Principles of Gastroenterology for the Nurse Practitioner and Physician Assistant

AUGUST 10 – 12, 2012 - INTERCONTINENTAL CHICAGO

Course Faculty

**COURSE DIRECTORS:**

**Lawrence R. Kosinski, MD, MBA**  
Illinois Gastroenterology Group

**Sandee Bernklau, MSN, FNP-BC, CGRN**  
Nurse Practitioner/Director  
Suburban Gastroenterology/Midwest Endoscopy, LLC

**FACULTY:**

**John I. Allen, MD, MBA, AGAF**  
Adjunct Professor of Medicine  
University of Minnesota School of Medicine

**Russel D. Brown, MD**  
Professor of Medicine  
University of Illinois at Chicago

**Caren T. Corrigan, NP**  
Suburban Gastroenterology

**Christine B. Dalton, PA-C**  
Physician Assistant  
UNC Center for Functional GI and Motility Disorders  
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Chapel Hill, North Carolina

**Lindsay Dixon RN, ACNP**  
Nurse Practitioner  
Division of Hepatology  
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**Eli D. Ehrenpreis, MD**  
Chief of Gastroenterology  
NorthShore Highland Park Hospital

**Steven L. Flamm, MD**  
Professor of Medicine and Surgery  
Northwestern University Feinberg School of Medicine

**Daniel R. Ganger, MD, FACP AGAF**  
Section of Hepatology  
Associate Professor of Medicine and Surgery  
Feinberg School of Medicine  
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**Tedra D. Gray, NP**  
Mount Sinai Hospital Medical Center

**Ali Keshavarzian, MD**  
Professor of Medicine  
Pharmacology, Molecular Biophysics & Physiology  
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**Sean Koppe, MD**  
Assistant Professor of Medicine  
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**Rajeev Jain, MD, FASGE**  
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**Anthony J. Lembo, MD**  
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**Xavier Llor, MD, PhD**  
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**Joshua Melson, MD**  
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**Kimberly M. Persley, MD**  
Texas Digestive Disease Consultants

**Mary Eugenia Rinella, MD**  
Associate Professor of Medicine  
Feinberg School of Medicine  
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**Garth Swanson, MD, MS**  
Assistant Professor of Medicine  
Specialist in Digestive Diseases  
Rush University Medical Center

**Kadee I. Watkins, PA-C**  
Minnesota Gastroenterology, PA.
John I. Allen, MD, MBA, AGAF
Dr. Allen graduated with honors from Rice University in Houston, Texas in 1973. He graduated from the University of New Mexico Medical School in 1977 and completed internship, residency and Gastroenterology Specialty training at the University of Minnesota (Minneapolis). Dr. Allen then spent 10 years as faculty in the Department of Medicine in Minnesota. In 1991 Dr. Allen became the Associate Medical Director of the Virginia Piper Cancer Institute at Abbott Northwestern Hospital and joined Minnesota Gastroenterology. From 1991 through 2010, Dr Allen helped build the Quality Improvement program at Minnesota Gastroenterology and he is now the National Quality Advisor for this large (61 physician) single specialty gastroenterology practice.

In 2007, Dr. Allen was selected to Chair the Clinical Practice and Quality Management Committee of the American Gastroenterological Association (AGA). In that capacity he worked with other medical societies and quality agencies to develop multiple clinical quality measures for gastroenterology. He chaired or co-chaired Task Forces that developed most of the measures currently in the Physician Quality Reporting System of the Centers for Medicare and Medicaid in gastroenterology. He was central to the development of the Digestive Health outcome Registry for the AGA and helped develop the gastroenterology designation program at United Health Care as Chair of their GI Scientific Advisory Board (2009-2012).

In 2009, Dr. Allen was elected to the Governing Board of the AGA as the Community Practice Counselor and in 2012 he was elected Vice President of the AGA and will become President in May 2014. In July 2012, he became a Special Section Editor (Practice Management) for the journal Clinical Gastroenterology and Hepatology.

