

PROGRAM OUTCOMES EXECUTIVE SUMMARY

Clinical Diabetes & Endocrinology in 2016

52nd Annual Conference

January 23-26, 2016

Certified for 18.25 *AMA PRA Category 1 Credit(s)*[™]

Faculty

Robert Eckel, MD
Bryan Haugen, MD
Ronald Kahn, MD
Susan Mandel, MD
Michael McDermott, MD
Robert McIntyre, MD
Paul Miller, MD
Mark Molitch, MD
Alvin Powers, MD
Jane Reusch, MD
Holly Wyatt, MD

Committee

Susan Sherman, MD (Co-Chair)
Melvin Stjernholm, MD (Co-Chair)
Ken Dernovsek, MD
Bryan Haugen, MD
Cecilia Low Wang, MD
Michael McDermott, MD
Jane Reusch, MD
Micol Rothman, MD

BACKGROUND

The 52nd Annual Clinical Diabetes and Endocrinology Conference was developed by leading faculty in diabetes and endocrinology with the goal of helping physicians to understand the gaps in current medical practice with regards to key issues in diabetes and endocrine-related issues, as well as to assist them in identifying the areas in which they need improvement. It also provided valuable, pertinent education to clinicians and other healthcare professionals with an interest in diabetes, endocrinology and metabolism. Group sessions provided great opportunities to discuss key issues and interesting cases with colleagues and expert faculty.

Ninety-seven (97) healthcare professionals were in attendance, including 64 physicians (66%) and 33 nurses, NPs, PAs, PhDs and pharmacy staff (34%). Sixty (60) percent specialized in endocrinology, 21% family practice and internal medicine, and the remainder in various other specialties such as nephrology and bariatric medicine.

MAIN FINDINGS

On average, the conference attendees have been in practice for 14 years and report seeing 13 patients per week with conditions discussed at this annual meeting. One hundred (100) percent of participants indicated that the content presented at the conference addressed strategies for overcoming barriers to optimal patient care.

The overall average increase in correct responses from pre- to post-activity was 9%. Knowledge gain was marked by both an increase in correct responses from pre- to post-activity, as well as 97% indicating learning objectives were met. An important predictor in this interactive activity for competence and self-reported performance change comes from our 45-day post-activity assessment: 100% of our participants stated that they have made changes in their practice.

Performance was measured by self-report of changes made in their practice 45 days after the conference. Changes included:

- Modification of treatment plans (69%)
- Change in screening/prevention practice (41%)
- Incorporation of different diagnostic strategies into patient education (41%)
- Use of alternative communications methodology with patients and families (26%)
- Using care plans with type 2 diabetes patients, reviewing pertinent literature, or adjusting follow up with thyroid patients based on ultrasound results (15%)

Attendees report that an average of eight of their patients have already benefited from the information learned during the conference.

RECOMMENDATIONS FOR FURTHER EDUCATION

Based on activity topics covered, learners indicated interest in further education in the following areas:

- Strategies for managing and treating type 2 diabetes
- GLP-1 based therapies for diabetes
- Comorbidities and complications of diabetes
- Approaches to lipid management
- Managing options for osteoporosis in patients with endocrine disorders
- Indications for and monitoring of drug holiday with osteoporosis patients
- Decision-making for patients with thyroid nodules and/or thyroid cancer using ultrasound
- Obesity management strategies
- Managing cardiovascular disease and diabetes in women
- Growth hormone disorders
- Testosterone replacement
- Insulin management

PARTICIPANT COMMENTS

“The meeting was great. You have mixed it up year to year (my third straight year), which I like, even if some of the topics don't apply to my practice. They are so high level it's fun to be a part of that.”

“Changes are occurring everyday in medicine and it's important to attend groups/conferences with high quality/knowledgeable speakers (which is why I have been coming to this one since 1994).”

“Patient care should be individualized and taken into consideration...not only what the provider thinks is the best treatment plan, but what the patient is willing and wants to do.”

“Innovative ideas for treatment of health issues and diseases are being found everyday so staying abreast of these involves staying connected via conferences, reading professional literature and interacting with other providers. Today's lectures gave so many new and creative ideas for patient care!”