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## **10th Annual Rheumatology Conference**

*Update 2010*

# **New Perspectives in the Management of the Rheumatic Diseases**

**November 20, 2010**

*Hollywood, FL  
Westin Diplomat Hotel*

**Course Directors  
Alan Brown, MD  
Jeffrey Lieberman, MD**

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

**Program Evaluation  
December 4, 2010**

In November 2010, the National Association for Continuing Education (NACE) sponsored a CME program, ***New Perspectives in the Management of the Rheumatic Diseases: Update 2010***, in Hollywood, FL.

This educational activity is designed to provide physicians, nurse practitioners, physician assistants and other providers treating patients with rheumatic diseases the opportunity to learn about biologic therapies for RA, managing risks associated with biologic therapies, osteoarthritis, anti-phospholipid antibody syndrome, pregnancy and rheumatic disease, and pulmonary manifestations of rheumatic diseases.

In planning this CME activity, the National Association for Continuing Education (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 three healthcare practitioners registered to attend ***New Perspectives in the Management of the Rheumatic Diseases: Update 2010***, in Hollywood, FL. One hundred twenty five 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 twenty one completed forms were received. The data collected is displayed in this report.

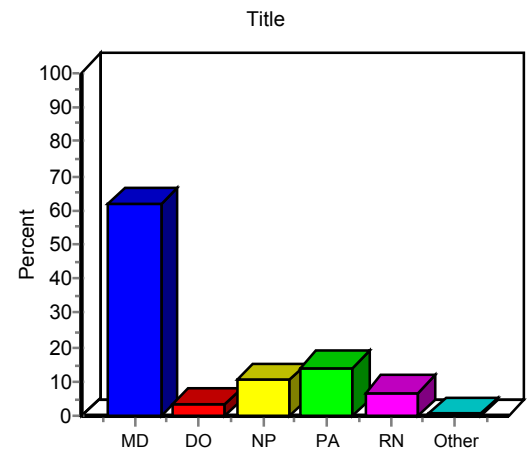
#### CME ACCREDITATION

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 4 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Cleveland Clinic Florida and the National Association for Continuing Education. The Cleveland Clinic Florida is accredited by the ACCME to provide continuing medical education for physicians. The Cleveland Clinic Florida designates this educational activity for a maximum of 2 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

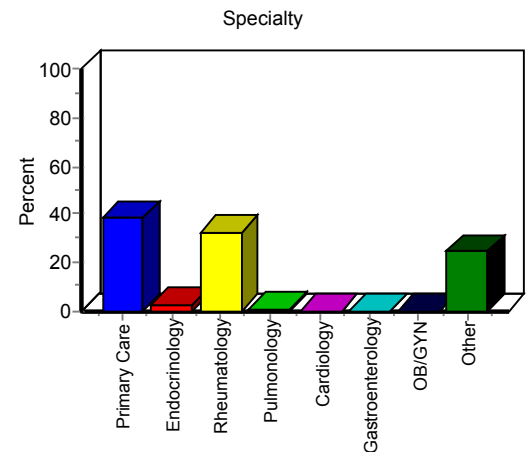
### What is your professional degree?

Label	Frequency	Percent	Valid Percent
MD	75	62.0	63.6
DO	4	3.3	3.4
NP	13	10.7	11.0
PA	17	14.0	14.4
RN	8	6.6	6.8
Other	1	0.8	0.8
Total Valid	118	97.5	100.0
Total Missing	3	2.5	
Total	121	100.0	



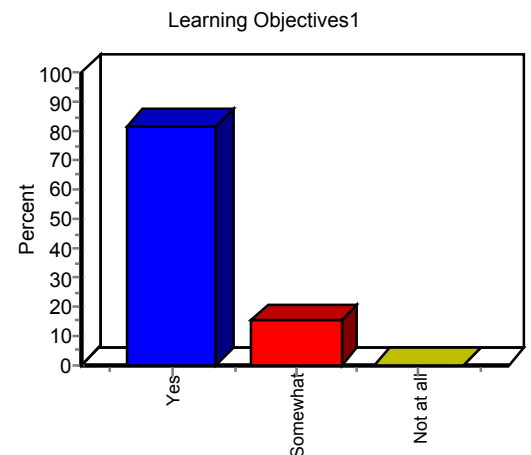
### What is your specialty?

Label	Frequency	Percent	Valid Percent
Primary Care	47	38.8	39.2
Endocrinology	3	2.5	2.5
Rheumatology	39	32.2	32.5
Pulmonology	1	0.8	0.8
Cardiology	0	0.0	0.0
Gastroenterology	0	0.0	0.0
OB/GYN	0	0.0	0.0
Other	30	24.8	25.0
Total Valid	120	99.2	100.0
Total Missing	1	0.8	
Total	121	100.0	



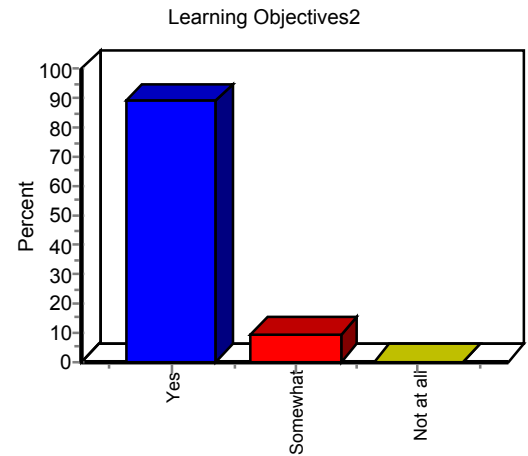
**Upon completion of this activity, I can now - List various biologic therapies undergoing clinical development; explain the mechanisms of action of emerging biologic therapies; compare and contrast existing and forthcoming biologic therapies; evaluate potential consequences of treatment with new biologic agents:**