Dr. Allen has over 80 published articles and book chapters on topics ranging from basic molecular biology to practice management. In 2001 he returned to the University of St Thomas (Minneapolis) to complete an MBA program in Medical Group Management. Since that time, he has led initiatives at a practice level, state and national level concerning practice management, clinical performance measures and process improvement.

Sandra Bernklau, APRN-BC
Sandra Bernklau, known as “Sandee,” is a family nurse practitioner with extensive expertise in the evaluation, management and treatment of patients with digestive illness. Her treasury of clinical experience is complemented by a desire to help patients enjoy optimal health and wellbeing. She has honed her clinical and interpersonal skills in both private health care and academic clinics, including Edward Hospital Naperville, University of Illinois Medical Center Chicago, Suburban Gastroenterology Naperville and Christ Hospital Oak Lawn.

Sandee earned Bachelor of Science Nursing and Master of Science Nursing degrees from Lewis University in Romeoville, IL. She completed post graduate family nurse practitioner training at DePaul University Chicago, followed by an internship at Orland Park Family Practices. She is a licensed family nurse practitioner by the State of IL and a certified gastroenterology registered nurse. Her published articles and lectures have contributed to the field of nursing.

She has served on the Clinical Research Committee as co-chair and Research Task Force for SGNA. Since 2009, she has served on the Clinical Practice Committee for AGA, along with co-chairing the National NP/PA course for the AGA. She has recently completed four education modules for the joint venture between the AGA and Takeda for GI nurse education, in addition to multiple regional and guest lectures.

Russell D. Brown, MD
Dr. Brown received his MD at Northwestern University way back in 1985. He completed his Medicine residency and GI fellowship at University of Maryland, when video endoscopes just came out. He is currently a Professor at the University of Illinois at Chicago (UIC), and has been the medical director of the GI Laboratory there since 1994.

He has had long standing special interest and involvement in acute and chronic pancreatitis, ERCP, double balloon enteroscopy (DBE), obscure bleeding, and bicycle riding.
Caren T. Corrigan, APN, CNP
Caren has 19 years of nursing experience in cardiac, GI endoscopy and nurse educator. Her last three years she has been practicing as a nurse practitioner in gastroenterology at Suburban Gastroenterology in Naperville, Illinois. She graduated with her Master of Science of Nursing, Northern Illinois University, DeKalb, IL. She is a member of the American Gastroenterological Association.

Lindsay Dixon RN, ACNP
Lindsay Dixon received her undergraduate degree in nursing from the University of Illinois at Urbana-Champaign in 2002. She worked as a solid organ transplant/hepatology staff nurse and later Staff Educator from 2002-2005 at Northwestern Memorial Hospital.

She transitioned to the role of Transplant Coordinator at the Kovler Organ Transplantation Center at Northwestern Hospital from 2005-2009 with a focus on the care and management of patients following solid organ transplant.

She completed her master’s in nursing with an Acute Care Nurse Practitioner focus in May 2009 from Loyola University, Chicago. She has worked as an outpatient Hepatology Nurse Practitioner at the Northwestern Memorial Medical Faculty Foundation since May 2009.

As the outpatient Nurse Practitioner she focuses on the ongoing management and care of patients with chronic liver disease. Clinical interests and focus include: hepatitis B, hepatitis C, PBC, PSC, AIH, alcoholic hepatitis, NASH/NAFLD, HCC.

