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EARN CONTINUING MEDICAL EDUCATION CREDITS!

**Emerging  
Challenges  
In Primary Care:  
2009**



**CONFERENCE**

*Tampa, FL  
Westin Harbour Island*

**Course Director  
Gregg Sherman, MD**

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

**Program Evaluation  
November 4, 2009**

In October 2009, the National Association for Continuing Education (NACE) sponsored a CME program, ***Emerging Challenges in Primary Care: 2009***, in Tampa, FL.

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, and chronic obstructive pulmonary disease.

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.

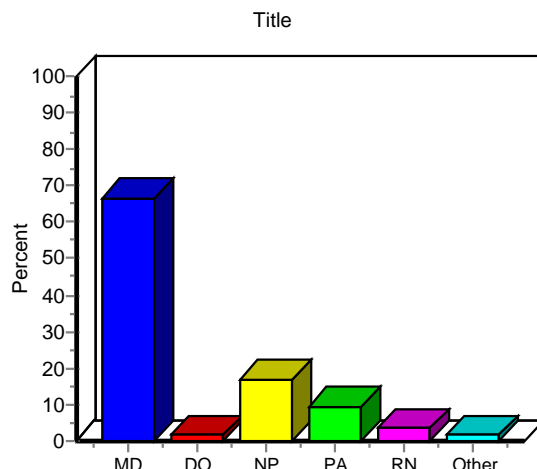
Two hundred thirteen healthcare practitioners registered to attend ***Emerging Challenges in Primary Care: 2009*** in Tampa, FL. One hundred twenty two healthcare practitioners actually attended this conference. Each attendee was asked to complete and return an activity evaluation form prior to the end of the conference. One hundred seven 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 6 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

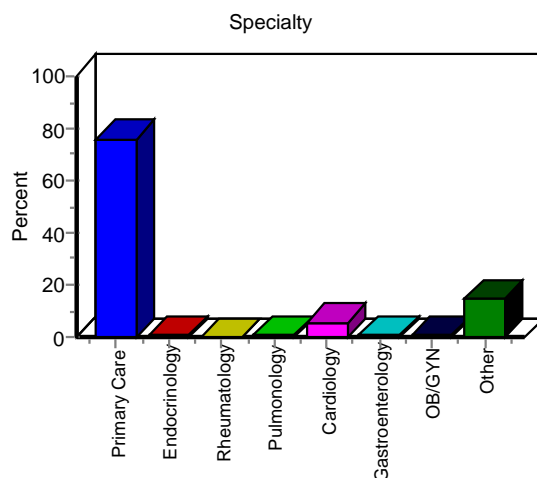
### What is your professional degree?

Label	Frequency	Percent	Valid Percent
MD	71	66.4	66.4
DO	2	1.9	1.9
NP	18	16.8	16.8
PA	10	9.3	9.3
RN	4	3.7	3.7
Other	2	1.9	1.9
Total Valid	107	100.0	100.0



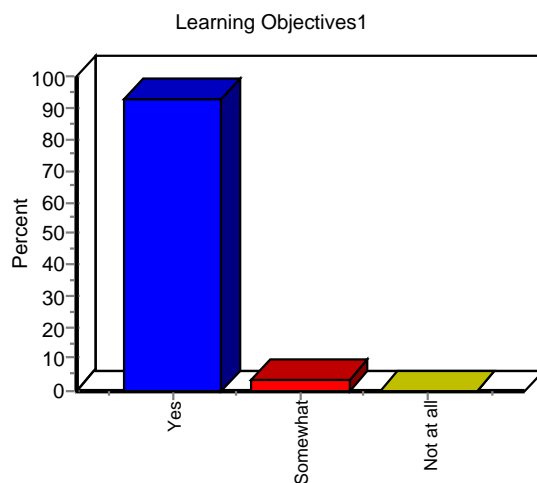
### What is your specialty?

Label	Frequency	Percent	Valid Percent
Primary Care	81	75.7	75.7
Endocrinology	1	0.9	0.9
Rheumatology	0	0.0	0.0
Pulmonology	1	0.9	0.9
Cardiology	6	5.6	5.6
Gastroenterology	1	0.9	0.9
OB/GYN	1	0.9	0.9
Other	16	15.0	15.0
Total Valid	107	100.0	100.0



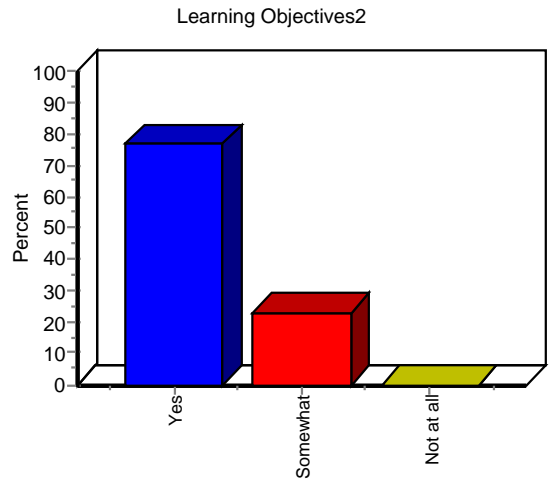
**Upon completion of this activity, I can now - Discuss the prevalence of migraine headaches, and how often appropriate diagnosis is missed; Distinguish between a migraine headache and sinus headaches, tension-type headaches and other types of headaches; Effectively manage migraines through a combination 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	100	93.5	96.2
Somewhat	4	3.7	3.8
Not at all	0	0.0	0.0
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	



