



Young Adults with Chronic Conditions

Optimizing Treatment and Transition from Pediatric to Adult Care

March 4–6, 2019 | Cambridge, MA



- New management approaches for chronic conditions in adolescents and young adults
- Tools for assessment of transition readiness and self-management
- Transition timing and timelines, checklists and resources
- Best practices for communication and goal setting with patients and families
- Multidisciplinary care coordination and integration
- Evidence-based quality improvement strategies
- Legal and financial supportive decision-making for patients
- Practice redesign and team-based care
- Updates for sexuality and fertility with chronic disease

Education for:
PHYSICIANS, NPs, and PAs in:
Pediatrics
Internal Medicine
Family Medicine
Medicine-Pediatrics
Pediatric Subspecialties
Medical Specialties and
Subspecialties

...and **Psychologists, Social Workers,**
and **Counselors** who support young
adults with chronic conditions
and their families



Register at TCC.HMSCME.com





HARVARD MEDICAL SCHOOL

Dear Colleague,

Anyone practicing in primary or subspecialty care recognizes that more adolescents and young adults with chronic conditions of childhood origin are surviving and transitioning into adulthood. The question we then face is: *how can I optimize this transition and ensure the highest levels of care?*

Consider the following clinical questions:

- What should I screen for in a cancer survivor?
- How do I reduce cardiovascular risk in my young adult patients?
- How do I best approach a patient with autism?
- What are the state-of-the-art approaches to chronic pain?
- How do I talk about sexuality with my patients?

Equally important are questions raised by patients about:

- Independent living
- Self-management
- Self-advocacy
- Decision-making
- Information sharing
- Effective communications

And many of us have process questions, including:

- When (and how) should I think about integrating young adults into my practice?
- What are the best ways to prepare patients for adult care?
- How can we more effectively utilize team-based care to optimize the transition?

These frequently asked questions have given rise to an overwhelming demand for evidence-based practices that have been shown to optimize both the transition of care and patient outcomes.

That is precisely what is offered at *Young Adults with Chronic Conditions: Optimizing Treatment and Transition from Pediatric to Adult Care*. Taught by many of the country's most experienced experts, this immersive program provides state-of-the-art strategies, best practices and take-home tools to help you effectively and efficiently transition patients and elevate their quality of life.

If you provide care for or are preparing to accept pediatric patients who are transferring to adult care, this course will prove invaluable. It will inform, update, and inspire you, and you will return to your practice empowered to be a more effective clinician in the care of these patients.

We hope you will join us, and look forward to seeing you in Boston in March!

Sincerely,

Niraj Sharma, MD, MPH
Course Director



Program Highlights

Clinical Updates

State-of-the-art approaches to chronic diseases in adolescents and young adults:

- Arthritis
- Autism
- Cancer Survivorship
- Cerebral Palsy
- Congenital Heart Disease
- Cystic Fibrosis
- Diabetes
- Down Syndrome
- Epilepsy
- HIV/AIDS
- Inflammatory Bowel Disease
- Intellectual Disability
- Spina Bifida
- Solid Organ Transplant
- Sickle Cell Disease

Includes:

- Updates and best practices for the management of chronic pain
- Substance abuse: best practices for diagnosis and management
- New strategies for palliative care
- Expanded options for cardiovascular risk reduction in chronic disease

Family Medicine and Medicine-Pediatric Practices

- Encouraging adherence through shared decision-making: when, why, how
- Differentiating treatment as patients age
- How to effectively teach self-management skills
- Current approaches to preventative counseling and anticipatory guidance

Pediatric Practices: Strategies and Best Practices to Successfully Transition Young Adults to Adult Care

- Transition timing and tracking of progress
- Assessing functional capacity to determine need for guardianship
- Developing individualized transition plans
- Devising and implementing effective transition policies

Internal Medicine Practices: Strategies and Best Practices to Successfully Onboard Young Adults into Your Practice

- Understanding unique needs of patients with pediatric acquired illness
- Quality improvement strategies to optimize care of young adults
- Updates to prevent gaps in care as patients move to adult care
- Accommodating the needs of young adults with developmental disabilities in your clinical setting

Pediatric Subspecialty Practices

- Screening for high-risk behaviors and their impact on chronic illness
- Educating patients about impact of chronic illness on future fertility and pregnancy risks
- Best practices for transition timing: start early and track progress
- Referring to adult primary care providers as medical home for young adults

Adult Subspecialty Practices

- Encouraging adherence to optimize health outcomes
- Addressing sexual health and fertility issues
- Utilizing shared decision-making to set goals with patients
- Accommodating the needs of young adults with developmental disabilities in your clinical setting