Eli D. Ehrenpreis, MD
Dr. Eli D. Ehrenpreis is the Chief of Gastroenterology and Head of Endoscopy at Highland Park Hospital. He is Board Certified in Gastroenterology and Internal Medicine and is Board Eligible in Clinical Pharmacology. Dr Ehrenpreis’ practice is focused on general gastroenterology. He has special research interest in functional bowel disorders, radiation injury of the gastrointestinal tract, microscopic and other forms of colitis, pelvic floor disorders and mesenteric panniculitis. He has developed several novel treatments for these conditions. Dr Ehrenpreis has published more than 60 original articles and 16 review articles on subjects related to gastrointestinal disease and clinical pharmacology. He has authored 15 book chapters for textbooks in Gastroenterology, Colorectal Surgery, Internal Medicine and Critical Care Medicine. Dr Ehrenpreis has coauthored three books including the Clinician’s Handbook of Prescription Drugs and The Prescription and Over the Counter Drug Guide for Seniors, both published by MacGraw-Hill. He has authored the book, Anal and Rectal Diseases Explained, published by ReMedica. He is an invited reviewer for a number of medical journals and has lectured around the world. He previously served as full clinical staff at Cleveland Clinic Florida, Associate Professor of Medicine at the University of Chicago and Director of the Gastroenterology Fellowship training program and Director of the Clinical Research Center Committee at the University of Chicago.

Steven L. Flamm, MD
Steven L. Flamm, MD is a Professor of Medicine and Surgery with the Division of Hepatology at Northwestern University Feinberg School of Medicine in Chicago, Illinois. He also serves as the Medical Director of Liver Transplantation.

Dr. Flamm received his MD degree from the University Of Pennsylvania School Of Medicine. He completed both a clinical fellowship in gastroenterology and a research fellowship in gastroenterology and hepatology at Beth Israel Hospital, Harvard Medical School. He then went on for further specialized training, completing a clinical fellowship in hepatology and liver transplantation at The Deaconess Hospital, Harvard Medical School.

Dr. Flamm is a member of the American Gastroenterological Association (AGA) and the American Association for the Study of Liver Diseases (AASLD). He has served as the Region 7 Representative to the UNOS Liver and Intestine Committee and on the Publication and Practice Guidelines Committees of the AASLD.

Dr. Flamm has published widely in the field of hepatic diseases and has spoken both nationally and internationally on many other liver-related topics including viral hepatitis, autoimmune hepatitis, hepatic encephalopathy, and liver transplantation. He has an active clinical research program for patients with many different chronic liver diseases including chronic viral hepatitis (HBV and HCV).

Daniel R. Ganger, M.D. FACP AGA
Daniel R. Ganger, MD is an Associate Professor of Medicine and Surgery with the Division of Hepatology at Northwestern University Feinberg School of Medicine in Chicago, Illinois. He also serves as the Clinical Practice Director of the Division of Hepatology.

Dr. Ganger received his MD degree from the University Of Buenos Aires School Of Medicine. He completed both a clinical fellowship in gastroenterology and a research fellowship in gastroenterology and hepatology at Northwestern University Medical School. He then went on becoming faculty at Northwestern, then moved to Rush where he was the Associate Director of Hepatology until 2001. After several years in private practice in the western suburbs, he returned to Northwestern in January 2008.
Dr. Ganger is a member of the American Gastroenterological Association (AGA), American College of Physicians, American Society of Gastrointestinal Endoscopy, American Society of Transplantation and the American Association for the Study of Liver Diseases (AASLD). He is Board Certified in Internal Medicine, Gastroenterology and Transplant Hepatology.

Dr. Ganger has published in the field of complications of portal hypertension. He has spoken on other liver-related topics including viral hepatitis, autoimmune hepatitis, hepatic encephalopathy, and liver transplantation. He has an active clinical research interest in acute liver failure, hepatic encephalopathy and participates in research programs in chronic viral hepatitis. Dr. Ganger’s areas of clinical and academic interest include Hepatic Encephalopathy, Hepatitis B and C, Liver Transplantation, and Liver/Hepatic Disease.

Tedra D. Gray, NP
Mrs. Tedra D. Gray has been in the nursing profession for nearly fourteen years. During the past seven years, she has been a board certified nurse practitioner in the Division of Gastroenterology at Sinai Health System. Her role includes management and coordination of GI consultation service, independently manages a bimonthly outpatient clinic and serves as quality assurance coordinator for the GI department.

