



Hackensack
Meridian *Health*
Jersey Shore University
Medical Center

1945 Route 33
Neptune, NJ 07753

CME

Continuing Medical Education



Hackensack
Meridian *Health*
Jersey Shore University
Medical Center

Hypertension: *Complications, Impact on Costs, BP Goals and Management Strategies*

Sponsored by the Institute for
Evidence Based Care and Population Health

Course Directors:

Navneet Kathuria, M.D., MPH, MBA

Mary Grove, MSN, ANP

Arif Asif, M.D., MHCM, FASN, FACP

Monday, December 18, 2017
7:30 a.m. to Noon

Jersey Shore University Medical Center
Lance Auditorium
1945 Route 33, Neptune, NJ 07753

Valet Parking Available



Course Description:

Dramatic improvement in the general health of the population can be gained by understanding hypertension, its complications, impact on costs, and treatment strategies. An objective of the Healthy People 2020 Heart Disease and Stroke campaign is to increase the proportion of adults with hypertension whose blood pressure is under control to 61.2 percent by 2020. This program presents ramifications of hypertension and evidence-based management strategies to assist providers in reaching this objective.

Objectives:

- Understand diagnosis criteria and complications of hypertension
- Review latest evidence-based guidelines for treatment of hypertension
- Describe the impact of hypertension on both in-hospital and outpatient health care costs
- Discuss the role of Population Health initiatives in preventing and controlling hypertension

Course Committee:

Navneet Kathuria, M.D., MPH, MBA

Senior Vice President
Population Health Management
Meridian Health Solutions
Hackensack Meridian *Health*

Mary Grove, MSN, ACNP-BC, ANP-BC, CHFN, LSSBB

Senior Manager
Institute of Evidence-Based Care
Hackensack Meridian *Health*

Arif Asif, M.D., MHCM, FASN, FACP

Chair, Department of Medicine
Jersey Shore University Medical Center
Professor of Medicine, Seton Hall,
Hackensack Meridian School of Medicine
Hackensack Meridian *Health*

Faculty:

Navneet Kathuria, M.D., MPH, MBA

Senior Vice President
Population Health Management
Meridian Health Solutions
Hackensack Meridian *Health*

David Kountz, M.D., MBA, FACP

Professor of Medicine
Vice President of Academic Affairs
Associate Dean
Seton Hall
Hackensack Meridian School of Medicine
Hackensack Meridian *Health*

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Chair, Department of Medicine
Jersey Shore University Medical Center
Professor of Medicine
Seton Hall
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Michael Weber, M.D., FACP, FACC, FAHA

Professor of Medicine
Division of Cardiovascular Medicine
State University of New York
Downstate College of Medicine

Mary Grove, MSN, ACNP-BC, ANP-BC, CHFN, LSSBB

Senior Manager
Institute of Evidence-Based Care
Hackensack Meridian *Health*

Thomas L. Salazer, M.D., FACP

Chief, Nephrology Division
President – Medical and Dental Staff
Hackensack University Medical Center
Hackensack Meridian *Health*

Agenda:

7:30 a.m. – 8 a.m.

Breakfast and Registration

8 a.m. – 8:10 a.m.

Opening Remarks

Navneet Kathuria, M.D., MPH, MBA

8:10 a.m. – 8:40 a.m.

Hypertension and Population at Risk

David Kountz, M.D., MBA, FACP

8:40 a.m. – 9 a.m.

Complications of Hypertension and Its Impact on Health Care Costs

Arif Asif, M.D., MHCM, FASN, FACP

9 a.m. – 9:45 a.m.

New Hypertension Guidelines:

Evidence from Clinical Trials

Michael Weber, M.D., FACP, FACC, FAHA

9:45 a.m. – 10 a.m.

Questions and Comments

Arif Asif, M.D., MHCM, FASN, FACP

10 a.m. – 10:15 a.m.

Coffee Break

10:15 a.m. – 10:45 a.m.

Non-Pharmacologic Management of Hypertension

Mary Grove, MSN, ACNP-BC, ANP-BC, CHFN, LSSBB

10:45 a.m. – 11:15 a.m.

Pharmacologic Management of Hypertension:

First, Second, and Third Line Drugs

Tom Salazar, M.D., FACP

11:15 a.m. – 11:50 p.m.

Hackensack Meridian *Health* Combats Hypertension: A Point of View from Our Population Health Department

Navneet Kathuria, M.D., MPH, MBA

11:50 p.m. – Noon

Questions, Comments and Wrap Up

Navneet Kathuria, M.D., MPH, MBA

Target Audience

Physicians, advanced practice providers, nurses, residents and medical students.

Accreditation Statement

Meridian Health is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

AMA Credit Designation Statement

Meridian Health designates this live activity for a maximum of 3.75 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

Meridian Health, in approving activities for AMA PRA Category 1 Credit(s)[™], adheres to the ACCME Standards for Commercial SupportSM. Meridian Health is responsible for every aspect of the activity it certifies. Faculty and planners in a position to control content are expected to disclose relevant financial commercial relationships related to the activity. If a conflict is identified it is Meridian Health's responsibility to initiate a mechanism to resolve the conflict. The planners of this educational activity have nothing to disclose.

Nursing Statement

NURSES CONTACT HOURS:

NJ Board of Nursing (NJAC 13:37-5.3) states: "A registered professional nurse or licensed practical nurse may obtain continuing education hours from the following: (d)3. Successful completion of continuing medical education courses recognized by the American Medical Association, the American Osteopathic Association or the American Podiatric Medical Association: one hour for each 60 minutes of attendance" therefore, CME credits obtained today may be used in place of nursing contact hours.

Registration

There is no registration fee for this program. The program and breakfast are open to all. However, in order to plan properly, **advanced registration is STRONGLY encouraged.**

Hackensack Meridian *Health* team members and physicians should register online through the Physician Extranet at MeridianHealthDoctor.com/CME. Go to December 18, 2017, on the calendar.

If you are registering outside of Hackensack Meridian *Health* Network, please include the following information in an email to **Beverly Howey** at beverly.howey@hackensackmeridian.org.

Name/Title: _____

Institution: _____

Address: _____

Phone: _____

Email: _____

If you have any questions, please call: Beverly Howey, Institute of Evidence-Based Care
Phone: 732-481-8585