Label	Frequency	Percent	Valid Percent
Yes	99	81.8	84.6
Somewhat	18	14.9	15.4
Not at all	0	0.0	0.0
Total Valid	117	96.7	100.0
Total Missing	4	3.3	
Total	121	100.0	



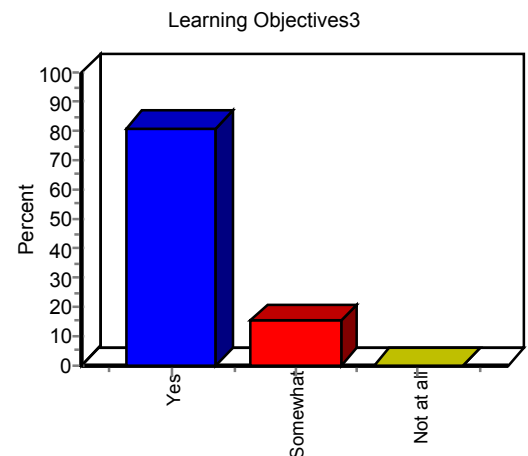
**Upon completion of this activity, I can now - Apply the clinical evidence for treatment options for Osteoarthritis and Osteoarthritis of the knee and current recommendations; describe the risks and benefits of various OA treatment approaches; recognize the role and indications for cytoprotection when utilizing NSAIDs; and describe the role of viscosupplementation in the treatment of Osteoarthritis of the Knee:**

Label	Frequency	Percent	Valid Percent
Yes	108	89.3	90.8
Somewhat	11	9.1	9.2
Not at all	0	0.0	0.0
Total Valid	119	98.3	100.0
Total Missing	2	1.7	
Total	121	100.0	



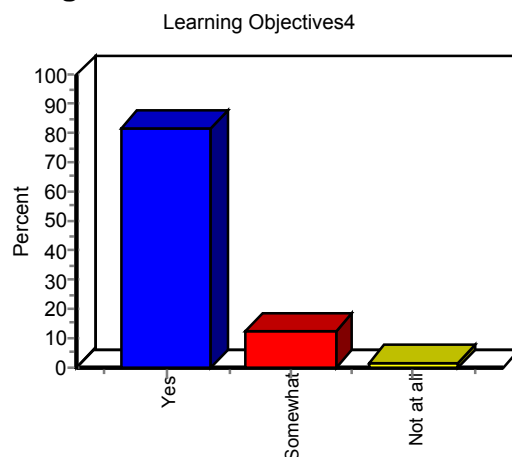
**Upon completion of this activity, I can now - Describe the risks versus benefits of biologic agents in rheumatic diseases; discuss current data on adverse effects of biologic agents and safety issues with respect to risks of malignancy and infection:**

Label	Frequency	Percent	Valid Percent
Yes	98	81.0	84.5
Somewhat	18	14.9	15.5
Not at all	0	0.0	0.0
Total Valid	116	95.9	100.0
Total Missing	5	4.1	
Total	121	100.0	



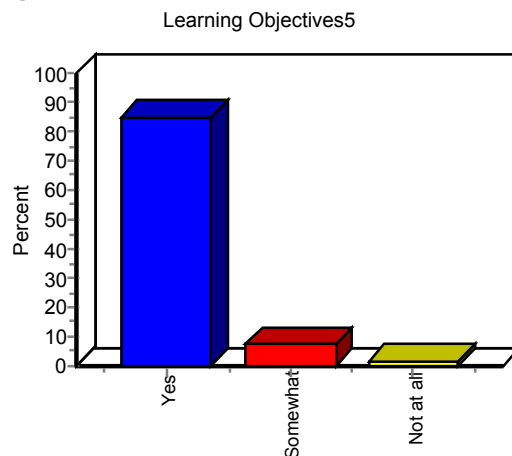
**Upon completion of this activity, I can now - Identify the various manifestations of antiphospholipid antibodies in primary and secondary Antiphospholipid Antibody Syndrome; explain the therapeutic approaches in dealing with specific situations such as pregnancy and surgery; and identify appropriate patient type for long-term anti-coagulation:**

Label	Frequency	Percent	Valid Percent
Yes	99	81.8	85.3
Somewhat	15	12.4	12.9
Not at all	2	1.7	1.7
Total Valid	116	95.9	100.0
Total Missing	5	4.1	
Total	121	100.0	



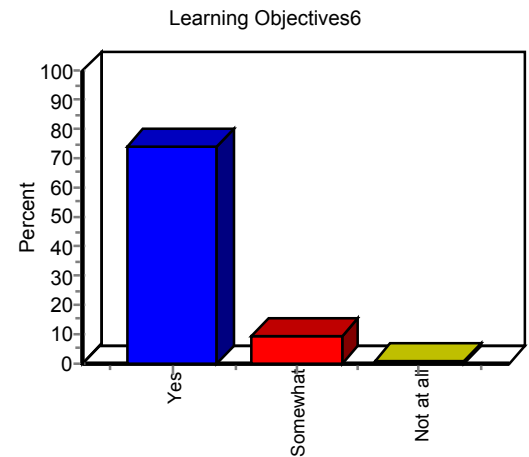
**Upon completion of this activity, I can now - Discuss the impact of pregnancy on specific rheumatic diseases (RA, Lupus); explain what needs to be assessed pre-partum during pregnancy and post-partum in patients with rheumatic diseases; and identify risks and benefits of specific rheumatic therapies pre-pregnancy, during pregnancy, and post-partum:**