Preparing Patients and Families for Transition

- Patient advocacy: best practices for educating patients and families to advocate for themselves with:
 - Medical providers
 - Insurance companies
- Strategies for success with the transition to college and community living
- Guidance to build transition curricula

Process Innovation and Practice Improvement

- Techniques to address social determinants of health in chronic disease management
- State-of-the-art approaches to practice redesign and team-based care
- Advocacy and healthcare reform in transition care
- Involvement of community health care workers in chronic disease management

Includes Take-Home Resources

Young Adults with Chronic Conditions: Optimizing Treatment and Transition from Pediatric to Adult Care

Learning Objectives

Upon completion of this course, adult and pediatric providers will be able to:

Provide state-of-the-art care of chronic childhood conditions in adolescent and adult patients:

- Single-system disease, including congenital heart disease and epilepsy
- Multisystem disease, including cystic fibrosis and epilepsy
- Intellectual/developmental disabilities, including Down syndrome and autism

Develop and implement practical strategies to successfully transfer and accept patients with chronic childhood conditions:

- Care coordination and integration
- Supported decision-making
- Practice redesign and team-based care
- Adolescent health and wellness

Better navigate healthcare systems and their impact on transition to adult care:

- Quality improvement
- Reimbursement strategies
- National health policy
- Advocacy

Enhance your approach to patient and family engagement in chronic condition management and help them to achieve health equity:

- Communication skills
- Assessing self-management skills and readiness for transition to adult healthcare settings
- Coping with chronic illness
- Supports for community living

Course Directors

Niraj Sharma, MD, MPH

Assistant Professor of Medicine and Pediatrics
Harvard Medical School
Director, Internal Medicine-Pediatrics Unit
Brigham and Women's Hospital
Program Director, Harvard Medicine-Pediatrics Residency
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Kitty O'Hare, MD

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Sarah J. Spence, MD, PhD
Lori W. Tishler, MD, MPH
Ahmet Z. Uluer, DO, MPH

HARVARD-AFFILIATED FACULTY

Janis H. Arnold, MSW, LICSW
Lynne Helfand, MSW, MPH, LICSW
Stacy B. Klickstein, MSW, LICSW
Julia C. Roboff-Rooney, MSN, FNP-BC, CPN
Christopher Ryan, MSW, LCSW
Aubry Threlkeld, EdD

Agenda

Accreditation

ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 25.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN BOARD OF INTERNAL MEDICINE

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 25.00 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.

AMERICAN BOARD OF PEDIATRICS

Successful completion of this CME activity, which includes participation in the activity including individual assessments by the participant and feedback to the participant, enables the participant to earn 25.00 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program.

AMERICAN ACADEMY OF FAMILY PHYSICIANS

This Live activity, Young Adults with Chronic Conditions: Optimizing Treatment and Transition from Pediatric to Adult Care, with a beginning date of 03/04/2019, has been reviewed and is acceptable for up to 24.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RISK MANAGEMENT

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1.25 credits of Risk Management Study. Please check your individual state licensing board requirements before claiming these credits.

PSYCHOLOGISTS

This program will be submitted for continuing education credit. Please see website for updates.

NURSE PRACTITIONERS and REGISTERED NURSES

For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit*[™] issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*[™] are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

CANADIAN ACCREDITATION

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eaccme.eu.

