

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Beyond the Tremors: Alcohol Withdrawal Management and Safety

Presentation Overview

This workshop provides medical providers with essential knowledge and practical strategies for effectively managing alcohol withdrawal in patients. It covers the pathophysiology of alcohol withdrawal, recognizing early symptoms and assessing risk factors for complications. Participants will learn evidence-based approaches for pharmacologic and non-pharmacologic interventions. Emphasizing patient safety, this session equips providers with the tools to mitigate withdrawal severity and prevent life-threatening outcomes.

At the end of the program, attendees should be able to:

- Accurately identify two signs and symptoms of alcohol withdrawal syndrome (AWS) using standardized assessment tools such as the Clinical Institute Withdrawal Assessment Alcohol Scale Revised (CIWA-AR).
- Apply appropriate pharmacologic management, including benzodiazepine and adjunctive medication strategies, to safely treat AWS in various health care settings.
- Explain the importance of accurate assessment in preventing severe withdrawal complications such as seizures, delirium tremens and autonomic instability.
- Identify at least one important harm reduction intervention to include in proper treatment planning for alcohol use.
- Explain the importance of considering cultural and linguistic factors in properly assessing alcohol use disorder and withdrawal.

1.5 CME and CE Credits Offered



CalOptima Health

caloptima.org

CalOptima Health, A Public Agency



EVENT INFORMATION

When:

Wednesday,
April 2, 2025

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions,
please email
continuingeducation@caloptima.org.

Space is limited! Please
RSVP by Monday,
March 31, 2025,
through the link or QR
code below:

<https://bit.ly/4i70Wy9>



In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact Quynh Tran at 657-235-6865 two weeks before the meeting date.

Guest Speaker:

Mario San Bartolome, M.D., MBA, MRO, FASAM



Dr. Mario San Bartolome, “Dr. Mario,” is an addiction medicine specialist who is board-certified in both family medicine and addiction medicine. He received his undergraduate degree from the University of California, Davis, his medical degree from the University of California, Irvine School of Medicine and a Master of Business Administration from the Paul Merage School of Business at the University of California, Irvine. He has experience in all levels of care related to substance use disorders (SUDs), including directorships for several residential and outpatient treatment organizations. Dr. Mario is a certified medical review officer who enjoys teaching students and colleagues about addiction medicine. He has been active and passionate in advocating for improved access to treatment for people with SUDs through leadership at the local, state and national levels. He serves as chair of the American Society of Addiction Medicine’s Practice Management and Regulatory Affairs Committee and on the Board of Directors for the California Society of Addiction Medicine. Dr. Mario has helped craft various policies involving substance use treatment and remains clinically active in direct patient care involving SUDs for vulnerable populations through Federal Qualified Health Centers (FQHCs).

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and CalOptima Health. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

AGENDA:

Noon: Welcome/
Introduction —
Carmen Katsarov,
LPCC, CCM, Executive
Director, Behavioral
Health Integration,
CalOptima Health

12:05 p.m.: Guest
Speaker — Mario San
Bartolome, M.D., MBA,
MRO, FASAM

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

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caloptima.org](mailto:continuingeducation@caloptima.org).

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