General Information

COURSE DESCRIPTION
Mayo Clinic’s 16th Annual Internal Medicine Update: Sedona 2013 is a four-day course offering primary care physicians, nurse practitioners, and physician assistants a practical update on a variety of subspecialty topics including allergy, cardiovascular diseases, dermatology, endocrinology, gastroenterology, hematology, infectious diseases, integrative medicine, neurology, psychiatry, pulmonary, renal disease, rheumatology, and others applicable to today’s practice and patients.

There are two sessions: October 10-13 and October 24-27. While the same 30-minute presentation topics are included for both sessions, the faculty and order of presentations will vary. In addition to the didactic format for lectures, the program will include two daily question-and-answer sessions and audience participation is encouraged through the use of interactive keypads.

COURSE LEARNING OBJECTIVES
Upon completion of this course, participants should be able to:
• Discuss the indications and contraindications for the use of the newer anticoagulants.
• Appreciate skin signs of systemic diseases.
• Discuss latest development in hospital-based treatment of sepsis.
• Review the evaluation and management of functional bowel disorders.
• Provide an update on new developments in the management and treatment of Type 2 diabetes.
• Discuss the office management of lower back pain.
• Present the rationale for the use of bio-identical hormones in treating symptoms of hormone deficiency.
• Review what’s new in the diagnosis and management of sleep-related breathing disorders.
• Enhance knowledge about commonly encountered office-based gynecological problems.
• Evaluate and manage small bowel disease.

CREDIT
College of Medicine, Mayo Clinic, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

College of Medicine, Mayo Clinic, designates this live activity for a maximum of 22.0 (18.0 for the IM Update general session and 4.0 for the optional Applied Quality Essentials session) AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, 16th Annual Mayo Clinic Internal Medicine Update, from 10/10/2013 – 10/27/2013, has been reviewed and is acceptable for up to 22.00 00 (18.0 for the IM Update general session and 4.0 for the optional Applied Quality Essentials session) 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.

This program has been accredited by the American Osteopathic Association for 22.0 (18.0 for the IM Update general session and 4.0 for the optional Applied Quality Essentials session) credits of AOA Category 2-A.

TRANSPORTATION
A rental vehicle is recommended.

The Hilton Sedona Resort is located just 90 minutes north of Phoenix, Arizona and only two and a half hours away from the Grand Canyon.

Hertz offers a reduced daily rate for participants attending this course. Call (800) 654-2240 and refer to CV Number 03NR0008 when making reservations.

Shuttle Service: Ace Xpress offers door-to-door transportation from Phoenix Sky Harbor International Airport (or a Sky Harbor Airport hotel) to the Hilton Sedona Resort. You must make your reservation at least three weeks prior to your arrival in Phoenix. This is not a direct shuttle.

E-mail: info@acexshuttle.com
Phone: (800) 336-ACEX ext. 2239 (toll-free) or (928) 649-2720
Online reservation requests: http://www.acexshuttle.com/
DISCLAIMER

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

MEETING LOCATION AND ACCOMMODATIONS

Hilton Sedona Resort • 90 Ridge Trail Drive • Sedona, Arizona 86351
Telephone: (877) 273-3762 (toll-free) or (928) 284-4040

Experience the spirit and beauty of Sedona! Nestled in the beautiful Village of Oak Creek, the Hilton Sedona Resort is located amidst the spectacular beauty of Northern Arizona’s red rock country. The resort has reserved a limited block of one-bedroom suites at a special group rate of $259 (USD), per night, plus applicable local and state taxes, for course participants and guests. Group rates will apply three days prior to and three days after the course dates, based on group room availability.

To ensure accommodations, make your reservation before the room block is filled or 30 days prior to the course date by calling (877) 273-3762 (toll-free) or directly (928) 284-4040 or make your reservations online. To reduce the chance of reserving a sleeping room within the wrong session we recommend you connect to the hotel website through the course website.

**Second Session: October 24-27, 2013**

www.sedonaresort.hilton.com/october23_mayo

Reservation requests received once the room block has filled will be accepted on a space available basis at the hotel’s best available rate. Identify yourself as a participant of the Mayo Internal Medicine CME course.

If the Mayo Clinic room block is sold out, you may request to be put on the wait-list by contacting Ms. Beverly Bell, Reservation Supervisor, Hilton Sedona Resort, directly at telephone (928) 284-6922.

