



# KALAHARI DRAFT CME AGENDA – NOVEMBER 18-20, 2016

\*Agenda subject to change

**Faculty Disclosure** - All faculty participating in continuing medical education activities sponsored by the PAFP Foundation are expected to disclose to the activity audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity. Any reported conflicts of interest were cleared prior to this event.

Look for the  representing the highest rated speakers, voted on by you, from the previous year.

<b>Friday, November 18</b>	
7 - 8 am	<b>Registration and light breakfast</b>
8:00 am – 1:30 pm 	<b>Knowledge Self-Assessment (KSA) Study Group – Depression (formerly called SAM)</b> Drs. Robert Langan and Andrew Goodbred, St. Luke’s Family Medicine Center, Bethlehem, PA
8 – 8:45 am	<b>Opening General Session ...Setting the Tone... Physician Wellness</b> Michael Gaudiose, MD, Dunham Clinic, Army War College, Carlisle, PA Aaron George, DO, Summit Health Primary Care Chambersburg, PA Douglas Lentz, Chambersburg Health Services, Chambersburg, PA
<b>Concurrent Sessions</b>	
9 – 10 am 	<b>Cognitive Behavioral Therapy <i>Patient Safety</i></b> Neil Skolnik, MD and Aaron Sutton, LSW, Abington Memorial Hospital <b>Part I – Introduction to CBT</b> <ul style="list-style-type: none"> <li>• Describe the evidence base supporting the effectiveness of CBT;</li> <li>• Identify rationale for incorporating CBT techniques;</li> <li>• Describe and provide example of appropriate goal settings.</li> </ul> <hr style="border-top: 1px dashed black;"/> <b>Overcoming Barriers to the Early Recognition and Diagnosis of Rheumatoid Arthritis in Real-World Practice: Strategies to Expedite Treatment to Remission</b> Diane Horowitz, MD, Hofstra Northwell School of Medicine <ul style="list-style-type: none"> <li>• Implement routine screening to improve the early and accurate diagnosis of RA;</li> <li>• Apply guideline recommendations for treating to remission and preserving patient function in RA;</li> <li>• Review the underlying pathophysiology of RA and the role of emerging targeted therapies, including cytokine inhibition, for patients with RA;</li> <li>• Describe an integrated approach to RA patient care that includes a multidisciplinary healthcare team and patient education to improve shared-decision making.</li> </ul>
10 – 10:15 am	<b>Movement Break (Refreshments provided)</b>
<b>Concurrent Sessions</b>	
10:15 – 11:15 am	<b>Cognitive Behavioral Therapy <i>Patient Safety</i></b> Neil Skolnik, MD and Aaron Sutton, LSW, Abington Memorial Hospital <b>Part II – Tools to Implementation</b> <ul style="list-style-type: none"> <li>• Label common thoughts distortions;</li> <li>• Describe CBT tools for interventions;</li> <li>• Discuss how to use CBT tools to address anxiety and depression.</li> </ul>
10:15 – 12:15 pm 	<b>Introduction to Dermoscopy Workshop <i>Patient Safety</i></b> Louis Mancano, MD, Reading Hospital FMR, PA <ul style="list-style-type: none"> <li>• Know when and how to use a dermascope in clinical practice;</li> <li>• Know how to identify structural features of melanoma and other skin cancers using a dermascope;</li> <li>• Confidently use a dermascope to diagnose some benign lesions without the need for a biopsy.</li> </ul>

