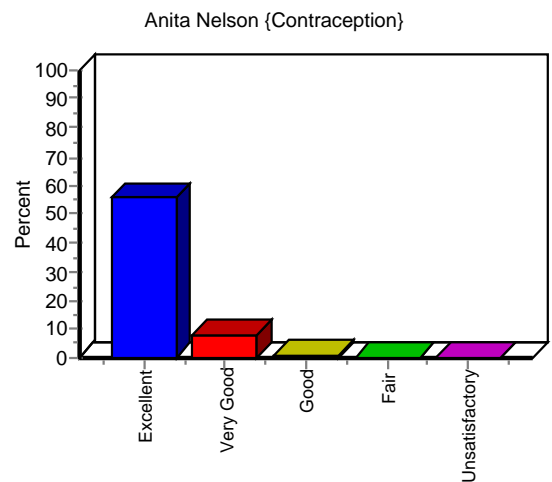
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: John Tomkowiak, MD (Depression):**

Label	Frequency	Percent	Valid Percent
Excellent	72	67.9	92.3
Very Good	6	5.7	7.7
Good	0	0.0	0.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	78	73.6	100.0
Total Missing	28	26.4	
Total	106	100.0	



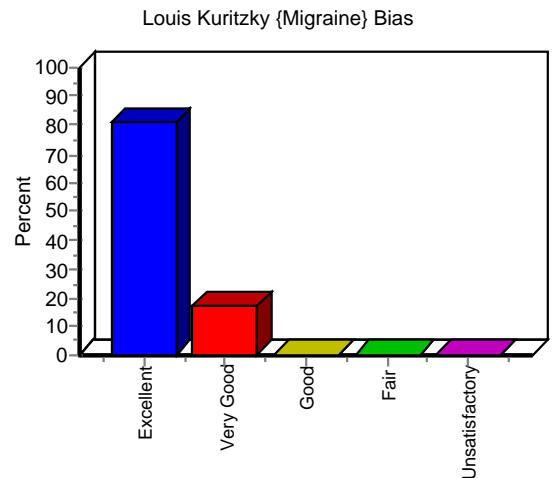
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Anita Nelson, MD (Contraception):**

Label	Frequency	Percent	Valid Percent
Excellent	59	55.7	85.5
Very Good	9	8.5	13.0
Good	1	0.9	1.4
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	69	65.1	100.0
Total Missing	37	34.9	
Total	106	100.0	



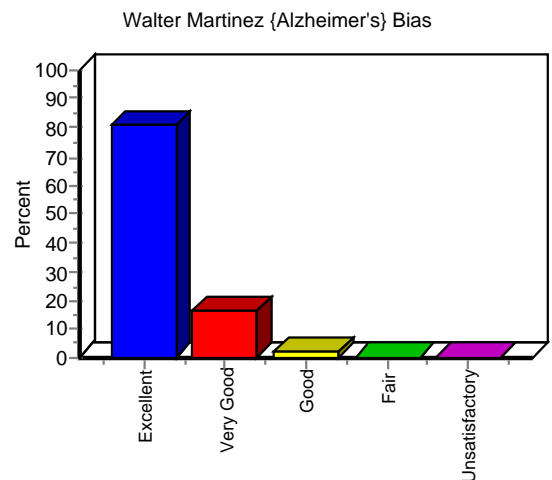
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Louis Kuritzky, MD (Migraine):**

Label	Frequency	Percent	Valid Percent
Excellent	86	81.1	82.7
Very Good	18	17.0	17.3
Good	0	0.0	0.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	104	98.1	100.0
Total Missing	2	1.9	
Total	106	100.0	