She is a contributor and cited author to several published case reports and journal articles recently recognized at Digestive Disease Week 2011. Mrs. Gray completed her BSN Degree from Dillard University in New Orleans, LA and obtained her Master’s Degree from the University of Illinois at Chicago (UIC). She has precepted numerous nurse practitioner students, as well as, provided lectures for nurse practitioner students at UIC. Although nursing is her passion, she enjoys photography, travel and spending time with her family.

Ali Keshavarzian, MD
Dr. Ali Keshavarzian is a Professor of Medicine, Pharmacology, and Molecular Biophysics & Physiology at Rush University Medical Center. He is Director of the Division of Digestive Diseases, the Josephine M. Dyrenforth Chair of Gastroenterology, and the Vice Chairman of Medicine for Research Affairs. He graduated medical school in 1976 from Tehran University in Iran, and did his postgraduate training in London and Maryland. He was a faculty member at Loyola University from 1986 to 1999, when he moved to Rush. He has published 220 peer-reviewed articles and has been funded by NIAAA since 1986 and currently serves as principle investigator or Co-PI on several NIH funded research grants. Dr. Keshavarzian has been closely involved in the clinical and research training of medical students, medicine residents, and GI and Hepatology fellows, many of whom also rotated through his research laboratory during their research electives. He has been honored as best teacher of the year at both Loyola and Rush, and Research Mentor of the Year at Rush by his trainees.

Sean Koppe MD
Dr. Koppe is an Assistant Professor of Medicine in the Division of Hepatology at the Northwestern University Feinberg School of Medicine. He graduated with honors from the University Of Illinois College Of Medicine. He subsequently completed his residency and fellowship at Northwestern before joining the faculty in 2007.

He is a member of the American Association for the Study of Liver Diseases (AASLD) and the American Gastroenterological Association (AGA). He is a recipient of the AGA Research Scholar Award for his research examining the role of trans-fats in nonalcoholic fatty liver disease and is a member of the Medical Advisory Committee for the American Liver Foundation (ALF) Great Lakes Division.

He has been recognized with several teaching awards and has varied clinical interests, including viral hepatitis (hepatitis B and C), autoimmune hepatitis, alcoholic and nonalcoholic fatty liver disease and liver transplantation.

Rajeev Jain, MD, FASGE
Rajeev Jain obtained his doctorate of medicine from Baylor College of Medicine. He completed both Internal Medicine residency and Gastroenterology fellowship at UT Southwestern Medical Center. Dr. Jain is in private practice in Dallas, TX where he is a partner at Texas Digestive Disease Consultants. His practice encompasses general gastroenterology and advanced endoscopy. He serves as Chief of Gastroenterology at Texas Health Dallas and Clinical Assistant Professor of Medicine at the UT Southwestern Medical Center. Dr. Jain serves on the AGA Digestive Health Outcomes Registry Executive Management Board and the AGA Practice Management and Economics Committee.

Lawrence Kosinski, MD, MBA, AGAF
Lawrence R. Kosinski, M.D., M.B.A., AGAF, has been in the practice of Gastroenterology since 1984. He is currently one of the managing partners of the Illinois Gastroenterology Group (IGG), the largest Gastroenterology practice in Illinois. In addition to his medical practice, Dr. Kosinski is the Chair of the American Gastroenterological Association Practice Management and Economics Committee. He is a Member of the Sherman Hospital Board of Directors, and previous Chairman of its Physician IT Committee. He has also held a position on the HIMSS Patient Safety & Quality Outcomes Steering Committee.