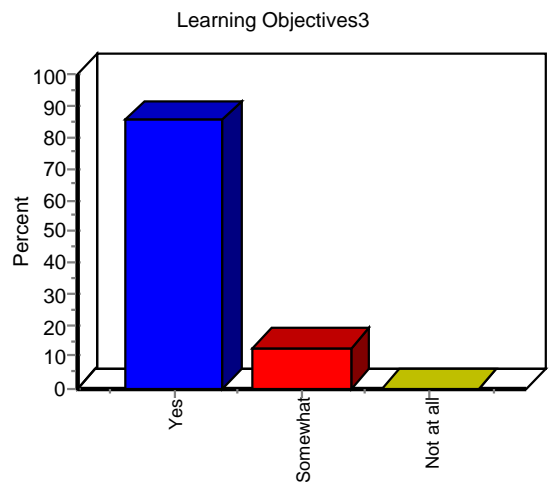
**Upon completion of this activity, I can now - Describe evolving minimally invasive spinal surgical procedures; Discuss the indications for minimally invasive spine surgery; Explain expected outcome differences between traditional and minimally invasive spinal surgical techniques:**

Label	Frequency	Percent	Valid Percent
Yes	82	76.6	76.6
Somewhat	25	23.4	23.4
Not at all	0	0.0	0.0
Total Valid	107	100.0	100.0



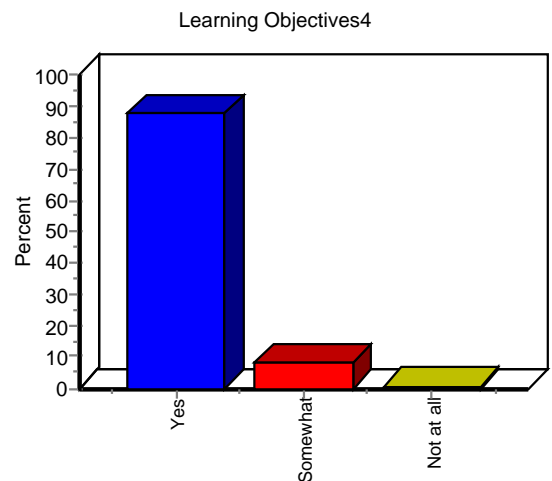
**Upon completion of this activity, I can now - Compare newer therapies with traditional antidiabetic agents, and discuss their place in therapy; Discuss the practical use of new treatments for type 2 diabetes including incretin mimetics, DPP-IV inhibitors, and incretin analogs, and amylinomemetic; Explain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

Label	Frequency	Percent	Valid Percent
Yes	92	86.0	86.8
Somewhat	14	13.1	13.2
Not at all	0	0.0	0.0
Total Valid	106	99.1	100.0
Total Missing	1	0.9	
Total	107	100.0	



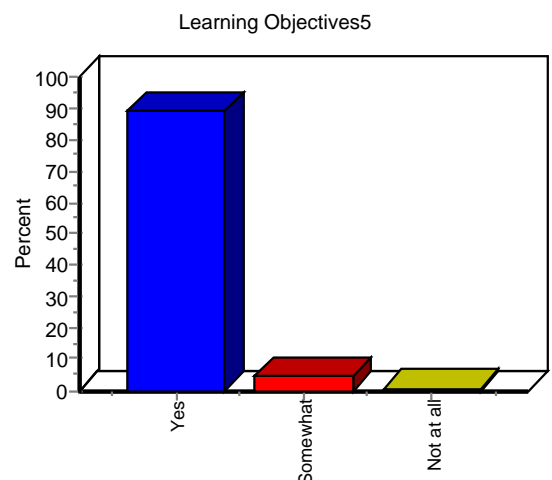
**Upon completion of this activity, I can now - Recognize the prevalence of cardiovascular events in diabetes despite achieving LDL goals; Recognize therapeutic guideline recommendations for patients with Diabetic Dyslipidemia; Describe the impact of HDL-C and Triglycerides on cardiovascular risk in 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	94	87.9	90.4
Somewhat	9	8.4	8.7
Not at all	1	0.9	1.0
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	



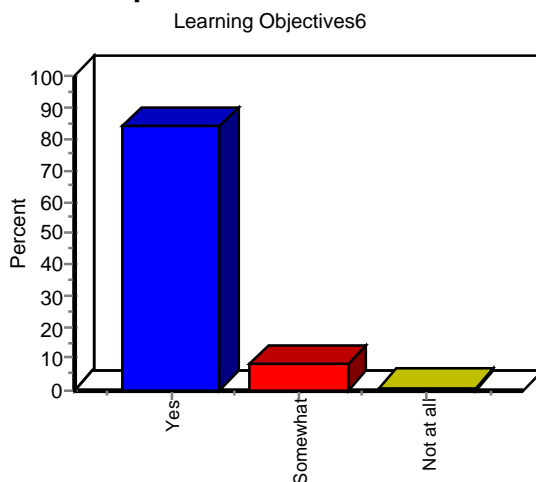
**Upon completion of this activity, I can now - List the risk factors for major depression; Identify tools for the assessment of depression; List strategies for managing major depression in your clinical practice; Utilize treatment regimens tailored to individual patient needs, and increase chance of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

