36TH ANNUAL PRIMARY CARE UPDATE
MAY 3 - 4, 2019 PRE-CONFERENCE STARTING MAY 2
THE CENTENNIAL HOTEL PART OF THE DEVONPORT COLLECTION
(Formerly Red Lion at the Park)

PRODUCED & SPONSORED BY:
INLAND NW ACADEMY OF FAMILY PHYSICIANS
SPOKANE TEACHING HEALTH CLINIC

BLOOMSDAY RUN
SUNDAY, MAY 5
SPOKANE, WA

PHOTO CREDIT: DONALD SEWELL, SEWELL SCENICS.COM
OBJECTIVES

At the conclusion of this conference attendees should be able to:

• Discuss current diagnostic and therapeutic options for common illnesses and injuries seen in a primary care practice
• Understand the pathology and rationale for management of select pediatric and adult diseases
• Identify regional resources for consultation and referral
• Enhance their approach to primary care medicine and improve overall quality of care

Individual session and workshop objectives are included in the syllabus.

HANDOUTS ONLINE & SYLLABUS ORDERS

In our commitment to keeping costs as low as possible for PCU, we will provide the syllabus electronically. If you wish to have free print copies of the syllabus materials during the meeting, print them before arriving at the conference, whether you pre-register or register on site. Wifi is available on site.

To help you plan your schedule, syllabus materials will be posted on the conference website, www.primarycareupdate2019.com, as soon as they are received from the faculty. (Note: most, but not all, speakers submit handouts.) You may download and print session handouts prior to the conference. It will be each attendee’s responsibility to print the free syllabus materials prior to arriving at the conference; there will be no printing capability at the conference. If you prefer to order a printed copy of the syllabus, you must order it at the time of registration. A limited number of copies will be available at the registration desk at our cost of $40 each.

ACCREDITATION

This live activity, Primary Care Update, with a begin date of May 2, has been reviewed and is acceptable for up to 11.75 Prescribed credits by the American Academy of Family Physicians. Participants should claim only the credit commensurate with the extent of their participation in the activities. AAFP accreditation is approved for CME in Canada.

AMA/AAP Equivalency: AAP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician’s Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1. Additional CME are available in pre & post conference offerings.

AUDIO RECORDING

The lecture sessions and workshops at the conference will be audio recorded and available post conference via electronic link. You may order with registration or on site at the conference.

REFUND POLICY

There will be a $50 service fee for refunds requested by April 1, 2019. Thereafter, 50% of the fee will be refunded until the first day of the conference. No refunds will be given after the conference begins. Refunds must be requested in writing and can be mailed or faxed to the conference office as noted on the registration form.

October 2019
Primary Care Update Spokane is a well-established update is a tremendous opportunity for physicians and other health professionals to choose from more than 20 CME sessions and workshops designed specifically for primary care practitioners. Touted as the largest gathering of primary care providers on the West Coast, this forum provides time to connect with long-time colleagues and to learn from others. Combined with the general excitement of Spokane’s Bloomsday Run on Sunday, May 5, this conference is one you do not want to miss!!

NEED MORE INFORMATION?
Call: 509-869-0619
E-mail: toni@donedetailz.com

PLATINUM SPONSOR:
MultiCare

GOLD SPONSOR:
Providence
Sacred Heart Children’s Hospital
Holy Family Hospital

BRONZE SPONSORS:
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CancerCare Northwest

CONFERENCE SUPPORT

The PCU Planning Committee is committed to keeping registration fees affordable and appreciates the generous support contributed by:
### PRIMARY CARE UPDATE COURSES

