

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On: Interpretation of Rheumatology Lab Tests and How to Optimize Rheumatology Referrals



Presentation Overview

This session will begin with a focused review of key laboratory tests commonly used in rheumatologic evaluation. Participants will gain a deeper understanding of each test's sensitivity, specificity and clinical utility, empowering them to interpret results with greater confidence.

In the second half, we will shift to clinical application, discussing how to identify appropriate patients for rheumatologic referral and strategies to optimize referral quality and timing. Case-based examples will be used to reinforce learning and support practical decision-making.

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

- Identify and interpret commonly ordered rheumatologic laboratory tests (ANA, ANA subsets, RF, ESR, CRP, ANCA, HLA-B27), including their sensitivity, specificity and clinical relevance in patient evaluation.
- Differentiate between clinically meaningful and incidental positive results to reduce unnecessary testing, referrals and patient anxiety.
- Apply evidence-based criteria to recognize when referral to rheumatology is appropriate, ensuring timely and efficient specialty access.
- Identify and address implicit bias in lab interpretation and referral decisions to promote equitable rheumatologic care across diverse patient populations.

1.5 CME and CE Credits Offered



caloptima.org
CalOptima Health, A Public Agency

EVENT INFORMATION

When:

Wednesday,
December 10, 2025

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions, please email continuingeducation@caloptima.org.

Space is limited! Please RSVP by Monday, **December 8, 2025**, through the link or QR code below:

<https://bit.ly/3WwtYhP>



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 Speakers:

Sheetal Desai, M.D., MEd.



Dr. Sheetal Desai completed medical school at the University of Southern California (USC), followed by an internal medicine residency and rheumatology fellowship at UCLA. She pursued a Master of Science in medical education from the USC Rossier School of Education. Dr. Desai joined the University of California, Irvine (UCI) as a rheumatology faculty member in 2007. She was program director of the UCI Rheumatology Fellowship for 10 years, Chief of Rheumatology for seven years and is currently Executive Vice Chair of Medicine. Her clinical interests are systemic lupus erythematosus, collaboration across specialties to create multidisciplinary clinics and gender equity in medicine.

Neha Chaurasia, D.O.



Dr. Neha Chaurasia attended medical school at the A.T. Still University School of Medicine in Arizona. She completed an internal medicine residency and a rheumatology fellowship at UCI. As an Orange County native passionate about improving the health of her community, she recently joined UCI as clinical faculty and is seeing new patients in Irvine and Orange.Medi-Cal population.

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, LPCCs 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, LPCCs, 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 — Rocío Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

12:05 p.m.:
Guest Speakers — Sheetal Desai, M.D., MEd., Chief, Division of Rheumatology, Clinical Professor of Medicine, University of California, Irvine

Neha Chaurasia, D.O., Assistant Clinical Professor, Division of Rheumatology, University of California, Irvine

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

1:30 p.m.: Closing

For questions, please email continuingeducation@caloptima.org.

Space is limited! Please RSVP by Monday, **December 8, 2025**, through the link or QR code below:

<https://bit.ly/3WwtYhP>

