

The First Annual Dartmouth Primary Care and Education Conference



September 12 & 13, 2008

Dartmouth-Hitchcock Medical Center &
The Courtyard by Marriott, Lebanon, New Hampshire



<http://ccehs.dartmouth-hitchcock.org>

Welcome

Dear Participant,

Staying updated, learning, and applying new skills while teaching others is at the heart of medicine and health care. But do you know how you, your patients, your clinical staff, your colleagues, and your students best learn? Have you examined the steps you take to identify and learn about new clinical topics or skills? Are these steps effective and efficient? Do they improve patient care and outcomes?

This highly interactive and experiential conference focuses on and models best practices for learning. It provides up-to-date clinical information and skills in primary care using effective learning techniques, reflection, interactive dialogue with colleagues, and facilitated small groups. Most importantly, it provides time for you to identify, prioritize and plan how best to meet your own current clinical and learning needs using the techniques you have learned.

Topics include:

1. Learning and practicing specific skills to enhance communication with patients and learners (e.g., your clinical staff)
2. Review of targeted clinical topics
3. Online resources and strategies to support learning and documentation for lifelong learning and new requirements (e.g., maintenance of certification)

Please join us for this exciting conference as we learn together!

Sincerely,

The Planning Committee

This conference is organized and supported by the following organizations and departments:
Office of Community-based Education and Research (OCER), Dartmouth-Hitchcock Regional Primary Care Center, Dartmouth Northern New England COOP (Cooperative Primary Care Research Network), Northern New England Geriatric Education Council, Office of Research and Innovation in Medical Education, Community & Family Medicine, Internal Medicine, Pediatrics, OB/GYN and the Center for Continuing Education in the Health Sciences, Dartmouth-Hitchcock Medical Center

Planning Committee & Faculty

WILLIAM ALTO, MD, MPH - Professor of Community and Family Medicine*; Maine-Dartmouth Family Practice, Augusta, Maine

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NAN COCHRAN, MD# - Associate Professor of Medicine and Community & Family Medicine and Director, On Doctoring course*

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LESLIE FALL, MD - Associate Professor and Vice-Chair for Education of Pediatrics*; Co-Director, Pediatric Clerkship, President, Institute for Innovative Technology in Medical Education

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TIMOTHY FISHER, MD - Junior Fellow in Practice, American College of Obstetricians and Gynecologists, Cheshire Medical Center, Keene, New Hampshire

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FAY HOMAN, MD - Adjunct Assistant Professor of Community and Family Medicine*; Little Rivers Health Care, Wells River, Vermont

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TINA KENYON, ACSW - Instructor in Community and Family Medicine*; New Hampshire Dartmouth Family Medicine Residency, Concord, New Hampshire

Planning Committee & Faculty

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DONNA ROCKE - Educational Program Coordinator, Center for Continuing Education in the Health Sciences[^]

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JOHN H. WASSON, MD - Professor of Community and Family Medicine and of Medicine^{*}; Herman O. West Professor of Geriatrics, Dartmouth-Northern New England Primary Care Research Network

[#] Planning Committee Member

^{*} Dartmouth Medical School, Hanover, New Hampshire

[^] Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire

Conference Objectives

At the end of this conference, participants will be able to:

- Use new knowledge, skills and/or tools in the care of patients.
- Apply three effective learning techniques (case-based learning, simulation/demonstration, motivational interviewing) for use with patients and learners, such as their clinical team, medical students, or residents.
- Assess personal learning strategies, needs and goals.
- Develop a plan to meet professional learning needs and goals.
- Use online resources for multiple purposes, including updating clinical knowledge and documenting professional development.
- Evaluate knowledge and skills gained in the workshop through ongoing support, mentoring and peer networks.



Conference Agenda

FRIDAY, SEPTEMBER 12, 2008

7:15 am Registration and Continental Breakfast

7:45 **Opening Remarks** – Karen Schifferdecker, PhD

8:00 **Practice Makes Perfect: We Are All Lifelong Learners**
- Henry Bernstein, DO

A broader, more comprehensive program for maintaining professional certification by physicians and nurses has been created. The program is based on the concept of lifelong learning with dynamic self-assessments and quality improvement. This presentation will give participants an opportunity to understand and enhance their skills in lifelong learning.