#### PRE-CONFERENCE - THURSDAY, MAY 2, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>6:00 – 8:30 PM</td>
<td>3 Minute Counseling</td>
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#### FRIDAY, MAY 3, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Registration Lobby</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>Welcome</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Cutaneous Signs of Systemic Disease</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Wise Medication Use In Older Patients</td>
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<tr>
<td>10:00 AM</td>
<td>Break &amp; Exhibits</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:30 AM</td>
<td>The Economics of Hep C Treatment</td>
</tr>
<tr>
<td>A1</td>
<td>The Basic Neurology Exam</td>
</tr>
<tr>
<td>A2</td>
<td>Interactive Case Studies In Dermatology</td>
</tr>
<tr>
<td>A3</td>
<td>Prescribing Challenges in Chronic Kidney Disease</td>
</tr>
<tr>
<td>A4</td>
<td>Murmurs &amp; Echoes</td>
</tr>
<tr>
<td>11:15 AM</td>
<td>Syphilis Update: It’s Back!</td>
</tr>
<tr>
<td>12:00-1:45PM</td>
<td>LUNCH: Top 10 Things I Wish I Knew Last Year — Louis Kuritzky, MD</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00 PM</td>
<td>Key Trends and Updates with Women’s Health</td>
</tr>
<tr>
<td>B1</td>
<td>Everything You Want to Know About Hip Pain — From Couch Potatoes to Navy SEALs</td>
</tr>
<tr>
<td>B2</td>
<td>Tips &amp; Pearls for New Medications in Primary Care</td>
</tr>
<tr>
<td>B3</td>
<td>What’s App?!</td>
</tr>
<tr>
<td>B4</td>
<td>Buprenorphine Use in Pregnancy: An Overview &amp; Disparities in Maternity Outcomes</td>
</tr>
<tr>
<td>2:45 PM</td>
<td>Eating Disorders in Adolescence</td>
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<tr>
<td>3:30 PM</td>
<td>Break &amp; Exhibits</td>
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<th>Event</th>
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<tbody>
<tr>
<td>4:00 PM</td>
<td>Insulin: New Tricks for an Old Drug</td>
</tr>
<tr>
<td>C1</td>
<td>Medical Marijuana Update</td>
</tr>
<tr>
<td>C2</td>
<td>Child &amp; Adolescent Psychiatry Essentials</td>
</tr>
<tr>
<td>C3</td>
<td>The Mediterranean Diet: How to Make it Work in the Primary Care Setting</td>
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<tr>
<td>C4</td>
<td>Osteopathic Approach to Trauma &amp; Ultrasound Guided Neurofascial Hydrodissection for Musculoskeletal Pain</td>
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<tr>
<td>4:45-5:30 PM</td>
<td>Asthma: A Breathless Update</td>
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#### SATURDAY, MAY 4, 2019

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Topics In Dementia That You Didn’t Expect — Israel Coutin, MD</td>
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<tr>
<td>9:00 AM</td>
<td>Primary Care Pearls for 2019 — Doug Paauw, MD</td>
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<tr>
<td>10:00 AM</td>
<td>Refreshment Break</td>
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<th>Time</th>
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<tr>
<td>10:30 AM</td>
<td>Do’s and “Donuts” in Geriatrics</td>
</tr>
<tr>
<td>D1</td>
<td>Drug Interactions &amp; Side Effects</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Conference Adjourns</td>
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POSTERS

Student Poster projects will be displayed throughout the conference in the exhibit area. Students will be on site to discuss the content during exhibit time. Please see the agenda for additional information.

Pre-Conference Presentation:

3 MINUTE COUNSELING

Presented by: Robert Maurer, PhD
Providence Family Medicine

Thursday, May 2, 2019  6:00pm - 8:30pm
The Centennial Hotel (dinner included)

As the Director of Behavioral Sciences for Providence Family Medicine and a faculty member with the University of Washington School of Medicine, Dr. Maurer has studied how individuals, families, and organizations sustain their excellence in health, relationship, and work. He is also an Associate Clinical Professor at the UCLA School of Medicine. He has served as a consultant to Walt Disney Studios, the US Air Force and Navy, Costco, American Express, Four Seasons Hotels, Make-A-Wish, and Habitat for Humanity. His book on creativity and change, entitled One Small Step Can Change Your Life was published in the fall of 2004 and is now in twenty-four languages. It was listed as one of Google’s 100 Best Books. He is also the author of The Spirit of Kaizen and Mastering Fear. His work as a clinical psychologist has resulted in the development of an extensive series of programs designed to meet the challenges of building and sustaining excellence and well being.

