

SUNDAY, January 22, 2023 — 10.5 Total CME		
Daily Chairs: Catherine McCarthy, MD and Amanda Magrini, MD		
	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Poster Presentations	<b>Student/Resident Research Poster Displays</b> Approved for 1.0 Prescribed CME	1) Review and vote for the best research poster display. Poster authors will be available throughout the day to discuss their research 2) Participants will be entered into a drawing for a cash prize.
8:00 - 8:30am Lecture	Physician Wellness - Mindfully Overcoming Moral Injury <b>Neil Gokal, MD, FAAFP</b> Approved for 0.5 Prescribed CME	1) Bring it to the table: Recognize common challenges 2) Be Empowered: Explore resources 3) Be Accountable: Create an action plan
8:30 - 10:00am Lecture	Pain Management and Opioids: Balancing Risks and Benefits <b>David Bazzo, MD, FAAFP</b> Approved for 1.5 Prescribed Opioid Prescribing CME	1) Describe the pathophysiology of pain as it relates to the concepts of pain management 2) Accurately assess patients in pain 3) Develop a safe and effective pain treatment plan 4) Identify evidence-based non-opioid options for the treatment of pain 5) Identify the risks and benefits of opioid therapy 6) Manage ongoing opioid therapy 7) Recognize behaviors that may be associated with opioid use disorder
10:00 - 10:15am	Break - Poster Presentations	
10:15 - 11:15am Lecture	A Physician's Perspective on Medical Aid in Dying <b>Cory Carroll, MD and David Orentlicher, MD, JD</b> Approved for 1.0 Prescribed <b>Ethics CME</b>	1) Understand the basics of Medical Aid in Dying from the legislative statute and the practicing physician 2) With Nevada poised to become the 11th state to allow physicians to legally prescribe medications to hasten the death of a terminally ill, mentally competent adult patient with a 6 month prognosis, this presentation is designed to educate Nevada physicians on what to expect when patients request access 3) Dr. Orentlicher will present from a physician/lawyer NV assembly member on the legislative side and Dr. Carroll will discuss his experience as a Colorado physician prescribing medical aid in dying since the law passed in 2016.
11:15am - 12:15pm Lecture	Nephrology Update <b>Robert Quigley, DO</b> Approved for 1.0 Prescribed CME	1) Discuss extent of CKD nationally 2) Discuss secondary effects of CKD 3) Discuss dialysis planning and hospice
12:30 - 1:30pm Lecture/Luncheon	A Comprehensive Approach to Treating Osteoporosis <b>Naomi Albertson, MD</b> Approved for 1.0 Prescribed CME  <b>Sponsored by: Sierra Neurosurgery Group</b>	1) Understand how to make the diagnosis Bone quantity (density) or quality (fragility)? 2) Review what can be done WITHOUT medications 3) Learn how to choose the right medication for the right patient
1:45 - 2:45pm Lecture	Integrating Continuous Glucose Monitor (CGM) in Diabetes Management <b>Gaurav Zirath, MD, MBA, DABOM</b> Approved for 1.0 Prescribed CME	1) Impact of Diabetes and its Complications 2) Current Management of Diabetes 3) Understanding CGM 4) Integrating CGM with Diabetes Management 5) Benefits of CGM 6) Remote Monitoring of Blood Sugars 7) Limitations of CGM use
2:45 - 3:45pm Lecture	Cardiology Pearls <b>Waddy Gonzalez, MD</b> Approved for 1.0 Prescribed CME	1) Provide targeted education on heart failure treatment for primary care clinicians that includes evidence-based approaches to promote early treatment of heart failure 2) Optimization of pharmacotherapy, and effective transitions of care to prevent rehospitalization and disease progression in the outpatient setting
3:45 - 4:00pm	Break	
4:00 - 6:30pm Stations	<b>Ortho, Pain and Spine Stations</b> Innovative Backpain Treatments - <b>Michael Rozak, MD</b> Management of Anterior Cruciate Ligament Injuries - <b>Troy Shields, MD</b> Peripheral Nerve and Spinal Chord Stimulation: When is it appropriate? <b>Andrew C. Hsu, MD, MPH, MS</b> Sympathetic Nerve Blocks - <b>Chad Jensen, DO</b> Management of Shoulder Instability - <b>Rueben Nair, MD</b> Approved for 2.5 Prescribed CME	1) Review non-invasive treatment options for lower back pain 2) Review acute knee injuries including ACL tears and meniscus tears. Participants will gain knowledge on diagnosis, physical exam, imaging options and view case studies 3) Examine the body of evidence around peripheral nerve stimulation and spinal cord stimulation for the treatment of chronic pain and how they compare to other treatments 4) Learn to identify the indications for sympathetic nerve blocks, discuss the available types of sympathetic nerve blocks and learn how they are performed 5) Learn the anatomy and function of the rotator cuff, identify and examine patients with rotator cuff pathology, and to be familiar with advanced rotator cuff treatments in 2023
6:30 - 8:30pm	Welcome Wine Tasting Reception and Silent Auction & Exhibits - Exhibit Hall Drawing for a pair of snowshoes - Must be present to win! <b>Sponsored by: Swift Institute</b>	
8:30pm	Sponsor Appreciation and Local's Day Hospitality Night - Come Meet our Local Physicians and Help Thank All of our Sponsors and Exhibitors - Cocktails, Desserts, and a Champagne Toast. Don't miss out!!! <b>Sponsored by: Nevada Advanced Pain Specialists</b>	