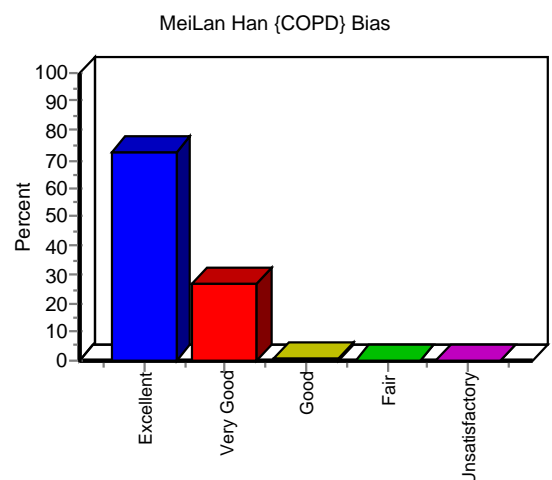
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Walter Martinez, MD (Alzheimer's):**

Label	Frequency	Percent	Valid Percent
Excellent	86	81.1	81.9
Very Good	17	16.0	16.2
Good	2	1.9	1.9
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	105	99.1	100.0
Total Missing	1	0.9	
Total	106	100.0	



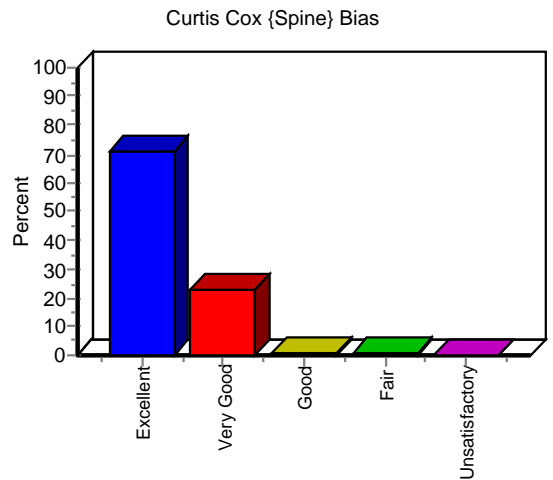
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? MeiLan K. Han, MD (COPD):**

Label	Frequency	Percent	Valid Percent
Excellent	77	72.6	72.6
Very Good	28	26.4	26.4
Good	1	0.9	0.9
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	106	100.0	100.0



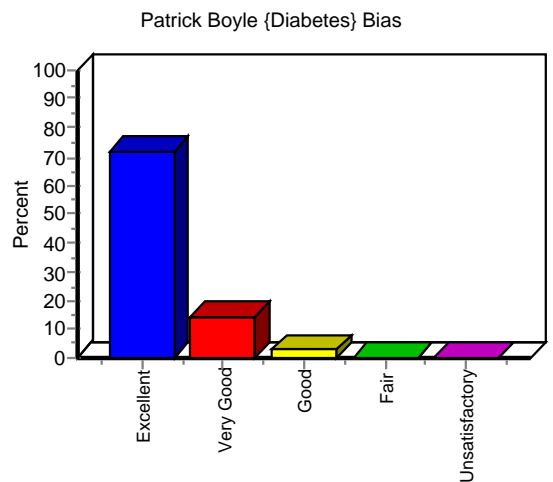
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Curtis S. Cox, MD (Spine):**

Label	Frequency	Percent	Valid Percent
Excellent	75	70.8	74.3
Very Good	24	22.6	23.8
Good	1	0.9	1.0
Fair	1	0.9	1.0
Unsatisfactory	0	0.0	0.0
Total Valid	101	95.3	100.0
Total Missing	5	4.7	
Total	106	100.0	



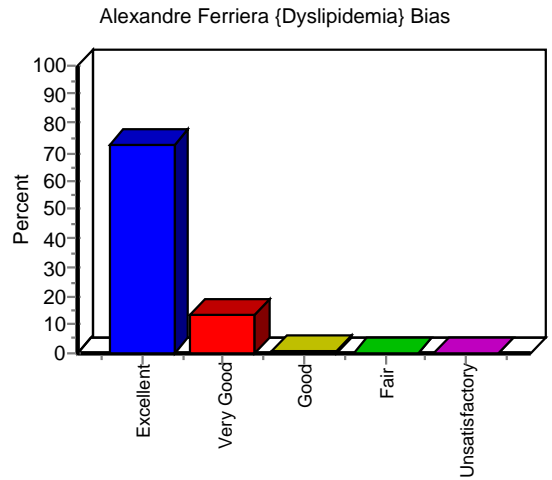
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Patrick Boyle, MD (Diabetes):**