Advanced registration required: $45 per person; couples welcome.

Featured Lunch Presentation:

The Top Ten Things I Wish I Knew Last Year

Featured Luncheon Speaker
The Centennial Hotel’s Skyline Ballroom

Presented by: Louis Kuritzky, PhD
University of Florida

Dr. Kuritzky joined the Family Medicine at Main Street clinic in 2000 as a Clinical Assistant Professor. Before this, Dr. Kuritzky received his M.D. from the Medical College of Virginia where he was the President of the Alpha Chi Omega Society. Upon graduation, he worked as a physician in California and the West Indies before coming to Gainesville.

During his career, Dr. Kuritzky has given over 1,300 presentations to professional societies, hospitals, residency programs, and promotional meetings on topics including Allergy, Psychiatry, Dermatology, Doctor-Patient Relationship, Immunizations, Inter-Professional Relations, Orthopedics, Public Health, Radiology, and Urology. In addition to writing 150 publications, Dr. Kuritzky has authored numerous books, reports, textbook chapters, audio cassettes, audio-CDs, videotapes, periodicals, monographs, and abstracts.

CONFERENCE LOCATION & ACCOMMODATIONS

The conference will be held at The Centennial Hotel, part of the Davenport Collection 303 W. North River Drive, Spokane, the same location as in previous years. A room block has been set aside for PCU participants.

Special convention rates will be available May 2 — May 4, 2019 to accommodate early arrival and participation in the Bloomsday Run on Sunday morning. Hotel space in Spokane will be at capacity on Bloomsday Weekend. You are strongly encouraged to call early for reservations at the special rates noted.

Reservations made after Friday, April 1, 2019 will be subject to room availability and current prices.

HOTEL RATES

The Centennial Hotel – recently renovated by the Davenport Collection in order to better reflect their brand. The lobby, public spaces, restaurant, and sleeping rooms have all been updated for your comfort during your stay.

Single Occupancy $125  Double+ Occupancy $125

*Identify PCU room block for above rates*

For reservations contact: The Centennial Hotel: 636-736-4071 or online at www.centennialhotelspokane.com; use reservation code PRIM0519

Book Now!
**SESSION REGISTRATION**

Please indicate your session preference for space planning purposes. Sessions are filled on a first-come basis at the conference. Prompt session arrival is strongly suggested. (Some workshops have a limit of 40 people.)

**Friday 8:00 am:** Opening Plenary Session  
**Friday 10:30 am - 12:00 pm:** Plenary Session  
**Friday 2:00 pm - 3:30 pm:** Plenary Session  
**Friday 4:00 pm - 5:30 pm:** Plenary Session

**LUNCH 10 Things I Wish I knew Last Year (Limited to first 250 registrants.)**

**Saturday 8:00 am - 10:00 am:** Opening Plenary Session  
**Saturday 10:30 am - 12:00 pm:** D1  

**PRE-CONFERENCE ACTIVITIES: Thursday, May 2**

- **3 Minute Counseling:** No of people attending @ $45 $0

**RETURN WITH REMITTANCE TO:**

Primary Care Update  
13514 W. Sunset Highway  
P.O. Box 406  
Airway Heights, WA 99001  


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**REGISTER ONLINE AT WWW.PRIMARYCAREUPDATE2019.COM**

**EARLY REGISTRATION DEADLINE, APRIL 1ST**

- **Physician (MD, DO):** $265 $225
- **Resident/Medical Student/ Pre-Med Student or Physician Assistant Student/Nurse Practitioner Student:** $250 $295
- **Physician Assistant / ARNP:** $250 $295
- **Allied Health/Registered Nurse:** $225 $225
- **Spouse/Guest: Luncheon Friday, May 3:** $40 $40
- **Printed copy of syllabus:** $40 $40
- **Audio Recording Access:** $15 $15
- **Opt-out of Friday Lunch Presentation, save $10 (box lunch still included):** $0 $0

**TOTAL FEES:** $0

**PRE-CONFERENCE ACTIVITIES: Thursday, May 2**

- **3 Minute Counseling:** No of people attending @ $45 $0

**METHOD OF PAYMENT**

- **Check enclosed (Payable to Primary Care Update)**
- **VISA**
- **MasterCard**
- **Discover**
- **Other**

**TOTAL AMOUNT PAID:** $0

**CONTACT PERSON COMPLETING REGISTRATION IF DIFFERENT THAN ABOVE:**

**Name:**

**Phone:**

**Email:**

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HELP US GROW THIS CONFERENCE!

Please recommend two additional medical professionals to receive Primary Care Update Information:

**Name:**

**Email:**

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Return with remittance to:

**Primary Care Update**  
13514 W. Sunset Highway  
P.O. Box 406  
Airway Heights, WA 99001  

Phone: 509-869-0619  
FAX: 509-210-0408  
Email: toni@donedetailz.com
VISITING FACULTY
Dana Carroll, PharmD
Auburn University | Tuscaloosa, AL
Israel Cottle, MD
Kaiser Fontana Regional Medical Center (Emeritus) | Upland, CA
Jocelyn James, MD
University of Washington | Seattle, WA
Louis Kuritzky, MD
University of Florida | Gainesville, FL
Douglas Maurer, DO
Reynolds Army Health Clinic, US Army | Fort Sill, OK
Douglas Paauw, MD
University of Washington | Seattle, WA
Ted Rosen, MD
Baylor College of Medicine | Houston, TX

LOCAL FACULTY
Sasha Carey, MD
MultiCare Rockwood Adolescent Medicine, MultiCare Rockwood Pediatrics | Spokane, WA
Ken Cathcart, DO
Kaiser Permanente | Spokane, WA
Chris Dewing, MD
MultiCare Rockwood Clinic | Spokane, WA
Kirsten Duncan
Spokane Regional Health District | Spokane, WA
Molly Gilbert, MD
Spokane Teaching Health Clinic, Family Medicine Residency | Spokane, WA
Matthew Layton, MD, PhD
Clinical Education Director – Mind, Brain and Behavior Department of Medical Education and Clinical Sciences Elson S. Floyd College of Medicine Washington State University
Phil Lenoue III, DO
Lenoue Integrative Medicine | Spokane, WA
Erik Loraas, MD
Spokane Teaching Health Clinic | Spokane, WA
Amy Martin, DO
Providence Family Medicine | Spokane, WA
Robert Maurer, PhD
Providence Family Medicine | Spokane, WA
Henry Mruch, MD
Providence Kidney Clinic | Spokane, WA
Gary Newkirk, MD
Spokane Teaching Health Clinic, Family Medicine Residency | Spokane, WA
Tim Powell, MD
Providence Epilepsy Clinic | Spokane, WA
David Bragin Sanchez, MD
MultiCare Rockwood Heart & Vascular | Spokane, WA
Julie Zink
Spokane Regional Health District | Spokane, WA

36th ANNUAL CONFERENCE
PRIMARY CARE UPDATE PLANNING COMMITTEE
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Deborah Fertakis, ARNP
Molly Gilbert, MD
Gary Knox, MD
Tom Osten, MD
Mike Stephens, MD
Jordan Storhaug, MD
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BLOOMSDAY RUN INFORMATION
Remember to register for Bloomsday 2019! The 43rd annual race will take place on Sunday, May 5, 2019. The 12K run is separate from the conference and a small fee is charged for registration, payable to the Lilac Bloomsday Association. Go to www.bloomsdayrun.org for more information and registration.