

# Making the Connection Between Patients and Providers

A Comprehensive Overview of the Modern Treatment Strategies  
For People With Type 1 and Type 2 Diabetes



**Saturday, October 12, 2019**  
San Diego Convention Center | San Diego, California

14th Year in a Unique  
National Series

# Program [ Saturday, October 12, 2019 ]

- |          |   |          |   |
|----------|---|----------|---|
| 7:30 am  | Registration and Continental Breakfast  | 12:30 pm | Lunch   |
| 8:00 am  | Program Overview and Introduction   | 1:15 pm  | <b>Practical Application of Injectable Agents: Insulin and GLP-1 Receptor Agonists</b><br>Ian Blumer, MD, FRCPC                                       |
| 8:15 am  | <b>Communicating the Good News (Not Just the Bad News) About Diabetes: How Communicating Evidence-Based Hope Can Promote Patient Engagement</b><br>William Polonsky, PhD, CDE   | 2:15 pm  | <b>Addressing the Therapeutic Strategies and Unmet Needs in Type 1 Diabetes</b><br>Steven V. Edelman, MD  |
| 9:10 am  | <b>The Diabetes Conference of Tomorrow...Today*</b><br>Steven V. Edelman, MD; William Polonsky, PhD, CDE<br>Jeremy Pettus, MD; and Tricia Santos Cavaiola, MD<br><i>(Session coincides with TCOYD Patient Education Conference)</i> | 3:30 pm  | <b>Combined Patient-Provider Workshop: Doctors Are From Mars, Patients Are From Venus</b><br>William Polonsky, PhD, CDE, and<br>Steven V. Edelman, MD |
| 10:40 am | Break and Opportunity to Visit Health Fair  | 4:30 pm  | <b>Closing Session</b><br><i>(Session coincides with TCOYD Patient Education Conference)</i>  |
| 11:30 am | <b>Update and Clinical Overview of Oral Medications for Type 2 Diabetes and Their Cardiovascular Effects</b><br>Juan P. Frias, MD   |          |   |

*\* Not eligible for credit*

# Course Description

This activity for clinicians will focus on four distinct areas of diabetes management and will integrate case presentations into the lectures in order to facilitate more active audience participation. The four areas are:

- Patient-provider relationships with a focus on communication methods to improve adherence and persistence
- Oral agents for the treatment of type 2 diabetes and their effect on cardiovascular health
- Injectable therapies, including insulin, for use in patients with type 2 diabetes
- New and emerging strategies for patients with type 1 diabetes

In addition, this course is held in tandem with a separate, large-scale patient-focused conference. This will give providers the opportunity to observe and interact with people who have had diabetes and are engaged in their own intensive educational environment. By making that connection with patients, providers will acquire new skills and insight into what empowers patients with diabetes to develop healthy self-management of their condition.



## Target Audience

This course is designed for diabetes healthcare providers including endocrinologists, primary care physicians, nurse practitioners, physician assistants, nurses, certified diabetes educators, pharmacists, and other healthcare providers wanting to expand their knowledge of diabetes management.

# Learning Objectives

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

- 1 Identify the different pathophysiologic defects associated with type 2 diabetes and how all the pharmacologic agents (oral and injectable) address these specific abnormalities.
- 2 Review the recently published cardiovascular outcome trials (CVOTs) on oral and injectable type 2 medications.
- 3 Discuss the implications of recently published cardiovascular outcome trials (CVOTS) on oral and injectable type 2 medications.
- 4 Discuss approaches to combination therapy with the currently available oral agents, as well as physician and patient-directed insulin titration strategies and the basal-bolus approach.
- 5 Outline the most up-to-date clinical information on GLP-1 receptor agonists and SGLT-2 inhibitors.
- 6 Design a treatment plan for multiple daily injection regimens and insulin pump therapy.
- 7 Interpret continuous glucose monitoring data.
- 8 Select effective therapeutic adjustments based on trending or rate of change arrows, time in range, and standard deviation.
- 9 Evaluate the physical and emotional barriers that prevent patients with diabetes from being persistent and adherent to their therapeutic regimen(s).
- 10 Employ innovative and dynamic strategies for communication with patients to strengthen provider-patient relations and improve patient outcomes.

# Faculty

## Steven V. Edelman, MD

Clinical Professor of Medicine  
University of California, San Diego School of Medicine  
Director, Diabetes Care Clinic, San Diego VA Medical Center  
Founder and Director, Taking Control Of Your Diabetes

## William Polonsky, PhD, CDE

President, Behavioral Diabetes Institute  
Associate Clinical Professor, Department of Psychiatry  
University of California, San Diego

## Juan P. Frias, MD

Medical Director and Principle Investigator  
National Research Institute,  
Los Angeles, CA

## Ian Blumer, MD, FRCPC

Endocrinologist  
Charles H. Best Diabetes Centre, University of Toronto  
Toronto, Canada

## Jeremy H. Pettus, MD

Associate Clinical Professor of Medicine  
University of California, San Diego School of Medicine  
Division of Endocrinology, Diabetes and Metabolism

## Tricia Santos Cavaiola, MD

Associate Clinical Professor of Medicine  
University of California, San Diego School of Medicine  
Division of Endocrinology, Diabetes and Metabolism

**Disclosure:** It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms: 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices

**Cultural and Linguistic Competency:** This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources can be found on the UC San Diego CME website.

## Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, San Diego School of Medicine and Taking Control Of Your Diabetes. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**AMA:** The University of California, San Diego School of Medicine designates this live activity for a maximum of **5.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** For the purposes of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 credits™* issued by organizations accredited by the ACCME. For the purpose of re-licensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 credits™* (report up to **5.75** hours of credit and list "CME Category 1" as the provider number).

**Physician Assistants:** The AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of **5.75** hours of Category 1 credit for completing this program.

**Certified Diabetes Educators:** The University of California, San Diego is accredited by the ACCME, which is on the NCBDE list of approved providers.

**Pharmacists:** Global Education Group is accredited by the Accreditation Counsel for Pharmacy Education as a provider of continuing pharmacy education.



**Credit Designation** Global Education Group designated this continuing education activity for **5.75** contact hour(s) (.575 CEUs) of the Accreditation Council for Pharmacy Education. (Universal Activity Number – 0530-999-18-422-L01-P)

*This is a knowledge based activity. A current list of commercial supporters is available at [tcoyd.org/cme](http://tcoyd.org/cme)*



## Registration

**Register Online ONLY:** [tcoyd.org/sandmtc](http://tcoyd.org/sandmtc)

### Registration Fee & Details:

\$50 per person

Day-of pricing is \$65

Includes: Breakfast, snack, lunch, syllabus, and downloadable slide decks

### Register by:

Wednesday, October 9, 2019

Unless the program is sold out; registration is limited to 300 people.

### Cancellations:

Email [cancelmycme@tcoyd.org](mailto:cancelmycme@tcoyd.org)

No refunds after Friday, October 4, 2019

### Conference Location:

San Diego Convention Center

111 W Harbor Drive

San Diego, CA 92101

Parking: \$15 at the Convention Center

**Saturday, October 12, 2019**

7:30am–5:00pm

San Diego Convention Center

San Diego, California



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