Label	Frequency	Percent	Valid Percent
Yes	103	85.1	90.4
Somewhat	9	7.4	7.9
Not at all	2	1.7	1.8
Total Valid	114	94.2	100.0
Total Missing	7	5.8	
Total	121	100.0	



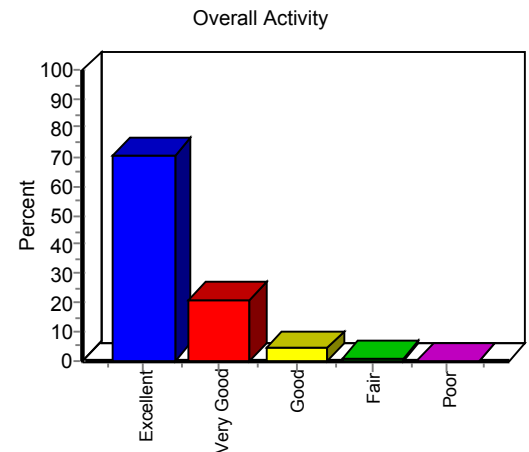
**Upon completion of this activity, I can now - Describe the pathophysiology of lung involvement in rheumatic diseases; describe the clinical manifestations of lung involvement with various rheumatic diseases; discuss the evaluation for patients with pulmonary rheumatic disease; and explain treatment for pulmonary manifestations in rheumatic conditions:**

Label	Frequency	Percent	Valid Percent
Yes	89	73.6	88.1
Somewhat	11	9.1	10.9
Not at all	1	0.8	1.0
Total Valid	101	83.5	100.0
Total Missing	20	16.5	
Total	121	100.0	



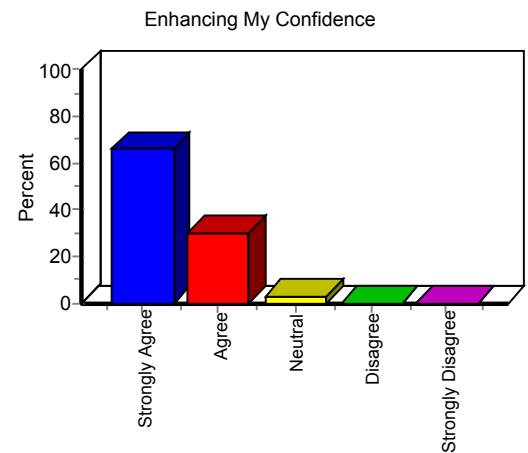
**Overall, I would rate this activity as:**

Label	Frequency	Percent	Valid Percent
Excellent	86	71.1	72.9
Very Good	26	21.5	22.0
Good	5	4.1	4.2
Fair	1	0.8	0.8
Poor	0	0.0	0.0
Total Valid	118	97.5	100.0
Total Missing	3	2.5	
Total	121	100.0	



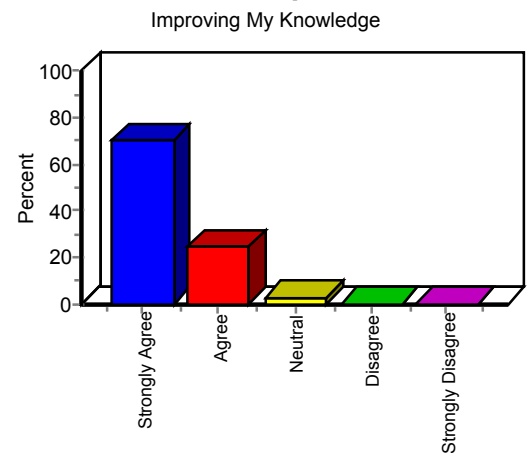
**Overall, this activity was effective in enhancing my confidence in caring for patients with the condition(s) presented?**

Label	Frequency	Percent	Valid Percent
Strongly Agree	80	66.1	67.2
Agree	36	29.8	30.3
Neutral	3	2.5	2.5
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	119	98.3	100.0
Total Missing	2	1.7	
Total	121	100.0	



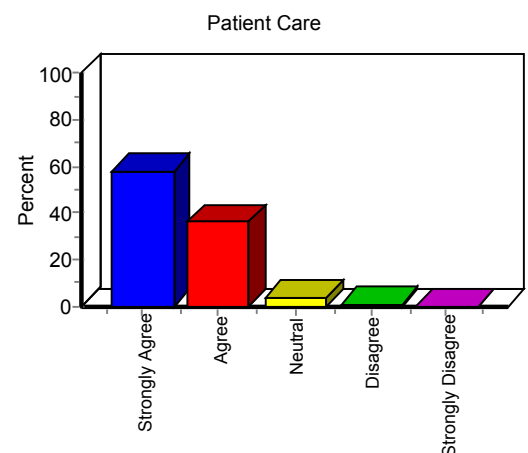
**Overall, this activity was effective in improving my knowledge in the content areas presented:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	85	70.2	72.0
Agree	30	24.8	25.4
Neutral	3	2.5	2.5
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	118	97.5	100.0
Total Missing	3	2.5	
Total	121	100.0	



