



Penn Medicine

Continuing Medical and
Interprofessional Education

Renal-Electrolyte & Hypertension Division at Penn Medicine
Presents

VIRTUAL

BLOOD PRESSURE AND CARDIOVASCULAR RISK 2020:

*Cutting Edge Prevention Applied to Various Populations
in the Age of COVID-19*

A CME/CE-ACCREDITED CONFERENCE

Friday, October 2, 2020

This conference will be
LIVE STREAMED

<https://upenn.cloud-cme.com/bp2020>



Delaware Valley Chapter



PROGRAM OVERVIEW & TARGET AUDIENCE

Cardiovascular disease is the leading cause of death in the United States. Hypertension and diabetes are among the foremost risk factors for the development of cardiovascular diseases, including stroke, peripheral artery disease, and heart attack. Several advances have been made in recent years to improve our ability to prevent the development and progression of cardiovascular disease. This program will provide an overview of recent advances that target the underlying pathophysiology of cardiovascular disease. The focus of the program will be on optimal pharmacotherapy in specific high-risk patient populations, lifestyle interventions for the management of hypertension, and non-pharmacologic approaches to cardiovascular risk prevention.

This activity is designed for nephrologists, cardiologists, general internists, family practitioners, physician assistants, advanced practice nurses, healthcare professionals, pharmacists, residents and fellows.

Learning Objectives:

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

- Identify appropriate blood pressure goals in patients with increased risk of cardiovascular events
- Select appropriate medications to reduce adverse cardiovascular outcomes in high-risk and vulnerable populations
- Achieve competence in providing the best screening and treatment options for hypertension in patients with refractory hypertension, pregnant patients, young patients, and cancer patients
- Review the controversies regarding the appropriate management of hypertension in select high-risk hypertensive populations
- Apply appropriate pharmacologic and non-pharmacologic approaches to cardiovascular risk prevention

Hosting Department

This conference is hosted by the Department of Medicine, Renal-Electrolyte & Hypertension Division at Penn Medicine.

Disclosures

Penn Medicine, Office of Continuing Medical and Interprofessional Education, adheres to the ACCME *Standards for Commercial Support*. Faculty and planners' disclosure information will be made available in the conference materials and syllabi. Faculty members are also expected to disclose to participants any discussions of off-label and/or investigational uses of pharmaceutical products within their presentations.

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 4.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides 4.75 contact hours.

Pharmacists: This knowledge-based activity is approved for 4.75 ACPE contact hours of continuing pharmacy education credit. JA0000324-0000-20-018-L04-P.

Physician Assistants: Penn Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA CME Criteria. This activity is designated for 4.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Certificates and Transcripts: After the conference has concluded, all participants will receive a follow-up email with instructions and a link with instructions on how to claim their credit. Once participants submit the request for credit, the earned credits will be available for viewing on your transcript or available for printing at <https://upenn.cloud-cme.com>. Please note that the individual certificate will not be mailed.



Meeting Location

Blood Pressure and Cardiovascular Risk 2020: Cutting Edge Prevention Applied to Various Populations in the Age of COVID-19 will be held Friday, October 2, 2020 by live stream only. In-person attendance is not permitted for this conference. This conference will follow the scheduled agenda in real time.

Registration Fees

The registration fee for *Blood Pressure and Cardiovascular Risk 2020: Cutting Edge Prevention Applied to Various Populations in the Age of COVID-19* is \$50 for all attendees. Penn Medicine employees, faculty, staff & students, Drexel University faculty, staff & students and Jefferson University residents, fellows & students may register at a reduced rate of \$10. Penn Medicine Departments of Medicine and Cardiovascular faculty, staff, residents & students should use code PENNBP20 to receive complimentary registration.

The registration fee includes live stream access to the conference and access to view the presentations (slides) online. In-person attendance is not permitted for this conference.

All pre-registered attendees will receive a link and instructions that will allow attendees to sign-in and participate in the live conference.