Label	Frequency	Percent	Valid Percent
Excellent	76	71.7	80.9
Very Good	15	14.2	16.0
Good	3	2.8	3.2
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	94	88.7	100.0
Total Missing	12	11.3	
Total	106	100.0	



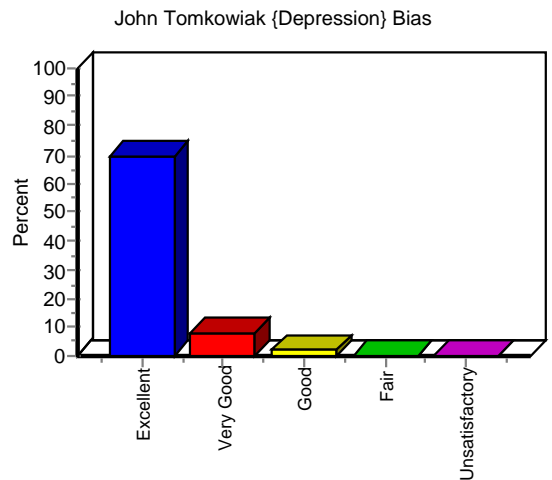
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Alexandre Ferriera, MD (Dyslipidemia):**

Label	Frequency	Percent	Valid Percent
Excellent	77	72.6	83.7
Very Good	14	13.2	15.2
Good	1	0.9	1.1
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	92	86.8	100.0
Total Missing	14	13.2	
Total	106	100.0	



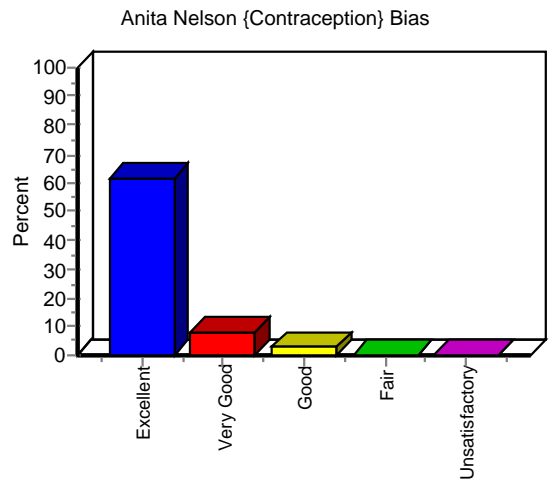
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? John Tomkowiak, MD (Depression):**

Label	Frequency	Percent	Valid Percent
Excellent	74	69.8	87.1
Very Good	9	8.5	10.6
Good	2	1.9	2.4
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	85	80.2	100.0
Total Missing	21	19.8	
Total	106	100.0	



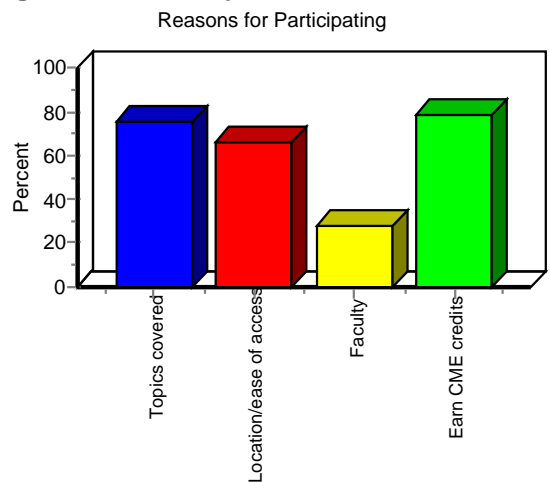
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Anita Nelson, MD (Contraception):**

Label	Frequency	Percent	Valid Percent
Excellent	65	61.3	84.4
Very Good	9	8.5	11.7
Good	3	2.8	3.9
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	77	72.6	100.0
Total Missing	29	27.4	
Total	106	100.0	



