



**HARVARD**  
MEDICAL SCHOOL

YOUNG ADULTS with CHRONIC CONDITIONS

# Optimizing Treatment and Transition from Pediatric to Adult Care

March 2–4

**2020**

Cambridge, MA

Full agenda inside

Earn up to  
26.25 AMA PRA Category 1 Credits™  
26.25 ABIM MOC points  
26.25 ABP MOC points  
26.25 AAFP Prescribed credits



## NEW | GUIDANCE TO

- Find Adult Providers
- Approach Reimbursement
- Promote Self-Management
- Ensure Successful Transfer

## STRATEGIES, UPDATES, TOOLS, and BEST PRACTICES for

Optimized treatment approaches for adolescents and young adults with chronic conditions, mental illness, autism, physical disabilities

Successful transition to — *and acceptance into* — adult care practices, including: Timing, Assessment, Preparation, Tools and Processes

**Register at [TCC.HMSCME.com](http://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 can I support a young adult with a mental health diagnosis?
- 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!



**Niraj Sharma, MD, MPH**

Assistant Professor of Medicine and Pediatrics  
Harvard Medical School  
Director, Internal Medicine-Pediatrics Unit  
Division of General Medicine  
Brigham and Women's Hospital  
Program Director, Harvard Medicine-Pediatrics Residency  
Brigham and Women's and Boston Children's Hospitals



# Program Highlights

## Clinical Strategies and Updates for State-of-the-Art Management of Patients with:

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

## 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
- Strategies for pediatric practices having difficulty finding adult medicine care into which they can transition patients with chronic or medically complex conditions

## 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
- Strategies for pediatric practices having difficulty finding adult medicine care into which they can transition patients with chronic or medically complex conditions

## 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 healthcare workers in chronic disease management

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# 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:

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

- Single-system diseases
- Multisystem diseases
- Intellectual/developmental disabilities

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

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

**Assess healthcare systems and their impact on transition to adult care:**

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

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

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

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## 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 26.25 *AMA PRA Category 1 Credits*<sup>™</sup>. 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 26.25 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 26.25 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 03/02/2020, has been reviewed and is acceptable for up to 26.25 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 1.50 credits of Risk Management Study. This includes 1.00 credits of Opioid Education and Pain Management Training and .50 credits of End-of-Life Care Studies. Please check your individual state licensing board requirements before claiming these credits.

### 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*<sup>™</sup> 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*<sup>™</sup> for re-licensure.

### PHYSICIAN ASSISTANTS

The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits*<sup>™</sup> 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*<sup>™</sup> 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*<sup>™</sup> to an equivalent number of European CME Credits<sup>®</sup> (ECMECs<sup>®</sup>). Information on the process of converting *AMA PRA Category 1 Credits*<sup>™</sup> to ECMECs<sup>®</sup> can be found at: [www.eaccme.eu](http://www.eaccme.eu).

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

## 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  
Brigham and Women's and Boston Children's Hospitals

### Colleen A. Monaghan, MD

Assistant Professor of Medicine and Pediatrics  
Harvard Medical School  
Medical Director, BWH Family Care Associates  
Associate Program Director, Harvard Medicine-Pediatrics Residency  
Brigham and Women's and Boston Children's Hospitals

### Kitty O'Hare, MD

Assistant Professor of Medicine, Harvard Medical School  
Medical Director, Pediatric Primary Care  
WakeMed Health and Hospitals

### Elizabeth Petersen, MD, MPH

Instructor in Medicine, Part-time, Harvard Medical School  
Hospitalist Medicine Unit, Brigham and Women's Hospital  
Children's Hospital Inpatient Services  
Boston Children's Hospital

### Susan Shanske, LICSW

Director of Transitional Care Support  
Weitzman Family BRIDGES Adult Transition Program  
Department of Medicine, Boston Children's Hospital