Label	Frequency	Percent	Valid Percent
Yes	95	88.8	94.1
Somewhat	5	4.7	5.0
Not at all	1	0.9	1.0
Total Valid	101	94.4	100.0
Total Missing	6	5.6	
Total	107	100.0	



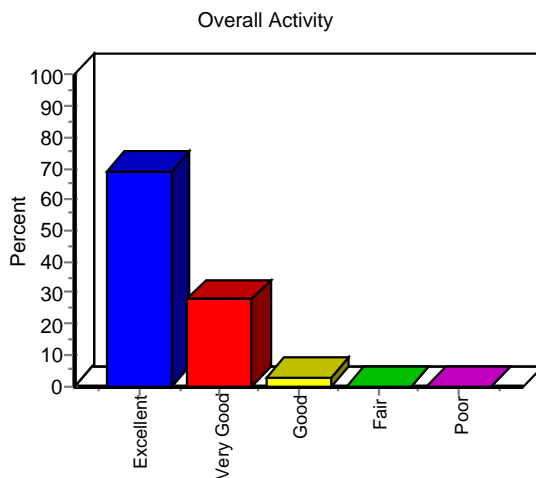
Upon completion of this activity, I can now - Discuss the need for early recognition, prevention, and treatment of COPD; Discuss the role of lifestyle modification in the prevention and treatment of COPD; Discuss the targeted use of spirometry for diagnosis based on prescreening with validated instruments; 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	90	84.1	90.0
Somewhat	9	8.4	9.0
Not at all	1	0.9	1.0
Total Valid	100	93.5	100.0
Total Missing	7	6.5	
Total	107	100.0	



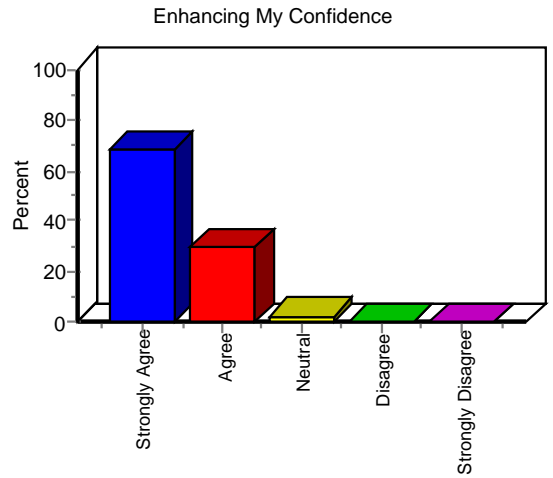
Overall, I would rate this activity as:

Label	Frequency	Percent	Valid Percent
Excellent	74	69.2	69.2
Very Good	30	28.0	28.0
Good	3	2.8	2.8
Fair	0	0.0	0.0
Poor	0	0.0	0.0
Total Valid	107	100.0	100.0



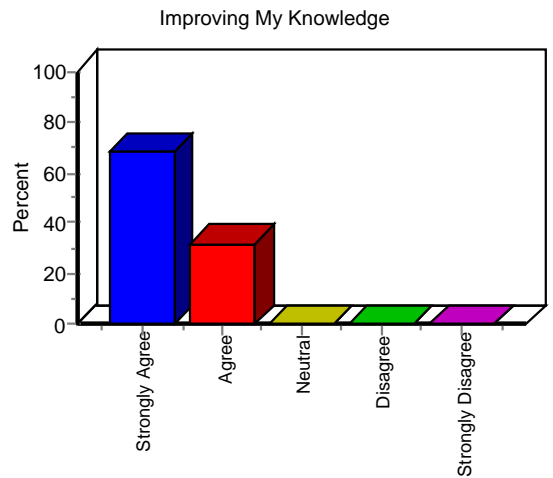
**Overall, this activity was effective in enhancing my confidence in caring for patients with the condition(s) presented?**

Label	Frequency	Percent	Valid Percent
Strongly Agree	73	68.2	68.2
Agree	31	29.0	29.0
Neutral	3	2.8	2.8
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	107	100.0	100.0



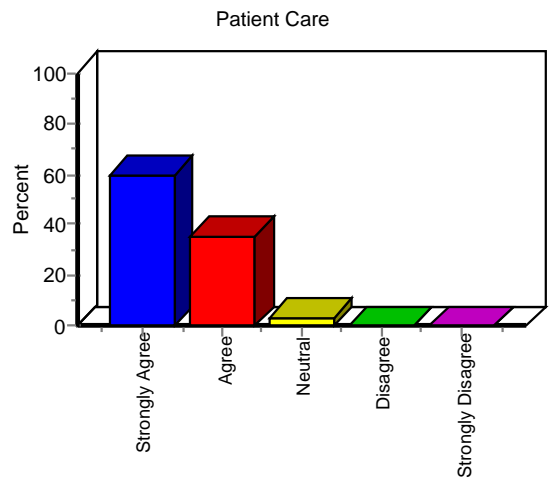
**Overall, this activity was effective in improving my knowledge in the content areas presented:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	73	68.2	68.2
Agree	34	31.8	31.8
Neutral	0	0.0	0.0
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	107	100.0	100.0