Monday, March 4

7:00 am	Registration and Continental Breakfast
7:30 am	Welcome Remarks: Leaving Neverland Niraj Sharma, MD, MPH and Kitty O'Hare, MD
8:30 am	Congenital Heart Disease Keri M. Shafer, MD, FACC
9:00 am	Diabetes Katharine Garvey, MD, MPH
9:30 am	HIV Anne M. Neilan, MD, MPH
10:00 am	Q&A
10:05 am	<i>Coffee Break (Refreshments provided)</i>
10:20 am	Expert Panel: Transition Readiness and Self-Management in Chronic Disease Gregory S. Sawicki, MD, MPH, Katharine Garvey, MD, MPH, Ahmet Z. Uluer, DO, MPH, Keri M. Shafer, MD, FACC, and Sarah N. Flier, MD
11:00 am	Patient Presentation: Surviving College with Inflammatory Bowel Disease – Patient and Provider Perspectives Janis H. Arnold, MSW, LICSW and Sarah N. Flier, MD
12:00 pm	<i>Break for Lunch*</i>
1:00 pm	Sexuality and Reproductive Health Susan H. Gray, MD
2:00 pm	Workshops A1-A3: Assessing Your Current Practice of Transition Care Choose one of the following practice areas: A1. Primary Care Practice Kitty O'Hare, MD and Colleen A. Monaghan, MD A2. Specialty Care Practice Ahmet Z. Uluer, DO, MPH and Susan Shanske, LICSW A3. Hospital Medicine Niraj Sharma, MD, MPH and Elizabeth Petersen, MD, MPH
3:00 pm	Q&A
3:05 pm	<i>Coffee Break (Refreshments provided)</i>
3:20 pm	Interest Group Breakouts B1-B3 Choose one of the following: B1. Adolescent Confidentiality Maurice W. Melchiono, RN, MS, FNP-BC, NE-BC B2. Tools to Support Self-Management Kristine D. McKenna, PhD and Lynne Helfand, MSW, MPH, LICSW B3. Fertility and Chronic Disease Julia C. Roboff-Rooney, MSN, FNP-BC, CPN
4:00 pm	Enhanced Communication between Patients and Providers
4:30 pm	Negotiating the Patient/Provider Relationship around Transitions in Care Susan Shanske, LICSW
5:00 pm	Workshop: Writing a Transition Policy Statement Course Directors
6:00 pm	Daily Program Ends

Agenda

Tuesday, March 5

7:00 am	Continental Breakfast
7:30 am	Welcome Remarks: Assessing Developmental Progression Susan Shanske, LICSW
8:00 am	Spina Bifida Carlos R. Estrada Jr., MD, MBA
8:30 am	Epilepsy Ann Marie R. Bergin, MB, ScM, MRCP (UK)
9:00 am	Down Syndrome Stephanie L. Santoro, MD
9:30 am	Autism Sarah J. Spence, MD, PhD
10:00 am	Q&A
10:05 am	<i>Coffee Break (Refreshments provided)</i>
10:20 am	Expert Panel: Supported Decision-Making — From Healthcare Proxies to Guardianship Jennifer Turek Queally, PhD, Susan Shanske, LICSW, and Christopher Ryan, MSW, LCSW
11:00 am	Patient Presentation: Community Living for Young Adults with Cerebral Palsy Laurie J. Glader, MD
12:00 pm	<i>Break for lunch*</i>
1:00 pm	Implementing an Integrated Care, Hybrid Transition Model for Youth and Adults with Complex Needs: Early Experience Richard C. Antonelli, MD, MS
2:00 pm	Workshops C1-C3: Incorporating Adults with ID/DD into Your Practice Setting Choose one of the following practice areas: C1. Primary Care Practice Kitty O'Hare, MD and Colleen A. Monaghan, MD C2. Specialty Care Practice Ahmet Z. Uluer, DO, MPH C3. Hospital Medicine Elizabeth Petersen, MD, MPH
3:00 pm	Q&A
3:05 pm	<i>Coffee Break (Refreshments provided)</i>
3:20 pm	Interest Group Breakouts D1-D3 Choose one of the following: D1. Billing and Coding for Transition Care Colleen A. Monaghan, MD and Niraj Sharma, MD, MPH D2. Educational Advocacy for Youth with ID/DD Alison D. Schonwald, MD D3. Medical Education/Building Transition Curricula Niraj Sharma, MD, MPH and Kitty O'Hare, MD
4:00 pm	Healthcare Reform Niraj Sharma, MD, MPH
5:00 pm	Daily Program Ends

*There are many convenient and varied lunch options within a short walking distance of the course.