If you are registering with a credit card or check, please register online at <https://upenn.cloud-cme.com/bp2020>. We cannot accept faxed or mailed registration forms with credit card information. To pay by check, complete your registration online and mail a copy of your confirmation email with your check.

See the registration form for mailing information. *Please note:* mailed registrations can take up to 5-10 business days before they are received. We are experiencing longer delays receiving mail due to the COVID-19 pandemic. We encourage all attendees to register online with a credit card. All registrations will be confirmed by email as long as your registration is received no later than September 30, 2020.



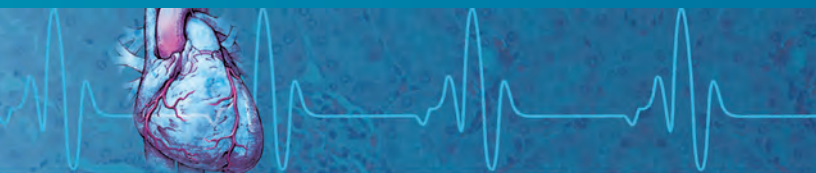
Refund Policy

In order to process refunds for course withdrawals, cancellations must be received in writing by September 18, 2020 (subject to a service charge of \$10.00). No refunds will be issued thereafter.

Cancellation Policy The University reserves the right to cancel or postpone any course due to unforeseen circumstances. In the event of cancellation or postponement, the University will refund registration fees, but is not responsible for related costs or expenses to participants, including cancellation fees assessed by hotels, airlines, and travel agencies.

Services for the Disabled If special arrangements are required for an individual with a disability to attend this meeting, please contact the Office of Continuing Medical and Interprofessional Education no later than September 18, 2020 at 215-898-8005.

Nondiscrimination Statement The University of Pennsylvania values diversity and seeks talented students, faculty, and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, or status as a Vietnam Era Veteran or disabled veteran in the administration of educational policies, programs or activities; admissions policies; scholarship and loan awards; athletic, or other University administered programs or employment. Questions or complaints regarding this policy should be directed to Executive Director, Office of Affirmative Action and Equal Opportunity Programs, 3600 Chestnut Street, Sansom Place East Suite 228, Philadelphia PA 19104-6106 or 215-898-6993 (Voice) or 215- 898-7803 (TDD). www.upenn.edu/affirm-action



AGENDA

Friday, October 2, 2020

- 7:45 – 8:00 AM** Sign-in on Bluejeans
- 8:00 – 8:10 AM** Introduction and Welcome
Debbie Cohen, MD
- 8:10 – 8:30 AM** Approach to Hypertension in Adolescents and Young Adults
Kevin Meyers, MBBCb
- Blood pressure goals
 - Optimal measurement of blood pressure
 - Barriers to achieving blood pressure goals specific to adolescents, including lifestyle, social, and behavioral factors
- 8:30 – 8:50 AM** BP Goals and Selection of Medications in Aortic Aneurysms
Neel Chokshi, MD, MBA
- Optimal blood pressure in aortic aneurysms
 - Selecting appropriate antihypertensives
 - Strategies for blood pressure assessment
- 8:50 – 9:10 AM** Renal Denervation
Debbie Cohen, MD
- New data on efficacy
 - Differences between devices
 - Adverse effects
 - Considerations in selecting appropriate patients
- 9:10 – 9:30 AM** How to Manage the Resistant Patient on ≥ 5 drugs
Matthew Denker, MD, MSCE
- Long-term risks
 - Drug-induced and secondary hypertension as causes
 - Selecting appropriate treatment regimens
 - Addressing polypharmacy, lifestyle factors, and non-adherence
- 9:30 – 9:50 AM** Hypertension in the Pregnant Patient
S. Mehrdad Hamrahan, MD
- Risk factors
 - Long-term outcomes
 - Differentiating preeclampsia and hypertension
 - Challenges in measurement and management
- 9:50 – 10:00 AM** Speaker Q&A
Panel: Neel Chokshi, MD, MBA, Debbie Cohen, MD, MSCE, Matthew Denker, MD, MSCE, S. Mehrdad Hamrahan, MD, Kevin Meyers, MBBCb
- 10:00 – 10:20 AM** Break
- 10:20 – 10:40 AM** Management of Hypertension in the Age of COVID-19
Jordana Cohen, MD, MSCE
- ACEi's and ARBs in COVID-19
 - Overlapping risks of COVID-19 and hypertension
 - Approach to gaps in care during COVID-19