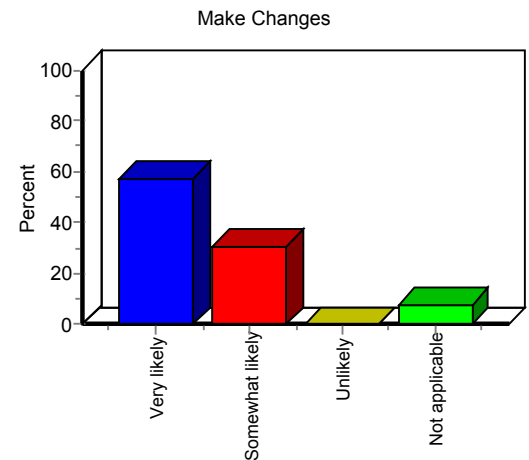
**As a result of this activity, I have learned new strategies for patient care:**

Label	Frequency	Percent	Valid Percent
Strongly Agree	70	57.9	58.8
Agree	44	36.4	37.0
Neutral	4	3.3	3.4
Disagree	1	0.8	0.8
Strongly Disagree	0	0.0	0.0
Total Valid	119	98.3	100.0
Total Missing	2	1.7	
Total	121	100.0	



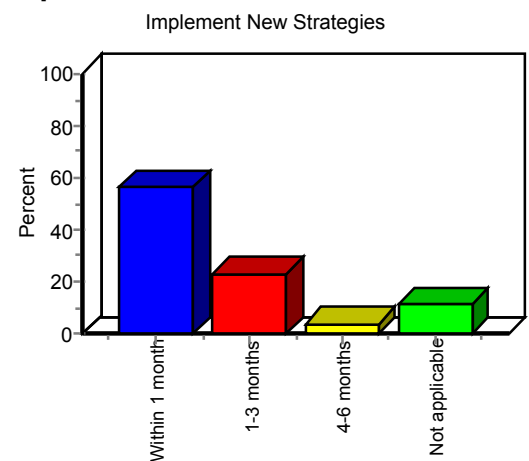
### How likely are you to implement these new strategies in your practice?

Label	Frequency	Percent	Valid Percent
Very likely	70	57.9	60.3
Somewhat likely	37	30.6	31.9
Unlikely	0	0.0	0.0
Not applicable	9	7.4	7.8
Total Valid	116	95.9	100.0
Total Missing	5	4.1	
Total	121	100.0	



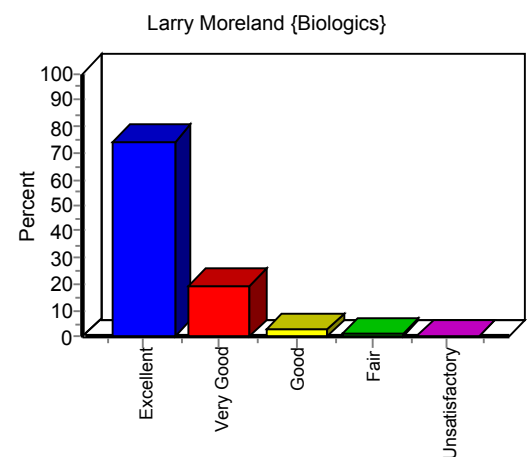
### When do you intend to implement these new strategies into your practice?

Label	Frequency	Percent	Valid Percent
Within 1 month	68	56.2	59.1
1-3 months	28	23.1	24.3
4-6 months	5	4.1	4.3
Not applicable	14	11.6	12.2
Total Valid	115	95.0	100.0
Total Missing	6	5.0	
Total	121	100.0	



### In terms of delivery of the presentation, please rate the effectiveness of the speaker: Larry Moreland, MD (Biologics):

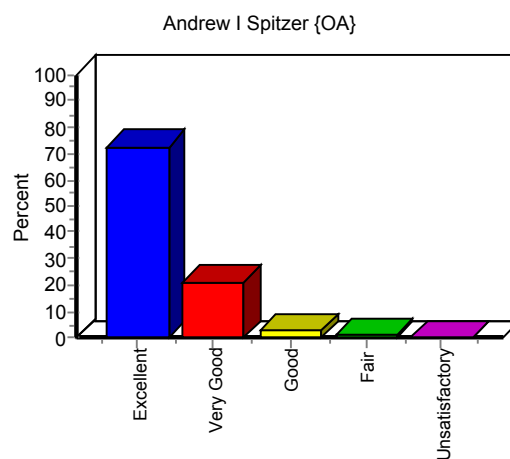
Label	Frequency	Percent	Valid Percent
Excellent	90	74.4	76.9
Very Good	23	19.0	19.7
Good	3	2.5	2.6
Fair	1	0.8	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	117	96.7	100.0
Total Missing	4	3.3	
Total	121	100.0	





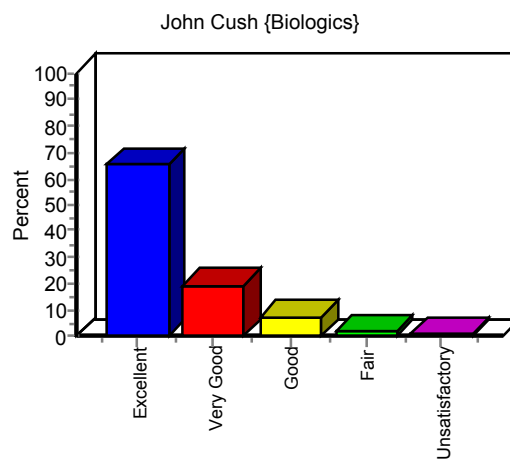
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Andrew I. Spitzer, MD (OA):**

Label	Frequency	Percent	Valid Percent
Excellent	88	72.7	75.2
Very Good	25	20.7	21.4
Good	3	2.5	2.6
Fair	1	0.8	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	117	96.7	100.0
Total Missing	4	3.3	
Total	121	100.0	



