

Diabetes for Primary Care 2026

Thursday, March 26, 2026

Live Online via MS Teams

About the Course

This course is designed to provide up-to-date, evidence-based information on common diabetes medical issues while suggesting pragmatic approaches to clinical management. The format will encourage audience participation through practical lectures, case studies, breakout sessions, and audience response questions. Faculty will discuss recent advancements, diabetes management at KPWA, and industry updates in diabetes. Successful completion of this program will increase confidence in diagnosis, treatment, and effective prescribing, with the ultimate goal of improving patient outcomes.

Target Audience

Primary care physicians, advanced practice nurses, physician assistants, and members of the health care team who seek to advance their knowledge in this area.

Course Objectives

At the end of the conference, attendees will be able to:

- Discuss the Kaiser Permanente Diabetes Program.
- Cite how the CDM Program at KPWA improves the quality of care for individuals with chronic diseases through comprehensive management, patient education, and coordinated care plans.
- Provide an overview of the fundamental principles and current best practices in the treatment of type 2 diabetes.
- Utilize continuous glucose monitors (CGMs), including their indications, insurance coverage, and data interpretation, to enhance diabetes management and patient outcomes.
- Cite the latest updates on GLP-1 receptor agonists, including their clinical indications, efficacy, safety profiles, and recent advancements in treatment protocols.
- Cite essential knowledge for primary care providers on the diagnosis, management, and ongoing care of patients with type 1 diabetes.
- Outline the key aspects of preconception counseling for individuals with diabetes and provide updates on the management of gestational diabetes, including when to refer to Maternal-Fetal Medicine (MFM).
- Provide guidance on effective nutrition counseling strategies for individuals with diabetes, focusing on dietary modifications, meal planning, and the role of nutrition in glycemic control.
- Explore the latest smart tools and resources available for diabetes management and provide practical coding tips to enhance documentation accuracy.
- Engage with faculty in a discussion addressing complex questions and real-world challenges in diabetes management and reflect on course content and apply insights to improve clinical practice in diabetes care.

Agenda

a.m.

8:00 - 8:30

Introduction and Overview of KPWA Diabetes Program
- *Meredith Cotton, RN, MSN, CDCES, BC-ADM, Annie Gayman, MD, Mamatha Palanati, MD*

8:30 - 9:30

Type 2 Diabetes Treatment Basics
- *Katie Paul, MD, MPH, Rakesh Popli, MD*

9:30 - 10:30

Continuous Glucose Monitors: Indications, data interpretation, coverage
- *Amber Sweeny, RN, MSN, CDCES, BC-ADM*

10:30 - 10:45

Break

10:45 - 11:45

GLP-1 Updates - *Melissa Sturgis, PharmD, BCACP*

11:45 - 12:15

Diabetes Smart Tools, Resources, and Coding Tips
- *Meredith Cotton, RN, MSN, CDCES, BC-ADM, Mamatha Palanati, MD*

p.m.

12:15 - 1:00

Lunch

1:00 - 2:00

What Should I Know About Type 1 Diabetes in Primary Care? - *Su Ah Bae, MD, Emily Omura, MD*

2:00 - 3:00

Preconception Counseling in Diabetes and Updates in Gestational Diabetes - *Anna Walton, MD*