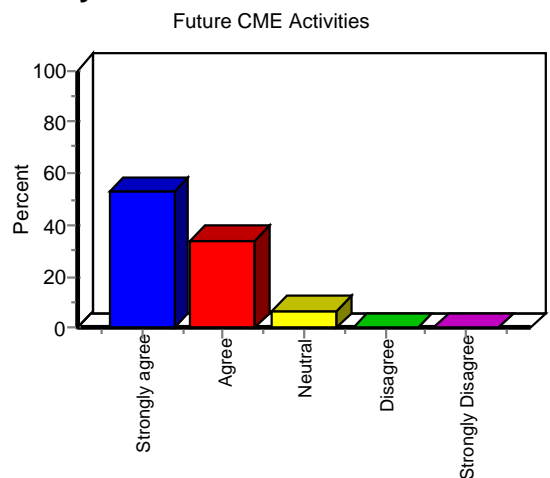
**Which statement(s) best reflects your reasons for participating in this activity:**

Label	Frequency	Percent	Valid Percent
Topics covered	80	75.5	76.2
Location/ease of access	70	66.0	66.7
Faculty	30	28.3	28.6
Earn CME credits	83	78.3	79.0
Total Valid	105	99.1	100.0
Total Missing	1	0.9	
Total	106	100.0	



**Future CME activities concerning this subject matter are necessary:**

Label	Frequency	Percent	Valid Percent
Strongly agree	56	52.8	56.6
Agree	36	34.0	36.4
Neutral	7	6.6	7.1
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	99	93.4	100.0
Total Missing	7	6.6	
Total	106	100.0	





## What is your professional degree?

Comment
LMFT
MA

## What is your specialty?

Comment
Nephrology
Urgent Care x2
Pain Management
Vascular Surgery
Anesthesiology
Internal Medicine
Research
Family Medicine

## As a result of this activity, I have learned new strategies for patient care. List these strategies:

Comment
New treatments and earlier diagnosis
Different approach in treating migraine and diabetes based on individual improvement or failure manage therapies
Increase use of Niacin and increase use of spirometry. Consider discussing minimally invasive spinal procedures and increase combination treatment in Alzheimer's
Depression screening and combination therapies
Migraine and COPD treatments
New tests and guidelines
Reminded me of cheaper alternatives for migraine management. Reviewed history taking with Alzheimer's patients
New treatments in Alzheimer's
Do not agitate an Alzheimer's patient-refer to specialist
Depression information was very good
Depression and dementia screening
More aggressive diabetes management in primary care
Better history taking and a more stepwise approach to diabetes therapy
Use of combinations in diabetes and management of Serotonin Syndrome
Medication modifications and new screening tools
Combination of drug regimens for Rx of migraine and Alzheimer's
New treatments
Effective management of migraine and Alzheimer's disease
Better migraine treatment and COPD care
Low dose Niacin is effective and new meds for diabetes
New effective strategies in diagnosing
New approaches in diabetes management
Early recognition of disease process
The broader treatment of migraine treatment and COPD management
Perform a better history and physical
As an anesthesiologist these strategies give me a better understanding of current and new treatments
Treatment of migraine and depression
More migraine Rx options
More efficacy in medications used to target the problem