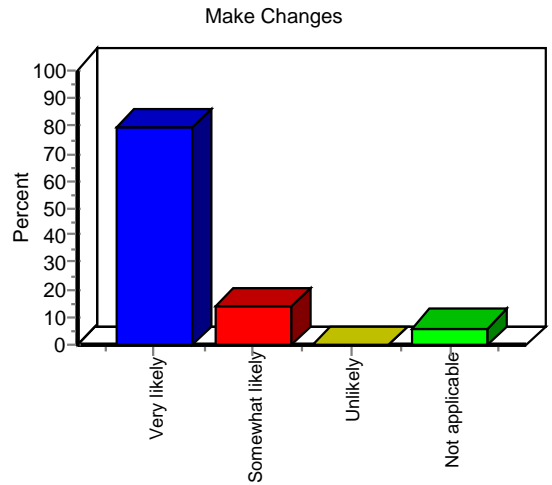
**As a result of this activity, I have learned new strategies for patient care:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	64	59.8	60.4
Agree	38	35.5	35.8
Neutral	4	3.7	3.8
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	106	99.1	100.0
Total Missing	1	0.9	
Total	107	100.0	



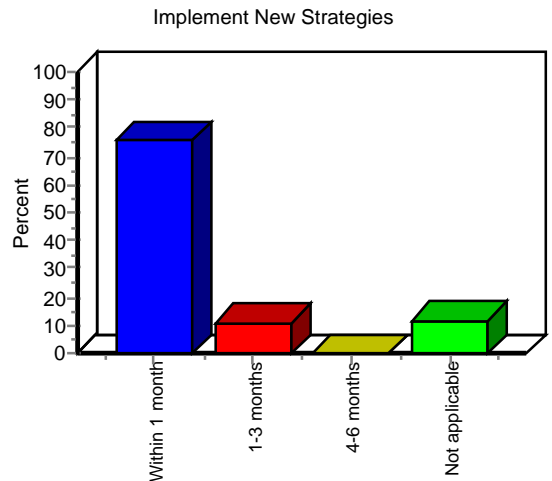
**How likely are you to implement these new strategies in your practice?**

Label	Frequency	Percent	Valid Percent
Very likely	85	79.4	79.4
Somewhat likely	15	14.0	14.0
Unlikely	0	0.0	0.0
Not applicable	7	6.5	6.5
Total Valid	107	100.0	100.0



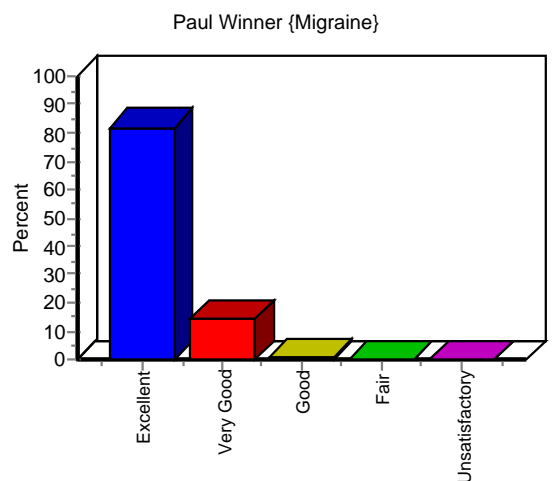
**When do you intend to implement these new strategies into your practice?**

Label	Frequency	Percent	Valid Percent
Within 1 month	81	75.7	77.9
1-3 months	11	10.3	10.6
4-6 months	0	0.0	0.0
Not applicable	12	11.2	11.5
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	



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

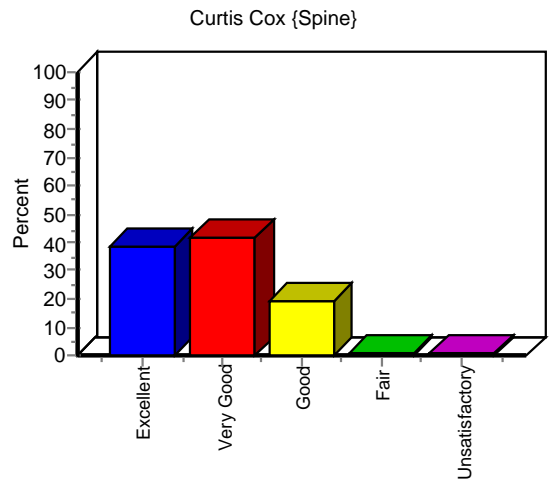
Label	Frequency	Percent	Valid Percent
Excellent	88	82.2	84.6
Very Good	15	14.0	14.4
Good	1	0.9	1.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	





