

# 2022 Primary Care Grand Rounds

SAVE THE DATES for the following LIVE Video Conferences



## Key Information

Registration is required for all LIVE Video Conferences.

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### Registration Open!

#### Covid-19 Updates: Omicron & Beyond

March 8, 2022 | 6:00-7:00 PM

Dr. Jonathan Pinsky  
Midwest Infectious Disease

Scientists are continuously searching for ways to predict the COVID-19 viruses next moves, looking to other pathogens for clues, tracking the effects of the mutations in the variants that have arisen so far, while watching out for new ones. The expectation is that SARS-CoV-2 will eventually evolve more predictably and become like any other respiratory viruses—but when will this shift occur? Which infection will it resemble? None of it is clear. Find out more at this live video conference. At the conclusion of this live activity, participants will be able to:

- Identify risk factors for severe COVID-19 infection.
- Explain the impact of vaccines on risk stratification for COVID-19 infection.
- Examine prevention and treatment of COVID-19 infection for patients at different levels of risk.

### Registration Open!

#### Updates from the Frontline: Emergency Dept. Insights

March 22, 2022 | 5:00 - 6:00 PM

Dr. Tom Scaletta  
Edward Emergency Department

Daily COVID-19 hospitalizations are up about 33%, healthcare shortages are skyrocketing, and before patients land in hospital beds, many more of them funnel thru emergency rooms seeking care. Emergency departments act as shock absorbers for the enormous wave of infections, triaging all kinds of patients from the severely ill to those who might not need to be admitted at all. At the conclusion of this live activity, participants will be able to:

- Describe how emergency department providers are handling patient follow-up and feedback after Immediate Care/Emergency Dept. visits.
- Summarize the current RN staffing crisis in healthcare and describe potential alternative care models.
- Outline what patient care issues Immediate Care locations can and cannot handle during a pandemic.

### Registration Open!

#### Updates in Rheumatology

April 20, 2022 | 6:00-7:00 PM

Dr. Dawen Zhang, Rheumatology  
Edward Medical Group

Rheumatic Diseases are a diverse group of conditions that primarily affect the joints, bones, muscle, and connective tissue. They can be especially challenging to diagnose during early stages, often presenting with nonspecific symptoms and signs that may flare and remit. Early diagnosis is important to improve outcomes for patients. At the conclusion of this live activity, participants will be able to:

- Explain the immunopathogenesis underlying various rheumatologic, systemic inflammatory, and autoimmune diseases.
- Apply early identification strategies to optimize long-term outcomes in patients that present with rheumatologic symptoms.
- Recognize the major disorders and advances related to the long-term management of patients with rheumatologic, systemic inflammatory, and autoimmune diseases.
- Examine potential adverse events that may present in patients with rheumatologic issues using various therapeutic agents.

# 2022 Primary Care Grand Rounds Schedule

## Registration Open!

### Reiki: A Holistic Healing Practice

May 5, 2022 | 5:00 PM - 6:00 PM

Jane Van De Velde, DNP, RN

Reiki Practitioner @ EMH Integrative Medicine Clinic

Reiki is a relaxing form of healing therapy that is applied through noninvasive, nonmanipulative gentle touch. Reiki is not an alternative to allopathic medicine—it is a “complementary” therapy that can be implemented alongside all other medical and therapeutic techniques. It is a gentle technique that is suitable for even very fragile patients, so it is accepted widely in hospitals and hospices around the world. Reiki is effective for reducing pain, anxiety, and depression, and for improving self-esteem and quality of life with potential to provide valuable support for chronic conditions. At the conclusion of this live activity, participants will be able to:

- Define how Reiki can be used as a complementary/integrative healing modality.
- Explain the major benefits of Reiki for patients with chronic illness.
- Critically analyze the current research findings regarding the effectiveness of Reiki.
- Examine internal outcomes data using Reiki as a healing tool for patients.
- Choose the most appropriate patients for Reiki healing options.