**MONDAY, January 23, 2023 — 9.5 Total CME**  
**Daily Chairs: Joanne Leovy, MD and Chrissy Quartuccio-Carran, DO**

	<b>Lectures &amp; Workshops</b>	<b>Objectives</b>
<b>6:00am - 7:00pm</b>	Registration - Convention Center	
<b>6:00 - 7:30am</b> Meal included	Breakfast Buffet	
<b>7:00 - 8:00am</b> Lecture	Hospice Eligibility: When is the right time to refer to hospice? <b>Aaron Dieringer, MD, MPH</b> Approved for 1.0 Prescribed <b>Ethics CME</b>	1) Discuss the hospice philosophy of care 2) Outline the medicare hospice benefit 3) Summarize the process of hospice referral to community agencies 4) Recognize when it is appropriate to refer to hospice in common chronic medical conditions.
<b>8:00 - 9:00am</b> Lecture	Identifying Eating Disorders in Family Practice <b>Stephanie Wright, MD and</b> <b>Kathryn "Kat" Geiger, MSW, LCSW, CEDS, PMH-C</b> Approved for 1.0 Prescribed CME	1) Participants will learn about "prosocial" restricting/dieting behaviors 2) Participants will be able to identify the structural and functional brain changes associated with disordered eating 3) Participants will learn psychiatric disorders associated with inadequate nutrition 4) Participants will learn assessment, interventions, and recommendations appropriate for various forms of disordered eating
<b>9:00 - 9:15am</b>	Break	
<b>9:15 - 11:15am</b> Workshop	Parkinson's Care Pointers for Primary Care Physicians <b>Mariana Georgeta Varga, MD,</b> <b>Katie Nathan, PhD,</b> <b>Leticia Alvizo, MS, CCC-SLP,</b> <b>and Mindy Lokshin, MD</b> Approved for 2.0 Prescribed CME	1) To recognize the wide range of motor and non-motor symptoms of Parkinson's disease 2) To understand the disease progression, general treatment options and special needs of this population 3) To appreciate the value of specific Parkinson's disease physical therapy and speech therapy programs 4) To know where to find resources to meet the needs of the Parkinson's patients and their caregivers
<b>11:15am - 12:30pm</b>	LUNCH ON YOUR OWN	
<b>12:30 - 2:30pm</b> Workshop	Dermoscopy Workshop <b>Kaleb Wartgow, MD</b> Approved for 2.0 Prescribed CME	1) Examine different skin lesions using dermatoscopes to determine typical pathologic patterns of types of skin cancer 2) Utilize dermoscopy to differentiate seborrheic keratoses from melanocytic lesions 3) Integrate checklists and evaluation tools into a dermoscopic examination of suspected skin lesions and melanoma to compile an accurate diagnosis and treatment plan 4) Conduct a cost/benefit analysis of dermatoscopes in your practice
<b>2:45 - 4:15pm</b> Workshop	Climate Change Workshop <b>Joanne Leovy, MD, FAAFP</b> <b>and Brooke Ersland, MD</b> Approved for 1.5 Prescribed CME	1) Examine wildfire as a climate-related disaster with health consequences 2) Understand clinical presentations of wildfire-related illness 3) Learn how to take an environmental history of a patient 4) Apply the CH2OPD2 mnemonic for environmental history in a clinical scenario 5) Evaluate and treat a patient with illness related to climate change 6) View some public health resources for helping our patients prepare for and cope with wildfires 7) Recognize the connection between adverse health impacts and wildfires.
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	Addressing the Burden of Chronic Cough: A Primary Care Primer to Proper Work-up and Management <b>Peter Dicipinigaitis, MD</b> Approved for 1.0 Prescribed CME	1) Recognize the burden of chronic cough on the patient and healthcare systems 2) Describe the recommended approaches in the initial evaluation and work-up of patients with chronic cough to make a differential diagnosis 3) Review the current management approaches for chronic cough and how an improved understanding of cough hypersensitivity syndrome can address unmet needs.
<b>5:30 - 6:30pm</b> Lecture	Neurologic Exam Pearls for Primary Care <b>Edward C. Perry III, MD, FACS, FAANS</b> Approved for 1.0 Prescribed CME	1) Review neurologic exam pearls for the primary care physician
<b>6:30 - 8:30pm</b>	<b>FIESTA Beer and Margarita Tasting Reception &amp; Exhibits - Exhibit Hall</b> <b>Sponsored by: Renown Health</b>	
<b>8:30pm</b>	Hospitality Suite - Come and join us for a margarita party! Meet the board members of the NAFP, our Nevada Residents and make some new friends!!! <b>Sponsored by: Swift Institute</b>	