Attendees are responsible for their own reservations. The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

Social Activities

Registrant and a guest are included in registration fee. Pre-registration is required. RSVP option is available during your registration for both social activities, but pre-registration is required.

WELCOME RECEPTION

Thursday, October 24, 2013 – 6:00-7:00 p.m.

Attendees and guests are cordially invited to the Welcome Reception on Thursday evening at the Hilton Sedona Resort. This casual reception hosted by the course directors offers you the perfect opportunity to meet existing and new colleagues.

NATIVE AMERICAN HOOP DANCING

Saturday, October 26, 2013 – 7:00-8:30 p.m.

Refreshments and dessert will be offered.

This special evening event offers the opportunity to experience the beauty and essence of Native American culture through vivid expressions. Hoop dancing is a fast, energetic and stunning dance that provides a story of all the elements of life through the dancers hoop designs. Audiences are left astonished by the rhythm and speed each dancer catches while jumping through hoops and emerging with representations of life.

Internationally-renowned “Yellow Bird Productions,” a professional family dance company based in Phoenix, Arizona will be performing. The dancers under the direction of Ken Duncan, who is a member of the Apache Tribe, and specialize in presentations that celebrate the unique spirit of the American Indian. Yellow Bird Productions is the recipient of the 2011 World Champion Hoop Dancer award.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
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</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>7:50</td>
<td>Announcements</td>
</tr>
<tr>
<td>8:00</td>
<td>Update in Sleep Medicine</td>
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<td>8:30</td>
<td>COPD Update</td>
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<td>9:00</td>
<td>Pulmonary Update</td>
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<tr>
<td>9:30</td>
<td>Question and Answer Session with Faculty</td>
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<tr>
<td>10:00</td>
<td>Refreshment Break</td>
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<tr>
<td>10:20</td>
<td>Acupuncture for Musculoskeletal Pain</td>
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<tr>
<td>10:50</td>
<td>Office Evaluation of Lower Back Pain</td>
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<tr>
<td>11:20</td>
<td>Nutrition and Cancer: “You are What You Eat”</td>
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<tr>
<td>11:50</td>
<td>Commonly Missed Diagnosis and Interesting Cases in Musculoskeletal Imaging</td>
</tr>
<tr>
<td>12:20 p.m.</td>
<td>Question and Answer Session with Faculty</td>
</tr>
<tr>
<td>12:50</td>
<td>Adjourn</td>
</tr>
<tr>
<td>1:30</td>
<td>Applied Quality Essentials – Optional Session</td>
</tr>
<tr>
<td>6:00</td>
<td>WELCOME RECEPTION (attendee plus one guest)</td>
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</tbody>
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**Friday, October 25, 2013**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
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<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:20</td>
<td>Announcements</td>
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<tr>
<td>7:30</td>
<td>Thyroid Update</td>
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<tr>
<td>8:00</td>
<td>Skin Clues to Systemic Disease</td>
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<td>8:30</td>
<td>Combat Medicine</td>
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<tr>
<td>9:30</td>
<td>Question and Answer Session with Faculty</td>
</tr>
<tr>
<td>10:00</td>
<td>Refreshment Break</td>
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<tr>
<td>10:20</td>
<td>Sepsis Update</td>
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<tr>
<td>10:50</td>
<td>Update in Travel Medicine</td>
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<tr>
<td>11:20</td>
<td>Ophthalmology for the Internist</td>
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<tr>
<td>11:50</td>
<td>Food-borne Infectious Illness</td>
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<tr>
<td>12:20 p.m.</td>
<td>Question and Answer Session with Faculty</td>
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<tr>
<td>12:50</td>
<td>Adjourn</td>
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**Saturday, October 26, 2013**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Description</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>7:50</td>
<td>Welcome and Introductions</td>
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<tr>
<td>8:00</td>
<td>Evaluating Small Bowel Bleeding: What to Use and When to Use It</td>
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<tr>
<td>8:30</td>
<td>Telemedicine: What the Future Holds</td>
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<tr>
<td>9:00</td>
<td>MS Update</td>
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<td>9:30</td>
<td>Question and Answer Session with Faculty</td>
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<tr>
<td>10:00</td>
<td>Refreshment Break</td>
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<tr>
<td>10:20</td>
<td>Bioidentical Hormones</td>
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<tr>
<td>10:50</td>
<td>Postural Lightheadedness: Approach to Diagnosis and Management</td>
</tr>
</tbody>
</table>
11:20 Current Trends in Pelvic Organ Prolapse ............... Rosanne M. Kho, M.D.
11:50 Interactive MS Patient .................................. Catherine E. Harmon, M.D.
12:20 p.m. Question and Answer Session with Faculty
12:50 Adjourn
7:00 SPECIAL SATURDAY EVENING EVENT (pre-registration required)