Comment
Diabetes management and lipid treatment
Additional treatment options and better idea of when to refer
Use more spirometry for COPD
Better Rx staging for COPD and using Metformin for diabetes management
Treating depressed patients and new treatment plans for diabetes and cardiovascular disease
Drug therapy choices for migraine headaches
How to better diagnose and treat migraine and better knowledge in diagnosing AD
Migraine strategies
Treatment for COPD and diabetes
Diabetes and depression treatment
Alzheimer's evaluation and depression
Be more varied in contraceptive methods and better migraine treatment
Too many to write down
Use correct dosage in depression
Combination of medications for migraine treatment and for diabetes
Use Metformin for diabetes and use spirometry for COPD
More aggressive treatments
New ideas for migraine prophylaxis and alternative medications to use for diabetes management. Using spirometry for lung age to decrease smoking
More prevention treatment than treatment
The effects of Niacin to increase HDL and lower triglycerides
Contraception and Alzheimer's
Different medication combinations
Better prevention of migraines and use more spirometry
Diagnosing and treatment of migraine headaches. Evaluation and treatment of Alzheimer's dementia and treatment of COPD
Educate caregivers more about how to deal with Alzheimer's patients. Advocate for early screening in COPD
Zone in on diagnosing and treatment of Alzheimer's type dementia
Treatment of dementia and diabetes
Ask about substance abuse in depression and take good history for Alzheimer's patient
Individualization of medications of diabetic patients and also for migraine patients
Individualization is very vital in patient care as it may seem like trial and error. Combination therapies, if economically allotted, can also be implemented in my practice

### What topics would you like to see offered as CME activities in the future?

Comment
All topics
HTN and hyperlipidemia
CHF and anticoagulant therapy
Nutrition and supplements
Alternative and integrative medicine
Insomnia, weight maintenance, bariatric surgery and cosmetic procedures
Infectious diseases and renal disease
Vascular diseases and renal disease
CHF
Health reforms and impact on private clinic practice
Vascular and importance providers to be screening for risk factors and ordering basic screening
Pain control

Comment
More pain management lectures geared to meet California requirements
Management of heart failure and dermatologic diseases
More topics on heart disease
Auto immune diseases
Pneumonia, congestive heart failure, viral hepatitis, aortic rupture and abnormal thoracic
Breast cancer
Screening for domestic violence and thyroid disorders
Osteoporosis, menopause, dermatology, H1N1, anemia and depression in children
Management of fall prevention and geriatrics screening
Other common patient medical problems
GERD, allergic rhinitis, sinusitis and head and neck cancer
HTN
Diabetes, hypertension, constipation, heart disease and bipolar
HIV and cardiomyopathy
Hypertension and psoriasis
Stroke
Menopause
CAD
Stem cells and gene treatment
Emergency care
Obesity in children and more on diabetes
Osteoporosis and thyroid disease
Pediatric topics and sleep disorders
Sports medicine and dermatology topics
Sexual dysfunction and decreased libido menopausal women
More on women's health
Urology concepts and dermatology concepts
Anticoagulation therapy
HPV and adult vaccines
Colon cancer and bipolar disorders
Gynecology
HRT and insomnia
Women's health and pediatrics
Infectious disease and orthopedics dermatology
Pediatric diabetes
Women's health issues and dermatology for primary care physicians
Cardiology and women's health
Hyper/hypothyroidism and flu vaccination

## Additional comments:

Comment
Good speakers and presentations
Good program
Thank you
Excellent program
It was wonderful and five stars to Dr. Martinez and the others were also good
Excellent conference-thank you
Offer CME's in Irvine region
Very good review for a specialist and great lectures
Please notify me of upcoming lectures
The presenters were very good and I would attend the next session
Great location and knowledgeable speakers
Long Beach looks too much like Disney Land these days. It is very boring and we need to go to Orange County but never go to the Radison at LAX
Would be nice to have in the Orange County area
This program was one of the best that I have attended. Focused, concise, appropriate length, did not try to cover too much with too little time, local and lunch was provided. Helped to keep maximum hours within one days length-thank you
All speakers were great and bring them back
Excellent CME
Excellent presentation and very informative
Excellent program and very practical
Excellent program and speakers
Great meeting
This was an excellent forum for up to date information
The case-based studies were very relevant and appropriate for this audience. I did appreciate the visual and thorough explanation of all of the procedures
Dr. Martinez was great.
Depression lecture was the best
The handout was helpful
Excellent speakers and lectures
Very practical and interesting
Excellent lectures and speakers were very knowledgeable
Spine presentation was interesting
Shorten the length of the meeting and offer more CME credits
Make sure the speakers use the microphones
Enjoyed your chosen experts-well done
Thank you
Excellent program and I am glad to attend future programs