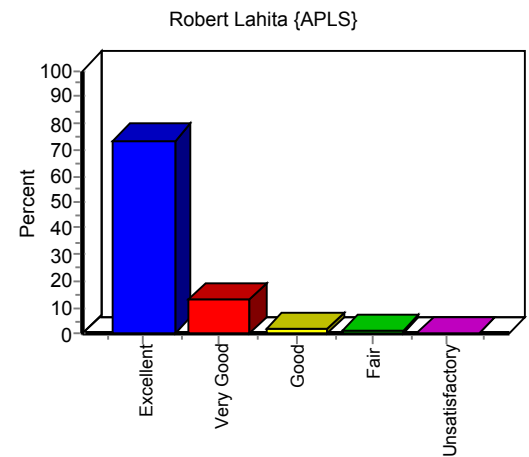
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: John Cush, MD (Biologics):**

Label	Frequency	Percent	Valid Percent
Excellent	79	65.3	69.3
Very Good	23	19.0	20.2
Good	9	7.4	7.9
Fair	2	1.7	1.8
Unsatisfactory	1	0.8	0.9
Total Valid	114	94.2	100.0
Total Missing	7	5.8	
Total	121	100.0	



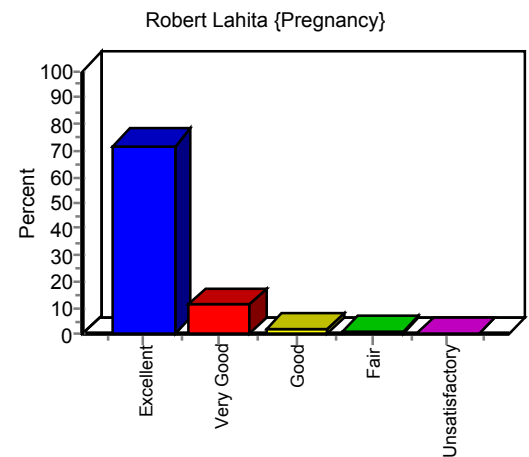
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Robert Lahita, MD (APLS):**

Label	Frequency	Percent	Valid Percent
Excellent	89	73.6	82.4
Very Good	16	13.2	14.8
Good	2	1.7	1.9
Fair	1	0.8	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	108	89.3	100.0
Total Missing	13	10.7	
Total	121	100.0	



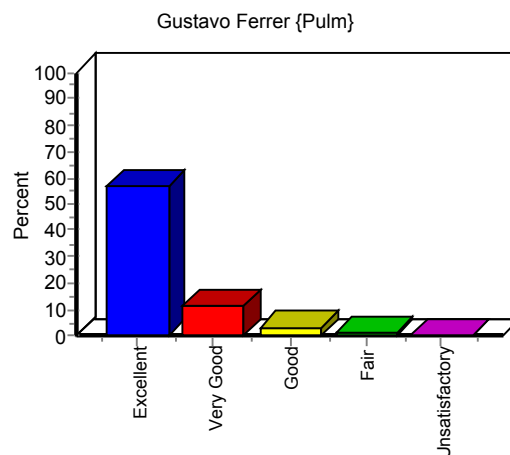
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Robert Lahita, MD (Pregnancy):**

Label	Frequency	Percent	Valid Percent
Excellent	87	71.9	83.7
Very Good	14	11.6	13.5
Good	2	1.7	1.9
Fair	1	0.8	1.0
Unsatisfactory	0	0.0	0.0
Total Valid	104	86.0	100.0
Total Missing	17	14.0	
Total	121	100.0	



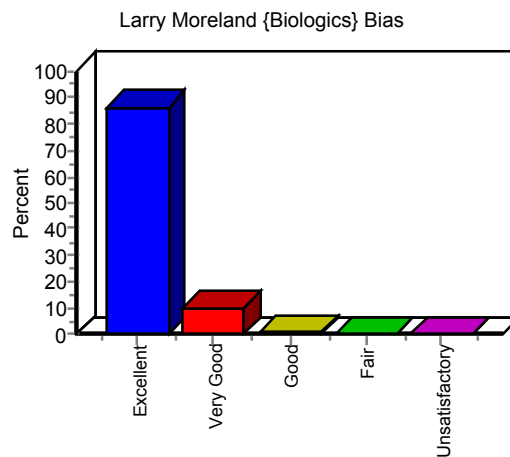
**In terms of delivery of the presentation, please rate the effectiveness of the speaker: Gustavo Ferrer, MD (Pulm):**

Label	Frequency	Percent	Valid Percent
Excellent	68	56.2	78.2
Very Good	14	11.6	16.1
Good	4	3.3	4.6
Fair	1	0.8	1.1
Unsatisfactory	0	0.0	0.0
Total Valid	87	71.9	100.0
Total Missing	34	28.1	
Total	121	100.0	



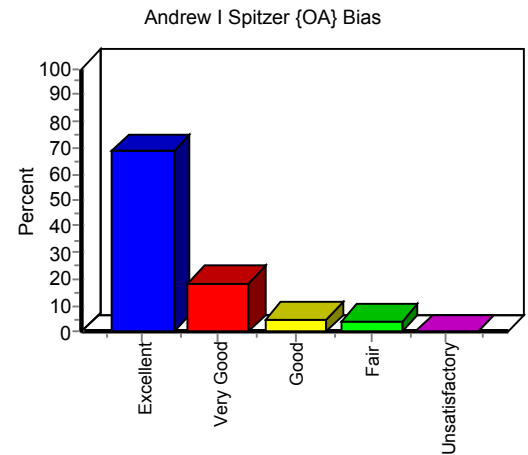
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Larry Moreland, MD (Biologics):**

