

Continuing Medical Education for Medical Professionals

CUTTING EDGE
STRATEGIES FOR
DIABETES CARE:

5th Year in a Unique National Series

MAKING THE CONNECTION

Saturday
September 25, 2010
Polk County Convention Center
Des Moines, Iowa




UC San Diego
SCHOOL OF MEDICINE


TAKING CONTROL
OF YOUR DIABETES

COURSE DIRECTOR

Steven V. Edelman, MD

Clinical Professor of Medicine
University of California San Diego
School of Medicine
San Diego VA Healthcare System
Founder and Director,
Taking Control Of Your Diabetes

FACULTY

Steven V. Edelman, MD

Anuj Bhargava, MD, MBA, CDE, FACP, FACE

Iowa Diabetes and Endocrinology Center
Adjunct Assistant Professor of Medicine:
University of Iowa & Des Moines University

Ian Blumer, MD, FRCPC

Medical Advisor, Charles H. Best Diabetes
Centre, Professor of Medicine,
Univ. of Toronto, Toronto, Ontario, Canada

William Polonsky, PhD, CDE

Licensed Clinical Psychologist
Assistant Clinical Professor, Department of
Psychiatry, University of California, San Diego
Founder and President, Behavioral Diabetes
Institute, Del Mar, CA

LEARNING OBJECTIVES

Upon completion of this course, participants should be able to:

1. Discuss the different pathophysiologic defects associated with type 2 diabetes and how each pharmacologic agent addresses these specific abnormalities.
2. Assess the recent clinical trial data and express the concepts and practical issues of combination therapy with the currently available oral agents including metformin, TZDs, SFUs, bile acid sequestrants and DPP4 inhibitors.
3. Design rational and individualized treatment plans using the various medications alone or in combination, including the optimal time for introducing each therapy.
4. Describe the pros and cons of the various insulin strategies including combination therapy, the split mixed, premixed, basal-bolus and pump regimens.
5. Discuss patient directed insulin titration strategies used in clinical practice for combination therapy.
6. Review and describe the pathophysiology of type 2 diabetes as it relates to the role of GLP-1 and give a clinically relevant explanation of the incretin mimetic story.
7. Interpret the most up to date clinical information on GLP-1 agonists and summarize the prescribing guidelines and safety issues.
8. Illustrate the physiologic secretion of insulin, glucagon and amylin in the normal and diabetic state and propose a physiologic MDI (multiple daily injection) regimen.
9. Identify appropriate candidates for pump therapy. Design an easy-to-implement treatment plan for initiation of pump therapy and subsequent adjustments based on home glucose and/or continuous glucose monitoring numbers.
10. Discuss scenarios illustrating the information continuous glucose monitoring technology provides, and effective therapeutic adjustments based on continuous glucose monitoring data.
11. Assess and evaluate the physical and emotional barriers that prevent patients with diabetes from adherence to their therapeutic regimen(s) and achieving metabolic control.
12. Employ innovative and dynamic strategies for communication with patients to strengthen provider patient relations and improve patient outcomes.

COURSE DESCRIPTION

The TCOYD Side-By-Side Continuing Medical Education Program offers a unique opportunity to bridge patient and professional education, demonstrating the link between clinical lessons in the classroom to the real life patient experience. The ultimate goal of this activity is to educate caregivers about the most effective cutting edge strategies to help patients with diabetes reach their treatment goals and avoid the associated acute and chronic complications. This program also aims to achieve caregiver appreciation of the many previously unrealized concerns that affect patient adherence or non-adherence with a prescribed medical regimen.

In addition, this course is being held in tandem with a separate, yet similar, large-scale patient education conference and will give providers the opportunity to observe and interact with people who have diabetes and are engaged in their own intensive educational environment. Making that connection with patients, providers will acquire new skills and insight into what empowers patients with diabetes to develop healthy self-management of their condition.

This activity will focus on three distinct areas of diabetes management, and integrate case presentations into the lectures to facilitate more active audience participation. The three areas are:

- ◆ Oral agents for use in patients with type 2 diabetes
- ◆ Injectable therapies for use in patients with type 2 diabetes
- ◆ Intensive management strategies for patients with type 1 diabetes

Participants will be encouraged to consider the various therapeutic options they learn throughout the day, as well as any barriers to good control that a particular case may present. The goal is to encourage providers to consider these cases as whole individuals, taking into account their lifestyle, beliefs, background and environment when deciding upon treatment options.