9:00 Break – Split into assigned small groups

9:15 **The Conscious Learner Part I—Examination Of Personal Learning Practices, Goals, Needs And Preliminary Learning Plan**
- Henry Bernstein, DO; Nan Cochran, MD; Leslie Fall, MD; Kimberly Gifford, MD; Tina Kenyon, ACSW; Melanie Lawrence, MD; Joel Lazar, MD; Deb Peltier, MD; Roshini Pinto-Powell, MD; Cathy Pipas, MD; E. Rebecca Pschirrer, MD

Using facilitated, small group discussions, participants will examine, share and identify their own learning practices and specific goals to enhance these practices. Proven best practices for learning and the goal of life-long learning will frame these discussions.

10:15 Refreshment Break

10:30 **The Case For Case-Based Exercises: Comparing Care Vital Signs® Tool For Patient Interviews To Standard Practices**
- Marc Hofley, MD, Cathy Morrow, MD and John H. Wasson, MD

Using a case-based approach, participants will explore current practices in interviewing patients with multiple health problems and the benefits of using the CARE Vital Signs® tool with these patients. Participants will participate in one of three groups (pediatric, adult, or geriatric) based on interests.

11:30 Break - Reconvene large group

11:45 **Promoting Behavioral Change: An Introduction to Motivational Interviewing**
- Nan Cochran, MD

Motivational interviewing (MI) is a method to enhance learning and interactions with all learners (patients, clinical staff, students). This session provides a focused overview and review of the style and specific skills of motivational interviewing, which will be immediately applied in the following highly interactive session from 1-4pm. Participants will learn about, observe and practice specific skills to improve their behavioral change counseling.

12:15 pm Lunch

1:00 Orientation to afternoon session

1:20 Split into groups by track

1:30 **Applying Motivational Interviewing: Clinical Updates and Specific Applications in Pediatrics, Adult, and Geriatrics**

In this session, participants will learn about up-to-date clinical information in their chosen track (details below) and rotate through interactive, case-based stations using standardized patients and other activities to enhance skills and knowledge in that clinical topic and in conducting and teaching about motivational interviewing. The session includes time for reflection and constructive feedback for participants.

INTEREST TRACKS (Please choose top two interests)

Track A: Pediatric Track: Implementing the New Asthma Guidelines
- Kimberly Gifford, MD

This session will use case examples of pediatric patients from different age groups to illustrate application of the new asthma guidelines, motivational interviewing techniques to improve patient and caretakers' management of asthma, and potential barriers and solutions to implement the new guidelines.

Track B: Adult Track: Realizing Ideal Self-Management for Diabetes
- Nan Cochran, MD, Joel Lazar, MD, and Cathy Morrow, MD

This session will use a case example of a patient with poorly controlled diabetes to demonstrate the use of a brief, motivational interviewing approach to improve patient self-management.

Track C: Geriatric Track: Addressing At-Risk Alcohol Use and Prescription Medicine Misuse in Older Adults
- Stephen J. Bartels, MD, MS

This session will use a case example of an older patient with at-risk alcohol use and medication misuse to demonstrate the use of a brief, motivational interviewing approach to decrease at-risk alcohol use and prescription medicine misuse in older adults.

4:00 **The Conscious Learner Part II—Re-Examination Of Personal Learning Practices And Learning Plan: What Will You Do?**

Using the same facilitated, small groups from Part I (9:10-10:10am), participants will re-examine their learning needs by sharing lessons learned from the day and by creating specific plans to address a learning need or challenge.

5:00 Evaluation of Day 1

5:15 - 6:00 Free time (Conference relocates to Courtyard Marriott in Lebanon)

If you are interested in taking part in the poster symposium (or know a student/resident who you would recommend presenting), please contact Deb Johnson (Deborah.J.Johnson@Dartmouth.edu; 603-653-0860 for criteria by July 2, 2008.

