Common Rheumatic Disorders: Practical Approaches to Diagnosis and Treatment

Date
December 5, 2008

Location
Omni William Penn Hotel
Pittsburgh, PA

Course Directors

Thomas A. Medsger, Jr., MD
Gerald P. Rodnan Professor of Medicine
Department of Medicine
Division of Rheumatology and Clinical Immunology

Douglas W. Lienesch, MD
Assistant Professor of Medicine
Department of Medicine
Division of Rheumatology and Clinical Immunology

Kathleen Maksimowicz-McKinnon, DO
Assistant Professor of Medicine
Department of Medicine
Division of Rheumatology and Clinical Immunology

For information on “How Physicians Can Acquire Additional Credits in time for Re-licensure”, visit our website at http://ccehs.upmc.edu
Overview

Musculoskeletal problems are the second most common reason for visiting a physician, accounting for approximately 25% of all patient visits. The CDC has estimated that over 46 million adults in the US have arthritis or other musculoskeletal disease; this number is expected to increase dramatically over the next two decades as the population ages. The vast majority of these patients will be evaluated and managed by their primary care providers. Only a small minority will require the care of a medical subspecialist or surgeon.

This program will provide a practical approach to common rheumatic and musculoskeletal problems. Topics will be presented in a case based rather than standard lecture format. Small group sessions will maximize the opportunities to ask questions of the faculty. Participants will have the opportunity to practice joint aspiration and injection techniques on artificial joint models.

Objectives

At the end of the program, the participant will be able to:

- Develop a differential diagnosis and diagnostic strategy for patients presenting with muscle pain or weakness.
- Interpret laboratory results commonly employed in the diagnosis or management of patients with rheumatic disease.
- Describe the indications and possible complications associated with use of corticosteroids and non-steroidal anti-inflammatory drugs.
- Recognize, evaluate, and formulate a treatment plan for patients with fibromyalgia and other diffuse pain syndromes.
- Describe the indications and contraindications for joint aspiration and injection, and demonstrate proper technique on artificial joint models.
- Discriminate between the common causes of hand pain, dysfunction or other symptoms.
- Formulate a differential diagnosis for spine pain and describe a rational approach to diagnosis and therapy.
- Describe and perform a rapid diagnostic strategy for the evaluation of acute arthritis.
- Recognize and describe common regional pain syndromes including tendonitis, bursitis, and other soft tissue problems.

Who Should Attend
This course is designed for family practitioners, general internists, nurse practitioners, physician assistants and other interested health care professionals.

Continuing Education Credit
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 7.25 AMA PRA Category 1 Credits™. Each physician should only claim credit commensurate with the extent of his/her participation in the activity.

Other healthcare professionals are awarded 0.725 continuing education units (CEU's) which are equal to 7.25 contact hours.
**Schedule**

7:00 AM  Registration & Continental Breakfast

7:45 AM  Introduction – *Thomas A. Medsger, Jr., MD*

8:00 AM  Interpretation of Laboratory Tests—*Thomas A Medsger, Jr., MD*

8:45 AM*  **Workshop 1:** Joint Injection Techniques — *Douglas W. Lienesch, MD*

    OR SELECT

    **Case Studies 1:** Rheumatic Causes of Hand Pain (Raynaud, Carpal Tunnel Syndrome, OA vs. RA) — *UPMC Rheumatology Faculty*

9:45 AM  Use of NSAIDs and Corticosteroids — *Douglas W. Lienesch, MD*

10:30 AM  Coffee Break

11:00 AM*  **Workshop 2:** Joint Injection Techniques — *Douglas W. Lienesch, MD*

    OR SELECT

    **Case Studies 2:** Approach to the Patient with Spinal Pain — *UPMC Rheumatology Faculty*

12:00 PM  Lunch

1:00 PM  Fibromyalgia—*Terence W. Starz, MD*

1:45 PM*  **Workshop 3:** Joint Injection Techniques — *Douglas W. Lienesch, MD*

    OR SELECT

    **Case Studies 3:** Acute Arthritis (Gout, Pseudogout, Infection) — *UPMC Rheumatology Faculty*

2:45 PM  Coffee Break

3:15 PM  Approach to the Patient with Muscle Pain and/or Weakness—*Chester V. Oddis, MD*

