



Continuing Education, Inc
UNIVERSITY AT SEA™

Presents

**Common Medical and
Mental Health Problems in Primary Care:
A Team Based Approach**

16 AMA PRA Category 1 Credits™

16 ACPE Credits

16 CE Credits for Psychologists

16 ASWB ACE Credits

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

1.5 Hours of Pharmacology for Nurse Practitioners

16.0 Contact Hours

Amsterdam, The Netherlands

July 11 - 23, 2023

With

David B. Feller, MD,

Kevin Scott Ferentz, MD,

and

Lisa Ferentz, LCSW-C, DAPA

CONTINUING EDUCATION, INC.
Common Medical and Mental Health Problems in Primary Care: A Team Based Approach
 July 11 - 23, 2023

Agenda

July 11, 2023	6:30pm – 7:30pm	Informal Meet and Greet – Schooner Bar, 6 th Floor, Families and Guests invited
July 12, 2023 Educational Sessions Conference Center 5 th Floor	Time	Topic
	9:00am – 10:00am	Smoking Cessation – Dr. Ferentz
	10:00am – 11:00am	Hypertension – Dr. Feller
	11:00am – 12 Noon	Routine Adult Care – Dr. Ferentz
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	Eating Disorders – Ms. Ferentz
	2:00pm – 3:00pm	Managing Mildly Abnormal Liver Functions – Dr. Feller
	3:00pm – 4:00pm	Anemia – Dr. Ferentz
July 13, 2023	No Events Today	
July 14, 2023	5:00pm – 6:00pm	Networking and Case Discussions – Schooner Bar, 6 th Floor
July 15, 2023 Educational Sessions Conference Center 5 th Floor	Time	Topic
	8:30am – 9:30am	Common Skin Rashes and Skin Lesions – Dr. Feller
	9:30am – 10:30am	Recognition and Treatment of Depression – Dr. Ferentz
	10:30am – 11:30am	Introduction to CAM/Integrative Medicine including Herbals and Supplements – Dr. Feller
	11:30am – 12:30pm	Obesity – Dr. Ferentz
July 16, 2023	5:30pm – 6:30pm	Networking and Case Discussions – Schooner Bar, 6 th Floor
July 17, 2023	5:00pm – 6:00pm	Networking and Case Discussions – Schooner Bar, 6 th Floor
July 18, 2023	5:00pm – 6:00pm	Networking and Case Discussions – Schooner Bar, 6 th Floor

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July 19, 2023	5:30pm – 6:30pm	Networking and Case Discussions – Schooner Bar, 6 th Floor
July 20, 2023	No Events Today	
July 21, 2023	5:30pm – 6:30pm	Networking and Case Discussions – Schooner Bar, 6 th Floor
July 22, 2023 Educational Sessions Conference Center 5th Floor	Time	Topic
	9:00am – 10:00am	Evaluating Dyspepsia – Dr. Feller
	10:00am – 11:00am	Thyroid Disease – Dr. Ferentz
	11:00am – 12 Noon	Low Back Pain – Dr. Feller
	12 Noon – 1:00pm	Lunch on your own
	1:00pm - 2:00pm	Dyslipidemia – Dr. Feller
	2:00pm – 3:00pm	The identification and Treatment of Traumatized Patients – Ms. Ferentz
	3:00pm – 4:00pm	Atrial Fibrillation – Dr. Feller
July 23, 2023	Have a Safe Trip Home	

Faculty

David B. Feller, MD

Dr. Feller received all of his medical training (medical school and residency) in Gainesville at the University of Florida, College of Medicine. He did clinical practice for 5 years and then joined the faculty of the Family Medicine Residency Program. He is currently the Vice Chair for Clinical Operations and director of behavioral medicine.

He has received several awards for his teaching including Clinical Science Teacher of the year by medical students, Exemplary Teaching Award from the College of Medicine, Teacher of the year by Family Medicine Residents, and Exemplary Teaching Award by the FAFP. His academic interests include integrative medicine and behavioral medicine.

