

Adventures in Family Medicine Conference Sun, Sand and CME

The Grand Hotel, Cape May, NJ
June 27 – 30, 2021

The AAFP has reviewed Sun Sand and CME - Adventures in Family Medicine Conference and deemed it acceptable for AAFP credit. Term of approval is from 06/27/2021 to 06/30/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

****Please see the full AAFP credit approval statement at the end of the agenda.**

This program is co-sponsored by the Philadelphia College of Osteopathic Medicine. Continuing Education Credit: Physicians: The Philadelphia College of Osteopathic Medicine is accredited by the American Osteopathic Association of medical education for physicians. The Philadelphia College of Osteopathic Medicine designates this program for a maximum of 23.5 hours of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Application has been submitted for FAWM credit.

SUNDAY, JUNE 27 *(PS = PATIENT SAFETY)*

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| 11 AM | Registration |
| 11:45 – 12 PM | Welcome and Opening - Overview of the program and what to expect (Grab-n-Go lunch available) |
| 12 – 12:45 PM | (Afternoon sessions will be held inside – spaced accordingly) Assessing the Wilderness / Adventurer Patient <i>PS</i> Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Daniel Plavin, MD, St. Luke's Family Medicine Residency, Bethlehem, PA |
| 12:45 – 1:30 PM | The Effects of Climate Change on Health – Alan Peterson, MD, Lancaster Gen/Penn Medicine <i>PS</i> |
| 1:30 – 2 PM | Insect Borne Illnesses <i>PS</i> - Gregory Dobash, MD, and Daniel Plavin, MD, St. Luke's Health Network, Bethlehem; Quentin Moyer, MS, Harvard |
| 2 – 2:15 PM | Refreshment / Info Break |
| 2:15 – 5:15 PM (There will be a 15 minute break built in) | Casting Workshop <i>PS</i> Each workshop will be 1.5 hours and will run twice, from 2:15 – 3:45 pm and 4 – 5:30 pm. Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph's FMR, Reading, PA Michael S. Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA Sports Dislocations Treatable by Family Physicians <i>PS</i> Eric Kephart, DO, Kephart Integrative Medicine, Doylestown, PA |
| 5:15 – 6:15 PM | Assessing the Need for and Coordinating an Evacuation – Natural Disasters (outside) <i>PS</i> Theodore Demetriou, DO, Penn State Health, Hershey, PA Dr. Demetriou will use his skills as medical commander for marine units in Eastern Europe to offer instruction on how to assess the need for and coordinate an evacuation in disaster scenarios. |

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| 6:30 PM | Welcome Reception on the sundeck |
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MONDAY, JUNE 28

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| 7:30 AM – 8:15 AM | Yoga on the beach – everyone is invited <i>Brought to you by our friends at Patient First</i> |
| 8:30 – 9:15 AM | Lacerations in the Wilderness: What to do AFTER the bleeding has stopped PS Linda Laskowski-Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE |
| 9:15 – 9:45 AM | MEDICAL NON-EMERGENCIES – (Inside or on the sundeck) Sunburn / Solar Dermatitis / Eye problems from the Sun PS Rachel Day, MD, FAAD, Oneskin Dermatology, Chambersburg, PA |
| 9:45 – 10:15 AM | Sports Medicine in Primary Care PS Jayson Loeffert, DO, Penn State College of Medicine, Hershey, PA |
| 10:15 – 10:45 AM | The Poisons – Ivy, Sumac, Oak Rachel Day, MD, OneSkin Dermatology, Chambersburg, PA |
| 10:45 – 11 AM | Refreshment and Info Break |
| 11 AM – 12:30 PM | URGENT MEDICAL SCENARIOS – (Outside – each session around 30 minutes and rotate through) Trauma – Rafting and Boat Accidents – Tung Nguyen, DO, FAWM PS Hemorrhage Control PS Daniel Plavin, MD, St. Luke's Health Network, Bethlehem, PA Outside Survival Scenarios – PS Example: You're hiking in your local park, fall and break an ankle. There's no one around, It's getting dark, starts to rain and you don't have your cell phone or there's no service. What do you do? Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE |
| 12:35 – 1:20 PM | Family picnic lunch – everyone is invited. See registration for information. Note – The fee for guests to attend lunch is included with the clambake ticket. If a guest would like to attend just the lunch and not the clambake, the cost for guests for lunch is \$15. |
| 1:30 – 3:30 PM | MEDICAL EMERGENCIES (Outside – each session around 30 minutes and rotate through.) Fish Hook / Foreign Body Removal - Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jellyfish, shark bites, stingrays – Greg Dobash, MD and Daniel Plavin, MD, St. Luke's Health System Near Drowning - Tung Nguyen, DO, FAWM Envenomations – venomous bites and stings – Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE |

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| 6:15 – 7:30 PM | Clambake on the sundeck – not just clams! Enjoy an array of delectable fare and beverages. (See info on registration form) |
| 7:30 – 8:15 PM 8:15 – 9 PM | Preparing a wilderness/medical kit – Larry Jones, BA, NREMT, FAWM <i>PS</i> Chronic Conditions and Medications for Travel – Tiffany Leonard, MD, Hatboro, PA <i>PS</i> |
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TUESDAY, JUNE 29