**TUESDAY, January 24, 2023 — 9.5 Total CME**  
**Daily Chair: Tim Grunert, MD and Tom Hunt, MD**

	<b>Lectures &amp; Workshops</b>	<b>Objectives</b>
<b>6:00 - 10:00am</b>	Registration - Convention Center	
<b>6:00 - 7:30am</b> Meal included	Breakfast Buffet	
<b>7:00 - 8:00am</b> Lecture	Incontinence and Cognition <b>Kerac Falk, MD, FACOG</b> Approved for 1.0 Prescribed CME	1) Learn about overactive bladder (OAB) and its impact on morbidity and quality of life 2) Connect bladder function to a variety of diseases 3) Review the anticholinergic drug class and the variety of indications for use 4) Understand recent literature associating anticholinergic medications with risk of dementia 5) Recommendations for assessing anticholinergic burden, and de-prescribing (when possible)
<b>8:00 - 9:00am</b> Lecture	Gender Affirming Care In Primary Care <b>Karen Thiele, MD</b> Approved for 1.0 Prescribed CME	1) Use broadly accepted terminology for gender identities 2) Consider a non-binary perspective of gender identity 3) Consider gender identity and sexual orientation in the context of mental health 4) Assess readiness for gender affirming medical and surgical treatment 5) Be familiar with general gender affirming medical and surgical treatments using accepted most recent standards of care from WPATH 6) Utilize consensus professional resources for accurate information
<b>9:00 - 9:15am</b>	Break	
<b>9:15 - 11:15am</b> Workshop	Sexual Health Workshop <b>Karen Thiele, MD and Rob Phoenix, MSN, APRN, FNP-C</b> Approved for 2.0 Prescribed CME	1) Participate in the delivery of HIV test results in a simulation scenario 2) Identify opportunities to implement HIV testing in your practice 3) Develop a strategy for implementation of the HIV status neutral approach to HIV as defined by the CDC
<b>11:15am - 12:30pm</b>	LUNCH ON YOUR OWN	
<b>12:30 - 2:00pm</b> Workshop	Women's Health Procedures <b>Catherine McCarthy, MD, FAAFP, Leslie Greenberg, MD, FAAFP and Fay Roepcke, MD, MPH</b> Approved for 1.5 Prescribed CME	1) Educate participants on women's health procedures 2) Review Indications, Risks and Benefits 3) Hands-on demonstration of procedures 4) Follow up
<b>2:15 - 4:15pm</b> Workshop	Diagnostic U/S Exam of the Shoulder & Wrist <b>Mark Stovak, MD, FAAFP, FACS, CAQ, Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, and Ryan Muehling, MD</b> Approved for 2.0 Prescribed CME	1) Identify biceps tendon, rotator cuff, Acromioclavicular joint, Glenohumeral joint 2) Subacromial bursa pathology as well as how to inject these shoulder structures under U/S guidance 3) Dorsal & volar wrist pathology as well as how to inject these wrist structures under U/S guidance.
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	Dyslipidemia Case Studies Potpourri <b>Jason P. Crawford, MD, MPH, FAAFP</b> Approved for 1.0 Prescribed CME	1) Analyze ASCVD risk in primary prevention using available tools and resources including advanced lipid testing and coronary artery calcium scoring (CACS) 2) Tailored treatment planning for secondary prevention ASCVD patients in accordance with 2022 non-statin therapy guidelines 3) Identify and initiate treatment of familial hypercholesterolemia (FH) 4) Tailor treatment approaches for LDL-C vs triglyceride-based risk strategies 5) Review statin intolerance and available non-statin treatment options available
<b>5:30 - 6:30pm</b> Lecture	Diabetic Retinopathy <b>Judy E. Kim, MD, FARVO, FASRS</b> Approved for 1.0 Prescribed CME	1) Describe the roles of primary care professionals in the screening and referral process for DR/DME and other diabetic eye diseases 2) Coordinate timely and appropriate referral to eye care specialists who can utilize effective treatment regimens for DR/DME and other diabetic eye diseases 3) Incorporate interprofessional and multidisciplinary strategies to overcome barriers to referral using an integrated system of care approach for screening, diagnosis, and treatment of vision-threatening diabetic eye complications such as DR/DME
<b>6:30 - 8:00pm</b>	Hospitality Suite - Come and join us for our final night in the NAFP Hospitality Suite	