6:00 Poster Symposium & Reception: Students, Residents and Providers

- Book Signing by Dennis McCullough: My Mother, Your Mother
- Demonstration booth: New DHMC EMR system

Agenda continued...

- 7:00 Dinner
- 7:45 Key Note Address: Primary Care and Population Health: Who Cares?
- Elliott Fisher, MD, MPH
- 8:30 Adjournment

SATURDAY, SEPTEMBER 13, 2008

Organized by the Dartmouth Cooperative Primary Care Research Network (COOP)

- 7:30 am Networking Breakfast
- 8:30 Welcome from COOP Board - Maureen B. Boardman, MSN, RNC, FNP
- 9:00 CONCURRENT SESSIONS I (Please choose a 1st and 2nd choice)

A. HPV and the Changing Paradigm of Cervical Cancer
- Maureen B. Boardman, MSN, RNC, FNP

With the adoption of the 2007 Consensus Guidelines for Cervical Cancer screening and the development of the HPV vaccine, cervical cancer screening recommendations have changed again. Make sure you are up to date on the latest guidelines.

B. Rapid Joint Assessment - Kristine Karlson, MD

This session focuses on techniques for rapid assessment of injured joints, care needed for injured joints and referral guidelines.

C. The Elephant in the Room: Parental Depression and the Pediatric Patient
- Ardis Olson, MD

Parental depression has a significant impact on the health and welfare of the pediatric patient and can be a difficult situation for both pediatricians and family practitioners to deal with. This session focuses on techniques to identify parental depression and developing a plan of care for pediatric patients living with parental depression.

- 10:15 Break
- 10:30 CONCURRENT SESSIONS II (Please choose a 1st and 2nd choice)
- D. International Medicine: A Panel Discussion**
- William Alto, MD, Fay Homan, MD, Peter Mason, MD, and Cathy Morrow, MD

Four local physicians discuss their experiences participating in International Medicine; from Honduras to Kosovo to southeast Asian countries; and how it has impacted their home medical practices.

E. Adolescent Integrative Medicine - Viking Hedberg, MD, MPH

Adolescence is often a difficult time in a pediatric patient's life. This session focuses on strategies to integrate mental/behavioral health care and primary care to improve care and patient outcomes.

F. Your Question, Your Computer: Maximizing Search Results from Google, Pubmed, and TRIP (EBM)

- Pamela Bagley, MS, PhD and Tom Mead, MLS

Two medical reference librarians from the Biomedical Libraries at Dartmouth College will demonstrate how clinical and patient care questions can be searched on three freely-available online resources. Participants will each have a computer to conduct search exercises. (Space is limited)

11:45 Lunch

12:15 pm CONCURRENT SESSIONS III (Please choose a 1st and 2nd choice)

G. Group Medical Visits: Two Models to Integrate Group Visits into your Practice

- Melanie Lawrence, MD and Maureen Boardman, MSN, RNC, FNP

Group medical visits have been proven to both increase productivity and patient satisfaction. This session explores the use of group medical visits for both the well visit (well child checks) and chronic illness visit (diabetes).

H. Keene Obstetrical Practice: A Case Study in C-Section Rates

- Tim Fisher, MD

This session focuses on the operating philosophy of Cheshire Medical Center's obstetrical group practice and its decreased C-section numbers.

I. Decision-Making in the Gray

- John Wasson, MD and Steve Bartels, MD

With ever increasing pressure on clinicians' time, does primary care really meet the needs of the elderly? This session will review ways in which health care providers may improve the care of the elderly without utilizing extra resources or staffing.