### Ahmet Uluer, DO, MPH

Assistant Professor of Pediatrics, Harvard Medical School  
Director, Weitzman Family BRIDGES Adult Transition Program  
Boston Children's Hospital  
Director, Adult Cystic Fibrosis Program  
Cystic Fibrosis Center  
Brigham and Women's and Boston Children's Hospitals

## Harvard Medical School Faculty

Maureen M. Achebe, MD  
Richard C. Antonelli, MD, MS  
Alexy D. Arauz Boudreau, MD  
Alev J. Atalay, MD  
Ann Marie R. Bergin, MB, ScM, MRCP (UK)  
Trina Chang, MD, MPH  
Rachael B. Coakley, PhD  
Carlos R. Estrada Jr., MD, MBA  
Sarah N. Flier, MD  
Katharine Garvey, MD, MPH  
Elizabeth S. Ginsburg, MD  
Laurie J. Glader, MD  
Lisa I. Iezzoni, MD, MSc  
Maureen M. Jonas, MD  
Emma M. Jones, MD  
Anne M. Neilan, MD, MPH  
Judith S. Palfrey, MD  
Ann H. Partridge, MD, MPH  
Jennifer Turek Queally, PhD  
Stephanie L. Santoro, MD  
Gregory S. Sawicki, MD, MPH  
Alison D. Schonwald, MD  
Sarah J. Spence, MD, PhD  
Lori W. Tishler, MD, MPH  
Derrick J. Todd, MD, PhD  
Anne Marie Valente, MD

### HARVARD-AFFILIATED FACULTY

Janis H. Arnold, MSW, LICSW  
Leanne Langmaid, MSN, RN

### GUEST FACULTY

Elaine M. Gabovitch, MPA, Instructor, University of Massachusetts Medical School; Director, Division for Children & Youth with Special Health Needs, Massachusetts Department of Public Health

## 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*

Register at [TCC.HMSCME.com](https://TCC.HMSCME.com)

## Monday, March 2

7:00 am	<b>Registration and Continental Breakfast</b>
7:30 am	<b>Welcome Remarks: Introduction to Young Adult Transition Care</b> Niraj Sharma, MD, MPH
8:00 am	<b>Diabetes and Self-Management</b> Katharine Garvey, MD, MPH
8:30 am	<b>Cystic Fibrosis and Adherence</b> Gregory S. Sawicki, MD, MPH
9:00 am	<b>Inflammatory Bowel Disease and Coping with a Chronic Condition</b> Sarah N. Flier, MD
9:30 am	<b>Expert Panel Q&amp;A</b>
9:45 am	<i>Coffee Break (Refreshments provided)</i>
10:00 am	<b>Sickle Cell Disease and Healthcare Disparities</b> Maureen M. Achebe, MD
10:30 am	<b>HIV and Sexual Health in Teens and Young Adults</b> Anne M. Neilan, MD, MPH
11:00 am	<b>Congenital Heart Disease and Pregnancy</b> Anne Marie Valente, MD
11:30 am	<b>Expert Panel Q&amp;A</b>
11:45 am	<i>Break for lunch*</i>
12:45 pm	<b>Patient Presentation: Navigating College with a Chronic Disease</b> Janis H. Arnold, MSW, LICSW
1:45 pm	<b>Rheumatologic Disease and Integrating into Adult Care</b> Derrick J. Todd, MD, PhD
2:15 pm	<b>Cancer Survivorship and Adult Screening Guidelines</b> Ann H. Partridge, MD, MPH
2:45 pm	<b>Solid Organ Transplant and Navigating Chronic Care Transitions</b> Maureen M. Jonas, MD
3:15 pm	<b>Expert Panel Q&amp;A</b>
3:30 am	<i>Coffee Break (Refreshments provided)</i>
3:45 am	<b>Workshops A1-A3</b>
	<b>Choose one of the following:</b>
	<b>A1. Assessing Your Current Practice of Transition Care in Primary Care</b> Kitty O'Hare, MD and Colleen A. Monaghan, MD
	<b>A2. Assessing Your Current Practice of Transition Care in Subspecialty and Inpatient Care</b> Elizabeth Petersen, MD, MPH and Niraj Sharma, MD, MPH
	<b>A3. Roundtable Discussion: Challenging Transition Cases—Approach to Finding Adult Providers</b> Ahmet Uluer, DO, MPH and Leanne Langmaid, MSN, RN
5:00 pm	<b>Networking Reception and Special Presentation:</b> <i>Vaping-Induced Lung Injury (EVALI) in Those with Chronic Conditions: Cases from Brigham and Women's and Boston Children's Hospitals</i> Join faculty and colleagues for refreshments, networking, and learning
6:30 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.

