

## **OEC Internal Medicine Update Course Outline**

### **INTRODUCTION**

#### I. Disclosure (no conflicts of interest)

#### II. Session Description

- A. This presentation will provide recent updates to the practicing optometrist on selected internal medicine topics. The topics that will be covered are diabetes mellitus, hypertension, stroke, sickle cell disease, thyroid disease, melanoma, multiple sclerosis, internal medicine-related telehealth, dyslipidemia, and provider wellness. At the conclusion of the session, the learner will be able to incorporate the knowledge of recent updates in internal medicine enhance their care of the patient.

#### III. Session Objectives

- A. Enhance their optometric practice with the knowledge of recent updates in diabetes mellitus, hypertension, stroke, sickle cell disease, thyroid disease, melanoma, multiple sclerosis, and dyslipidemia.
- B. Identify selected new medications for common medical conditions.
- C. Collaborate inter professionally with physician colleagues with an enhanced understanding of current knowledge of selected common medical conditions.

### **Main Content**

#### I. Updates in Diabetes

- A. Icosapent Ethyl (Vascepa) now add on to hypertriglyceridemia in DM patients on statins
- B. Insulin pumps & glucometers have undergone modernization and closed-loop systems (artificial pancreas) are being evaluated.

#### II. Updates in Hypertension

- A. Stages of hypertension have been elevated and the threshold for Stage 1 hypertension is defined as a minimum of 130 mmHg systolic or 80 mmHg diastolic with Stage 2 starting at 10 mmHg higher respectively.
- B. Current guidelines recommend treatment goals of <130/80 mmHg for most patients.

#### III. Updates in Stroke

- A. Thrombolytics indicated for up to 4.5 hours after symptoms or even more than 4.5 hours if imaging
- B. ASA no longer recommended for primary prevention for many patients (e.g. >70)

#### VI. Updates in Sickle Cell Disease

- A. L-glutamine FDA approved for prevention of vaso-occlusive crises
- B. Gene-based therapy research funding underway

#### V. Updates in Thyroid Disease

- A. Research on monoclonal antibodies in Thyroid Eye Disease (TED) is promising

#### VI. Updates in Melanoma

- A. checkpoint inhibitor immunotherapy & targeted therapy has been shown to improve overall survival as well as progression-free survival

#### VII. Updates in Multiple Sclerosis

- A. Multiple Disease-Modifying Therapies (DMTs) are now approved with significant impact on the disease
- B. Serum neurofilament light (NFL) chains correlate with disease activity and may offer a blood test for disease activity in MS patients

#### VIII. Updates in Dyslipidemia

- A. “Lower is better” for LDL-Cholesterol is still mainstay with risk driving goal (as low as <55 mg/dL in the very high risk group in some guidelines)

#### IX. Updates in Telehealth

- A. Telehealth is one of the fastest growing areas in medicine and impacting nearly every specialty

#### X. Updates in Provider Wellness

- A. Provider wellness is important for healthcare access and patient safety
- B. The Quadruple aim is the Triple Aim plus provider wellness
- C. Triad of Burnout: emotional exhaustion, depersonalization, and a sense of decreased personal accomplishment
- D. Strategies for prevention of burnout: positive journalism, exercise & 20-minute nature walks, random acts of kindness,

## **CONCLUSION**

- I. Review take away points