Kevin Scott Ferentz, MD

Dr. Ferentz graduated magna cum laude from SUNY at Albany, where he majored in Biology and Theater. He received his M.D. from SUNY at Buffalo School of Medicine, then completed his Family Practice residency at the University of Maryland, along with a fellowship in Faculty Development with an emphasis in Obstetrics.

In 2012 Dr. Ferentz retired as an Associate Professor in the Department of Family Medicine at the University of Maryland School of Medicine after 25 years on the faculty. During those years he served as the Director of Student and Employee Health, the Director of Clinical Operations for the department, and as Residency Director for 12 years. He went on to serve as the Chief Medical Officer for Baltimore Medical System, Inc. – the largest group of Federally Qualified Health Centers in Maryland, responsible for approximately 60 clinicians serving in six medical centers and eight school based health centers, caring for 45,000 patients and providing 155,000 visits per year. He then worked as the Medical Director of the Randallstown office of Chase Brexton Health Care.

He is currently the Chairman of the Department of Family Medicine at the Greater Baltimore Medical Center (GBMC) and the Lead Physician for the GBMC Health Partners Primary Care offices at Owings Mills. Dr. Ferentz is a Clinical Associate Professor in the Department of Family Medicine at the University of Maryland and continues to educate medical students on a regular basis. Dr. Ferentz has authored more than three dozen articles and book chapters concerning issues in Family Medicine. His academic work centered on Smoking Cessation, and the recognition and treatment of Depression in primary care. He received more than two dozen teaching awards, including two national awards: the Exemplary Teaching Award from the American Academy of Family Physicians and the Outstanding Program Director Award from the Association of Family Practice Residency Directors. He was named one of the Best Family Physicians by Baltimore Magazine in 1997, 2000, 2002, 2007, 2010, 2017, 2018, and 2020. The Ladies Home Journal named him one of the best Family Physicians in America in 2002. He was named to Best Doctors in America in 1998, 2002, 2006, 2009, 2011 and 2013. He appears in Who's Who in America in 2004, 2005, 2006, and 2011.

Dr. Ferentz provides continuing medical education lectures for several national CME providers. Dr. Ferentz is a past-President of the Maryland Academy of Family Physicians and served on several committees and commissions for the American Academy of Family Physicians. He has done hundreds of media spots on TV and for eight years he was the regular host of Sunday Rounds, the largest medical call-in show on public radio, heard nationwide, and around the world on the Armed Forces Radio Network and the Internet.

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Faculty continued

Lisa Ferentz, LCSW-C, DAPA

Lisa is a recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 39 years. She presents workshops and keynote addresses nationally and internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK and Ireland. She has been an Adjunct Faculty member at several Universities, and is the Founder of "The Ferentz Institute," now in its sixteenth year of providing continuing education to mental health professionals and graduating several thousand clinicians from her two Certificate Programs in Advanced Trauma Treatment. In 2009 she was voted the "Social Worker of Year" by the Maryland Society for Clinical Social Work.

Lisa is the author of "Treating Self-Destructive Behaviors in Traumatized Clients: A Clinician's Guide," now in its second edition, "Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing," and "Finding Your Ruby Slippers: Transformative Life Lessons From the Therapist's Couch." Lisa also hosted a weekly radio talk show, writes blogs and articles for websites on trauma, attachment, self-destructive behaviors, and self-care, teaches on many webinars, and is a contributor to Psychologytoday.com. You can follow Lisa's work on her website, theferentzstitute.com, YouTube, LinkedIn and Twitter.

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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.

David B. Feller, MD

Dr. Feller 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.

Kevin Scott Ferentz, MD

Dr. Ferentz 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.

Lisa Ferentz, LCSW-C, DAPA

Ms. Ferentz 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.

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.

This activity provides 1.5 hours of pharmacology for nurse practitioners

ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 (part II) MOC points in medical knowledge in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Disabilities among participants

Continuing Education, Inc., and Royal Caribbean do 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.