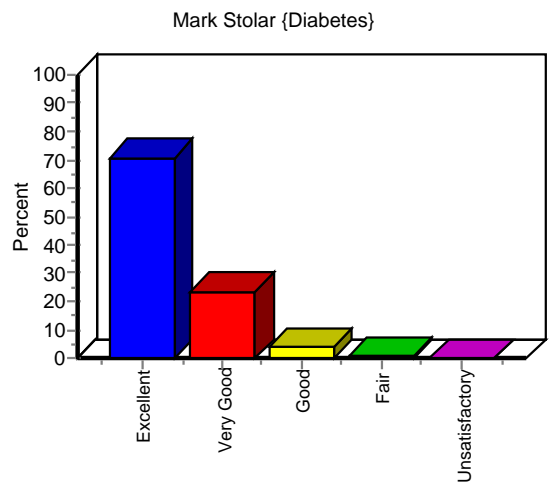
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Curtis S. Cox, MD (Spine):**

Label	Frequency	Percent	Valid Percent
Excellent	41	38.3	38.3
Very Good	44	41.1	41.1
Good	20	18.7	18.7
Fair	1	0.9	0.9
Unsatisfactory	1	0.9	0.9
Total Valid	107	100.0	100.0



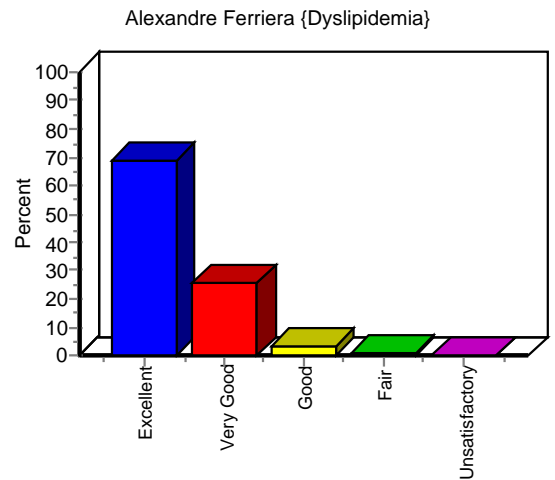
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Mark Stolar, MD (Diabetes):**

Label	Frequency	Percent	Valid Percent
Excellent	76	71.0	71.7
Very Good	25	23.4	23.6
Good	4	3.7	3.8
Fair	1	0.9	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	106	99.1	100.0
Total Missing	1	0.9	
Total	107	100.0	



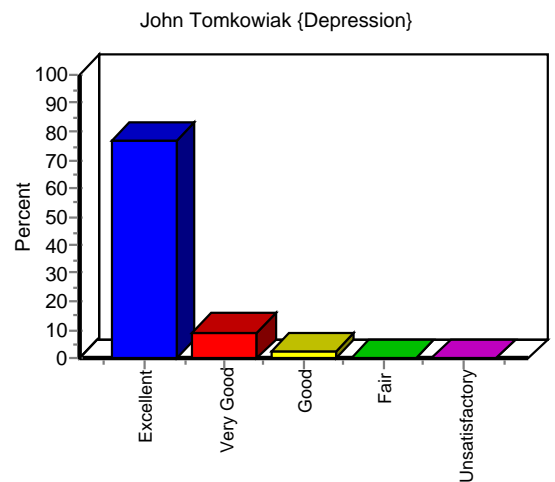
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Alexandre Ferriera, MD (Dyslipidemia):**

Label	Frequency	Percent	Valid Percent
Excellent	73	68.2	70.2
Very Good	27	25.2	26.0
Good	3	2.8	2.9
Fair	1	0.9	1.0
Unsatisfactory	0	0.0	0.0
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	



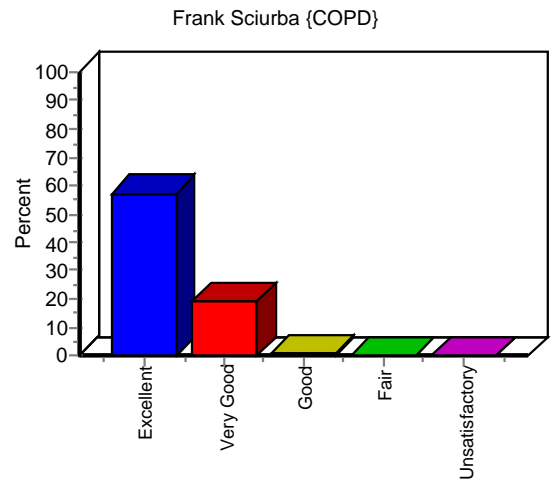
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: John Tomkowiak, MD (Depression):**

Label	Frequency	Percent	Valid Percent
Excellent	82	76.6	87.2
Very Good	10	9.3	10.6
Good	2	1.9	2.1
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	94	87.9	100.0
Total Missing	13	12.1	
Total	107	100.0	



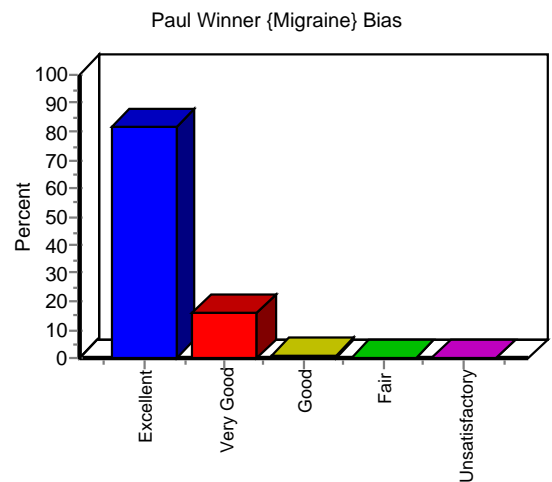
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Frank Sciorba, MD (COPD):**