11:20 am – 12:20 pm	<p><b>Cognitive Behavioral Therapy</b> <i>Patient Safety</i> Neil Skolnik, MD and Aaron Sutton, LSW, Abington Memorial Hospital</p> <p><b>Part III – Role Play Scenarios</b></p> <ul style="list-style-type: none"> <li>Actively participate in problem identification and goal setting;</li> <li>Select appropriate intervention for common medical problems;</li> <li>Role play use of CBT interventions to address cognitive distortions.</li> </ul>
12:20 – 1 pm	Grab-n-Go Lunch
1 – 3 pm	<p><b>RESILIENCY</b> <i>Patient Safety</i> (In cooperation with the US ARMY)</p> <p><b>Part I - Real Time Resilience for Family Physicians</b> <b>Part II – Energy Management</b></p> <p>SFC Mark A. Catlett, US Army, Pittsburgh, PA SFC Bethany Aston, US Army, Pittston, PA Michael Gaudiose, MD, Carlisle, PA</p>
3 – 3:15 pm	<b>Movement Break (refreshments provided)</b>
3:15 – 4:15 pm	<p><b>The Psychological and Physiological Effects of Exercise</b> Jeffrey A. Zlotnick, MD, Penn State St. Joseph FMR, Reading, PA</p> <hr/> <p><b>Employing Evidence-based Strategies for Diagnosing and Managing Patients with Psoriasis: The Role of the Primary Care Clinician</b> Steven Feldman, MD, PhD, Wake Forest University School of Medicine, Winston-Salem, NC</p> <ul style="list-style-type: none"> <li>Describe the epidemiology, clinical manifestations, and diagnosis of psoriatic skin disease;</li> <li>Compare and contrast current and emerging treatment options for psoriasis in the context of mechanism of action, route of administration, efficacy, and patient tolerability;</li> <li>Integrate disease, treatment, and patient-related factors into the therapeutic decision-making process to individualize management of the systemic manifestations and comorbidities associated with psoriasis;</li> <li>Incorporate care coordination and active patient engagement to improve outcomes in patients with psoriasis, recognizing the physiological and psychological impacts of the disease and the need to counsel patients accordingly.</li> </ul>
<b>Concurrent Sessions</b>	
4:15 – 5 pm 	<p><b>Research Day Prep – Best Practices and Practice Tips for Presenting Your Best Research Abstract</b> Debra Bell, MD, York, PA</p> <hr/> <p><b>New Anti-Platelet Agents in Acute and Chronic CAD</b> <i>Patient Safety</i> Andrew Waxler, MD, FACC, Reading, PA</p> <ul style="list-style-type: none"> <li>Understand the key clinical data related to platelet function testing in clinical cardiovascular medicine;</li> <li>Understand the key controversies related to the data;</li> <li>Know how to incorporate this data into your day to day clinical practice.</li> </ul>
Open Business Meetings and Events	<p><b>5:15 – 6:30 pm</b> - PAFP Commission Meetings (GPAC, RSAC and COCPD) <b>6:30 – 8:30 pm</b> – Board of Directors Meeting (light dinner included)</p> <p><b>8:30 – 10:30 pm</b> - PAC Fundraiser. Join your colleagues at THE VIP Lounge Bar at Mt. Airy Lodge and Casino to unwind and socialize while raising money for PAFP’s advocacy and legislative efforts. Shuttle service provided. A minimum entry donation of \$50 includes a beverage ticket and light snacks. Donation payable at PAFP registration or entrance to the VIP area.</p>


**Saturday, November 19**

7:00 – 7:45 am	<b>Registration and breakfast (exhibitors will be available for discussion)</b>
7:30 - 8 am	<b><i>Intro to Tai Chi – start your day off with the fundamentals which can be built into the start or end of any session to keep you relaxed and focused.</i></b>
8 – 8:45 am	<b>PA Medical Marijuana Law...Requirements and Processes for Practice <i>Patient Safety</i></b> Susan Orr, Esq., Rhoads & Sinon, LLP, Exton
	<b>Superbugs and Antibiotic Resistance</b> William Sonnenberg, MD, Titusville, PA