Topics and Objectives

The goal of these presentations is to discuss several new guidelines in reference to common primary care topics. Review of these guidelines along with clinical application may lead to evidence - based, and more cost- effective evaluation and management using a team-based approach

- **Smoking Cessation**
 - Recognize the role of smoking in disease etiology
 - Utilize techniques to enhance the patient's ability to stop smoking
- **Anemia**
 - Develop a diagnostic strategy to ascertain the etiology of anemia
 - Utilize the guidelines for diagnosing anemia in children and adults in terms of available testing
 - Develop a clinical approach to treating various anemias to include iron deficiency and "anemia of chronic disease", due to infections, inflammatory diseases, chronic kidney disease (CKD), malignancies, cytokines, interferons, tumor necrosis factor (TNF), et cetera
 - Describe the role of consultants in the evaluation and management of anemia
- **Routine Adult Care**
 - Determine which screening tests are indicated for particular patients, according to USPSTF guidelines
 - Order appropriate immunizations for adult patients
- **Recognition and Treatment of Depression**
 - Understand the incidence and prevalence of anxiety and depression
 - Evaluate patients with signs and symptoms of anxiety and depression in order to make an accurate diagnosis
 - Prescribe appropriate medications to treat these disorders
- **Obesity**
 - State the epidemiology of obesity in America and the health risks associated with obesity
 - Assess patients who are obese and determine if they need treatment
 - Recommend and utilize the ACC/AHA/TOS Guidelines for the Management of Overweight and Obese Adults, including diet, exercise, medications, and bariatric surgery
 - Employ the Endocrinology Society Guidelines on Pharmacological Management of Obesity
- **Thyroid disease**
 - Formulate a plan for the evaluation of a patient with presumed thyroid disease
 - Interpret common lab and imaging tests in the evaluation of a patient with thyroid disease
 - Select appropriate treatment modalities, both medical and surgical, for patients with thyroid disease, according to the American Thyroid Association Guidelines
- **The identification and Treatment of Traumatized Patients**
 - Describe the characteristics associated with traumatic events
 - Interpret the "red flags" or symptomatic manifestations of trauma in patients
 - Demonstrate how to obtain a trauma history from a patient during the H and P
 - Identify and propose interventions designed to treat symptoms of trauma and increase comfort during physical exam

- **Eating Disorders**
 - Identify the behavioral and psychosocial triggers that promote eating disordered behaviors
 - Distinguish between the symptoms of anorexia, bulimia, bingeing, orthorexia, and diabulimia
 - Recognize the clinical "red flags" that indicate eating disordered behavior
 - Apply appropriate interventions designed to treat eating disordered behaviors
- **Hypertension**
 - Apply new HTN guidelines
 - Describe rationale for those guidelines
- **Managing Mildly Abnormal Liver Functions**
 - Apply established guidelines in the evaluation of abnormal LFTs
 - Describe the rationale behind the guidelines
- **Common Skin Rashes and Skin lesions**
 - Identify and recognize common rashes and lesions in the primary care setting
- **Introduction to CAM/Integrative Medicine including Herbals and Supplements**
 - Cite the frequency of use of various modalities among patients and health care professionals
 - Give examples of the more common CAM therapies
 - Examine the evidence base for and/or against common CAM therapies
- **Evaluating Dyspepsia**
 - Apply established guidelines in the evaluation of Dyspepsia
 - Describe the rationale behind the guidelines
- **Low Back Pain**
 - Apply ACP/APS guidelines to the evaluation and treatment of low back pain
 - Apply the concept of "red flags" to the evaluation of LBP
- **Dyslipidemia**
 - Apply new dyslipidemia guidelines, 2. Describe Rationale behind those guidelines
- **Atrial Fibrillation**
 - Describe incidence of AFib one of the most common cardiac arrhythmias
 - Apply evidenced based approach to defining risk vs benefit for anticoagulation in AFib