Sunday, October 27, 2013

7:00 a.m. Continental Breakfast
7:20 Announcements
7:30 Evaluation and Management of Functional Bowel Disease .................. Amy E. Foxx-Orenstein, D.O.
8:00 GERD Update .............................................. Francisco C. Ramirez, M.D.
8:30 New Developments in Type 2 Diabetes Management ..................... Michael D. Whitaker, M.D., F.R.C.P.C.
9:00 Question and Answer Session with Faculty
9:45 Refreshment Break
10:00 Evaluation and Treatment of Syncope ................................ Dan Sorajja, M.D.
10:30 Update in the Newer Anticoagulants .......................... Fadi E. Shamoun, M.D.
11:00 Pitfalls in Diagnosing and Managing Thrombosis ... Joseph R. Mikhael, M.D.
11:30 Question and Answer Session with Faculty
12:15 p.m. Adjourn

Photo courtesy of Yellow Bird Productions
APPLIED QUALITY ESSENTIALS – Optional Session and MOC Part II Self-assessment
(Pre-registration required)

Applied Quality Essentials is a group learning activity. The faculty includes Mayo Clinic physicians who have developed expertise in quality and health care improvement. They are joined by Mayo Clinic health systems engineering analysts. The course provides knowledge in quality improvement concepts and methods. Through interactive and case-based activities, faculty guide learners through the application of basic quality tools such as Pareto, control charts, and cause and effect diagrams. Quality improvement strategies, such as Lean and Six Sigma are also discussed. Content is designed to showcase process improvement capability, as well as, its applicability to health care. Additionally, the session describes how to actively participate in a quality improvement project; and identify, measure, and prioritize opportunities for improvement. There are no prerequisites for this course. Please note that this session provides an e-syllabus only.

Following the session, participants can complete an optional 25-question Maintenance of Certification Part II self-assessment. If you wish to attend both the Internal Medicine Update and this optional session please register via the Internal Medicine Update course websites. If you want to register only for this session go to: www.mayo.edu/cme/quality

SESSION LEARNING OBJECTIVES

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

• Articulate the case for patient-centered quality improvement in healthcare and why it is important to all of us.
• Identify, measure, and prioritize opportunities for improvement.
• Select and apply appropriate quality improvement tools and methods.
• Describe how to sustain long term improvement.

OPTIONAL MOC PART II SELF-ASSESSMENT CREDIT

ABIM MOC Part II credit = 10 medical knowledge self-assessment points
ABPath MOC Part 2 credits = 10 credits
ABPeds MOC Part 2 credits = 20 points
ABPMR approved self-assessment module
ABR qualified self-assessment module = 4 credits
(11/29/2011 Non-Interpretive Skills – Code: GQ01 Quality Improvement Principles)

ABS – activity provides 10 CME and Self-assessment credits toward Part 2 of the ABS MOC Program

Thursday, October 24, 2013  APPLIED QUALITY ESSENTIALS – Optional Session

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30</td>
<td>Introduction and Session Objectives</td>
<td>Maxwell L. Smith, M.D.</td>
</tr>
<tr>
<td>1:35</td>
<td>Quality in Healthcare</td>
<td>Maxwell L. Smith, M.D.</td>
</tr>
<tr>
<td>1:40</td>
<td>Value</td>
<td>Maxwell L. Smith, M.D.</td>
</tr>
<tr>
<td>2:00</td>
<td>Data and Measures of Performance</td>
<td>Robert C. Graber, M.B.A., CSSBB</td>
</tr>
<tr>
<td>2:20</td>
<td>Teams, Tools and Methods</td>
<td>Maxwell L. Smith, M.D.</td>
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<tr>
<td>2:40</td>
<td>Lean</td>
<td>Maxwell L. Smith, M.D.</td>
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<tr>
<td>3:00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>3:15</td>
<td>Value Stream Map</td>
<td>Robert C. Graber, M.B.A., CSSBB</td>
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<tr>
<td>4:00</td>
<td>Six Sigma – Define</td>
<td>Maxwell L. Smith, M.D.</td>
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<tr>
<td>4:20</td>
<td>Break</td>
<td></td>
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<tr>
<td>4:35</td>
<td>Measure and Analyze</td>
<td>Robert C. Graber, M.B.A., CSSBB</td>
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<tr>
<td>5:15</td>
<td>Improve</td>
<td>Robert C. Graber, M.B.A., CSSBB</td>
</tr>
<tr>
<td>5:30</td>
<td>Control and Change Management</td>
<td>Maxwell L. Smith, M.D.</td>
</tr>
<tr>
<td>5:40</td>
<td>Q &amp; A Session</td>
<td>Session Faculty</td>
</tr>
<tr>
<td>6:00</td>
<td>Adjourn</td>
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</tbody>
</table>
Mayo Clinic Internal Medicine Update and Applied Quality Essentials