- 10:40 – 11:00 AM** **The Use of Subclinical Atherosclerosis Imaging to Guide Preventive Cardiology Management**
Douglas Jacoby, MD
- Usefulness of subclinical atherosclerosis imaging
 - Selecting the appropriate patient
 - Changing management based on the results
- 11:00 – 11:20 AM** **DASH vs Mediterranean vs Keto Diet – What is Most Effective for HTN and CV Protection?**
Fran Burke, MS, RD
- Evidence in hypertension
 - Evidence for cardiovascular risk reduction
 - Comparative effectiveness
 - Long-term adherence
- 11:20 – 11:40 AM** **SGLT2 Inhibitors and Cardiorenal Protection**
Christopher McFadden, MD
- Outcomes in chronic kidney disease
 - Outcomes in heart failure
 - Considerations for long-term monitoring
 - Coordinating care across disciplines
- 11:40 – 12:10 PM** **Genetics in Clinical Practice: What Genetic Testing Should a Practitioner Order for Preventive Cardiology**
Kiran Musumuru, MD, PhD, MPH, ML
- What genetic tests are available for preventive cardiology?
 - Selecting the appropriate patient
 - Changing management based on the results
- 12:10 – 12:20 PM** **Speaker Q&A**
Panel: Fran Burke, MS, RD, Jordana Cohen, MD, Douglas Jacoby, MD, Christopher McFadden, MD, Kiran Musumuru, MD, PhD, MPH, ML
- 12:20 – 12:50 PM** **Panel with Case Discussions**
Gayley Blaine Webb, MSN, CRNP (Moderator)
Allan Schwartz, MD (Panelist, HTN)
Raymond Townsend, MD (Panelist, HTN)
Serena Cardillo, MD (Panelist, DM)
Daniel Soffer, MD, FNLA (Panelist, Lipidology)
- Rapid fire discussion
 - Multidisciplinary cases
 - Identifying tools for the management of challenging patients
- 12:50 – 1:00 PM** **Wrap-up/Adjourn/CE Activity Ends**
- 1:00 – 2:00 PM** **Board Meeting**
Not certified for CME/CE

FACULTY

COURSE DIRECTORS

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SPEAKERS

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CARDIOVASCULAR RISK 2020:***Cutting Edge Prevention Applied to Various
Populations in the Age of COVID-19***Friday, October 2, 2020****You may register by credit card, or check, online at:****<https://upenn.cloud-cme.com/bp2020>****Questions? Contact us at:**Phone: 215-898-6400 or 215-898-8005 • penncme@penncme.upenn.edu**We are unable to accept faxed or mailed registration forms with
credit card payment.**

Please print or type

Name (First)

(Last)

Academic Degree

Medical Specialty

Affiliation (Hospital, Office, or Company)

Address (Affiliation or Home)

City

State

Zip

Phone

Fax

E-mail

Registration Fee (pre-payment is required to be officially registered)

- \$50.00 for Practicing Physicians and Industry Representatives
Nurses, Healthcare Professionals, Residents and Fellows
- \$10.00 for all Penn Medicine employees, faculty, staff & students,
Drexel University faculty, staff & students and Jefferson University
residents, fellows and students
- Penn Medicine Department of Medicine or Cardiovascular Medicine
Attendee (Use PENNBP20)
- I will attend the Board Meeting

Payment Method

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