## Tuesday, March 3

7:00 am	<b>Continental Breakfast</b>
7:30 am	<b>Welcome Remarks: Building a Roadmap for Change: Improving Transitions to Adulthood</b> Elaine M. Gabovitch, MPA
8:00 am	<b>Population Health</b> Alexy D. Arauz Boudreau, MD
8:30 am	<b>Measuring Care Coordination and Care Integration</b> Richard C. Antonelli, MD, MS
9:00 am	<b>Innovative Strategies for Chronic Disease Management</b> Lori W. Tishler, MD, MPH
9:30 am	<b>Expert Panel Q&amp;A</b>
9:45 am	<i>Coffee Break (Refreshments provided)</i>
10:00 am	<b>Deep Dive: Building a Transition Consultation Program</b> Ahmet Uluer, DO, MPH and the Weitzman Family BRIDGES Adult Transition Team
11:30 am	<i>Break for lunch*</i>
12:30 pm	<b>Patient Presentation: Patient/Provider Communication</b> Moderator: Susan Shanske, LICSW
1:30 pm	<b>Workshops B1-B3</b>
	<b>Choose one of the following:</b>
	<b>B1. Quality Improvement Strategies to Improve Transition Care in Primary Care</b> Colleen A. Monaghan, MD and Kitty O'Hare, MD
	<b>B2. Quality Improvement Strategies to Improve Transition Care in Subspecialty and Inpatient Care</b> Ahmet Uluer, DO, MPH and Susan Shanske, LICSW
	<b>B3. Roundtable Discussion: Challenging Transition Cases—Ensuring Successful Transfer</b> Niraj Sharma, MD, MPH and Elizabeth Petersen, MD, MPH
2:45 pm	<i>Coffee Break (Refreshments provided)</i>
3:00 pm	<b>Interest Group Breakouts C1-C3</b>
	<b>Choose one of the following breakouts:</b>
	<b>C1. Billing and Coding for Outpatient Transition Care</b> Colleen A. Monaghan, MD
	<b>C2. Community Health Workers to Support Young Adult Health</b> Judith S. Palfrey, MD
	<b>C3. Medical Education/ Building Transition Curricula</b> Kitty O'Hare, MD
4:00 pm	<b>Healthcare Policy</b> Niraj Sharma, MD, MPH
4:45 pm	<b>Workshops D1-D3</b>
	<b>Choose one of the following workshops:</b>
	<b>D1. Writing a Transition Policy Statement in Primary Care</b> Niraj Sharma, MD, MPH and Colleen A. Monaghan, MD
	<b>D2. Writing a Transition Policy Statement in Subspecialty and Inpatient Care</b> Elizabeth Petersen, MD, MPH and Ahmet Uluer, DO, MPH
	<b>D3. Roundtable Discussion: Challenging Transition Cases—Promoting Self-Management</b> Kitty O'Hare, MD and Susan Shanske, LICSW
6:00 pm	Daily Program Ends

Register at [TCC.HMSCME.com](https://TCC.HMSCME.com)