**WEDNESDAY, January 25, 2023 — 9.5 Total CME**  
**Daily Chairs: Kaleb Wartgow, MD and Kelsey West, MD**

	<b>Lectures &amp; Workshops</b>	<b>Objectives</b>
<b>6:00am - 6:30pm</b>	Registration - Convention Center	
<b>6:00 - 7:30am</b> Meal included	Breakfast Buffet	
<b>7:00 - 8:00am</b> Lecture	Pediatric Atopic Dermatitis <b>Robert Sidbury, MD, MPH</b> Approved for 1.0 Prescribed CME	1) Describe age-related and race-related differences in the phenotypic expression of atopic dermatitis (AD) 2) Employ evidence-based strategies to determine disease impact and guide treatment decisions in pediatric patients with AD Discuss the rationale for targeting type 2 cytokines as a therapeutic approach in AD 3) Assess clinical data on new and emerging treatment options for pediatric patients with moderate to severe AD 4) Employ a team-based and patient-centered management approach to children and adolescents with AD, to prevent flare-ups, manage comorbidities, maximize health-related quality of life, and minimize treatment-related side effects
<b>8:00 - 9:00am</b> Lecture	Tips and Tricks for Common Office Procedures <b>Lacy Feticc, MD</b> Approved for 1.0 Prescribed CME	1) Review, Discuss, & Improve the following techniques: Incision and Drainage, Skin Biopsy - both punch and excisional, IUD insertion/removal, Cerumen Impaction - irrigation and manual extraction, Trigger Point Injections, Hemorrhoid I & D, Circumcisions
<b>9:00 - 9:15am</b>	Break	
<b>9:15 - 11:15am</b> Workshop	Round Tables: USPSTF Updates - <b>Richard Williams, MD</b> Family Medicine Advocacy - <b>Tim Grunert, MD</b> The Medical-Legal Partnership Model - <b>Trenton Fenster, MD</b> Dental Care in Primary Care - <b>Keith Bensen, DMD</b> Approved for 2.0 Prescribed CME	1) Review the latest updates and recommendations from USPSTF 2) Understand the importance of various forms of advocacy and ways to engage in advocacy to support patients and practice 3) Define the Medical-Legal Partnership Model, the impact it can have on patients, funding and success cases 4) Discuss preventative dental care that can be provided in the Primary Care environment
<b>11:15am - 12:30pm</b>	LUNCH ON YOUR OWN	
<b>12:30 - 2:30pm</b> Workshop	Wilderness Medicine Workshop <b>Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ,</b> <b>Gary Johnson, MD,</b> <b>and Fay Roepcke, MD, MPH</b> Approved for 2.0 Prescribed CME	1) Musculoskeletal evaluation and care in austere environments 2) Discuss diagnosis and treat of heat illnesses 3) Treating patients that have been hit with lightning 4) Wound care in austere environments 5) Assess and treat Altitude illness in the wilderness 6) Learn techniques for stabilizing a patient and transporting them in austere environments
<b>2:30 - 2:45pm</b>	Break	
<b>2:45 - 4:15pm</b> Workshop	Lifestyle and Obesity Medicine Workshop <b>Kelsey West, MD, MPH, DABOM,</b> <b>Katelyn Bruner, MD, DABOM,</b> <b>Madeline Hardacre, MD, DABOM,</b> <b>Sean Kandel, DO, MS, FACP,</b> <b>and Karen Bain, RDN, LD, CDCES</b> Approved for 1.5 Prescribed CME	1) Discuss the many facets of Lifestyle Medicine and Obesity 2) Review Nutrition and Physical Activity recommendations, discuss pharmacotherapy options, review obesity and women's health 3) Discuss mental health and eating disorders
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	Vascular Medicine Case Studies Potpourri <b>Jason P. Crawford, MD, MPH, FAAFP</b> Approved for 1.0 Prescribed CME	1) Implement standardized therapy for provoked venous thromboembolic disease 2) Implement surveillance and medical management of carotid artery disease 3) Implement surveillance and medical management of abdominal aortic aneurysmal disease including incidentally identified aortic atherosclerotic disease 4) Implement surveillance and medical management of peripheral arterial disease (PAD) 5) Review and management of vascular Ehlers-Danlos Syndrome
<b>5:30 - 6:30pm</b> Lecture	Genetic Determinants of Disease: Insights from the Healthy Nevada Project <b>Joseph J. Grzymalski, PhD</b> Approved for 1.0 Prescribed CME	1) Review of CDC Tier 1 genomic conditions, prevalence, disease risk, and penetrance 2) Review of the concept of positive predictive value of genomic risk 3) Review of the importance of cascade screening in autosomal dominant disorders 4) Future directions in genomic medicine as applied to family medicine practice and in assessing above average disease risk from genomic screening
<b>7:00 - 7:30pm</b>	Cocktail Reception	
<b>7:30 - 10:30pm</b>	Come and join us for a 70s Dinner/Dance Party! We will provide the dinner and cocktails, you bring the FUN!!! <b>TICKET REQUIRED FOR ENTRY</b> Drawing for two pairs of skis and one pair of snowshoes - Must be present to win	

