

**Allergy and Immunology Grand Rounds 2025-2026 - 10/10/2025 - Hypothalamus Pituitary Adrenal (HPA)
Axis evaluation in chronic glucocorticoid use
October 10, 2025
8:00 AM - 9:00 AM**

Target Audience

This program has been designed for ALLERGY AND IMMUNOLOGY, DERMATOLOGY, PEDIATRICS, INTERNAL MEDICINE - Pulmonary Disease, INTERNAL MEDICINE

Series Educational Objectives

After participating in this regularly scheduled series, participants should be able to:

- 1 Discuss how to independently manage food and drug allergy.
- 2 Discuss how to correctly order appropriate laboratory tests to evaluate for autoimmune disease.
- 3 Discuss how to correctly diagnose various common and less common immunodeficiency diseases.
- 4 Discuss and diagnose patients with non-allergic dermatologic conditions.
- 5 Discuss and diagnose and manage patients with mast cell disorders.

Session Educational Objectives

After completing this educational activity, participants should be able to:

- 1 Review the physiologic basis of HPA axis suppression with exogenous glucocorticoid use
- 1 Discuss the risk factors for HPA axis suppression
- 1 Describe how to identify important educational topics to review with patients on chronic glucocorticoid therapy at risk for adrenal insufficiency
- 3 Review the HPA recovery process and the clinical tools available to gauge its progress

Accreditation

In support of improving patient care, Penn Medicine 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.

Designation of Credit

Physicians: Penn Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is for **1.00** contact hours.

Pharmacists: This activity is not approved for pharmacy contact hours

PAs: 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. PAs may receive a maximum of **1.00** Category 1 credits for completing this activity.

Approved for (PSRM) patient safety/risk management designation

For more information, please contact
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Check your transcript online at <https://upenn.cloud-cme.com>

Acknowledgement of Commercial Support*

None

Disclosure of Relevant Financial Relationships and Unapproved Uses of Products

It is policy at Penn Medicine Office of Continuing Medical and Interprofessional Education for individuals who are in a position to control the content of an educational activity to disclose to the learners all relevant financial relationships (RFRs) that they have with any ineligible company, which is defined as any company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Disclosure to learners includes all RFRs for all those in control of content including faculty, planners, moderators, and reviewers.

The intent of this policy is to ensure that Penn CME/CE certified activities promote quality and safety, are effective in improving medical practice, are evidence-based, are based on valid content, and are independent of control from ineligible companies and free of commercial bias. Peer review of all content was conducted for all faculty presentations whose disclosure information was found to contain any financial relationships. Part of the peer review process involved reviewing the content, determining which financial relationships were relevant, and applying appropriate mitigation strategies. In addition, all faculty were instructed to provide balanced, scientifically rigorous and evidence-based presentations.

The staff in the Office of Continuing Medical and Interprofessional Education (CME and IPCE), have disclosed that they have no financial relationships with any ineligible companies. Any peer reviewer who is determined to have a relevant financial relationship must recuse themselves from the peer review process.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Olajumoke Fadugba, MD	Course Director	Paid consultant-Health Resources and Services Administration - 11/19/2024
Priya Patel, MD	Co-Director	Nothing to disclose - 11/11/2024
Stacey R Smith, APRN	Nurse Planner	Nothing to disclose - 01/16/2025
Javier Ocampo Mascaro, MD	Faculty	Nothing to disclose - 09/28/2025

Relevant financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected