

RESEARCH DAY 2026 AGENDA

10 - 11am	Presenter Check in, put up posters	
9:45am	Refreshment Break with Exhibits Complimentary Head Shots Available throughout the day	Foundry PreFunction
10-11:20am	Annual Business Meeting	Foundry Ballroom
11:30-1:00pm	Resident & Student Content Where Do I Even Start?	Monocacy B
11:30 - 12:15	The New Physicians' Personal Finance To-do List <i>David Humphrey, MD, MBA and Courtney Humphrey, MD, St Luke's</i>	
12:15 - 1:00	Leading While You Learn: Leadership Pearls for Students & Residents <i>Andrew Lutzkanin, MD, Penn State Hershey</i>	Monocacy B
11:30 - 12:30	Concurrent CME Session	
12:30 - 1:00	Concurrent CME Session	
1:00 - 3:00pm	LUNCH for all conference attendees	Foundry Ballroom
1:30 - 2:15pm	Research Day Posters, RIG Posters & Podium Presentations	
1:30 - 1:45	Wellness Circles Year Two: Advancing Community Health Through Resident-Led Lifestyle Medicine Groups <i>Munifa King, MD and Martina Knechel, MD, Thomas Jefferson FMR</i>	Foundry Ballroom
1:45 - 2:00	Vital Roots: UPMC Williamsport Lifestyle Medicine Teaching Kitchen <i>Taylor Rider, DO and Kelly Weiss, DO, UPMC Williamsport</i>	Foundry Ballroom
2:00 - 2:15	The Rainbow Connection: Forging Relationships to Provide Comprehensive Primary Care to Centre County LGBT+ Community <i>Anveshi Guha, MD, Penn State Health Mt Nittany FMR</i>	Foundry Ballroom
2:15- 3:00pm	Research Day Poster Session	Foundry Ballroom
3:00 - 3:45	Concurrent CME Session	

****AFTERNOON ORAL PRESENTATIONS NEXT PAGE****

RESEARCH DAY 2026 AFTERNOON ORAL PRESENTATIONS				
3:15 - 5:00pm	Concurrent Research Day Presentations			
3:20 - 3:35	Integrating Voter Registration into Primary Care Workflows: Pennsylvania Outcomes from Healthcare-Based Civic Engagement <i>Julia Kooser, Geisinger Commonwealth SOM</i>	Monocacy A	A Pediatric Case of Lyme Arthritis With a Septic Synovial Profile <i>Prabh Singh, MD, Conemaugh FMR</i>	Monocacy B
3:35 - 3:50	Decreasing Risk by Reducing Co-Prescribing Benzodiazepines and Opioids <i>Nikolas Pham, BA, Temple Med/St Lukes Campus</i>	Monocacy A	A Pilot Study on Psychological Safety and The Johari Window: An Intentional Approach to Safe Spaces for Learning <i>Lauren Woolhiser, MD and Karla Felix, PhD , Lehigh Valley Health Network FMR</i>	Monocacy B
3:50 - 4:05	Beyond the Cure: Survivorship Symptoms After RAI Treatment for Thyroid Cancer in Premenopausal Women <i>Priya Devanarayan and Meghan Hartman, Penn State College of Medicine</i>	Monocacy A	A Modular Clinical Decision-Support and Documentation Framework to Reduce Hazy Reasoning and Reinforce Clinical Reasoning in Family Medicine <i>Saif Islam, MD, St Luke's Sacred Hart FMR</i>	Monocacy B
4:05 - 4:20	Tag, You're It: Taking Aim at Resident Burnout <i>Muhammad Hamza Bangash, MD and Shehar Bano Awais, MD, Wellspan Good Samaritan FMR</i>	Monocacy A	Mind the Gap: Pap Smears Falling Through the Cracks for Women with HIV <i>Sasheenie Moodley, MD, PhD, MPH and Jillian Dawson, MD, Lancaster General FMR</i>	Monocacy B
4:20 - 4:35	Providers Perception of and Comfort with Rapid HIV Testing <i>Trevor Losego, MD, St Luke's Bethlehem FMR</i>	Monocacy A	Expanding Access Through Self-Collection: A Quality Initiative for Primary HPV-Based Cervical Cancer Screening <i>Oluwabukola Oluwalade, MD and Debra Aderibigbe, MD, Geisinger Rural FMR</i>	Monocacy B
4:35 - 4:50	The effect of pet therapy on physiological biomarkers of stress in Family and Internal Medicine Residents <i>Parneeta Singh, MD, Tower Health Reading</i>	Monocacy A	Advancing Menstrual Health and Hygiene Through a Quality Improvement Project in Pakistan <i>Saba Sarfraz, MD and Ramsha Mahmood, MD, Wellspan Good Samaritan FMR</i>	Monocacy B
5:10pm	Research Day Awards			Foundary Ballroom