



## Grand Rounds

*Fridays from 7:00 am—8:00 St. Charles Bend, Classrooms C & D*

*and broadcast live via videoconference to Madras, Prineville, Redmond, Burns, John Day & Lakeview*

**Oct. 4, 2019 "Emerging Practice Guidelines for Dementia and Delirium in Acute Care"** Clifford Milo Singer, MD, DFAPA, AGSF Chief, Division of Geriatric Mental Health and Neuropsychiatry Acadia Hospital and Eastern Maine Medical Center **Objectives:** 1) List at least five elements of a care plan for a patient with dementia in the hospital to reduce risk of delirium or injury 2) Discuss three arguments both pro and con for use of psychotropic medication in treating neurobehavioral symptoms in acute care setting in patients with dementia or delirium 3) Develop a discharge plan that incorporates appropriate compromises of patient wishes, family-caregiver abilities, resources and realistic prognosis for desirable quality of life.

**Oct. 11, 2019 "Update on Hypertension"** Mark Backus M.D. FACP, Cascade Internal Medicine Specialists **Objectives:** 1) Review the new guidelines proposed by the American Heart Association in November 2017 and the rationale for their development 2) Review proper ways to measure blood pressure and helpful hints for managing blood pressure measurement in the clinic 3) Identify pharmacological and non-pharmacological options for blood pressure control 4) Review case based examples of blood pressure management 5) Illustrate helpful ways to organize a clinic to ensure effective blood pressure management

**Oct. 18, 2019 "Foodborne Illnesses"** Thomas C. Cesario, M.D. Emeritus Dean and Professor of Medicine, Division of Infectious Disease University of California, Irvine's School of Medicine **Objectives:** 1) Recognize various foodborne illnesses by symptom and incubation period 2) Describe the mechanisms of a foodborne outbreak investigation 3) Identify different food groups that can cause disease 4) Recognize which patient populations are at higher risk for foodborne infections and advise them as to the precautions they should take

**Oct. 25, 2019 "Getting a Good Night's Sleep: Sleep Hygiene"** Roger Light, Ph.D., Private Practice, Semel Institute for Neuroscience, Resnick Neuropsychiatric Hospital, Department of Psychiatry, University of California, Los Angeles **Objectives:** 1) Describe the basics of sleep architecture and the differences between restful restorative and dysfunctional sleep 2) Identify the four types of dysfunctional sleep 3) Identify possible physiological issues which impact sleep 4) Report the adverse impact of sleep on various types of psychopathology, e.g. depression, anxiety disorders, trauma reactions, etc., and how poor sleep can maintain and exacerbate symptom expression 5) Identify possible obstacles which interfere with their patient's ability to sleep well 6) Customize a potential sleep hygiene plan for many different types of sleep dysfunction 7) Describe the potential uses of applications and discuss how these programs may help their patients 8) Discuss the various stress management procedures which contribute to overall wellness and improved sleep quality 9) Review the various types of evidence based cognitive behavioral interventions which can improve their patient's quality of life 10) Customize a home sleep program and sleep schedule, including customized sleep hygiene interventions, for their patients

**Nov. 1, 2019 "Not Just Going with the Flow: The Modern Management of BPH"** Matt Ashley, MD; Summit Medical Group Oregon - Bend Urology **Objectives:** 1) Review the proper workup of the BPH patient and how to elicit the most useful urologic history 2) Discuss which medications (if any) should be used as first line therapy 3) Illustrate new procedural options that have significantly changed the options available to men 4) Explain the current outlook on preserving bladder health

**Nov. 8, 2019 "Screen Time Concerns: From Infancy to Adolescence"** Rebecca Hicks, MD, Pediatrician, Mosaic Medical **Objectives:** 1) Review the current research on the effects of excessive screen time in children 2) Explain the current recommendations from AAP and WHO 3) Describe tips on integrating this information into clinical practice to aid their patients in reducing the risks that excessive screen time poses