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| 7:30 – 8:30 AM | Exercise on the beach <i>Brought to you by our friends at Geisinger</i> |
| 8:30 – 9:15 AM | Melanoma and Look-Alikes – Rachel Day, MD, FAAD, OneSkin Dermatology, Chambersburg, PA <i>PS</i> |
| 9:15 – 9:45 AM | Heat Stroke / Frostbite <i>PS</i> Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph's FMR, Reading, PA |
| 9:45 -10:30 AM | Infections Unique to Sea Exposure (vibrio infections, listeria, etc.) Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA |
| 10:30 - 11 AM | Refreshment and Info Break |
| 11 – 11:45 AM | The Health Benefits of Nature – Jason Loeffert, DO, Penn State Health, Hershey, PA <i>PS</i> |
| 11:45 am – 12:30 PM | Austere Medicine (The practice of medicine in resource-constrained environments. i.e. wilderness, developing countries or after disasters) – Robert Lennon, MD, Penn State Health, Hershey, PA |
| 12:30 PM | Boxed lunch will be available for registrants |
| WORKSHOPS 1:15 – 3:15 PM | Regenerative Medicine, Cartilage Replacement, Injections of the Knee <i>PS</i> Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph's FMR, Reading, PA Michael S. Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA Chest and Abdominal Wounds - sucking chest wound, impalement, evisceration 20 minutes each – round robin format Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jayson Loeffert, DO, Penn State Health, Hershey, PA Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE |
| SPECIAL SEGMENT 12:45 – 2:45 PM | Survival Skills for Kids (ages 13+) This interactive activity will introduce basic first aid and wilderness survival skills to help them stay calm and respond appropriately in the event of an emergency. They will review bleeding control and wound care, bandaging, improvised splinting for various injuries, needed supplies for a first aid kit, how to find water, and how to find shelter in a wilderness setting. An excellent overview for any young person to prepare them for the unexpected. Nominal fee applies. See registration for details and pricing. |

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| 3:30 pm | Beach games competition (everyone invited) Let's go have some fun! |
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WEDNESDAY, JUNE 30

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| | Breakfast on your own |
| 8:30 – 9:15 AM | When to X-Ray, What to X-Ray and Interpretation <i>PS</i> Michael Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA |
| 9:30 – 11:30 AM | ORTHOPEDIC Scenarios - Fractures, Dislocations (Shoulders, Patella, Elbow) and Sprains on the field, vs in the woods Each segment 20 – 30 minutes and rotate Fracture Management and Improvised Splinting Techniques <i>PS</i> Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jayson Loeffert, DO, Penn State Health, Hershey, PA Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph's FMR, Reading, PA |
| 11:30 – 12:15 PM | Back Country Water Disinfection and Purification <i>PS</i> Larry Jones, BA, NREMT, FAWM, Newark, DE |
| 12:15 – 1 PM | Break / Lunch |
| 1 – 2 PM | Medical/Legal Challenges Unique to Sports and Wilderness Medicine <i>PS</i> Robert Lennon, MD and Jayson Loeffert, DO, Penn State Health, Hershey, PA |
| 2 – 2:45 PM | Lightening Injuries and MCI Triage <i>PS</i> Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE |

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- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Assessing the Wilderness / Adventurer Patient
- 0.75 Online Only, Live AAFP Prescribed Credit(s) - The Effects of Climate Change on Human Health
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Insect Borne Illnesses
- 1.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Casting Workshop

- 1.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Sports Dislocations Treatable by Family Physicians
- 1.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Assessing the Need for and Coordinating an Evacuation – Natural Disasters
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Sports Medicine in Primary Care
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Sunburn / Solar Dermatitis / Eye problems from the Sun
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Lacerations in the Wilderness: What to do AFTER the bleeding has stopped
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Trauma – Rafting and Boat Accidents
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Hemorrhage Control
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Outside Survival Scenarios
- 2.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Fish Hook / Foreign Body Removal
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Jellyfish, shark bites, stingrays
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Near Drowning
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Preparing a wilderness/medical kit
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Chronic Conditions and Medications for Travel
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Melanoma and Look-Alikes
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Infections Unique to Sea Exposure
- 0.50 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Heat Stroke/Frostbite
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - The Health Benefits of Nature
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Austere Medicine
- 2.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Regenerative Medicine, Cartilage Replacement, Injections of the Knee
- 2.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Chest and Abdominal Wounds - sucking chest wound, impalement, evisceration
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - When to X-Ray, What to X-Ray and Interpretation
- 2.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - ORTHOPEDIC Scenarios - Fractures, Dislocations (Shoulders, Patella, Elbow) and Sprains
- 2.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Fracture Management and Improvised Splinting Techniques
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Back Country Water Disinfection and Purification
- 1.00 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Medical/Legal Challenges Unique to Sports and Wilderness Medicine
- 0.75 In-Person, Live (could include online) AAFP Prescribed Credit(s) - Lightning Injuries and MCI Triage