

# **Update in Rheumatology 2021**

CME/CE Certified Activity

Friday, September 24, 2021

7:30 - 11:45 am

## **Live Virtual Event**

Provided by:

Rutgers Robert Wood Johnson Medical School

Department of Medicine

Division of Rheumatology and Connective Tissue Research



Robert Wood Johnson  
Medical School

Center for Continuing and Outreach Education  
30 Bergen Street • ADMC 7 • Newark, NJ 07107-3000

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Rutgers University

# **Update in Rheumatology 2021**

CME/CE Certified Activity

Friday, September 24, 2021

7:30 - 11:45 am

## **Live Virtual Event**

To Register: <https://rutgers.cloud-cme.com/RURheumatology2021>

## **Overview**

Quality of life among people with rheumatologic diseases is significantly lower than that of non-afflicted populations. Forty percent of patients are more likely to report fair or poor general health; 30% are more likely to need help with personal care, and these individuals are twice as likely to have a health-related activity limitation affecting work, leisure, and social relations. However, clinicians frequently report that they are ill-equipped to diagnose and manage rheumatologic conditions in an effective manner.

Recent advances in the management of rheumatic disease have increased the potential for improved outcomes, including a state of low disease activity or remission. Biologic disease-modifying agents have significantly transformed treatment approaches and the potential for improved response in many patients. In addition, initiation of early, aggressive treatment has been shown to improve outcomes in patients.

Nevertheless, clinicians are unable to keep up-to-date with new developments in the field, including diagnostic tools and procedures and evidence-based treatment modalities for rheumatologic conditions. Musculoskeletal problems are common, but many clinicians lack the competencies that are needed for their assessment and management. Barriers include inadequate teaching as well as a lack of a simple, standardized approach. Additionally providers often struggle with optimizing therapy to control rheumatic disease activity and managing potential medication adverse events, complex medical comorbidities and drug–drug interactions.

It is essential that clinicians learn the complexities of evaluating and managing rheumatologic diseases, the current strategies for the early diagnosis of these conditions, the pharmacokinetics and adverse effects of current and new agents to treat these disorders, and the necessity of a strong and communicative relationship between the primary care provider and rheumatologist in order to promote better patient outcomes.

## **Target Audience**

This activity is designed for primary care physicians, rheumatologists, advanced practice nurses, nurses, physician assistants, and other allied healthcare professionals involved in the care of patients with rheumatic diseases.

## **Learning Objectives**

Upon completion of this activity, participants should be better able to:

- Describe the anatomy and physiology of the normal musculoskeletal system and the immunologic processes that contribute to the pathogenesis of rheumatic disease.
- Conduct the appropriate focused history for joint and soft tissue symptoms, screening, complete musculoskeletal examination, and functional assessment utilizing the appropriate laboratory and imaging modalities.
- Review the clinical presentation, diagnostic criteria, and initial treatment recommendations for various rheumatologic conditions.
- Describe the indications, laboratory and exam monitoring, potential side effects, and contraindications of pharmacologic agents for analgesia, disease modification, immunosuppression, and anti-inflammation.
- Establish a multidisciplinary approach to the treatment of rheumatologic conditions that utilizes expert resources including consultation and/or evaluation by a specialist for optimal patient care.
- Recognize the importance of involving and counseling patients and caretakers on treatment decisions and planning.

## Accreditation



In support of improving patient care, Rutgers Biomedical and Health Sciences 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.

### Physicians

Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 3.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Advanced Practice Nurses, Nurses, Physician Assistants

Advanced practice nurses, nurses and physician assistants may participate in this educational activity and earn a letter of attendance as AANP, ANCC and AAPA accept *AMA PRA Category 1 Credits™* through their reciprocity agreements.

### ABIM MOC Points



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 3.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to formally register for the activity, watch the webcast and complete an on-line evaluation at the conclusion of the activity. A letter certifying attendance and credit verification will be emailed to participants upon completion of the on-line evaluation.

