

SUNDAY, January 28, 2024 — 9.5 Total CME		
Daily Chairs: Catherine McCarthy, MD and Amanda Magrini, MD		
	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:30 - 8:00am	Breakfast Buffet	
Meal included		
7:00 - 8:00am Fellowship/Diplomat Tables	<b>Fellowship and Diplomat Round Tables -</b> OB, Sports Medicine, Wilderness Medicine, Addiction/Pain, Palliative Care, Geriatrics, FAAFP and Obesity and Lifestyle Medicine  Approved for 1.0 Prescribed CME	Join in an interactive discussion on the variety of Fellowships and Diplomat opportunities available in Nevada to enhance your education and practice
8:00 - 9:00am Panel	Health Care Policy Through the Legislative Process <b>Senator Robin Titus, MD and Senator Fabian Doñate</b>  Approved for 1.0 Prescribed CME	1) Understanding the effect and control that the legislature has on health care policy and patient care
9:00 - 10:00am Lecture	It's Getting Hot in Here: Menopausal Hormone Replacement Therapy <b>Neil Gokal, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Gain an understanding of evidence-based recommendations for Menopausal Hormone Replacement Therapy (MHT) 2) Be educated and confident in approaching discussions about MHT 3) Confidently and safely integrate MHT into practice
10:00 - 10:15am	Break	
10:15 - 11:15am Lecture	Working Together: Improving Early Diagnosis and Management of Alzheimer's Disease in Primary Care <b>Alvin Lin, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Explain the importance of early diagnosis of AD 2) Apply office-based cognitive assessment tools to aid in the early diagnosis of AD 3) Employ the inter-disciplinary team in the management of behavioral issues in patients with AD 4) Engage in dialogue with patients and caregivers in a subsequent treatment plan 5) Outline a plan to connect with community-based resources in the long-term management of patients with AD
11:15am - 12:15pm Poster Presentations	<b>Student/Resident Research Poster Presentations</b>  Approved for 1.0 Prescribed CME	1) Review and vote for the best research poster display. Poster authors will be available throughout the morning to discuss their research 2) Participants will be entered into a drawing for a cash prize
12:30 - 1:30pm Lecture/Luncheon	Uncontrolled Gout <b>Richard H.C. Lai, MD, MBA, FACP, FACR</b>  <b>THIS IS A NON-CME PROGRAM</b>	1) Overview of uncontrolled gout 2) Review symptoms of uncontrolled gout 3) Discuss key considerations in treating uncontrolled gout 4) Discuss the latest treatments
1:45 - 2:45pm Lecture	Maternal Mortality a Health Crisis <b>Bayo Curry-Winchell, MD</b>  Approved for 1.0 Prescribed <b>Cultural Competency</b> CME	1) Understand the factors contributing to maternal mortality rates 2) Explore the implications of race-based medicine on healthcare outcomes 3) Examine medical bias and its impact on patient care 4) Highlight the importance of diverse representation in healthcare to help address disparities and improve outcomes.
2:45 - 3:45pm Lecture	Lung Cancer Review <b>Theodore Pratt, MD, FACS</b>  Approved for 1.0 Prescribed CME	1) Comprehensive review of Lung Cancer: Discuss types, diagnosis, studies and the latest treatments
3:45 - 4:00pm	Break	
4:00 - 5:00pm Lecture	Tube Feed or Not Tube Feed: A look at artificial nutrition at the end of life <b>Aaron Dieringer, MD, MPH</b>  Approved for 1.0 Prescribed <b>Ethics</b> CME	1) Review current literature as it relates to use of artificial nutrition via tube feeding in the setting of dementia and end of life 2) Summarize American Geriatrics Society position on feeding tubes in advanced dementia 3) Discuss and illustrate provider role in facilitating goals of care conversations as it relates to artificial nutrition and end of life
5:00 - 6:00pm Lecture	A Complex Disease Process: Understanding Endometriosis to Improve Patient Care <b>Fay Roepcke, MD, MPH, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Explain the most common causes of pelvic pain Understand the endometriosis disease process 2) Recognize signs and symptoms suggestive of endometriosis 3) Take a detailed patient history that can help when diagnosing endometriosis 4) Engage an appropriate multidisciplinary care team to manage endometriosis
6:00-6:30pm	USPSTF Updates <b>Richard Williams, MD</b>  Approved for 0.5 Prescribed CME	1) Review the latest updates and recommendations from USPSTF
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: Community Health Alliance</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 29, 2024 — 9.5 Total CME**  