Label	Frequency	Percent	Valid Percent
Excellent	61	57.0	74.4
Very Good	20	18.7	24.4
Good	1	0.9	1.2
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	82	76.6	100.0
Total Missing	25	23.4	
Total	107	100.0	



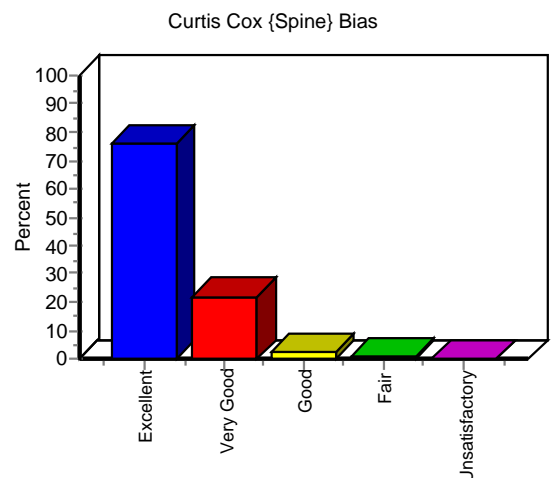
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Paul Winner, MD (Migraine):**

Label	Frequency	Percent	Valid Percent
Excellent	87	81.3	82.9
Very Good	17	15.9	16.2
Good	1	0.9	1.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	105	98.1	100.0
Total Missing	2	1.9	
Total	107	100.0	



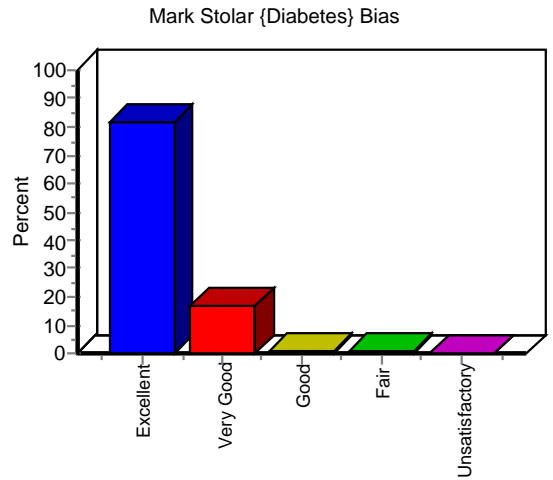
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Curtis S. Cox, MD (Spine):**

Label	Frequency	Percent	Valid Percent
Excellent	81	75.7	75.7
Very Good	23	21.5	21.5
Good	2	1.9	1.9
Fair	1	0.9	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	107	100.0	100.0



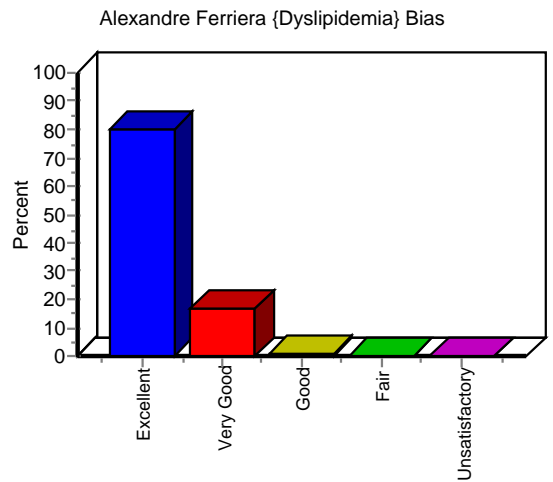
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Mark Stolar, MD (Diabetes):**

Label	Frequency	Percent	Valid Percent
Excellent	87	81.3	81.3
Very Good	18	16.8	16.8
Good	1	0.9	0.9
Fair	1	0.9	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	107	100.0	100.0



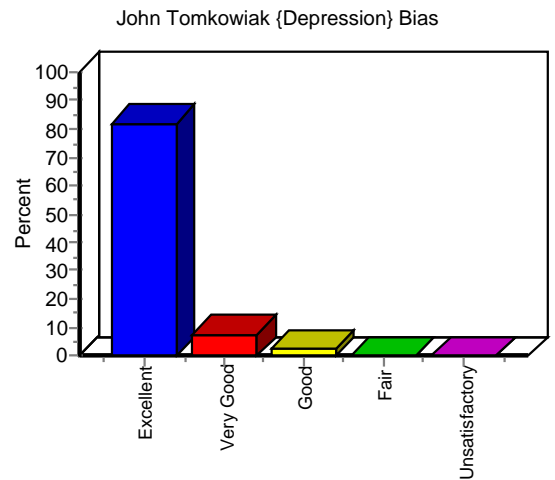
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Alexandre Ferriera, MD (Dyslipidemia):**