**Concurrent Sessions**

9 am – 12:15 pm	<p><b>Acute to Chronic Pain and Addiction: Managing Patients on the Opioid Treatment Spectrum</b> <b><i>Patient Safety</i></b></p> <p>Bradley Miller, DO, Williamsport, PA Cheryl Stayton, Ph.D, Williamsport, PA John Boll, DO, Williamsport, PA Lauren Hughes, MD, MPH, MSc, FAAFP, Deputy Secretary for Health Innovation, Pennsylvania Department of Health</p> <ul style="list-style-type: none"> <li>• Understand root causes of opioid addiction crisis;</li> <li>• Discuss acute and chronic pain in relationship to chronic disease management;</li> <li>• Discuss common patient types with acute and chronic pain and strategies for treatment;</li> <li>• Define addiction as a chronic illness;</li> <li>• Review the evidence for using medication assisted treatment options for opioid addiction;</li> <li>• Identify areas to improve approaches to patients with addiction to opioids.</li> </ul>
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**9:45 – 10:15 am Movement Break and Information Exchange with Exhibitors (refreshments provided)**

 10:15 am – 12:15 pm	<p><b>Shoulder and Knee Exam Workshop</b> Matthew Silvis, MD, Penn State Hershey Medical Center, Hershey, PA</p> <ul style="list-style-type: none"> <li>• Describe pertinent underlying anatomy of common shoulder and knee conditions seen in family medicine and the relation of the underlying anatomy to findings on physical examination;</li> <li>• Explain the approach to the evaluation and management of: rotator cuff tendinopathy, acromioclavicular joint separations, shoulder instability, biceps tendon rupture/tendinosis, adhesive capsulitis, and referred pain;</li> <li>• Explain the approach to the evaluation and management of: osteoarthritis, patellofemoral syndrome, ACL tear, MCL tear, IT band syndrome (snapping knee), and meniscal tears.</li> </ul>
	<p><b>Act 31 Child Abuse Recognition Training <i>Patient Safety</i></b> Q. Thomas Novinger, MD, MBA, Blue Cross NEPA Sarah Stiff, Monroe County Children &amp; Youth Services, Stroudsburg, PA <b><i>(advanced registration and specific information required – see registration form)</i></b></p> <ul style="list-style-type: none"> <li>• Identify the role of child protection;</li> <li>• Define categories of child abuse in the law;</li> <li>• Recognize potential risks/indicators of child abuse/neglect;</li> <li>• Describe role of mandated reporter;</li> <li>• Explain referral process and follow up;</li> <li>• Identify prevention resources.</li> </ul>

