

## INTENDED AUDIENCE & SCOPE OF PRACTICE

This activity is designed for physicians, nurse practitioners, physician assistants, pharmacists, nurses and other allied health personnel working in the field of primary care who treat and evaluate patients in need of prevention and treatment of cardiovascular diseases.

## ELEMENTS OF COMPETENCE

This CE activity has been designed to improve learner competence and focuses on the American Board of Medical Specialties' areas of patient care and procedural skills, and medical knowledge.

This activity also focuses on the interprofessional competencies of roles/responsibilities, interprofessional communication, and teams/teamwork.

## PRACTICE GAPS AND NEEDS

Cardiovascular medicine is a vast area of clinical practice with continually evolving and developing research, guidelines, best practices, and new medication and technology. Primary care clinicians are challenged to optimally manage a multitude of diseases involving the cardiovascular system including the failing heart, the heart with abnormal arrhythmias and the circulation affected by abnormal cholesterol metabolism and hypertension. Several national guidelines that help clinicians establish best practices have been modified and refined in the last year. The implications of these new guidelines and their utilization will be a major topic of discussion in this symposium.

This symposium will address new information regarding implications of stress test results in patients with coronary artery disease (CAD) as well as ongoing advances in acute coronary syndrome (ACS) care, particularly for patients who receive advanced life support care in the field and are subsequently admitted to the hospital through the emergency department. We will focus on prevention measures including new information regarding management of hypertension, a long-standing risk factor for CAD, as well as the perplexing topic of diets, high intensity exercise and new drugs that might improve outcomes for patients with metabolic syndrome. Patients with CAD commonly develop heart failure and chronic ventricular dysfunction, which can be managed with cardiac rehabilitation, a seemingly underutilized option that will be addressed. These topics highlight substantial knowledge gaps particularly among primary care physicians.

Accurate diagnosis and treatment of cardiac arrhythmias, particularly atrial fibrillation and flutter, is a common area of concern for primary care physicians and advanced practice providers. Although common, some drug therapies have significant toxicities. Updated information regarding cardioversion, a common method of treating atrial arrhythmias, and its effectiveness will be reviewed. Another topic of discussion will be ablation therapy, now a more mature therapeutic option, though data regarding the longitudinal effectiveness of this therapy has altered the perception as to who is a good candidate for this treatment modality. Breakout sessions regarding electrocardiogram interpretation will be offered to help facilitate accurate interpretations of arrhythmias and other electrocardiogram related findings. Finally, medication adherence, particularly with more complex drugs such as antiarrhythmia or heart failure medications remains an ongoing barrier, as does the cost of these medications, both of which will be addressed in a breakout session. Several new findings have also been released in the last year regarding the evolution of treatment for heart valve disease. Most important is mitral regurgitation and aortic stenosis, which will be reviewed to update providers on new knowledge from recent trials and guidelines.

## LEARNING OBJECTIVES

At the conclusion of the activity, the healthcare team will be able to:

1. Identify best practices for the treatment of hypertension both in the elderly and across the entire age spectrum.
2. Review new guidelines and identify best practices for drug and device therapy for patients with atrial arrhythmias.
3. Discuss the implications of patient initiated activities such as self-directed diets and exercise training.
4. Describe the implications of the new guidelines for treatment of cholesterol and various lipid abnormalities in children.
5. Review new and evolving information on the role of medication adherence.
6. Explain the results and implications of new data on valve disease treatment.
7. Distinguish the new areas of management of patients with coronary artery disease in acute and chronic situations.
8. Demonstrate knowledge of interpretation of ECGs.



**WISCONSIN**  
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Madison  
Division of Cardiovascular Medicine  
600 Highland Ave, H4/583 CSC  
Madison, WI 53792-3248

## CARDIOVASCULAR MEDICINE AND PREVENTION UPDATE FOR PRIMARY CARE



**Friday, March 20, 2020**

Monona Terrace Community  
& Convention Center  
1 John Nolen Dr  
Madison, WI 53703

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# Cardiovascular Medicine and Prevention Update for Primary Care



Interprofessional  
Continuing Education Partnership  
UNIVERSITY OF WISCONSIN-MADISON

School of Medicine  
and Public Health  
School of Nursing  
School of Pharmacy

Provided by

- University of Wisconsin School of Medicine and Public Health  
Department of Medicine, Division of Cardiovascular Medicine
- University of Wisconsin-Madison Interprofessional Continuing Education Partnership (ICEP)

Multiple brochures? We use multiple mailing lists and cannot always eliminate duplications. Please post or share any extras with colleagues.