October 10-13, 2013 and October 24-27, 2013 (AQE offered October 10 and 24)

Registration at the standard fee may be completed using this form and faxing it to (480) 301-9176. Or you may mail it to: Mayo Clinic, Mayo School of CPD, 13400 East Shea Boulevard, Scottsdale, Arizona 85259. The registration fee includes tuition, meals, refreshment breaks and access to a detailed on-line syllabus.

Walk-in registrations cannot be guaranteed. Mayo Clinic will not be responsible for expenses incurred by individuals who are not confirmed for courses with a closed registration status. Costs incurred by the registrant such as airline/hotel fees or penalties are the responsibility of the registrant. No refund will be granted unless a written notice of cancellation is received. If registration must be canceled, tuition less a $75 administrative fee will be refunded when notification is received at least fourteen (14) days preceding the course date. No refunds will be made after this date.

ONLINE SYLLABUS: Your registration fee includes access to an e-syllabus for you to download prior to the course. No internet is offered in the meeting room. If you would like, you may order a paper copy during your registration process.

Your type of practice: □ Solo □ Group □ University □ Resident/Fellow □ Retired □ Other: ______

Years in practice: □ 0-4 □ 5-10 □ 11-15 □ 16-25 □ > 25 □ I do not want information (ie, name, degree, city, and state) to appear on the course registrants list.

Registration Form

Name of Registrant – first, middle, and last name

Institution

Degree/Certification

Medical Specialty

Preferred mailing address is: (select one) □ Work/Business □ Home

Address

City

State/Province

ZIP/Postal Code

Country

Email

Daytime Telephone

Fax

$75 DISCOUNT for online registration! Go to www.mayo.edu/cme (offer expires Sept. 10, 2013)

Note: When registering online, please be sure to “check-out” after your profile is completed/updated.

Indicate below the date you wish to attend. Space is limited. If we cannot accommodate your request, we will contact you immediately.


REGISTRATION FEE:

Internal Medicine Update $645

$ __________________

Syllabus: Your registration fee includes access to an online syllabus available one week prior to the course. Please check the box below if you want to order a paper copy ($50). (Due to printing deadlines, this option will not be available after September 1, 2013.)

□ Yes, I would like to order a paper copy of the course syllabus $50 $ __________________

Applied Quality Essentials $125

$ __________________

□ 25-question Applied Quality Essentials MOC Part II self-assessment $25 $ __________________

SOCIAL ACTIVITIES:

Welcome Reception (Thursday, October 10 and October 24)

□ Yes, I will attend □ Guest ticket (1) requested □ No, I will not attend

□ Additional tickets: Adults # ______ at $40 each $ __________________

Children (ages 5 – 12) # ______ at $25 each $ __________________

Children (ages 0 – 4) # ______ No charge $ __________________

Special Saturday Evening Presentation (Saturday, October 12 and October 26)

□ Yes, I will attend □ Guest ticket (1) requested □ No, I will not attend

□ Additional tickets: Adults # ______ at $20 each $ __________________

Children (ages 5 – 12) # ______ at $15 each $ __________________

Children (ages 0 – 4) # ______ No charge $ __________________

Payment Information (US Funds Only)

□ Check is enclosed in the amount shown at right — make checks payable to Mayo Clinic CPD

Payment Total

Credit Card (select one) □ Discover □ MC □ Visa

Account Number □ Exp. Date (mm/yy)

Signature □ Date