Dr. Kosinski received a BS from Loyola University of Chicago and his MD from Loyola University Stritch
School of Medicine. He completed his Internal Medicine Residency and a Fellowship in Gastroenterology at Loyola University Foster G. McGaw Hospital, and is Board Certified in Internal Medicine and Gastroenterology. Additionally, Dr. Kosinski earned his Masters of Management Degree (M.B.A.) from Northwestern University Kellogg School of Management in 1998.

Dr. Kosinski’s main field of interest is Health Information Technology. His accomplishments include:

1) The development of relational databases as early as the late 1980s
2) The development of handheld applications in the 1990s for Charge Capture
3) The development of a fully functional EMR written in SQL and C++
4) The development of Clinical Decision Support Tools

He is also a member of the advisory board of the Illinois Health Information Exchange.

Dr. Kosinski has published extensively in healthcare IT. He is a nationally recognized speaker and a Davies award recipient.

His current interests are with the development of cloud based Clinical Decision Support Tools which can function agnostically to the EMR. He has developed cloud based software which communicates with providers via CDS tools and patients using multimedia tools.

Xavier Llor, MD, PhD

A clinically active gastroenterologist, my research and clinical interests relate to colorectal cancer. I have been conducting basic and translational research for over 15 years, first in Spain and over the last 3 years in the USA. While in Spain I was responsible for the development and implementation of two large prospective cohorts of CRC patients, Epicolon I and II. These studies included the systematic enrollment of newly diagnosed CRC and control patients in 25 hospitals all over Spain. Epicolon I collected complete clinical and pedigree data, with a 5 year follow up, as well as tumor DNA and non-involved colonic tissue. Epicolon II included, besides all data and biological specimens, germline DNA, as well as tumor RNA and proteins. These two studies have provided biological and clinical data from over 2,000 CRC patients as well as over 1,000 controls. All cases have been molecularly characterized for the basic colorectal carcinogenic alterations such as microsatellite instability (MSI), mismatch repair protein expression, K-Ras and BRAF mutations, and markers for CpG island methylation. Studies with these two cohorts have resulted in over 25 peer-reviewed publications. I recently initiated an ambitious study in Chicago, the Chicago Colorectal Cancer Consortium (CCCC) that enrolls newly diagnosed CRC patients and controls from 6 large hospitals in the Chicago area: University of Illinois at Chicago, Jesse Brown Veterans Hospital, Rush University Medical Center, Stroger Hospital of Cook County, University of Chicago, and Advocate Christ Hospital. A robust and unified database and tissue repository system has been established at my lab for the study. Extensive demographic, clinical data, family history, nutritional data, toxics exposure are been collected along germline DNA, serum and plasma, stool samples, tumor and non-involved tissue DNA, RNA and proteins. This cohort is intended to support several studies including prospective trials. The cohort is especially enriched in African Americans who constitute over 65% of all enrolled patients and controls as one of the main objectives of the CCCC is the study of disparities in colorectal cancer. At the clinical level I established three years ago the Familial Gastrointestinal Cancer Unit at UIC (www.fgicu.uic.edu) as a comprehensive unit to care for high-risk GI cancer syndromes and recently I established the Cancer Genetics Program at the same University, a comprehensive service for inherited malignancies. All patients seen in these clinics are invited to participate in the IRB approved FGICU registry that was established to help in our studies on hereditary and familial forms of colorectal cancer.

Joshua Melson, MD

Joshua Melson graduated from Indiana University School of Medicine in 2002. He completed residency in Internal medicine in 2005 and was a Chief Medical Resident at Rush University Medical Center in 2006.

Dr. Melson completed fellowship in gastroenterology at Rush University Medical Center in 2009, and began his position as attending physician in the Division of Digestive Diseases at Rush in 2009. Dr. Melson currently serves as medical director for the Sandra Rosenberg Registry for Familial and Hereditary Colorectal Cancer since 2009. He also serves as Director of the Risk Assessment for Gastrointestinal Inherited Diseases Clinic in the Rush University Division of Digestive Diseases. Research interests are noninvasive methods to screen for colorectal cancer, inherited conditions related to GI cancers and quality in endoscopy and colorectal cancer screening.