3:00 - 3:15

Break

3:15 - 4:00

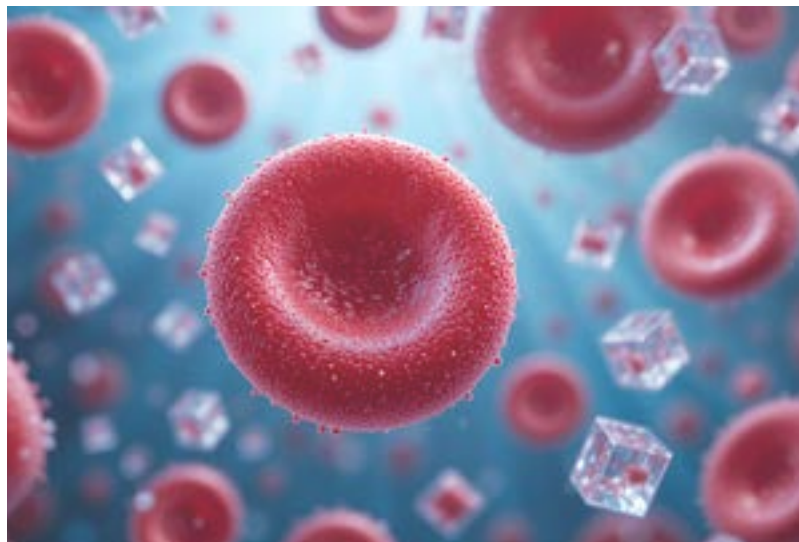
Nutrition Counseling in Diabetes
- *Jessica Kim, MS, RDN, CD, CDCES*

4:00 - 4:30

Faculty Q&A - *All Faculty*

4:30

Adjournment



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Faculty and Planners

Su Ah Bae, MD

Endocrinology, Capitol Hill Seattle

Washington Permanente Medical Group

Meredith Cotton, RN, MSN, CDCES, BC-ADM

Nurse Manager I, Diabetes Program

Population Health

KP Medical Foundation

Annie Gayman, MD

Family Medicine, Capitol Hill Campus

Washington Permanente Medical Group

Clinical Knowledge Services Lead, KP Medical Foundation

Jessica Kim, MS, RDN, CD, CDCES

Diet and Nutrition Counseling

Puyallup Medical Center

Kaiser Permanente Washington

Emily Omura, MD

Medical Program Director

Endocrinology

Washington Permanente Medical Group

Mamatha Palanati, MD

District Medical Director, East King

Diabetes Program Medical Director

Washington Permanente Medical Group

Katie Paul, MD

Faculty, KPWA Family Medicine Residency

Medical Director of Clinical Knowledge Services

KP Medical Foundation

Rakesh Popli, MD

Endocrinology, Capitol Hill Seattle

Washington Permanente Medical Group

Wendy Robinson, RN, MN, CWCN

Director of Outreach and Prevention

Population Health

KP Medical Foundation

Christopher Scott

Coordinator, Continuing Medical Education - WA

Clinical Knowledge, Education, and Technology

KP Medical Foundation

Melissa Sturgis, PharmD, BCACP

Pharmacy Care Delivery Specialist - Diabetes, HIV/PrEP

Co-Lead for Interregional Opioid Utilization Improvement Group

Kaiser Permanente Washington

Amber Sweeny, RN, MSN, CDCES, BC-ADM

Clinical Consultant, Special Populations

Population Health

KP Medical Foundation

Anna Walton, MD

Obstetrics, Bellevue Medical Center

Washington Permanente Medical Group

Accreditation and Disclosure

Kaiser Foundation Health Plan of Washington is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education for physicians.

Kaiser Foundation Health Plan of Washington designates this educational activity for a maximum of 6.75 hours in Category 1 to satisfy the relicensure of the Washington State Medical Quality Assurance Commission.

Kaiser Foundation Health Plan of Washington designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Kaiser Permanente requires that all individuals participating in a KPWA CME activity disclose to the audience any relationship with an ineligible company that might pose a potential, apparent, or real conflict of interest with regard to that faculty or planning member's contribution to the program.

Individuals listed above have disclosed that their participation/presentation includes no promotion of any commercial products or services, they have not had any financial relationships with an ineligible company in the last 24 months, and they do not anticipate discussing any off-label uses of a product.

Register online using our secure registration and payment site

Tuition

Kaiser Permanente Staff \$140

Community Attendees \$150



KP Medical Foundation

For more information contact

Christopher Scott - E-mail: Christopher.J.Scott@kp.org

For upcoming events visit the [KPWA CME Catalog](#)