Label	Frequency	Percent	Valid Percent
Excellent	104	86.0	88.9
Very Good	12	9.9	10.3
Good	1	0.8	0.9
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	117	96.7	100.0
Total Missing	4	3.3	
Total	121	100.0	



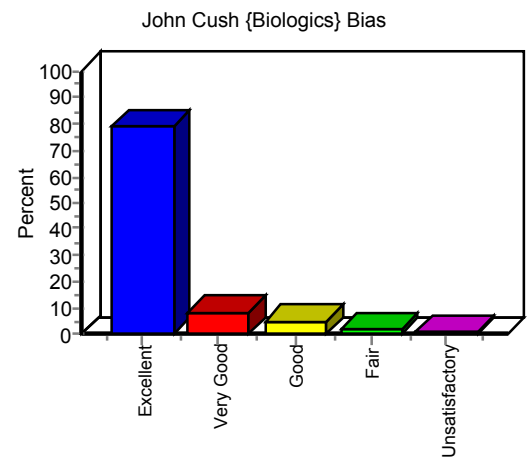
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Andrew I. Spitzer, MD (OA):**

Label	Frequency	Percent	Valid Percent
Excellent	83	68.6	71.6
Very Good	22	18.2	19.0
Good	6	5.0	5.2
Fair	5	4.1	4.3
Unsatisfactory	0	0.0	0.0
Total Valid	116	95.9	100.0
Total Missing	5	4.1	
Total	121	100.0	



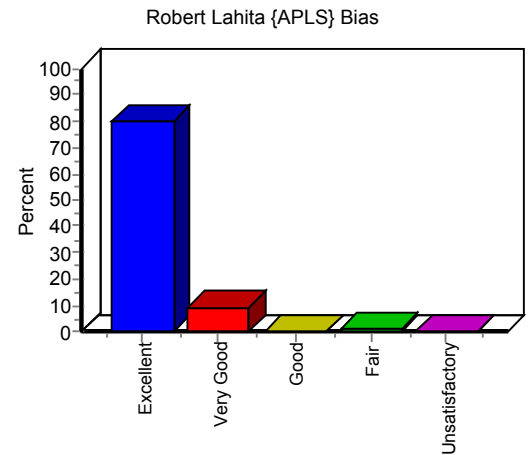
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? John Cush, MD (Biologics):**

Label	Frequency	Percent	Valid Percent
Excellent	96	79.3	83.5
Very Good	10	8.3	8.7
Good	6	5.0	5.2
Fair	2	1.7	1.7
Unsatisfactory	1	0.8	0.9
Total Valid	115	95.0	100.0
Total Missing	6	5.0	
Total	121	100.0	



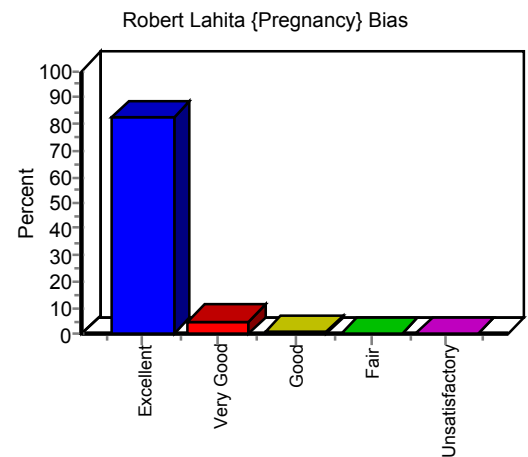
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Robert Lahita, MD (APLS):**

Label	Frequency	Percent	Valid Percent
Excellent	97	80.2	89.0
Very Good	11	9.1	10.1
Good	0	0.0	0.0
Fair	1	0.8	0.9
Unsatisfactory	0	0.0	0.0
Total Valid	109	90.1	100.0
Total Missing	12	9.9	
Total	121	100.0	



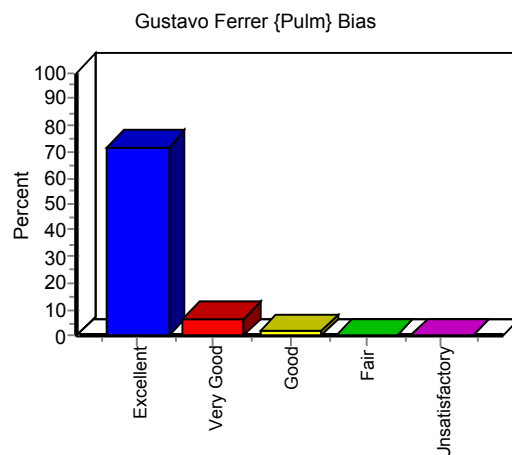
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Robert Lahita, MD (Pregnancy):**

Label	Frequency	Percent	Valid Percent
Excellent	100	82.6	93.5
Very Good	6	5.0	5.6
Good	1	0.8	0.9
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	107	88.4	100.0
Total Missing	14	11.6	
Total	121	100.0	



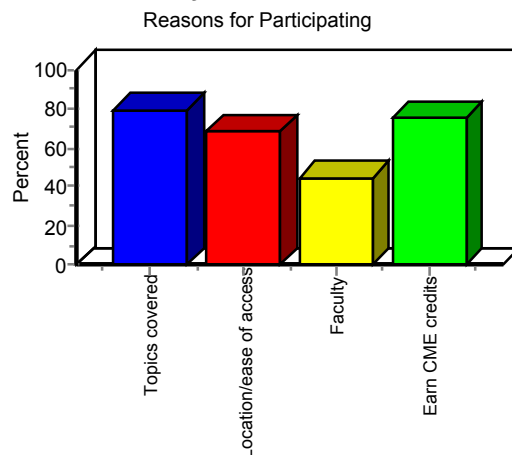
**To what degree do you believe that the subject matter was presented fair, balanced, and free of commercial bias? Gustavo Ferrer, MD (Pulm):**