**THURSDAY, January 26, 2023 — 3.0 Total CME**  
**Daily Chair: Catherine McCarthy, MD and Amanda Magrini, MD**

	<b>Lectures &amp; Workshops</b>	<b>Objectives</b>
<b>8:00 - 9:00am</b> Lecture/Breakfast	Back Pain - Recognition and Management of Axial Spondyloarthritis: Best Practices for the Family Medicine Physicians <b>Joerg Ermann, MD</b> Approved for 1.0 Prescribed CME	1) Identify axSpA in patients with inflammatory back pain via assessment of medical history, musculoskeletal symptoms and findings, and extra-articular manifestations and comorbidities 2) Apply classification criteria and diagnostic tests into clinical practice to support early detection of axSpA Assess efficacy and safety data related to novel biologic options for axSpA, recognizing the potential clinical impact on the management of patients who do not respond well to traditional pharmacologic therapies 3) Employ treatment plans for individual patients with axSpA in accordance with current evidence, expert recommendations, and patient needs and preferences 4) Recognize the importance of collaborating with rheumatologists to provide optimal treatment and longitudinal support for patients with axSpA
<b>9:00 - 10:00am</b> Lecture	Obesity: Modern Management and Future Directions <b>Alexander Ayzengart, MD</b> Approved for 1.0 Prescribed CME	1) Understand the scope and complexity of obesity and its effect on various comorbidities 2) Review the variety of medical and surgical treatment options that are currently available to patients with obesity 3) Understand historical perspective and progressive development of metabolic bariatric surgery 4) Provide an overview of new and expected weight loss strategies that are currently in development
<b>10:00 - 11:00am</b> Lecture	A Little Precocious and Delayed Puberty Refresher! <b>Amanda Magrini, MD, FAAFP</b> Approved for 1.0 Prescribed CME	1) Describe normal pubertal hormonal development in males and females 2) Give a differential diagnosis of causes of delayed puberty in male and female patients 3) Discuss what precocious puberty is in males and females 4) Describe the causes of amenorrhea in women 5) Discuss causes of hypogonadism in men
<b>11:00am</b>	<b>Drawing for the last pair of snowshoes! Must be present to win</b>	
<b>ADJOURNMENT OF THE 2023 WINTER CME MEETING</b> <b>Please remember to complete your evaluations. We hope to see you next year!!!</b>		

**IMPORTANT DATES TO REMEMBER:**

- NAFP Advocacy Day - March 30, 2023, Nevada State Legislature**  
**18th Annual Reno Wine Tasting & Silent Auction - May 5, 2023, Reno Ballroom**  
**34th Annual Summer CME Meeting - August, 2023, Location TBA, Las Vegas**