## Wednesday, March 4

7:00 am	<b>Continental Breakfast</b>
7:30 am	<b>Welcome Remarks: Assessing Developmental Progression</b> Susan Shanske, LICSW
8:00 am	<b>Down Syndrome and Incorporating Patients with Intellectual/Developmental Disability into Your Practice</b> Stephanie L. Santoro, MD
8:30 am	<b>Epilepsy and Maximizing Independence</b> Ann Marie R. Bergin, MB, ScM, MRCP (UK)
9:00 am	<b>Spina Bifida and Building Your Team</b> Carlos R. Estrada Jr., MD, MBA
9:30 am	<b>Expert Panel Q&amp;A</b>
9:45 am	<i>Coffee Break (Refreshments provided)</i>
10:00 am	<b>Autism</b> Sarah J. Spence, MD, PhD
10:30 am	<b>Entering Adulthood with a Chronic Mental Health Condition</b> Trina Chang, MD, MPH
11:00 am	<b>Substance Use Disorder</b> Alev J. Atalay, MD
11:30 am	<b>Expert Panel Q&amp;A</b>
11:45 am	<i>Break for lunch*</i>
12:45 pm	<b>Patient Presentation: International Classification of Functioning, Disability and Health</b> Laurie J. Glader, MD
1:45 pm	<b>Chronic Pain</b> Rachael B. Coakley, PhD
2:15 pm	<b>Palliative Care</b> Emma M. Jones, MD
2:45 pm	<b>Expert Panel Q&amp;A</b>
3:00 pm	<i>Coffee Break (Refreshments provided)</i>
3:15 pm	<b>Interest Group Breakouts E1-E3</b>
	<b>Choose one of the following breakouts:</b>
	<b>E1. Self-Management and Guardianship</b> Jennifer Turek Queally, PhD
	<b>E2. Fertility Concerns in Young Adults with Chronic Disease</b> Elizabeth S. Ginsburg, MD
	<b>E3. Educational Advocacy for Youth with Intellectual/Developmental Disability</b> Alison D. Schonwald, MD
4:00 pm	<b>Pregnancy and Women with Mobility Disabilities</b> Lisa I. Iezzoni, MD, MSc
4:30 pm	<b>Wrap-Up/Closing Remarks</b> Course Directors
5:00 pm	Course Adjourns

## 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 Tools

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



# HARVARD MEDICAL SCHOOL

## Registration Information

Course #734749-2002	Tuition
<b>Physicians</b>	\$975
<b>Allied Health Professionals, Residents, and Fellows</b>	\$775

*Tuition includes all continental breakfasts, daily morning and afternoon coffee breaks, and a special reception on Monday, March 2. 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](http://TCC.HMSCME.com).

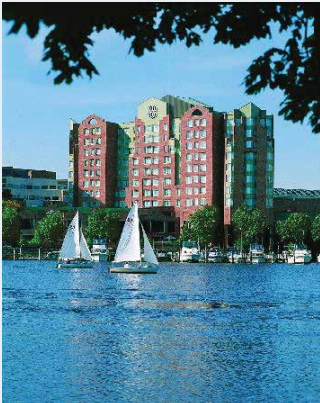
At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or 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. **Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.** 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 course has started.

### Inquiries

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

## Venue



### Royal Sonesta Boston

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

### Accommodations

Royal Sonesta Boston has reserved a block of discounted rooms for course participants.

#### Important to note:

- The number of discounted rooms is limited.
- Discounted rooms are available on a first-come, first-served basis.
- The discounted room rate is only available until February 10, 2020, or until the block sells out, which typically happens well in advance of this date.

#### To reserve your room:

- **Online:** To reserve your room online, please go to [TCC.HMSCME.com/Venue](http://TCC.HMSCME.com/Venue)—the Venue page of the course website—and use the dedicated reservation link.
- **By phone:** If you are calling the hotel rather than using the dedicated link to reserve a room, please call 617-806-4200 and specify that you are enrolled in the Brigham/Harvard Young Adults with Chronic Conditions/Transition course.

Register at [TCC.HMSCME.com](http://TCC.HMSCME.com)