CME OUTFITTERS

Improving Early Identification and Integrated Management

OF CARDIO-RENAL-METABOLIC RISK IN FAMILY MEDICINE

October 20, 2026
7:00–8:30 PM CT

Doors open: 6:30 PM
Omni Nashville Hotel | Cumberland 3/4
Nashville, TN



WWW.CMEOUTFITTERS.COM

ACTIVITY DESCRIPTION

This CME Outfitters live symposium equips family medicine clinicians with practical, workflow-ready strategies to recognize and manage CKM disease as a unified continuum. In this activity, participants will explore the shared pathophysiology linking cardiovascular, kidney, and metabolic disease; sharpen their use of combined eGFR and uACR screening and KDIGO risk stratification; and apply guideline-aligned, patient-centered approaches that include shared decision-making and multidisciplinary coordination to optimize cardiorenal protection across overlapping comorbidities.

This event is not a part of the official program of FMX.

TARGET AUDIENCE

Family medicine (FM) physicians, nurse practitioners (NPs), and physician associates (PAs)

FINANCIAL SUPPORT

This activity is supported by an independent medical educational grant from Boehringer Ingelheim Pharmaceuticals, Inc.

CREDIT INFORMATION

In support of improving patient care, CME Outfitters, LLC, is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

LEARNING OBJECTIVES

At the conclusion of this activity, learners will be able to better:

1. Identify the shared pathophysiologic mechanisms linking cardiovascular, kidney, and metabolic disease including how these mechanisms inform integrated cardiorenal risk management strategies in FM settings
2. Assess risk for CKD and cardiovascular complications using guideline-recommended screening tools (eGFR and uACR) to inform earlier intervention and referral decisions
3. Apply patient-centered, guideline-aligned management strategies that support multidisciplinary care, SDM, and longitudinal monitoring to improve outcomes across the CKM continuum

FACULTY PRESENTERS

Jay H. Shubrook
DO, FACOFP, FAAFP, BC-ADM (Moderator)

Chiadi Ndumele
MD, PhD

Lucia M. Novak
MSN, CRNP, ANP-BC, BC-ADM, FAANP

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Jointly Accredited Provider

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Physicians (ACCME)

CME Outfitters, LLC, designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

This activity is designated for 1.5 contact hours.

California Residents: Provider approved by the California Board of Registered Nursing, Provider # CEP 15510, for 1.5 Contact Hours.

PAs (AAPA)

CME Outfitters, LLC, has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

AAFP

The AAFP has reviewed Improving Early Identification and Integrated Management of Cardio-Renal-Metabolic Risk in Family Medicine and deemed it acceptable for up to 1.50 Live AAFP Prescribed credit(s). Term of Approval is from 10/20/2026 to 10/20/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RCP Canada

Through an agreement between the Accreditation Council for Continuing Medical Education and the Royal College of Physicians and Surgeons of Canada, medical practitioners participating in the Royal College MOC Program may record completion of accredited activities registered under the ACCME's "CME in Support of MOC" program in Section 3 of the Royal College's MOC Program.

MIPS

Completion of this accredited CME activity meets the expectations of an Accredited Safety or Quality Improvement Program (IA_PSPA_28) for the Merit-based Incentive Payment Program (MIPS). Clinicians should submit their improvement activities by attestation via the CMS Quality Payment Program website.

Certificate of Participation

This activity was certified for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*™.

ABIM MOC

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

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Jay H. Shubrook
DO, FACOFP, FAAFP, BC-ADM (Moderator)

Professor

Director, Diabetes Institute

Touro University California

Vallejo, CA

Jay H. Shubrook, DO, FACOFP, FAAFP, BC-ADM, is a board-certified family physician and a fellowship-trained diabetologist. He is a professor at Touro University California College of Osteopathic Medicine in Vallejo and serves as Director of the Diabetes Institute. His research focuses on prevention and early intervention for type 1 and type 2 diabetes, chronic kidney disease (CKD), and metabolic dysfunction-associated steatotic liver disease (MASLD). His clinical and professional focus is on enhancing the training of the primary care workforce in preparation to help people manage diabetes effectively.

Dr. Shubrook has published hundreds of articles on diabetes and its related conditions. He is the Deputy Editor of the American Diabetes Association journal *Diabetes, Obesity, and CardioMetabolic CARE*. He was the Founding Chair of the executive board of the American College of Diabetology. This new organization trains and recognizes primary care physicians who provide excellence in diabetes care. His first published book *Everyday Diabetes: Case Studies in Primary Care* is available online.





Chiadi Ndumele
MD, PhD

Director, Penn Center for Metabolic Health

Penn Presidential Professor of Medicine

Hospital of the University of Pennsylvania

Philadelphia, PA

Chiadi Ndumele, MD, PhD, is the director of the Penn Center for Metabolic Health and a Presidential Professor of Medicine at the University of Pennsylvania in Philadelphia. Dr. Ndumele is a preventive cardiologist with doctorate-level training in epidemiology; he leads a research program related to characterizing the relationship of obesity and cardiometabolic risk factors with the development of cardiovascular disease. His particular focus is heart failure risk and refining strategies for cardiovascular disease prevention. His work additionally addresses the impact of social determinants of health on cardiometabolic risk factors and downstream cardiovascular outcomes.