## AGENDA

### FRIDAY, MARCH 20, 2020

#### AM

6:30 Doors Open for Exhibit Set-up

7:00 Registration/Breakfast with Exhibitors

7:55 Welcome and Intro *Peter Rahko, MD*

#### 8:00 Session I: Prevention

*Moderator: Adam Gepner, MD*

8:05 Pearls and Pitfalls for Managing Hypertension in Primary Care  
*James Stein, MD*

8:30 Heart Healthy Lifestyle – Facts and Fiction: Low Carb Diets, High Intensity Interval Training and Dietary Supplements  
*Jane Pearson, MD*

8:55 Screening and Treating Lipids in Children and Adolescents  
*Amy Peterson, MD*

9:20 Panel Discussion  
*Gepner, Stein, Pearson, Peterson & Clinical Nutritionist: Kavita Poddar, PhD, RD, CD*

9:50 Break

#### 10:05 Session II: Electrophysiology

*Moderator: Craig January, MD, PhD*

10:10 Antiarrhythmic Drugs: What to Watch For?  
*Zachary Goldberger, MD*

10:35 Cardioversion: A Shocking Alternative  
*Sarah Williamson, PA-C*

11:00 Ablation Therapy: Who Needs It?  
*Jennifer Wright, MD*

11:25 Panel Discussion  
*January, Goldberger, Williamson, Wright*

11:55 Intro to Breakouts  
*Peter Rahko, MD*

#### 12:00 LUNCH

#### PM

#### 1:00 Session III: Breakouts

*Guests choose two of the following:*

1. Basic ECG Interpretation  
*Blake Fleeman, MD*
2. Advanced ECG Interpretation  
*Tom Teelin, MD*
3. Medication Adherence - Not as Easy as It Sounds  
*Karen Kopacek, MS, RPh*
4. New Options for Cardiac Rehab: Heart Failure, Peripheral Arterial Disease, and New Approaches  
*Vonda Shaw, MS, MPH, FACHE*

1:00 Breakout Session

#### 1:30 INTERMISSION

1:40 Breakout Session

#### 2:10 BREAK

#### 2:25 Session IV: General Cardiology

*Moderator: Chuck Stone, MD*

2:30 What's New in Heart Valve Disease?  
*Peter Rahko, MD*

2:55 Eliminating the Stress from Stress Tests: Outpatient Non-Invasive Evaluation of Coronary Artery Disease  
*Nicole Reilly, MD*

3:20 Advances in Acute Coronary Syndrome Care: ACLS & Beyond  
*Ruben Alexanian, MD*

3:45 Panel Discussion  
*Stone, Rahko, Reilly, Alexanian*

4:15 Summary  
*Peter Rahko, MD*

4:20 Adjourn

## REGISTRATION INFORMATION

1. Visit <https://ce.icep.wisc.edu/cardiovascular-medicine-2020>
2. Select the Register Tab
3. Select login or register and follow the instructions for UW-Madison NetID login or Visitor account creation/login  
*\*For Visitor accounts - make note of your username and password as you will need it to view materials, evaluations, and claim credit.*
4. Follow any prompts to complete or update your profile information
5. Click the Register tab, select your Conference Fee, Breakouts, any dietary information, and "Add to Cart"
6. Verify the subtotal. If incorrect, click "Remove" the item from the cart, click on the course hyperlink that appears, and select the correct conference fee.
7. Select "Checkout" and follow the remaining prompts to pay for the conference

### QUESTIONS ABOUT REGISTRATION

Email [help@icep.wisc.edu](mailto:help@icep.wisc.edu) or call 608-262-7226.

### CONFERENCE FEES

- **\$295** physicians (MD, DO)
- **\$195** residents, fellows, pharmacists, physician assistants, nurse practitioners, nurses, others
- **Reduced fee for UW Health, VA and Meriter:**
- **\$120** UW Health/VA/Meriter physicians (MD, DO)
- **\$80** UW Health/VA/Meriter pharmacists, physician assistants, nurse practitioners
- **\$50** UW Health/VA/Meriter residents, fellows, nurses, other healthcare employees and students

*The conference fee includes the cost of tuition, breakfast, lunch, refreshments, and a nonrefundable processing fee of \$25.*

**REGISTRATION DEADLINE: MARCH 13, 2020**

### CANCELLATION AND REFUND POLICY

Requests for cancellation must be submitted in writing to [help@icep.wisc.edu](mailto:help@icep.wisc.edu). Cancellation requests received at least 96 hours (March 16) prior to the conference will allow a full refund except for the nonrefundable processing fee. No refunds will be made for cancellations received less than 96 hours prior to the activity start date.