Label	Frequency	Percent	Valid Percent
Excellent	87	71.9	89.7
Very Good	8	6.6	8.2
Good	2	1.7	2.1
Fair	0	0.0	0.0
Unsatisfactory	0	0.0	0.0
Total Valid	97	80.2	100.0
Total Missing	24	19.8	
Total	121	100.0	



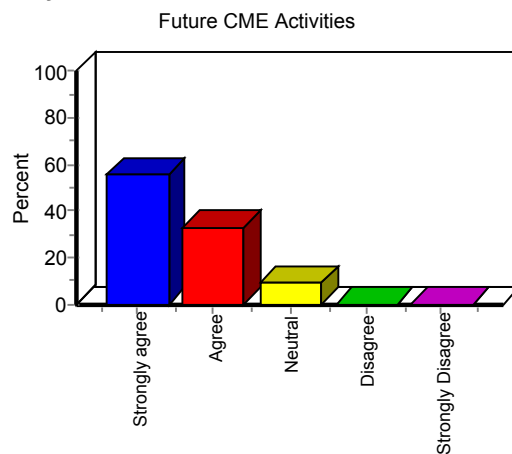
**Which statement(s) best reflects your reasons for participating in this activity:**

Label	Frequency	Percent	Valid Percent
Topics covered	96	79.3	79.3
Location/ease of access	83	68.6	68.6
Faculty	54	44.6	44.6
Earn CME credits	91	75.2	75.2
Total Valid	121	100.0	100.0



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

Label	Frequency	Percent	Valid Percent
Strongly agree	67	55.4	56.8
Agree	40	33.1	33.9
Neutral	11	9.1	9.3
Disagree	0	0.0	0.0
Strongly Disagree	0	0.0	0.0
Total Valid	118	97.5	100.0
Total Missing	3	2.5	
Total	121	100.0	



## What is your professional degree?

Comment
PA
CPC CPCI

## What is your specialty?

Comment
Family Medicine
Retired
Dermatology
Pain Management
Orthopedics
ICU
Dermatology
Immunology
Pathology
Internal Medicine
Pathology
Faculty
Pain Management
Emergency Medicine
Pain Management
Orthopedics
Urgent Care

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

Comment
HTN and pregnancy treatment; pregnancy and treatment; NSAIDS in pregnancy
Advocate viscosupplementation-learn how to inject; refer to rheumatologist for biologic treatments
Explaining patients risk as cancer and infections while on biologics
Better understanding of disease process and etiology diagnosis and treatment approach
Implementation of new treatments
Early use MTX; Azathopian ok in pregnancy
Improved patient selection for certain treatments with better understanding of potential side-effects
Treatment options
I'm now more confident about take care of my patient about nitridations with way of life, weight, pregnancy, healthy diet, and exercises; identified manifestation of APLS; apply new options for knee OA
Use of DMARD and use of visquous therapeutic options
Use mix more; stack immuno-suppression up front
Treatment, activity, patient approach, evidence base, benefit assessment
Treatment options for OA
Better understanding of MTX alone and with biologic or combination treatment; better understanding of use of biologics; better understanding of APLS and treatment; better understanding of arthritic Rx in pregnancy
Combination therapy MTX and biologic Etanecept=triple MTX and SSA and HCT therapy effectiveness; early RA treatment and aggressive; Imuran, SSA, safe in pregnancy; avoid TNF's in pregnancy and breastfeeding
Medical management of OA-knee-joint; injection techniques-corticosteroid and viscosupplementation
Identifying AS with anti-phospholipid antibody symptoms; discussed viscosupplementation with OA knee patients early
Lifestyle modifications

Comment
Use of viscosupplementation for OA
Starting patients with at least methotrexate RA; checking appd on patients with RA before starting any biologics; use NSAIDs only up to 32nd week in pregnant patients with RA only; KS only in first trimester in NL pregnant patients
New agents display and management; side effects avoidance
Visco injection
More confidence in treatment of pregnant CTD patients
Lifestyle changes
Biologic use safety issues and ex-treating TB and PPD before giving anti-tnf-learned as long as before anti-tnf-no special waiting period needed
Drug use in pregnancy-very helpful information; approved treatment Rx ILD in rheumatic diseases
Early recognition and early treatment
Look for clinical manifestations of ARLS
Careful review diff diagnosis and no relevant investigations then relevant therapies if available
Treatment of DPLS; treatment of rheumatological disease in pregnancy
Will evaluate levels of vitamin D on patients with osteoarthritis; will consider viscosupplementation for osteoarthritis of knee more often
Identify appropriate patient type for long time anticoagulation and explain treatment for pulmonary manifestations in rheumatic conditions
Increase awareness of presenting signs and symptoms. Improve communication with patients. Consult more
Use of triple DMARDS of alternative biologics
IGRA
Use IGRA and expand viscosupplement usage
More screening
Treat early aggressive RA and combination therapy in specific situations
Identify manifestations of antiphospholipid antibodies and identify patients for long term anticoagulation
Implement a more specific hx to identify appropriate patients that might benefit from different medical therapeutic options in RA; blood testing in patients suspected of having APLS; proper identification of patients to consider for treatment with viscosupplements; identify effects of pregnancy on SLE; ILD work up
Better knowledge in the management and understanding of OA knee and OA; better understanding diagnosis and treatment of RA meds etc; better understanding of relationship of meds in Fx, Ca; APLS lecture very interesting now know what to look for; PAH very frustrating
Different treatment options
Monotherapy first in RA; observe for new developments
Recommend the treatment options to affected individuals; change the way I teach
Diagnosis skills
Accurate diagnosis and management
Medications during pregnancy
Screening patients prior to biologics; viscosupplementation prior to SX in OA knee; zoster vaccination prior to biologic Rx; improve screening for APS; pregnancy
New focus on treatment and early diagnosis
TB testing
Learn how to treat their diseases and given better quality of life to my patients
Biological treatment strategies and OA treatment
Medical management and additional disease program
Check PPDs in patients
Screen for PHTN; which med safe in pregnancy; screen for TB
Advise patients who use biologic therapy about infection and cancer risk; check antiphospholipid antibodies when appropriate