1:40 Poster Award Presentations - Melanie Lawrence, MD

1:50 Closing Remarks - John Kirk, MD

2:00 Adjournment



Information

DATE/TIME/LOCATION

Friday, September 12, 2008 • 7:15 am - 5:15 pm • Auditorium G, Dartmouth-Hitchcock Medical Center; 6:00 pm - 8:30 pm • The Courtyard by Marriott, Lebanon, New Hampshire

Saturday, September 13, 2008 • 7:30 am - 2:00 pm • Auditorium E & F, Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire

TARGET AUDIENCE

The target audience is physicians, physician assistants, nurse practitioners and nurse educators who work in primary care practices, including OB/GYN, internal medicine, family medicine, and pediatrics.

FEES AND REGISTRATION

Physicians - \$175; All Others - \$125; Residents and Medical Students - \$30

The conference fee includes the conference syllabus, continental breakfast, all breaks and lunches, and the reception and dinner on Friday night.

Providers who have actively precepted DMS students in the last two years will receive a \$50 discount. In addition, OCER encourages preceptors to use current CME vouchers for this conference. Contact Diane Chamberlain in OCER if you have questions (Diane.D.Chamberlain@Dartmouth.edu, 603-653-3451).

You may register by mail, fax or by visiting <http://ccehs.dartmouth-hitchcock.org> and registering online (credit card required).

If registering online, you will receive a confirmation by email. If you register by mail or fax, your confirmation will be mailed to you.

CANCELLATION/REFUND POLICY

Registrants who are not able to attend or send a substitute can obtain a refund of registration fees, minus a \$25 administrative fee. A request must be received by August 29, 2008 - REFUNDS WILL NOT BE ISSUED AFTER THIS DATE - NO EXCEPTIONS.

OVERNIGHT ROOMS

A block of rooms has been reserved at the Residence Inn by Marriott in Lebanon, New Hampshire for the nights of September 11 & 12, 2008 at the reduced conference rate of \$159 plus 8% NH lodging tax. To reserve your room, please call the Courtyard at 603-643-5411 and reference the "Primary Care Conference" to receive the special rate.

ACCREDITATION

PHYSICIANS:

The Dartmouth-Hitchcock Medical Center designates this educational activity for a maximum of 11.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. The Dartmouth-Hitchcock Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

NURSES:

Dartmouth-Hitchcock Medical Center's Nursing Continuing Education Council is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This educational activity carries 11.83 contact hours.



MORE INFORMATION

For accessibility needs, dietary or any other requests, please contact Donna Rocke at 603-653-1529 by August 29, 2008.

**DHMC will be going Smoke-free and Tobacco-free on July 4th, 2008.

To learn more about quitting smoking, go to www.dhmc.org/goto/quit_smoking

Registration Form

The First Annual Dartmouth Conference on Primary Care and Education • September 12 - 13, 2008
 Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire • Register online at <http://ccehs.dartmouth-hitchcock.org>

Please circle which track/session you would like to attend:

- | | <u>First Choice</u> | <u>Second Choice</u> |
|--------------------------|---------------------|----------------------|
| Fri. 1:30 - Track: | A B C | A B C |
| Sat. 9:00 - Session I | A B C | A B C |
| Sat. 10:30 - Session II | D E F | D E F |
| Sat. 12:15 - Session III | G H I | G H I |

- Physician - \$175
- Other Health Care Providers - \$125
- Residents/Med Students - \$30

- Check here if you plan on attending the Friday night dinner at the Courtyard by Marriott

If paying by check, make payable to CCE. If paying by credit card, please fill out that section below.

Mail or fax this form, with payment to:
 Center for Continuing Education, Dartmouth-Hitchcock Medical Center
 One Medical Center Drive, Lebanon, NH 03756
 Tel: 603-653-1531 • Fax: 603-653-1507

Name _____ Degree(s) _____

Place of Employment (and Department if applicable) _____

Job Title (and Department/Specialty if applicable) _____

Work Address with Zip Code _____

Daytime Phone # (Indicate whether work or home) _____ Email Address _____

Credit Card Information - Visa MasterCard Discover AMEX

Credit Card # _____ Expiration Date _____

Signature _____

(Address associated with your credit card - must include city, state and zip)

Please indicate the number of educational vouchers you are using towards your registration fee _____

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