Label	Frequency	Percent	Valid Percent
Excellent	85	79.4	81.7
Very Good	18	16.8	17.3
Good	1	0.9	1.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	104	97.2	100.0
Total Missing	3	2.8	
Total	107	100.0	



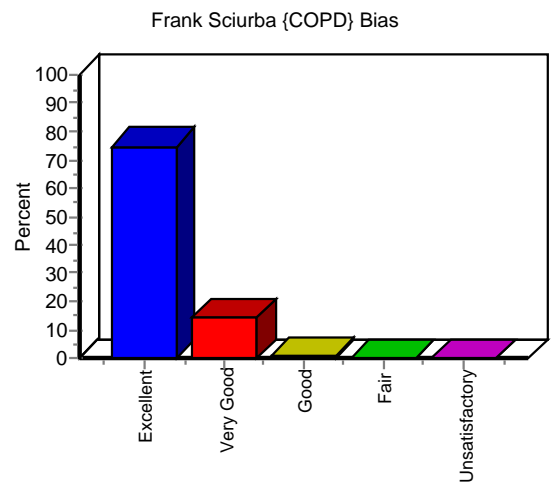
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? John Tomkowiak, MD (Depression):**

Label	Frequency	Percent	Valid Percent
Excellent	88	82.2	89.8
Very Good	8	7.5	8.2
Good	2	1.9	2.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	98	91.6	100.0
Total Missing	9	8.4	
Total	107	100.0	



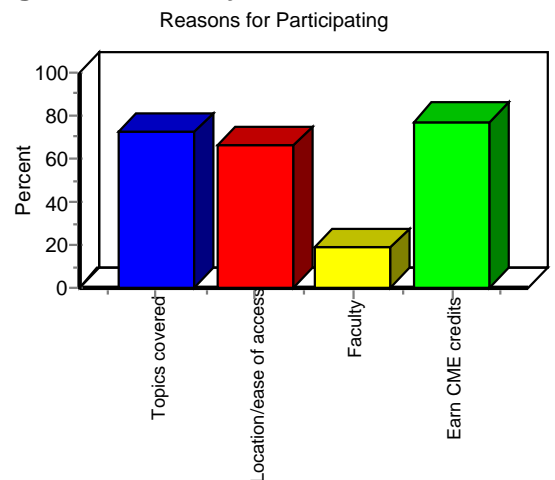
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Frank Scirba, MD (COPD):**

Label	Frequency	Percent	Valid Percent
Excellent	80	74.8	83.3
Very Good	15	14.0	15.6
Good	1	0.9	1.0
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	96	89.7	100.0
Total Missing	11	10.3	
Total	107	100.0	



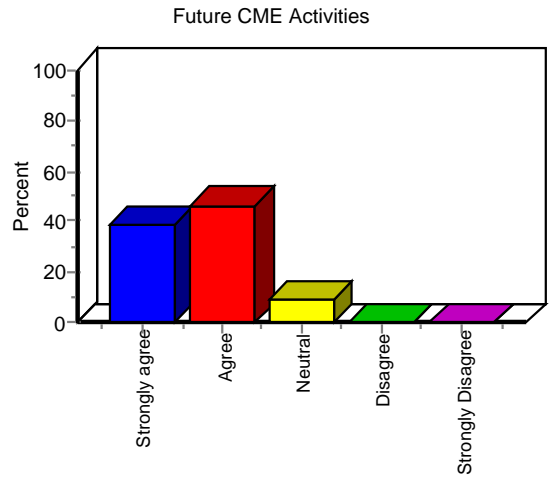
**Which statement(s) best reflects your reasons for participating in this activity:**

Label	Frequency	Percent	Valid Percent
Topics covered	77	72.0	72.6
Location/ease of access	71	66.4	67.0
Faculty	20	18.7	18.9
Earn CME credits	83	77.6	78.3
Total Valid	106	99.1	100.0
Total Missing	1	0.9	
Total	107	100.0	



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

Label	Frequency	Percent	Valid Percent
Strongly agree	41	38.3	41.0
Agree	49	45.8	49.0
Neutral	10	9.3	10.0
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	100	93.5	100.0
Total Missing	7	6.5	
Total	107	100.0	



## What is your professional degree?

Comment
MSN

## What is your specialty?

Comment
Critical Care
Urology
Geriatrics
Family Planning
Pain Management
Infectious Disease
Alternative Medicine
HIV
Spine Surgery
Allergy/Asthma
Mental Health

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

Comment
Better history and earlier treatment of diabetes. Think about diagnosis of migraine more often. Do spirometry early for COPD diagnosis
Preventative medicine and new tests for diagnosing and treatment
Aggressive treatment
Increased use of ICS in COPD
Proper diagnosis of migraine headaches and early treatment
More aggressive treatment of diabetes, back pain, migraines, depression and COPD patients
Better treatment of migraine and depression
Different treatments for depression and migraine
Niacin for high triglycerides. Screening CV patients for depression
Wash out period to avoid serotonin syndrome and using COQID and Riboflavin to prevent migraine headaches
Listen to patients to detect migraines. Treat diabetes early with combination therapy
More aggressive diabetes treatment
Start treatment earlier for diabetes and use Niacin
Use Niacin and Fish oil
Better depression treatment
Better treatment of diabetes
Better treatment of diabetes. Ask proper questions in depressed patients. Watch for Serotonin syndrome and recognizing migraine features
More confident to refer for MIS for back pain patients. Better treatment of migraine and diabetes
Better diagnosis and management of migraine and more aggressive treatment of HDL and LDL
Treatment of dyslipidemia
Referring patients for MIS surgery. Better treatment for migraine
Use of combination medications for diabetes and use of lung age for COPD patients
Addition of insulin and Metformin with insulin
Different strategies for diabetes treatment and COPD management
Listen and ask more questions
Better diagnosing and treatment