Kimberly M. Persley, MD

Dr. Kimberly Monique Persley graduated Magna Cum Laude from Texas Wesleyan University in 1989 and received her medical degree from the University of Texas Southwestern Medical School in 1993. She was awarded the Martin Luther King Scholarship Award in 1991.

She continued her studies at the University of Texas Southwestern Medical School, completing her internship there and then serving as Chief Resident for Internal Medicine. She began her gastroenterology Fellowship in
1997 and after completing that in 2000, went on to further studies with a Present-Levinson Inflammatory Bowel Disease Fellowship that she completed in 2001 at Mount Sinai Medical Center in New York. During her fellowship, she conducted clinical research, focusing on Crohn’s disease and ulcerative colitis in particular.

“My experience at Mt. Sinai was incredible,” states Dr. Persley. “I learned so much about the treatment of Crohn’s disease and colitis. I also gained a greater appreciation for well done clinical trials. The experience truly enriched my life and current GI practice.”

Dr. Persley served as an Assistant Clinical Professor of Medicine at the University of Texas Southwestern Medical School. She is currently on staff at Presbyterian Hospital, and is board certified in both Gastroenterology and Internal Medicine. Dr. Persley is a member of the American Gastroenterological Association, the American College of Gastroenterology, and the Crohn’s and Colitis Foundation of America.

Mary Eugenia Rinella, MD
Dr. Rinella is an Associate Professor of Medicine at Northwestern University Feinberg School of Medicine. She has been on staff at Northwestern Memorial Hospital since 2002. Her primary clinical and research interest is in non-alcoholic fatty liver disease/NASH and management of portal hypertension.

She graduated from the U of Illinois College of Medicine in 1996, did a residency in Internal Medicine at the University of Chicago and her fellowship in Gastroenterology and Hepatology at Northwestern Memorial Hospital where she remains on staff. She is Board Certified in Gastroenterology as well as in Transplant Hepatology.

Garth Swanson, MD, MS
Garth Swanson MD, MS, is an Assistant Professor of Medicine at Rush University Medical Center and Assistant Program Director of the Gastroenterology and Hepatology Fellowship. Dr. Swanson earned his medical degree from the Medical University of South Carolina. He completed his residency in internal medicine (serving as a Chief Medical Resident), his fellowship in gastroenterology, and master degree in clinical research at Rush University Medical Center. Dr. Swanson’s clinical practice focuses on the diagnosis and treatment of inflammatory bowel disease. His research interests include the effect of alcohol on Crohn’s and Ulcerative Colitis, and he is currently the principal investigator of a NIH funded study examining the effects of alcohol and sleep on the gastrointestinal tract.

Kadee I. Watkins, PA-C
Kadee Watkins is a physician assistant with Minnesota Gastroenterology. She has a B.S. from the University of Minnesota, a B.S. in Physician Assistant Studies from the UW-Lacrosse - Gunderson - Mayo Physician Assistant Program and a Masters in Physician Assistant Studies with specialization in gastroenterology and hepatology from the University of Nebraska Medical Center. She has been a physician assistant for 10 years, practicing in both the inpatient and outpatient settings, as well as in a subspecialty clinic setting. She is currently a member of the AGA Institute Education and Training Committee.

Kadee I. Watkins, PA-C
Kadee Watkins is a physician assistant with Minnesota Gastroenterology. She has a B.S. from the University of Minnesota, a B.S. in Physician Assistant Studies from the UW-Lacrosse - Gunderson - Mayo Physician Assistant Program and a Masters in Physician Assistant Studies with specialization in gastroenterology and hepatology from the University of Nebraska Medical Center. She has been a physician assistant for 10 years, practicing in both the inpatient and outpatient settings, as well as in a subspecialty clinic setting. She is currently a member of the AGA Institute Education and Training Committee.