**Daily Chairs: Troy Bertoli, MD and Sarah Maples, MD**

	Lectures & Workshops	Objectives
<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	Dumpster Diving, Legumes for Lunch, and the Quintuple Aim: the movement toward sustainable healthcare <b>Joanne Leovy, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Understand how the health system contributes to pollution and climate change 2) Understand the concept of Scope 1, 2 and 3 emissions, and the challenge of reducing Scope 3 emissions 3) Identify some tools to assess the carbon and waste footprints of your practice 4) Explore how leaning into sustainability can save money, engage staff and rejuvenate you
<b>8:00 - 9:00am</b> Lecture	Genetic Determinants of Disease: Insights from the Healthy Nevada Project <b>Joseph Grzynski, 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>9:00 - 9:15am</b>	Break	
<b>9:15 - 11:15am</b> Workshop	Stigma in HIV Prevention and Care <b>Rosanne Sugay and Rob Phoenix</b>  Approved for 2.0 Prescribed <b>Stigma in HIV CME</b>	1) Use person-first language in conversations 2) Define stigma and describe how it pertains to minority groups 3) Describe how HIV stigma can act as a barrier to care 4) Identify the role of implicit bias in the delivery of patient care 5) Identify stigma barriers within your organization and develop an action plan to address 6) Self-reflect on participants' own implicit bias
<b>11:15am - 12:30pm</b>	LUNCH ON YOUR OWN	
<b>12:30 - 2:30pm</b> Workshop	Shoulder Ultrasound Workshop <b>Mark Stovak, MD, FAAFP, FACSM, CAQ , Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Jeff Mann, DO, Jared Roberts, MD and Mike Chavez, MD</b>  Approved for 2.0 Prescribed CME	1) Identify normal shoulder anatomy with u/s 2) Identify shoulder pathology with u/s 3) Perform a basic shoulder u/s scan protocol
<b>2:45 - 4:15pm</b> Workshop	Musculoskeletal Workshop <b>Mark Stovak, MD, FAAFP, FACSM, CAQ , Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Jeff Mann, DO, Jared Roberts, MD and Mike Chavez, MD</b>  Approved for 1.5 Prescribed CME	1) Understand patient history and questioning for patients presenting with musculoskeletal complaints 2) Locate important anatomical landmarks 3) Perform appropriate physical exams for the lumbar spine and hip, knee, foot and ankle, cervical spine and shoulder, hand and wrist.
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	New Approaches to Asthma Treatment, Selection and Assessment <b>Steven Brunton, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) New Approaches to Asthma Selection and Assessment 2) Select optimal inhaled therapy for asthma based on patient characteristics, clinical evidence, and guideline recommendations 3) Evaluate asthma control & treatment response routinely using validated assessment tools 4) Apply effective strategies for helping patients adhere to the treatment regimen.
<b>5:30 - 6:30pm</b> Lecture	A Systematic Overview of Management for Hyperlipidemia <b>John E. Villasenor, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Reivew and discuss how to recognize and treat hyperlipidemia in the primary care setting
<b>6:30 - 8:30pm</b>	<b>FIESTA Beer and Margarita Tasting Reception &amp; Exhibits - Exhibit Hall</b> <i>Sponsored by: Renown Health</i>	
<b>8:30pm</b>	Hospitality Suite - Come and join us for a margarita party! Meet the board members of the NAFFP, our Nevada Residents and make some new friends!!! <i>Sponsored by: Sierra Nevada Specialty Care</i>	

**TUESDAY, January 30, 2024 — 9.5 Total CME**  
**Daily Chair: Tim Grunert, MD and Lauren Turich, MD**

	Lectures & Workshops	Objectives
<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	<p>Calling Primary Care Partners to Action in Hypertrophic Cardiomyopathy: Shortening the Time to Diagnosis for Improved Patient Outcomes  <b>Theodore P. Abraham, MD, FACC</b></p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Understand the basis for hypertrophic cardiomyopathy 2) Describe the key, presenting features for hypertrophic myopathy 3) Summarize current and emerging therapies for hypertrophic cardiomyopathy.</p>
<b>8:00 - 9:30am</b> Lecture/Case Studies	<p style="text-align: center;">Breathing Easy Part I:  Conquering Obstructive Sleep Apnea for Better Health  <b>Paul P. Doghramji, MD, FAAFP,</b>  <b>Milena Pavlova, MD and Roger D. Seheult, MD</b></p> <p style="text-align: center;">Approved for 1.5 Prescribed CME</p>	<p>1) Review the interconnection of OSA and disease-related complications 2) Discuss the risks of unmanaged OSA 3) Review the common comorbidities of OSA 4) Discuss high-risk and underserved populations in OSA 5) Review screening and management of OSA 6) Discuss evaluation of sleep health and identifying patients at-risk for OSA 7) Discuss how to recognize diverse presentations of OSA 8) Discuss how to individualize OSA Management plans</p>