## **Activity Director**

### **Naomi Schlesinger, MD**

Professor of Medicine

Chief, Division of Rheumatology and Connective Tissue Research

Director, Gout Center

Rutgers Robert Wood Johnson Medical School

New Brunswick, NJ

## **Rutgers Robert Wood Johnson Medical School Faculty**

### **Vivien M. Hsu, MD**

Professor of Medicine

Director, Rheumatology Fellowship Program

Director, Scleroderma Program

### **Seema Malkana, DO**

Assistant Professor of Medicine

### **Nina Ramessar, MD**

Assistant Professor of Medicine

### **Victor S. Sloan, MD, FACP, FACR**

Clinical Professor of Medicine

Associate Director, Health Services, The Peace Corps

## **Guest Faculty**

### **Elliot D. Rosenstein, MD, FACR, FACP**

Director, Institute for Rheumatic and Autoimmune Diseases

Overlook Medical Center - Atlantic Health System

Summit, NJ

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/ investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity.

## **Agenda**

- 7:30 am Virtual Exhibit Hall
- 7:50 am Welcome and Opening Remarks  
Naomi Schlesinger, MD
- 8:00 am **The Evaluation of New- Onset Raynaud**  
Vivien M. Hsu, MD
- 8:35 am **Myositis: Beyond Rashes and Antibodies**  
Seema Malkana, DO
- 9:10 am **Systemic Lupus Erythematosis - The Past, Present, and the Future**  
Nina Ramessar, MD
- 9:45 am Break/Virtual Exhibit Hall
- 10:00 am **The Balancing Act of Managing Spondyloarthropathies**  
Victor S. Sloan, MD
- 10:35 am **Crystal: Diagnosis and Management of Gout**  
Naomi Schlesinger, MD
- 11:10 am **Rheumatoid Arthritis: A Changing and Challenging Landscape**  
Elliot Rosenstein, MD
- 11:45 am Adjourn

## **General Information**

<b>Registration Fees</b>	<b>Through 9/10/2021</b>	<b>After 9/10/2021</b>
Physician	\$50	\$70
Other Healthcare Professional	\$40	\$60
RBHS/RWJBarnabas Faculty/Staff	\$30	\$50
Resident/Fellow/Healthcare Student*	\$0	\$20

*\*Registration must be accompanied by program director's letter confirming resident/fellow status. Please fax the letter to 973-972-3371.*

Registration fee includes continuing education credits and course material. Registration can only be accepted through our secure on-line website through September 21, 2021. Registration will not be confirmed until payment is received. If payment is not received in time for the activity, Rutgers reserves the right to cancel the registration.

### **Pre-registration is required.**

**To Register:** <https://rutgers.cloud-cme.com/RURheumatology2021>

### **Course Material**

In an effort to provide the most complete materials to attendees and conserve resources, PDF versions of the lecture slides will be made available on-line to registered attendees. Additional information will be provided in future confirmation communications.

### **Confirmation**

Once registered, you will receive an email confirmation. As the activity date approaches, you will receive additional information to assist you with your plans to participate in this activity.

### **Virtual Meeting via WebEx**

Additional information and instructions for WebEx access will be emailed registrants the week of September 20, 2021.

### **Cancellation Fee/Refund**

A full refund, less a \$25 cancellation fee, will be granted if notice is received no later than September 23, 2021. Refunds will not be issued for any cancellations received after September 23, 2021 and cannot be given for no shows. To cancel, please contact CCOE by email at [ccoe@rbhs.rutgers.edu](mailto:ccoe@rbhs.rutgers.edu).

### **For Additional Information**

For additional information, questions, concerns, or if you require special arrangements to attend this activity, please contact CCOE by email at [ccoe@rbhs.rutgers.edu](mailto:ccoe@rbhs.rutgers.edu).

Rutgers reserves the right to modify program content, faculty and program activities. It also reserves the right to cancel the activity if necessary. If the activity is cancelled, liability is limited to the registration fee.

Activity Code: 22MR03