A current list of commercial supporters is available at tcoydcme.org

www.tcoydcme.org

REGISTRATION

Register online at: www.tcoydcme.org

Registration fee: \$25

Includes: Breakfast, lunch, snack & syllabus

Register by Friday, September 17, 2010

Cancellation: Please call 888-229-6263

No refunds after Friday, September 17, 2010

Registration is limited to 150 people.

Dress: Casual Attire

For further information:

University of California, San Diego

Continuing Medical Education

9500 Gilman Dr, MC 0617

La Jolla, CA 92093-0617

Toll Free: 888-229-6263 or

858-534-3940 ◆ ocme@ucsd.edu

Polk County Convention Complex

501 Grand Avenue,

Des Moines, Iowa 50309

(515) 242-2500

PROGRAM AGENDA

Saturday, September 25, 2010

7:45 a.m. – 4:30 p.m.

- 7:45 – 8:15 a.m. Registration & Continental Breakfast**
- 8:15 – 8:30 a.m. Program Overview & Introduction**
Steven V. Edelman, MD & William Polonsky, PhD
- 8:30 – 9:00 a.m. Overcoming the Emotional Barriers to Good Diabetes Control**
William Polonsky, PhD
- 9:10 – 10:10 a.m. Taking Control of Your Diabetes: Back to Basics**
Steven V. Edelman, MD
- 10:10 – 10:20 a.m. Break with Refreshments**
- 10:20 – 11:35 a.m. Oral Agents for the Management of Type 2 Diabetes: Managing the Maze of New Options**
Anuj Bhargava, MD, MBA, CDE, FACP, FACE
- 11:35 – 12:50 p.m. Intensive Management Strategies for Type 1 Diabetes: Analogs, Pens, Pumps & CGM**
Steven V. Edelman, MD
- 12:50 – 2:00 p.m. Lunch**
Lunch shared with patient conference attendees
Special Guest Luncheon Speaker: Nicole Johnson, Miss America 1999: Diabetes and Me
- 2:00 – 2:55 p.m. ‘Diabetes Police’ and ‘Diabetes Criminals’: An Interactive Workshop for Improving Provider-Patient Communication**
Steven V. Edelman, MD & William Polonsky, PhD
- 3:00 – 4:15 p.m. Practical Insulin Therapy & Other Incretin (GLP-1) & Amylin Analog Injectables for Type 2 Diabetes**
Ian Blumer, MD, FRCPC
- 4:15 – 4:30 p.m. Making The Connection**
Steven V. Edelman, MD & William Polonsky, PhD
The closing session will discuss participant observations and insights gained regarding the important and difficult issues that people with diabetes face on an everyday basis. Outcome measures will be formally assessed during this session in terms of caregiver attitudes toward their patients and changes in their practice habits.
- 4:30 p.m. Adjourn**



Dept. of Continuing Medical Education
Taking Control of Your Diabetes
1110 Camino Del Mar, Suite B
Del Mar, California 92014

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Presorted
First Class
U.S. Postage
PAID
San Diego, CA
Permit No. 1

TARGET AUDIENCE

This course is designed for diabetes healthcare providers including: endocrinologists, primary care physicians, nurse practitioners, physician assistants, certified diabetes educators, and other medical professionals wanting to expand their knowledge of diabetes management.

DISCLOSURE

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices.

STATEMENT OF NEED

The content of this educational activity was determined by rigorous assessment of educational need and includes expert faculty assessment, literature review, medical practice, and new medical knowledge.

ACCREDITATION

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 the University of California, San Diego School of Medicine and Taking Control Of Your Diabetes. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AMA: The University of California, San Diego School of Medicine designates this educational activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

BRN: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME. For the purpose of re-licensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits™* (report up to 7.0 hours of credit and list "CME Category 1" as the provider number).

Certified Diabetes Educators: To satisfy the requirement for renewal of certification by continuing education for the National Certification Board for Diabetes Educators (NCBDE), continuing education activities must be diabetes related and approved by a provider on the NCBDE list of Approved Providers (www.ncbde.org). NCBDE does not approve continuing education. The University of California, San Diego School of Medicine is accredited by the ACCME, which is on the NCBDE list of Approved Providers.

CULTURAL AND LINGUISTIC COMPETENCY

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enable health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at <http://cme.ucsd.edu>.