<b>9:30 - 9:45am</b>	Break	
<b>9:45 - 11:15am</b> Workshop	<p style="text-align: center;">Osteopathic Techniques Workshop  <b>Newton Yco, DO, Nicole Clifton, DO,</b>  <b>Jeffrey Mann, DO and Nalyssa Little, DO</b></p> <p style="text-align: center;">Approved for 1.5 Prescribed CME</p>	<p>1) Introduce the background of osteopathic manipulative therapy with a focus on the technique of muscle energy 2) Give an overview of basic osteopathic techniques 3) Delve into the physiology and embryologic basis of muscle energy 4) Explain and demonstrate the steps of muscle energy 5) Practice muscle energy with supervision and guidance</p>
<b>11:15am - 12:30pm</b>	LUNCH ON YOUR OWN	
<b>12:30 - 2:30pm</b> Workshop	<p style="text-align: center;">Wilderness Medicine Workshop  <b>Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ,</b>  <b>Gary Johnson, MD, Fay Roepcke, MD, MPH, FAAFP</b>  <b>and Mike Chavez, MD</b></p> <p style="text-align: center;">Approved for 2.0 Prescribed CME</p>	<p>1) Review Wilderness Medicine Society clinical practice guidelines 2) Discuss Acute mountain sickness (AMS), High-altitude cerebral edema (HACE) and High-altitude pulmonary edema (HAPE) 3) Discuss current treatment of AMS, HACE and HAPE 4) Discuss water purification in the wild 5) Discuss frostbite classification, prevention and treatment</p>
<b>2:45 - 4:15pm</b> Workshop	<p style="text-align: center;">Women's Health Workshop  <b>Catherine McCarthy, MD, FAAFP,</b>  <b>Leslie Greenberg, MD, FAAFP, Ashley Jones, MD and</b>  <b>Fay Roepcke, MD, MPH, FAAFP</b></p> <p style="text-align: center;">Approved for 1.5 Prescribed CME</p>	<p>1) Educate participants on women's health procedures 2) Review Indications, Risks and Benefits 3) Hands-on demonstration of procedures 4) Follow up</p>
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	<p style="text-align: center;">Advances in Treatment of Cardio-Renal-Metabolic Disorders  <b>Stephen Brunton, MD, FAAFP</b></p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Identify CKD in patients with reduced kidney function, including in early stages of disease 2) Describe the link between DM and CVD, including the impact on health outcomes. 3) Select appropriate treatment for patients with DM, CVD, and/or CKD/DKD based practice guidelines and clinical evidence 4) Recognize the importance of multidisciplinary care when managing patients with cardio-renal-metabolic conditions.</p>
<b>5:30 - 6:30pm</b> Lecture	<p style="text-align: center;">Pharmacologic Options for Smoking Cessation  <b>Stephanie Zority, MD</b></p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Review smoking cessation options and how to prescribe them 2) Discuss vapes: different types, nicotine strength, etc 3) Discuss E-cigarette use and safety</p>
<b>6:30 - 8:00pm</b>	Hospitality Suite - Come and join us for our final night in the NAFF Hospitality Suite	

**WEDNESDAY, January 31, 2024 — 9.75 Total CME**  
**Daily Chairs: Kaleb Wartgow, MD and Tom Hunt, 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	<p>Approach to Skin Lesions- Biopsy, Excision, and Other Techniques.  <b>Steven Namihas, MD</b></p> <p>Approved for 1.0 Prescribed CME</p>	<p>1) Demonstrate various techniques for minor surgery, including shave biopsies, punch biopsies, and excisions 2) Describe the benefits of various closure techniques 3) Explore ways to improve cosmetic results and avoid pitfalls associated with minor surgery</p>
<b>8:00 - 9:00am</b> Lecture	<p>Primary Care Psychiatry:            Evaluation and Management of Bipolar Disorder  <b>Daniel Weiner, DO, FASAM</b></p> <p>Approved for 1.0 Prescribed CME</p>	<p>1) Describe DSM V Criteria for Bipolar Disorder (BPAD) 2) Review a structured approach to the primary care psychiatric interview 3) Differentiate between various presentations of BPAD and other lookalike conditions 4) Discuss medication options for the treatment of BPAD 5) Review evidence based guidelines for medication management of BPAD</p>
<b>9:00 - 9:15am</b>	Break	
<b>9:15 - 11:15am</b> Workshop	<p>EKG Workshop  <b>John E. Villasenor, MD, FAFP</b></p> <p>Approved for 2.0 Prescribed CME</p>	<p>1) Review of basic electrophysiology and rhythms of the heart seen in the inpatient and outpatient setting</p>
