VITAMIN D  
John Tayek, M.D. – Professor-In-Residence, Division of General Internal Medicine, Department of Medicine, Harbor-UCLA Medical Center, David Geffen School of Medicine at UCLA, Los Angeles, CA

**DESIRED OUTCOMES:** At the end of this activity learners will be better able to do the following: 1) Identify signs and symptoms of vitamin D deficiency and screen appropriately 2) Recognize the prevalence of vitamin D deficiency, as well as the health risks and symptoms associated with deficiency in different patient populations 3) Recognize symptoms of vitamin D deficiency, and cite the relationship to bone health and to disease processes 4) Identify the health risks and symptoms associated with excessive vitamin D use 5) Evaluate the recent data and studies related to osteoporosis and vitamin D 6) Prescribe supplementation and therapy appropriately, and counsel patients on the recommended dosages for safe use of vitamin D, as well as vitamin D interactions with other supplements and medications

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Medical Knowledge, Professionalism, Interpersonal & Communication Skills, and Practice-Based Learning & Improvement.*

---

OVERVIEW OF SLEEP DISORDERS  
Kin M. Yuen, M.D. – Diplomat of the American Board of Sleep+ Medicine, Adjunct Faculty member for the Stanford University School of Medicine, Stanford, CA

**DESIRED OUTCOMES:** At the end of this activity learners will be better able to do the following: 1) Identify patients with sleep breathing disorders and learn how to screen and when to refer to sleep specialists 2) Examine classic symptoms of sleep disorders, such as narcolepsy, parasomnia and restless leg syndrome 3) Review the current treatment options of sleep disorders 4) Explain the importance of sleep and the consequences of sleep deprivation to patients of various ages 5) Summarize current and future treatment for sleep disorders and employ methods to minimize complications 6) Choose non-CPAP treatment of sleep breathing disorders, when needed

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Medical Knowledge, Professionalism, Practice-Based Learning & Improvement, and Systems-Based Practice.*

---

HARD EVIDENCE OF DIET AND DISEASE  
Anthony Lim, M.D., J.D. – Medical Director at The McDougall Program, Santa Rosa, CA

**DESIRED OUTCOMES:** At the end of this activity learners will be better able to do the following: 1) Recognize the role of food in disease causation and prevention 2) Include dietary interventions in patients’ treatment plans 3) Counsel patients about nutrition and answer their questions 4) Address cultural barriers to help patients making healthier dietary choices 5) Provide information on community resources which may be helpful to patients of lower socioeconomic status

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Medical Knowledge, Professionalism, Interpersonal & Communication Skills, Practice-Based Learning & Improvement, and Systems-Based Practice.*

---

PEDIATRIC IN-PATIENT PATHWAYS FOR ASTHMA  
Elizabeth Gibb, M.D., MPhil – Assistant Professor, Pediatrics, UCSF, San Francisco, CA

**DESIRED OUTCOMES:** At the end of this activity learners will be better able to do the following: 1) Identify areas of improvement in caring for pediatric asthma patients 2) Follow the recommended treatment regimen for pediatric asthma 3) Identify and address cultural issues such as socioeconomics and age

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Medical Knowledge, Professionalism, and Practice-Based Learning & Improvement.*

---

E- CIGARETTES & VAPING  
Stanton Glantz, Ph.D. – Professor of Medicine and Director of the Center for Tobacco Control Research and Education at the University of California San Francisco, San Francisco, CA

**DESIRED OUTCOMES:** At the end of this activity learners will be better able to do the following: 1) Identify epidemiological issues related to the use of e-cigarettes and vaping 2) Utilize current evidence regarding the safety of e-cigarettes and vaping 3) Disseminate the emerging role of e-cigarettes and vaping in smoking cessation and determine if they are an effective way to quit smoking 4) Analyze the concept of harm-reduction as it permits to tobacco control strategies 5) Assess the role of e-cigarette use in the uptake of tobacco products in the pediatric population 6) Counsel and answer patients’ questions with accurate information

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Medical Knowledge, Professionalism, Interpersonal & Communication Skills and Practice-Based Learning & Improvement.*

---

SCHWARTZ ROUNDS (Conference Rooms B-D)  
Andrew S. Wagner, M.D. (Moderator) – Specializing in Family Medicine
DESIRED OUTCOMES: At the end of this activity learners will be better able to do the following: 1) Describe the social, emotional, ethical, and personal issues that arise during the care of patients and their impact on caregivers 2) Demonstrate enhanced communication with patients, family members, and colleagues 3) Value opportunities to explore and understand multiple perspectives across professions and disciplines 4) Value opportunities to provide and receive professional support 5) Model behaviors of nonjudgmental listening and respect 6) Relate the organizational values to patient care 7) Describe resources available to assist in the care of a patient and family 8) Demonstrate sensitivity towards cultural differences represented in our patient population

*This activity will encompass the following desirable physician attributes: Patient Care & Procedural Skills, Professionalism, Interpersonal & Communication Skills, and Systems-Based Practice.

***The presentational method for this activity will be Case Presentation with Learner Participation, Panel Discussion, and Small Group Discussion/Roundtable.

<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 9, 2020</td>
<td>Lawrence Leung, MD</td>
<td>DVT/THROMBOPHILIA (REVISED)</td>
</tr>
<tr>
<td>October 16, 2020</td>
<td>Mindy Goldman, MD</td>
<td>BREAST CANCER SCREENING (REVISED)</td>
</tr>
<tr>
<td>October 23, 2020</td>
<td>Payam Tabrizi, MD</td>
<td>HIP FRANCTURE</td>
</tr>
<tr>
<td>November 13, 2020</td>
<td>Jennifer A. Walker, M.D.</td>
<td>ICU LIBERATION AND POST-INTENSIVE CARE SYNDROME</td>
</tr>
<tr>
<td>November 20, 2020</td>
<td>Charles F. S. Locke, M.D.</td>
<td>HOSPITAL OUTLIERS AND IMPACT ON LENGTH OF STAY</td>
</tr>
<tr>
<td>November 27, 2020</td>
<td></td>
<td>DARK</td>
</tr>
</tbody>
</table>

Santa Rosa Memorial Hospital is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.
Santa Rosa Memorial Hospital designates each live activity for a maximum of 1.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The presentational method for these live activities will be Lecture, Case Presentation, and Q&A Period, unless otherwise noted.

For the CME schedule, please call the CME Hotline at 707-525-5300, ext. 2247.
For other questions regarding our CME Program, please call 707-525-5292.