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

Wednesday, March 6

7:00 am	Continental Breakfast
7:30 am	Welcome Remarks: Quadruple Aim Approach to Transition Care Ahmet Z. Uluer, DO, MPH
8:00 am	Cancer Survivorship Ann H. Partridge, MD, MPH
8:30 am	Arthritis Jonathan S. Hausmann, MD
9:00 am	Sickle Cell Disease Maureen M. Achebe, MD
9:30 am	Cystic Fibrosis Ahmet Z. Uluer, DO, MPH
10:00 am	Q&A
10:05 am	<i>Coffee Break (Refreshments provided)</i>
10:20 am	Patient Presentation: Impact of Social Determinants of Health on Youth with Chronic Conditions Colleen A. Monaghan, MD and Stacy B. Klickstein, MSW, LICSW
11:20 am	Expert Panel: Chronic Pain and Palliative Care Emma M. Jones, MD and Rachael B. Coakley, PhD
12:00 pm	<i>Break for lunch*</i>
1:00 pm	Solid Organ Transplant Maureen M. Jonas, MD
1:30 pm	Substance Use Disorder Scott E. Hadland, MD, MPH, MS
2:00 pm	Workshops E1-E3: Quality Improvement Strategies to Improve Transition Care Choose one of the following practice areas: E1. Primary Care Practice Kitty O'Hare, MD and Colleen A. Monaghan, MD E2. Specialty Care Practice Ahmet Z. Uluer, DO, MPH and Susan Shanske, LICSW E3. Hospital Medicine Niraj Sharma, MD, MPH and Elizabeth Petersen, MD, MPH
3:00 pm	Q&A
3:05 pm	<i>Coffee Break (Refreshments provided)</i>
3:20 pm	Interest Group Breakouts F1-F3 Choose one of the following: F1. Cardiovascular Risk Reduction in Young Adults F2. Building a Transition Consultation Program Ahmet Z. Uluer, DO, MPH F3. Community Health Workers to Support Young Adult Health Judith S. Palfrey, MD, and Aubry Threlkeld, EdD
4:00 pm	Innovative Strategies for Chronic Disease Management Lori W. Tishler, MD, MPH
4:30 pm	Final Comments/Wrap-Up Niraj Sharma, MD, MPH and Kitty O'Hare, MD
5:00 pm	Course Adjourns



HARVARD
MEDICAL SCHOOL

Young Adults with Chronic Conditions

Optimizing Treatment and Transition from Pediatric to Adult Care

March 4–6
2019
Cambridge, MA

Education for:
PHYSICIANS, NPs, and PAs in:

- Pediatrics
- Internal Medicine
- Family Medicine
- Medicine-Pediatrics
- Pediatric Subspecialties
- Medical Specialties and Subspecialties

...and Psychologists, Social Workers, and Counselors who support young adults with chronic conditions and their families



Under the direction of
Niraj Sharma, MD, MPH

Arthritis
Autism
Cancer Survivorship
Cerebral Palsy
Congenital Heart Disease

Cystic Fibrosis
Diabetes
Down Syndrome
Epilepsy
HIV/AIDS

Inflammatory Bowel Disease
Intellectual Disability
Spina Bifida
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Earn up to

25.00 AMA PRA Category 1 Credits™
24.00 AAFP Prescribed credits

25.00 ABP MOC points
25.00 ABIM MOC points

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Reasons to Attend

- New management approaches for chronic conditions in adolescents and young adults
- Tools for assessment of transition readiness and self-management
- Transition timing and timelines, checklists and resources
- Best practices for communication and goal setting with patients and families
- Multidisciplinary care coordination and integration
- Evidence-based quality improvement strategies
- Legal and financial supportive decision-making for patients
- Practice redesign and team-based care
- Updates for sexuality and fertility with chronic disease

Take-Home Resources

- Transition checklists
- Sample transition curricula
- Readiness assessments
- Transition plans
- Transition policies
- Up-to-date transition coding and reimbursement tip sheet

Who Attends

PHYSICIANS, NPs, and PAs in:
 Pediatrics
 Internal Medicine
 Family Medicine
 Medicine-Pediatrics
 Pediatric Subspecialties
 Medical Specialties and
 Subspecialties

...and *Psychologists, Social Workers, and Counselors* who support young adults with chronic conditions and their families

Registration Information

**Young Adults with Chronic Conditions:
 Optimizing Treatment and Transition
 from Pediatric to Adult Care**
 Course #734749-1902

Tuition: \$945

Tuition includes all continental breakfasts, and daily morning and afternoon coffee breaks. Complimentary internet access will be provided in the meeting room throughout the course.

All attendees of Young Adults with Chronic Conditions: Optimizing Treatment and Transition from Pediatric to Adult Care will receive electronic access to course materials.

Registration, Payment, Confirmation and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at TCC.HMSCME.com.

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. Fees shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

Venue



Royal Sonesta Boston

40 Edwin H. Land Boulevard
 Cambridge, Massachusetts 02142
 617-806-4200

Accommodations*

A limited number of discounted rooms have been reserved at Royal Sonesta Boston until February 8, 2019. You can call the hotel reservation line to make a room reservation: 617-806-4200. Please specify that you are enrolled in this course in order to request the reduced room rate. To make your discounted reservation online by February 8, please visit the course website at TCC.HMSCME.com and click on the dedicated link on the Venue page.

**Please note that the discounted rooms may sell out before the deadline.*

Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.

Inquiries

By phone: 617-384-8600, Monday-Friday, 9 AM to 5 PM (ET) or by email: CEPrograms@hms.harvard.edu

Register at TCC.HMSCME.com