



15TH YEAR
IN A UNIQUE
NATIONAL
SERIES

Making the Connection

Between Patients and Providers

**Improving Clinical Care with Modern Treatment Strategies
for Type 1 and Type 2 Diabetes**



UC San Diego
School of Medicine



Sunday, December 13, 2020

Humble Civic Center
Humble, Texas

Program [Sunday, December 13, 2020]

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|----------|---|----------|---|
| 7:30 am | Registration and Continental Breakfast | 12:30 pm | Lunch |
| 8:00 am | Program Overview and Introduction | 1:15 pm | Practical Application of Injectable Agents and Their Cardiovascular Effects: Individualized Treatment Strategies
Tricia Santos Cavaiola, MD |
| 8:15 am | Understanding and Addressing Problematic Adherence to Oral and Injectable Cardiometabolic Medications
William Polonsky, PhD, CDE | 2:15 pm | A Focus on Time in Range, Unmet Needs and Modern Management of Type 1 Diabetes
Jeremy H. Pettus, MD |
| 9:10 am | The Diabetes Conference of Tomorrow...Today!*
Steven V. Edelman, MD; William Polonsky, PhD, CDE; Jeremy H. Pettus, MD; and Tricia Santos Cavaiola, MD
<i>(Session coincides with TCOYD Patient Education Conference)</i> | 3:30 pm | Combined Patient-Provider Workshop: Doctors Are From Mars, Patients Are From Venus
Steven V. Edelman, MD, and William Polonsky, PhD, CDE |
| 10:40 am | Break and Opportunity to Visit Health Fair | 4:30 pm | Closing Session
This session will discuss participant observations and insights gained regarding the important and difficult issues that people with diabetes face on an everyday basis.
<i>(Session held in tandem with TCOYD Patient Education Conference)</i> |
| 11:30 am | Effective Use of Oral Medications for Type 2 Diabetes: Lowering Cardiovascular Risk While Improving Glycemic Control
Steven V. Edelman, MD | | |

* Not eligible for credit

Course Description

This clinician-oriented activity 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 and their cardiovascular impact
- Time in range and the unmet needs of 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 Develop individualized treatment strategies based on the living standards of care and patient characteristics.
- 3 Discuss the recently published cardiovascular-renal outcome trials on oral and injectable type 2 medications.
- 4 Summarize the most up-to-date clinical information on GLP-1 RA and SGLT-2 inhibitors.
- 5 Evaluate the use of SGLT-2 and GLP-1 RA in patients who have cardiovascular risks factors and are at risk or have a history of atherosclerotic cardiovascular disease (ASCVD).
- 6 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.
- 7 Design a treatment plan for multiple daily injection regimens and insulin pump therapy.
- 8 Explain how to interpret continuous glucose monitoring (CGM) data.
- 9 Demonstrate the ability to select effective therapeutic adjustments based on CGM trending or rate of change arrows, time in range, and standard deviation.
- 10 Recognize the physical and emotional barriers that prevent patients with diabetes from being persistent and adherent to their therapeutic regimen(s).
- 11 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

Tricia Santos Cavaiola, MD

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

Jeremy H. Pettus, MD

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



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 at <http://cme.ucsd.edu>.

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.

Registered Dietitians: This activity has been approved by the Commission on Dietetic Registration (CDR) for **6.0** CPEUs (CPE Level 1, 2 & 3).

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) (**5.75** CEUs) of the Accreditation Council for Pharmacy Education. (Universal Activity Number – 0530-9999-20-001-L01-P)

This is a knowledge based activity. A current list of commercial supporters is available at tcoyd.org/cme

Registration

Register Online ONLY: tcoyd.org/humtc

Registration Fee & Details:

\$50 per person

Day-of pricing is \$65

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

Register by:

Wednesday, December 9, 2020

Unless the program is sold out; registration is limited to 200 people.

Cancellations:

Email cancelmycme@tcoyd.org

No refunds after Monday, December 7, 2020

Conference Location:

8233 Will Clayton Parkway

Humble, TX 77338

Parking is complimentary at the Humble Civic Center

Sunday, December 13, 2020

7:30am–5:00pm

Humble Civic Center

Humble, Texas



2020 CME Programs

February 8 Bellevue, Washington

February 29 Honolulu, Hawaii

August 1 Omaha, Nebraska

September 12 Palm Springs, California

October 3 Novi, Michigan

November 7 San Diego, California

November 21 Indianapolis, Indiana

December 13 Humble/Houston, Texas



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