Dr. Ndumele received his MD from Harvard University in Cambridge, Massachusetts and his internal medicine training at Brigham and Women's Hospital in Boston, where he also served as chief medical resident. He subsequently trained in cardiology at Johns Hopkins University in Baltimore, Maryland, where he was also chief cardiology fellow in his final year and where he also received his MHS and PhD in epidemiology. Dr. Ndumele's research has been supported by multiple grants from the National Institutes of Health (NIH), the Robert Wood Johnson Foundation, and the American Heart Association (AHA). He is immediate past Chair of the Council on Lifestyle and Cardiometabolic Health of the AHA, Chair of the AHA Cardiovascular-Kidney-Metabolic (CKM) Health Initiative, and Chair of the Writing Group for the AHA/ACC/ADA/ASN CKM Syndrome Guideline. For his leadership efforts related to CKM Health, Dr. Ndumele was awarded the AHA Award for Meritorious Achievement in 2024. In addition to his scholarly activities, Dr. Ndumele cares for patients within the Outpatient Cardiology Clinic and the Inpatient Cardiology Service at the University of Pennsylvania.





Lucia M. Novak
MSN, CRNP, ANP-BC, BC-ADM, FAANP

President, Diabesity LLC, North Bethesda, MD

Co-Executive Director, Capital Health and Metabolic Center, Capital Diabetes and Endocrine Associates, Silver Spring, MD

Diabetologist, Stability Health

Worcester, MA

Lucia M. Novak, MSN, CRNP, ANP-BC, BC-ADM, FAANP, is an adult health nurse practitioner who is board-certified in Advanced Diabetes Management and holds the Certificate of Advanced Education in Obesity Medicine awarded by the Obesity Medicine Association. She has 35 years of clinical expertise and is a respected consultant, advisor, national speaker, author, educator, and passionate advocate in the fields of diabetes and obesity.

Her career encompasses extensive experience with therapeutics, technologies, and management of diabetes-related complications and comorbidities. She is deeply committed to both patient and professional education and advancing research in this field. Ms. Novak is the Co-Executive Director of the Capital Health and Metabolic Center of Capital Diabetes and Endocrine Associates, which focuses on the holistic management of obesity and its related complications. She is the lead nurse practitioner diabetologist with Stability Health, a hybrid digital health platform.

Her professional leadership activities include high-level positions with the American Diabetes Association (ADA) and the ADA Obesity Association, the Association of Diabetes Care and Educations Specialists (ADCES), and the Endocrine Nurses Society (ENS). She also volunteers on committees for the Obesity Medicine Association and participates as a faculty presenter for The Obesity Society as well as numerous other continuing education companies. In addition to delivering countless presentations directed toward health care professionals, she is also a co-host for *Diabetes Day by Day*, a monthly national podcast sponsored by the ADA. This podcast is geared to individuals living with diabetes and provides helpful, inspiring information with the goal of helping them to live their best lives.

Her awards and recognitions include: Fellow of the American Association of Nurse Practitioners, 2026; the 2025 Top NP in America Award (Point of Care Network); 2025 Donna Tomky Award for Excellence in Clinical Practice (Association of Diabetes Care and Education Specialists); the 2015 Walter Reed Master Clinician Award (Walter Reed National Military Medical Center); and the DAISY Foundation Award for Extraordinary Nurses as well as several military honors.

Her accomplished nursing career includes service as a commissioned officer of the United States Army Nurse Corps. She is most proud of being a Veteran and having had the opportunity to provide care to the men and women of the U.S. military.



It is the policy of CME Outfitters, LLC, to ensure independence, balance, objectivity, and scientific rigor and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. CME Outfitters, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

Faculty

Dr. Shubrook reports the following financial relationships:

Advisory Board–Abbott; Boehringer Ingelheim; Insulet; Novo Nordisk; and Sanofi

Consultant–Abbott; Bayer; Novo Nordisk; and Sanofi

Grants–Abbott and Breakthrough T1D

Dr. Ndumele reports no financial relationships to disclose.

Ms. Novak reports the following financial relationships:

Advisory Board–Abbott Diabetes Care; Boehringer Ingelheim; Novo Nordisk; and Sanofi US

Consultant–Abbott Diabetes Care; Novo Nordisk; and Sanofi US

Speakers Bureau–Abbott Diabetes Care; Novo Nordisk; and Sanofi US

Patient Planner

Ms. Tedder reports no financial relationships to disclose.

Peer Reviewers

Thai Nguyen, MD, MHA–no disclosures to report.

Shirley Michelle Franks, DNP, APRN, FNP-BC, PMC MSN Ed–no disclosures to report.

CMEO Staff/Planners

Keshia Pitt, PhD–no disclosures to report.

Warren Beckman–no disclosures to report.

Sandra Caballero, PharmD–no disclosures to report.

Sharon Tordoff–no disclosures to report.

All identified conflicts of interest have been mitigated.

Faculty of this CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices.

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Ask Faculty a Question

Select the Ask Question tab below the slide viewer to submit a question. If your question is for a specific faculty member, please include their name. Your question will be shared with the faculty for the question-and-answer portion of the session.

View and Take Notes on Presentation Slides

Select the Take Notes tab to take notes during the meeting. All of the notes you take during the meeting will be emailed to the address provided within 5 business days.

OBTAINING CREDIT

To receive CME/CE credit for this activity, scan the QR code to login to or create a learner account.

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