Comment
Referral to rheumatology early required in my setting-check anticardiolipil antibodies for increased PTT; send patients for viscotherapy if conservative measures not effective
Triple therapy can be as effective as MTX and CT; the use of viscosupplementation for OA; pregnancy in RA, lupus, and drugs that are safe to use
Control obesity in patients and appropriate use of medications
Recommend strongly use of viscosupplementation in lieu of NSAIDS; I will be aware of the existence of anti-phosphological syndrome, and now I know how to test for it
I have learned various treatments for rheumatic disease; new information and management techniques for OA patients. Also, I have learned about the treatments that are approved for pregnancy and rheumatic diseases
APL syndrome and pregnancy in Rheumatic diseases
Usage of new therapeutics-drugs- in treatment of RA and increase my awareness of its side effects
New approach

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

Comment
CHF, second prevention of CVA, MI, thyroid cancer
Intraarticular therapies, spirometry review, PMR, DM and PM
Use of x-ray, MRIs and side effects
Vasculitis, dermatopathology, and rheumatic disease
TB prevention, diagnosis, and treatment
Polypharmacy and non-acute abdomen pathology
Medical errors and OCD
New invasive procedures in radiology
Psoriasis
Alternative therapies for arthritis, stem cell research
Osteoporosis and rank-2
Interpreting lab values, hyperthyroidism, vitamin D deficiency, thrombocytopenia
Psoriatic arthritis and sjogren's
Pain management and musculoskeletal medicine
Tourette's syndrome, postmenopausal bleeding, premature ejaculation
Urinary incontinence
Vasculitis treatment, osteoporosis treatment, new lupus treatment
ACS
HIV updates and Hepatitis B and C
Vasculitis
Same speakers but going in more detail even
More on DM
Dermatology and gyn
New medical tests
Immunology review, scleroderma, sarcoidosis, and vasculitis
ADHD and depression
Gout, lupus, scleroderma, thrombocytopenia-ITP, endocrinal disorders and rheumatic disease
Billing and coding, medical law, opening a new medical practice, sports medicine, dermatology
CT scans and MRIs
Updates in pain management and psychiatric management of rheumatology disorder
Infectious diseases and cancer
Reactive arthritis

Comment
Billing and management
Osteoporosis and spinal disorders
Thyroid disease
Sports medicine physical diagnosis, infectious disease, physical exam of patient
New agents for osteoporosis, concerns with drugs for osteoporosis, vasculitis
Treatment of Hepatic diseases
Treatment of osteopenia and psoriasis
HIV-AIDS and domestic violence
Breast cancer
Kidney disease, neurological issues, sleep apnea, obesity, TB
Breast conditions and thyroid conditions
Neurology, neurosurgery, dermatology, radiation and oncology
Reactive arthritis
SLE and osteoporosis
Vasculitis, lupus nephritis, crystal disease
Any in medicine
Pain management, and documentation-legal issues
Osteoporosis, vasculitis treatment with biologics, pediatric rheumatology
Neurology topics and Hepatitis
Anemias, leukemia, breast, colon, cancer update
Dermatology and osteoporosis
Nutrition and vitamin D
Orthopedics
Pain management, asthma, diabetes
Diabetes, hypertension, HIV disease
More about antiphospholipids syndrome-very interesting
Endocrinology and diabetes
Vasculitis
HIV, Hep A, B, C, TB

## Additional comments:

Comment
Thank you for lunch
Thank you
Ok
This CME was outstanding
I give about 4 injections daily and this info was useful
Very fine conference
Sarcoidosis
Please include all the response questions in the presentation handouts- a revision and learning tool after the conference
Awesome
I was very happy to be here.
Great speakers
Excellent CME activity
None
Excellent conference as always
Another successful conference
Excellent
Good speakers and good lectures
Thank you
Significant information provided
Thank you
Most of topics today had a lot of a basic science component. This was helpful however, I would advise an increase in more practical things like management algorithms, etc
Excellent
MAS syndrome and current treatment-Dr. Lahita; Dr. Lahita on any rheumatology topic
Nemue conduction studies for diagnosis of neuropathic conditions related to rheumatology and pain management
These were very interesting lectures
Great day! Great speakers.
Excellent presentations
It's great and I enjoy the new update info
Thank you
Excellent symposium and great speakers as expected, thank you
Robert Lahita-great speaker
I'd love to see more vignettes along with radiographic changes-images
Screening tests for different types of cancer, advances in diagnostic imaging, advances in cancer treatments, women's issues-health issues, andropausia
I really learn a lot from Dr. Lahita's talk-please invite him again, thanks
Excellent speakers
Thank you. This was an excellent CME conference