## Registration Open!

### Shining a Light on Skin Cancer

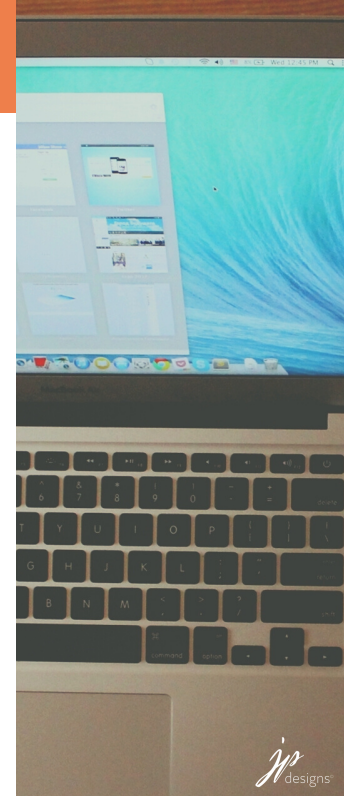
May 17, 2022 | 7:00 AM - 8:00 AM

Dr. Maria J Quintanilla-Dieck

Orsini Surgical Dermatology

May is skin cancer awareness month! Skin cancer is the most common cancer in the US. At least one in five Americans will develop skin cancer during their lifetime and the pandemic caused an abrupt drop in preventive cancer screenings performed across the US. Due to delayed or missed screening, some cancer cases could present at a later stage with a worse prognosis. According to the American Cancer Society, the estimated number of new melanoma cases in 2022 will equal 99,780 in the US (3,860 in Illinois alone) with 7,650 of those US cases ending in death. At the conclusion of this live activity, participants will be able to:

- Recognize the various types of skin cancers and recommend screening options for patients.
- Describe how Mohs surgery and other therapeutic approaches can be utilized in treating patients with skin cancer.
- Summarize the new types of immunotherapies used for skin cancer and discuss appropriate treatment options with patients.



## Additional Pending Activities

- November 2022 - Physician Financial Health

## Registration Open!

### Plant-based Eating: Nutrition Management in Practice

August 3, 2022 | 6:00-7:00 PM

Toni Havala, MS, RDN, CSOWM  
Endeavor Health® Weight Management

Diet is often viewed as more difficult to implement as it is an intrinsic part of culture, family, and self-identity. Accumulating scientific evidence supporting its health advantages, plant-based diets are steadily on the rise. Dietary intervention requires significant effort by both patient and provider. With practice and nutritional knowledge it becomes progressively easier for physicians to use this as a treatment method. At the conclusion of this live activity, participants will be able to:

- Review the principle role of dietary lifestyle factors in the development and progression of common chronic diseases.
- Describe impacts of animal based foods and the potential to mitigate health risks by utilizing a plant-based diet.
- Discuss how the effects of socioeconomic status on health disparities can affect a plant-based diet and recommend resources.
- Utilize simple strategies to guide patients in transitioning their diet to plant-focused style of eating.

## Registration Open!

### COVID-19 for the Long Haul

September 21, 2022 | 6:00-7:00 PM

Dr. Nicholas Mathenia, Neurology  
Edward Neuroscience Institute

It quickly became evident that persistent symptoms after COVID-19 are not restricted to those who were critically ill or hospitalized, but can occur in patients who had mild symptoms and never needed to be hospitalized. Projections show that up to 10 million US survivors of symptomatic COVID-19 will become long-haulers showing a myriad of symptoms that persist for weeks and months after recovery making it important for providers to achieve a deeper comprehension on how COVID-19 infects the body, what organs may be potentially injured long-term, and how it may translate to physical deficits. At the conclusion of this live activity, participants will be able to:

- Describe the likely causes for COVID-19 long-haulers' symptoms and discuss the multi-system approach to identify potential long-term physical problems.
- Identify the multi-organ involvement that may occur with long-COVID.
- Anticipate and treat the needs of COVID-19 long-hauler survivors.

## Registration Open!

### Urologic Disorders

October 5, 2022 | 7:00-8:00 AM

Dr. Michael Hoeh, Urology  
Edward Medical Group

An increase in incidence of urinary disorders across the world is being noted. Prostate cancer is one of the most common types of cancer that affects men. In the US alone, the risk of being diagnosed with prostate cancer is approximately 11%, and the risk of dying of prostate cancer is 2.5%. African American men have an increased risk of prostate cancer death compared with those of other races/ethnicities. At the conclusion of this live activity, participants will be able to:

- Define guidelines for diagnosis and referral of patients with overactive bladder disorder.
- Evaluate options for long-term management of patients with overactive bladder disorder.
- Utilize clinical practice guidelines for prostate cancer screening selection in patients

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