4:00 PM*  **Workshop 4:** Joint Injection Techniques — *Douglas W. Lienesch, MD*

    OR SELECT

    **Case Studies 4:** Bursitis / Tendinitis, Shoulder Pain — *UPMC Rheumatology Faculty*

5:00  Conference Adjournment

*Joint Injection Techniques will repeat 4 times during the day. You have two options:
  1. You may choose (1) Joint Injection Techniques Workshop and (3) Case Studies—the workshop you select will replace the case study you do not want to attend.
  2. You can select all (4) Case Studies and forgo the Joint Injection Techniques Workshop

***Schedule and Workshop faculty are subject to change***
Course Director Listing

Thomas A. Medsger, Jr., MD
The Gerald P. Rodnan Professor of Medicine
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Assistant Professor of Medicine
Department of Medicine
Division of Rheumatology and Clinical Immunology

Kathleen Maksimowicz-McKinnon, DO
Assistant Professor of Medicine
Department of Medicine
Division of Rheumatology and Clinical Immunology

Faculty:

Chester V. Oddis
Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Terence W. Starz, MD
Clinical Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Bertrand L. Stolzer, MD
Clinical Associate Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Dana P. Ascherman, MD
Assistant Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Mary Chester Wasko, MD
Associate Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Jennifer Elliott, MD
Department of Medicine, Division of Rheumatology and Clinical Immunology

Robyn Domsic, MD
Instructor in Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

Fotios Koumpouras, MD
Assistant Professor of Medicine
Department of Medicine, Division of Rheumatology and Clinical Immunology

All faculty members are affiliated with the University of Pittsburgh School of Medicine and reside in the Pittsburgh, PA region unless otherwise indicated.
Faculty Disclosure
In accordance with Accreditation Council for Continuing Medical Education requirements on disclosure, information about relationships of presenters with commercial interests (if any) will be included in materials distributed at the time of the conference.

Meeting Location
The Omni William Penn Hotel
530 William Penn Place
Pittsburgh, Pennsylvania 15219
Phone: (412) 281-7100, Fax: (412) 553-5252

Parking
Parking is on your own and not covered by conference tuition. The closest parking is adjacent to the hotel at the Mellon Garage located at the corner of Sixth Avenue and William Penn Way. The cost is approximately $20/day. Parking is based on availability.

Special Needs
Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 412-647-9541 or 412-647-8232.

Registration Information
On-line Registration accepted until December 1, 2008
Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

1. Visit our online registration site at https://ccehs.upmc.edu/formalCourses.jsp#1777
2. Click the Registration button and enter all of the requested information
3. After registering, an electronic confirmation will be sent to the email address you provided us when you registered.

Please note: Registration is not complete until you receive the confirmation letter/email for your pre-registration. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-9541 or (412) 647-8232.

You must bring this confirmation with you to the conference.

Paper Registrations (see contact information below)
If you are unable to register online please contact us for a paper registration form. UPMC employees whose registration fee will be remitted via journal transfer should request the paper registration form.

Cancellation
All cancellations must be in writing and sent to us via U.S. mail, e-mail or fax. Tuition for cancellations postmarked or date stamped on or before November 21, 2008 will be completely refunded. After November 28, 2008, a $35 administrative fee will be assessed. No refunds will be made after November 28, 2008. Cancellation requests can be made to:

Shauna R. Brown, Senior Conference Manager
UPMC/CCEHS
Iroquois Building, Suite 302
200 Lothrop Street
Pittsburgh PA 15213
brownsr@upmc.edu | Phone: 412-647-9541 or 412-647-8232 | Fax: 412-647-8222
The UPMC/Center for Continuing Education in the Health Sciences reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

**Registration Fees**

On-Time Rate (Before or on December 1, 2008)
- $150 Physician Fee
- $100 Nurses, PAs, and other healthcare professionals
- $25 Residents

On-Site Registration (all registrations received after December 1, 2008)
- $200 Physician Fee
- $150 Nurses, PAs, and other healthcare professionals
- $30 Residents

Registration fee includes:
- Continuing education credit
- Registration and course materials
- Continental breakfast, refreshments and lunch

**For additional information, contact:**
Shauna R. Brown, Senior Conference Manager
UPMC/CCEHS
Medical Arts Building, Suite 220
200 Lothrop Street
Pittsburgh PA 15213
brownsr@upmc.edu
Phone: 412-647-9541 or 412-647-8232 | Fax: 412-647-8222

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