### CONFERENCE HOUSING

A block of rooms has been reserved at the [Hilton Madison Monona Terrace](#). Please call the hotel at 1-877-510-7465 to arrange accommodations. To receive the special rate of \$149 (plus tax), please mention Group Code: CMED when making your reservation. The block of rooms will be held on a first-come, first-serve basis and any available rooms that have not been reserved by February 18, 2020 will be released to the general public.

### CONFERENCE ATTIRE

Casual attire is appropriate for this conference. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to the educational activity.

### PROGRAM CHANGES

Emergency situations occasionally occur and may necessitate topic or speaker changes. The University of Wisconsin School of Medicine and Public Health and the University of Wisconsin-Madison ICEP reserves the right to alter or substitute a topic or speaker without prior notification.

### CONFERENCE MATERIALS

Conference materials will be posted online. Materials will be available to registered participants on Wednesday, March 18, 2020. If you would like to view the presentations while at the conference, please bring your laptop or mobile device.

### FOR FURTHER INFORMATION

For conference information or details regarding exhibit booths please contact Ashley Bartlett at 608-263-9473 or [abartlett@medicine.wisc.edu](mailto:abartlett@medicine.wisc.edu)

\*= Planning Committee Member

### COURSE DIRECTORS

\***Peter Rahko**, MD, Professor of Medicine, Cardiovascular Medicine Division, UW SMPH; Director, Adult Echocardiography Laboratory

\***Zachary Goldberger**, MD, Associate Professor of Medicine (CHS), Cardiovascular Medicine Division, UW SMPH

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**Tom Teelin**, MD, Clinical Assistant Professor of Medicine, Cardiovascular Medicine Division, UW SMPH

\***Kathleen Walsh**, DO, Clinical Associate Professor of Medicine, Cardiovascular Medicine and Geriatrics Divisions, UW SMPH; Associate Director, UW Faint and Fall Clinic

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**Jennifer Wright**, MD, Clinical Associate Professor of Medicine, UW SMPH

## CREDITS



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

### ACCREDITATION STATEMENT

In support of improving patient care, the University of Wisconsin-Madison ICEP 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.

### CREDIT DESIGNATION STATEMENTS Accreditation Council for Pharmacy Education (ACPE)

A maximum of 6.25 hours of knowledge-based CE credit can be earned by successfully completing this live activity. Pharmacists should claim only the credit commensurate with the extent of their participation in the activity. CE credit information, based on verification of live attendance and completion of the evaluation, will be provided to NABP within 60 days after

the activity completion.

Universal Activity Number (UAN) JA0000358-0000-20-018-L01-P. 6.25 hours (0.625 CEUs)

### American Medical Association (AMA)

The University of Wisconsin-Madison ICEP designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Nurses Credentialing Center (ANCC) & Iowa Board of Nursing

The University of Wisconsin-Madison ICEP designates this live activity for a maximum

of 6.25 ANCC and Iowa Board of Nursing contact hours. ANCC pharmacotherapeutic contact hours will be calculated and awarded as appropriate to meet the needs of advanced practice nurses. The University of Wisconsin-Madison School of Nursing is Iowa Board of Nursing provider 350.

### Continuing Education Units

The University of Wisconsin-Madison, as a member of the University Continuing Education Association (UCEA), authorizes this program for .625 continuing education units (CEUs) or 6.25 hours.

### American Academy of Family Physicians

This Live activity, Cardiovascular Medicine and Prevention Update for Primary Care, with a beginning date of 03/20/2020, has been reviewed and is acceptable for up to 6.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Academy of Nutrition and Dietetics

This activity has been approved by the Commission on Dietetic Registration for 6 CPEUs.

### Policy on Disclosure

It is the policy of the University of Wisconsin-Madison Interprofessional Continuing Education Partnership, that the faculty, authors, planners, and other persons who may influence content of this CE activity disclose all relevant financial relationships with commercial interests in order to allow CE staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made prior to the activity.