**Nov. 15, 2019 "Update on Outpatient Medicine"** Robert Gluckman, MD, Internal Medicine Specialist, Chief Medical Officer, Providence Health Plans **Objectives:** 1) Discuss new approaches to treatment of asthma 2) Explain how to improve identification and effective treatment of hypertension 3) Illustrate the recognition of the importance of fall prevention in the elderly

**Nov. 22, 2019 "Update on Inflammatory Bowel Diseases"** David Limsui, M.D., Assistant Clinical Professor of Medicine, Stanford University School of Medicine **Objectives:** 1) Provide an effective assessment 2) Diagnose, work up, and treat IBD diseases in a timely manner 3) Describe the evidence-based therapies available to treat patients with IBS diseases 4) Examine ethnicity/gender disparities when dealing with patients with IBS diseases

**Nov. 29, 2019 No Grand Rounds - Thanksgiving week-end**

**Dec. 6, 2019 "The 5Rs of Cultural Humility: A Clinical Coaching Tool"** Christie Lynn Masters, M.D., M.B.A., M.H.A., B.C.C., S.F.H.M University of California - Los Angeles, Hospitalist Service **Objectives:** 1) Define implicit biases and understand how they affect health care 2) Differentiate between cultural competency and cultural humility 3) Identify ways in which to incorporate the 5Rs into clinical practice to promote provider resiliency and improved clinical encounters.

**Dec. 13, 2019 "An Update on APA Guidelines for Alcohol Use Disorder"** John W. Tsuang, M.D., Director of Dual Diagnosis Treatment Program Harbor-UCLA Medical Center Department of Psychiatry, Los Angeles County Department of Mental Health Clinical Professor of Psychiatry **Objectives:** 1) Describe the epidemiology of Alcohol Use Disorder (AUD) and outline current and evolving diagnostic criteria 2) Describe challenges to the successful identification of patients with AUD 3) Review the appropriate process for transitioning a patient from Emergency Care to outpatient treatment. 4) Review the co-morbidities commonly associated with AUD 5) Identify the treatment modalities currently available for management of AUD and apply them to patient cases using evidence-based medicine 6) Develop strategies for recognizing and improving therapeutic adherence in patients treated for AUD

**Dec. 20 and Dec. 27, 2019 No Grand Rounds Christmas / Winter Break**

### Clinical Conferences

Anesthesiology & Perioperative Medicine Quality Assurance Conference Quarterly location varies St. Charles Bend Cardiac Clinical Heart One Conference (STEMI: Hospital ED Door to Reperfusion) 1st Tuesday of every month at 7:00 am Classroom C&D St. Charles Bend, live broadcast to Madras, Prineville, Redmond, Burns, John Day, Lakeview  
Gastrointestinal Pathology Conference (2nd Thursday of even months) at 7:00 am location varies St. Charles Bend Hematology Conference 1st Tuesday of every month at 5:30 pm location varies St. Charles Bend Multidisciplinary Breast Conference followed by Cancer Clinical Conference (Tumor Board) each Wednesday at 7:00 am - 8:15 Location varies St. Charles Bend, live broadcast to Redmond, Prineville  
Neuroradiology Conference 4th Tuesday every month at 7:00 am location varies St. Charles Bend  
Stroke Clinical Conference Quarterly date and location vary Trauma Morbidity and Mortality Conference - Quarterly Review location varies St. Charles Bend

### Other CME

**Procedural Skills:** Kyle McCollough, BS, Procedural Skills Program Specialist St. Charles Health System 541-706-2605 or email: [kymccollough@stcharleshealthcare.org](mailto:kymccollough@stcharleshealthcare.org)  
**Internet Point of Care CME** (Call CME office for detail) **Questions: CME or Clerkship Program?** Call Sheila Jordan MGMT, CHCP, Manager of CME 541.706.6780 or email [ssjordan@stcharleshealthcare.org](mailto:ssjordan@stcharleshealthcare.org)

Miss a Grand Rounds? [www.stcharleshealthcare.org](http://www.stcharleshealthcare.org) > "Professionals" > Education > Grand Rounds Archive.