



Continuing Education, Inc
UNIVERSITY AT SEA™

Presents

**Update in Family Medicine and
Mental Health from Childhood through Adulthood**

16 AMA PRA Category 1 Credits™

16 ACPE Credits

Up to 16 MOC (Part II) points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program

Up to 16 (part II) MOC points in medical knowledge in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program

16.0 Contact Hours

16 CE Credits for Psychologists

16 ASWB ACE Credits

7-Night Alaska Glacier Cruise

From Seattle, Washington

Royal Caribbean's *Quantum of the Seas*

June 12 - 19, 2023

With

Richard Colgan, MD

and

Gil Lichtshein, MD, FAPA

CONTINUING EDUCATION, INC.

Update in Family Medicine and Mental Health from Childhood through Adulthood

June 12 - 19, 2023

Agenda

June 12, 2023	6:30pm – 7:30pm	Informal Meet and Greet – Boleros, 4 th Floor - Friends and Family Invited
June 13, 2023 Educational Sessions Brilliance Conference Room Conference Center 13th Floor	Time	Topic
	9:00am – 10:00am	A Brief Look at the History of Medicine: Can the Dead Teach the Living? – Dr. Colgan
	10:00am – 12 Noon	Transcranial Magnetic Stimulation – Dr. Lichtshein
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	Dermatologic Emergencies and Urgencies – Dr. Colgan
	2:00pm – 3:00pm	Diagnostic Dilemmas: What Does This Patient Have? Case Files – Dr. Colgan
	3:00pm – 4:00pm	Pharmacogenomics Part 1– Dr. Lichtshein
June 14, 2023	5:00pm – 6:00pm	Networking and Case Discussions - Boleros, 4th Floor
June 15, 2023	5:00pm – 6:00pm	Networking and Case Discussions - Boleros, 4th Floor
June 16, 2023	9:30am – 10:30am	Networking and Case Discussions – Café 270, 5th Floor^o
June 17, 2023 Educational Sessions Brilliance Conference Room Conference Center 13th Floor	Time	Topic
	9:00am – 10:00am	Pharmacogenomics Part 2– Dr. Lichtshein
	10:00am – 11:00am	"Serenity Now": Caring for Addicts and their Families – Dr. Colgan
	11:00am – 12 Noon	The Latest UTI Guidelines - What's New? – Dr. Colgan
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 3:00pm	Updates on the treatment of ADHD – Dr. Lichtshein
	3:00pm – 4:00pm	Office Evaluation of Abdominal Pain – Dr. Colgan
June 18, 2023 Educational Sessions Brilliance Conference Room Conference Center 13th Floor	Time	Topic
	8:00am – 9:00am	The Secret in the Care of the Patient - Without Getting "Your Hands Cut Off" – Dr. Colgan
	9:00am – 11:00am	Autism: current understandings and treatment - Lichtshein
	11:00am – 12 Noon	Healthcare Stories – Dr. Colgan
June 19, 2023		Have a Safe Trip Home

Preliminary Agenda – subject to change.

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Faculty

Richard Colgan, MD: Professor and Executive Vice Chair, Department of Family and Community Medicine, University of Maryland School of Medicine; Director Maryland Area Health Education Center, Director Executive Health

Dr. Colgan's career has been marked by a number of significant leadership initiatives and awards for teaching excellence, many coinciding with his 20-year tenure at the University of Maryland School of Medicine. As a professor of family and community medicine at the University of Maryland School of Medicine, he also serves as executive vice chairman. Dr. Colgan has served as lead investigator on many research projects, including the Medical Student Experience with Primary Care Physicians, the Patient Centered Medical Home, and Care for the Underserved in Maryland, funded by a grant from the U.S. Department of Health and Human Services Health Resources and Services Administration. He has authored more than eighty publications.

Dr. Colgan has been listed in Best Doctors in America, was chosen by the School of Medicine's student body as its nominee for the Association of American Medical Colleges' annual humanism award, and was inducted into the school's Humanism Honor Society as well as Alpha Omega Alpha. In 2008, he was awarded the American Medical Student Association's Golden Apple clinical faculty teaching award by the University of Maryland School of Medicine class of 2008.

Dr. Colgan is a colonel in the Maryland Defense Force, serving the state of Maryland as a volunteer physician in the 10th Medical Regiment. He is the author of two books: *Advice to the Young Physician: On the Art of Medicine* and *Advice to the Healer: On the Art of Caring*, both published by Springer. He was recently selected to direct the Maryland Area Health Education Center, the School of Medicine's "Mini-Med School" and "Mini-Med School for Kids" programs, providing medical information to members of the local community. He also is the Director of the School of Medicine's Executive Health Program.

Gil Lichtshein, MD, FAPA, Courtesy Assistant Professor of Psychiatry, University of Florida School of Medicine Department of Psychiatry, Gainesville, Florida; Voluntary Assistant Professor of Psychiatry and Behavioral Sciences, University of Miami Miller School of Medicine Department of Psychiatry, Miami, Florida;

Dr. Lichtshein specializes in a variety of disorders including mood disorders, bipolar disorder, depression, anxiety disorders, obsessive com-pulsive disorder (OCD), panic attacks, and attention deficit disorders (ADD/ADHD).