Comment
Begin combination treatment more aggressively as indicated
Importance of referring my patients to specialists for their treatment
More frequent screenings and use of medications
More aggressive Rx and referrals for migraine. Use of Niacin more often
Help patients to manage their migraine headaches. Minimally invasive spinal surgery referral
Better management of migraine and type 2 diabetes
More aggressive Rx of type 2 diabetes and combination Rx for lipid disorders
Communication with patients especially on how you elicit information is key
Combination of medications
New surgical approaches
Better management of diabetes
Use Topiramate as migraine prophylaxis. Refer patients to minimally invasive spine surgery
Early treatment of patient with diabetes. Tighter control of triglycerides and LDL
Use of IVUS in CAD. Combo drugs for diabetes with special consideration of mechanisms of action. Washout period needed when changing SSRI medications
Have acquired a new boldness in treating the urgent patient in regards to initial management and proper referral
Management of migraines and referral to spine surgery
New strategies for migraine and COPD
Refer elderly patients for MIS spinal surgery
Better management of diabetes, migraine, lipid, depression and medication management
Better history taking and when to refer to a specialist
Early diagnosis of migraine and better treatment of diabetes
Better history taking and use of combination drugs in diabetes treatment
Confirmed my way of making diagnosis of migraine and will focus more on prevention. Will take a more definitive history. Will use Niacin more in my practice
More effective use of medications
Better management of migraines. Will refer the elderly for MIS techniques
More confidence in diagnosing migraine and more comfortable treating depression
Most effective antidepressants and long term effects of migraines and more about Serotonin Syndrome
Pulmonary rehab
More aggressive treatments and look at diabetes differently
Better history
Treatments for depression and considering minimally invasive therapies
Migraine prevention and aggressive management of diabetes
Using diabetic medications accordingly to patient type and response
Management of migraine and diabetes
Proper evaluation and consideration of therapies

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

Comment
Pain management, substance abuse, end of life care, HIV, and biological weapons
Overactive bladder
Basic science of chemotherapy
Integrative medicine
Keep in touch for future meetings
Anything
Parkinson's disease and new treatment modalities
Thyroid diseases, obesity treatment, joint infection, pain management and osteoarthritis



Comment
Travel medicine
Thyroid disease and HTN
HIV and hepatitis
HTN, preventive care and pre-op risk assessment
Cardiovascular disease
STDs, hepatitis and dermatology topics
Gout and thyroid management
Treating migraine headaches in pregnant women
Osteoporosis, MRT, HTN and endocrinology topics
HRT and ADD
Sarcoidosis and psoriasis
Pain management, herbal treatment of medical problems and more on diabetes
EMR's in clinical practice and dermatologic diseases
ICU medicine, ER medicine and biological medicine
Hypertension and Alzheimer's
GI bleeding and urinary incontinence
Dermatology for primary care and hepatitis treatment
Asthma, PAD, CHF, GERD and headache
New therapeutic regimen for antibiotic treatment of sinus infection, bronchitis and new requirement and change in guidelines for pap, rectal and vaccinations
Diabetes in adolescents
ADHD
Fibromyalgia, GERD, insomnia, OSA, IBS and metabolic syndrome
Hypertension
CHF, CKD and pain management
Breast cancer, prostate cancer and arthritis
Asthma, GERD, insomnia, bowel disease and sleep disorders
Acute coronary syndrome
Pediatric topics and mental disorders
Hypertension management, liver diseases and colon cancer
Thyroid disorders, endocrine disorders and renal diseases
Treatments for autism and skin cancers
Osteoarthritis and rheumatoid arthritis
Anxiety disorder, adult vaccinations and medical Rx for dermatological diseases
HTN and hepatitis
IBS, GERD and rheumatologic diseases
HTN and infectious disease
CHF and CVA
Addiction disease and allergy
Sports injuries and back pain
CHF, dermatology lesions, ophthalmology and fibromyalgia
Orthopedics in primary care
Dermatology and thyroid disorders
Anemia's, pelvic diseases, alcohol and drug withdrawal
Osteoporosis and cardiac diseases
Bipolar illness and asthma
CHF and depression
Cardiovascular screening for prevention of CVD
Women's health and dermatology

Comment
Breast, ovarian cancer and child development
Unexplained motion disorders and chronic pain syndromes
Rheumatology
Psychiatry topics for the family physician
Hypertension in the elderly
ENT for the primary care, vertigo, hearing, sudden hearing loss and head and neck cancers
Osteoporosis and sarcoidosis
Pulmonary hypertension and renal disease
More on diabetes, CVA, pulmonary HTN and anemia
Hypertension and advances in antibiotic therapy