**12:15 – 1:15 pm Lunch Symposium – Understanding Legal Tools: The Key to Lawsuit Prevention and Tax Reduction**

1:15 – 2:15 pm	<p><b>Keynote Address - A Familiar Physician: The Right Care – Part I</b></p> <p><i>Paul Grundy, MD, MPH, FACOEM, Chief Medical Officer and Global Director of Healthcare Transformation, Healthcare Life Science Industry, IBM Corporation and Peter Anderson, MD, Founder and President, Team Care Medicine</i></p>
2:15 – 2:30 pm	<p><b>Movement Break and Information Exchange with Exhibitors (refreshments provided)</b></p>
2:30 – 3:15 pm	<p><b>Keynote Address - A Familiar Physician: The Right Care – Part II</b></p> <p><i>Paul Grundy, MD, MPH, FACOEM, Chief Medical Officer and Global Director of Healthcare Transformation, Healthcare Life Science Industry, IBM Corporation and Peter Anderson, MD, Founder and President, Team Care Medicine</i></p>
<p><b>Concurrent Sessions</b></p>	
<p>3:15 – 4:15 pm</p> 	<p><b>Recognition of Diarrhea Pre-Dominant Irritable Bowel Syndrome: Advancing Accurate Diagnosis and Appropriate Treatment <i>Patient Safety</i></b> William Sonnenberg, MD, Titusville, PA</p> <ul style="list-style-type: none"> <li>• Understand the burden of IBS on patient health;</li> <li>• Apply evidence-based guidelines to accurately diagnose patients with IBS-D;</li> <li>• Describe the appropriate use of newly available diagnostic tools for the accurate and timely diagnosis of IBS-D;</li> <li>• Evaluate the efficacy and safety of newer treatments for IBS-D.</li> </ul> <hr/> <p><b>Being MACRA Ready</b> Shawn Martin, AAFP, Washington, DC</p>
4:30 – 5:15 pm	<p><b>Maintenance Therapy for the Long-term Care of Patients with COPD</b> Meenakshi Patel, MD, Centerville, OH</p> <ul style="list-style-type: none"> <li>• Identify patients with COPD who are not receiving long-acting bronchodilators as maintenance treatment in long-term care settings;</li> <li>• Evaluate physical and cognitive limitations, as well as lung function status, in patients with COPD;</li> <li>• Assess the advantages and disadvantages of medication delivery options, including nebulization, for patients needing long-acting bronchodilator therapy;</li> <li>• Implement a management strategy for patients with COPD in long-term care settings that includes routine follow-up on symptoms, lung function status, medication use, and risk factors for hospitalization or hospital readmission.</li> </ul>
5:15 – 6:15 pm	<p><b>The “<i>Jordan Splash</i>” Reception – All Registrants, their Immediate Family Members and Exhibitors are invited and encouraged to attend. Hors d’oeuvres and special <i>Jordan Splash</i> cocktails and mocktails will be available during this reception.</b></p> <p><i>(Background) In March at the Pittsburgh CME Conference, several PAFP board members and officers had an innovative idea! Since we’re going to be at Kalahari Resort for the next CME Conference which boasts one of the largest indoor water parks on the East Coast, let’s raise money for the PAFP Foundation by having PAFP’s CEO, John Jordan, go down one of the indoor wacky water slides. The more money raised, the more times he needs to make a “splash”. So, the idea was born and we couldn’t pass it up. Anyone who knows Mr. Jordan knows that this is a fabulous idea for any number of reasons, not the least of which is that it will be a great time with lots of laughs while raising money for the PAFP Foundation.</i></p> <p><b><i>The Jordan Splash</i></b> featuring CEO, John Jordan in his finest aqua attire – Water Park area Welcome reception for all immediately preceding. See registration form for details.</p> <p><b>After the Splash</b>, join your friends, family and colleagues for a fun <b>indoor glow mini-golf tournament</b>. (see registration form for information)</p>

**Sunday, November 20**

8 – 9 am	<b>Town Hall Breakfast Meeting – What’s happening on the “Hill” and Member Benefit Update.</b> A hot breakfast will be served.
9:00 – 10 am 	<b>Medical/Legal Q &amp; A...Ask the Expert (submit your questions in advance – see registration form for details) <i>Patient Safety</i></b> Andrew Worek, Esq., Post and Post, LLC, Berwyn, PA
10:15 – 11:15 am	<b>Update on Adult Immunization Strategies: Understanding the Current Recommendations</b> <i>Patient Safety</i> Thomas M. File, Jr., MD, MS, MACP, FIDSA, FCCP, Akron, OH Michael J. Donnelly, MD, FAAP, Washington, DC <ul style="list-style-type: none"><li>• Discuss the burden of pneumococcal disease and herpes zoster and identify the various patient types who are particularly vulnerable to infection;</li><li>• Describe the latest guideline recommendations for adult immunization for prevention of pneumococcal disease and herpes zoster infection;</li><li>• Evaluate strategies to improve adult immunization by incorporating systems in clinical practice to proactively screen patients and administer vaccines according to guideline recommendations.</li></ul>
11:15 am – 11:30 am	<b>Check out break</b>
11:30 am – 1:00 pm	<b>New Prescription Monitoring Database Update and Q&amp;A Session</b> Lauren S. Hughes, MD, MPH, MSc, FAAFP, Deputy Secretary for Health Innovation, Pennsylvania Department of Health Harrisburg, PA