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Disclosures

Continuing Education, Inc., seeks to ensure balance, independence, objectivity and scientific rigor in all of its sponsored educational activities. CEI has no relationships with the manufacturers of products or devices discussed in these presentations. None of the planners of this educational activity has any relevant financial relationships to disclose.

Speakers participating in CME programs are asked to disclose any involvement with commercial organizations and their responses are indicated below. In addition, any unlabeled or investigational uses of pharmaceuticals or equipment must be identified to participants during presentations. The existence of commercial relationships does not prevent speakers from making presentations. The intent of this CEI policy is consistent with requirements of the Accreditation Council for CME and is designed to provide complete information to the audiences. Participants must make their own judgments about the content of presentations in light of these disclosures and determine if possible bias or misrepresentation has occurred.

Faculty members further affirm (1) that all recommendations involving clinical medicine given during presentations are based upon evidence that is accepted within the profession of medicine for the care of patients, (2) that any scientific research referred to in support or justification for a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis, and (3) that they will not present recommendations, treatments or manners of practicing medicine that are not within the definition of CME, or are known to have risks or dangers that outweigh the benefits, or are known to be ineffective in the treatment of patients.

Richard Colgan, MD

Dr. Colgan has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

Gil Lichtshein, MD, FAPA

Dr. Lichtshein has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

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Accreditation Statements

Joint Accreditation

In support of improving patient care, Continuing Education, Inc./University at Sea™ is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians

Designation: Continuing Education, Inc. designates this live activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists

Designation: Continuing Education, Inc. designates this live activity for a maximum of 16 ACPE Credits.

Nurses

Designation: Nurses completing this educational activity will receive a maximum of 16 contact hours.
Course Identification Number: WO012923

DISABILITIES AMONG PARTICIPANTS

Continuing Education, Inc., and Royal Caribbean Cruise Line does not discriminate against persons on the basis of disability and seek to accommodate, to the extent possible, the special needs of persons with disabilities. Travelers need to be aware, however, that certain land and shore facilities may not be fully accessible to disabled persons. Special medical, physical or other requirements must be identified at the time of booking. The CEI Activity Coordinator accompanying this program will provide assistance for participants and liaison with the ship's company.

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Topics and Objectives

Participants will learn from the latest guidelines and the speakers' experience how to address common and not so common illnesses and mental health conditions. The learner will have an expanded awareness of considerations which they may care to implement in the care of the patient.

- **A Brief Look at the History of Medicine: Can the Dead Teach the Living?**
 - Discover that challenges we currently face today are not so new.
 - Identify competent and compassionate approach to challenging clinical scenarios
- **Dermatologic Emergencies and Urgencies**
 - Better Identify patients with life threatening skin disorders
- **Diagnostic Dilemmas: What Does This Patient Have? Case Files**
 - Diagnose those with protean symptoms or signs, with an emphasis on life threatening, catastrophic disorders
- **"Serenity Now": Caring for Addicts and their Families**
 - Recognize opportunities to intervene in helping patients and their families who suffer from addiction
- **The Latest UTI Guidelines - What's New?**
 - Diagnose and treat those with urinary tract infections
- **Office Evaluation of Abdominal Pain**
 - Interpret the subtle symptoms and signs of serious abdominal pain
- **The Secret in the Care of the Patient - Without Getting "Your Hands Cut Off"**
 - Discover how to avoid malpractice by choosing good practices which will be clearly identified using concrete examples
- **Healthcare Stories**
 - Appreciate the privilege inherent in caring for our patients and how it strengthens feelings of self-worth and joy
- **Transcranial Magnetic Stimulation**
 - Gain a better understanding on the use of TMS and its application in the treatment of depression
- **Pharmacogenomics**
 - Understand the impact of genetics on drug response and its role in pharmacologic management of patients
 - Explore specific important pharmacodynamic and pharmacokinetic genetic variations in Psychiatry
- **Updates on the treatment of ADHD**
 - Describe the History, Etiology and Pathophysiology of Attention Deficit Hyperactivity Disorder (ADHD)
 - Describe the diagnosis and components of ADHD
 - Define the important changes in diagnostic criteria for ASD in DSM-V
 - Identify medication with empirical support for treatment of ADHD
 - Identify non pharmacologic and alternative/complimentary treatments as well as other treatment modalities for ADHD
- **Autism: current understandings and treatment**
 - Describe the History, Etiology and Pathophysiology of Autism Spectrum Disorders
 - Define the diagnosis and components of ASD
 - Define the important changes in diagnostic criteria for ASD in DSM-V
 - Identify medication with empirical support for treatment of ASD
 - Identify non pharmacologic and alternative/complimentary treatments as well as other treatment modalities for ASD