<b>11:15am - 12:15pm</b>	LUNCH ON YOUR OWN	
<b>12:15 - 2:00pm</b> Workshop	<p>Case-based Obesity and Lifestyle Medicine Workshop  <b>Kelsey West, MD, MPH, DipABOM</b>  <b>Katelyn Bruner, MD, MPH, DipABOM</b>  <b>Michelle "Soraya" Pourtabib, MD, DipABOM</b>  <b>Madeline Hardacre, MD, FACOG, DipABOM, DipABLM</b>  <b>and Karen Bain, RD, LD, CDCES</b></p> <p>Approved for 1.75 Prescribed CME</p>	<p>1) Approach obesity management from a patient-centered perspective and reduce weight bias 2) Discuss nutrition strategies for weight loss 3) Review obesity pharmacotherapy options, indications, contraindications and common side effects 4) Address common concerns associated with peri- and post-menopausal populations 5) Explore treatment recommendations for pediatric obesity</p>
<b>2:00 - 2:15pm</b>	Break	
<b>2:15 - 4:15pm</b> Workshop	<p>Getting to Recovery:            Overcoming Barriers to Care for Alcohol and Opioid Use Disorders  <b>Maureen Strohm, MD, FAFP, DFASA,</b>  <b>Stephanie Zority, MD and</b>  <b>Charlene A. Letchford, MD, PLLC</b></p> <p>Approved for 2.0 Prescribed <b>Opioid Use Disorder (OUD), Opioid Prescribing and SBIRT Training</b> CME</p>	<p>1) Discuss common barriers and misconceptions regarding the treatments of patients with substance use disorders 2) Implement evidence-based screening tools and clinical strategies to identify patients along the continuum of at-risk use to DSMV substance use disorder 3) Initiate medication treatments using FDA approved medications for treating AUD (naltrexone, acamprosate, disulfiram) and OUD (naltrexone, buprenorphine) in the office setting or hospital</p>
<b>4:15 - 4:30pm</b>	Break	
<b>4:30 - 5:30pm</b> Lecture	<p>Excessive Daytime Sleepiness in Narcolepsy:            Taking Steps to Improve Patient Quality of Life  <b>Alon Y. Avidan, MD, MPH, FAAN, FAASM</b></p> <p>Approved for 1.0 Prescribed CME</p>	<p>1) Discuss the potential impact of excessive daytime sleepiness (EDS) on a patient's overall health, quality of life, and daily functioning. 2) Utilize communication techniques and evidence-based screening tools to hasten a narcolepsy diagnosis among patients experiencing EDS. 3) Implement guideline recommendations to individualize therapeutic selection in managing the symptoms of narcolepsy and improve quality of life.</p>
<b>5:30 - 6:30pm</b> Lecture	<p>Staying Out of Hot Water -            Lessons from Malpractice Reviews  <b>David Fiore, MD, FAFP, FAWM</b></p> <p>Approved for 1.0 Prescribed <b>Ethics</b> CME</p>	<p>1) Understand some key mistakes that primary care providers make that can get them in hot water (legally). 2) Develop some techniques to avoid making these mistakes 3) Appreciate the complexity of patient care and that perfection is not the goal 4) Feel good about dodging the bullet (mostly)!</p>
<b>7:00 - 7:30pm</b>	Cocktail Reception	
<b>7:30 - 10:30pm</b>	<p><b>Come and join us for a 70s Dinner/Dance Party! We will provide the dinner and cocktails, you bring the FUN!!!</b></p> <p><b>TICKET REQUIRED FOR ENTRY</b></p> <p><b>Drawing for two pairs of skis and one pair of snowshoes - Must be present to win</b></p>	

THURSDAY, February 1, 2024 — 3.5 Total CME Daily Chair: Catherine McCarthy, MD and Amanda Magrini, MD		
	Lectures & Workshops	Objectives
8:00 - 9:00am Panel/Breakfast	Breathing Easy Part II: Obstructive Sleep Apnea Case Studies and Practical Considerations <b>Paul P. Doghramji, MD, FAAFP,</b> <b>Milena Pavlova, MD and Roger D. Seheult, MD</b>  Approved for 1.0 Prescribed CME	1) Assess the risks of undiagnosed and unmanaged OSA and disease-associated complications to support timely screening, diagnosis, management, and care coordination 2) Incorporate evidence-based approaches including, routine evaluation of sleep history to promptly identify signs of OSA 3) Identify distinct phenotypes of OSA including typical and atypical presentations to initiate timely screening and diagnosis, raise awareness, and educate patients on OSA and associated complications 4) Evaluate the effectiveness of current and emerging treatment modalities for management of OSA, including behavioral lifestyle changes, devices, and pharmacotherapies 5) Apply multidisciplinary care coordination strategies to promote patient-centered OSA care 6) Create strategies to address health disparities in OSA outcomes by individualizing OSA care.
9:00 - 10:00am Lecture	How I Use Artificial Intelligence <b>Colonel (Ret.) John Westhoff, MD, MPH, FACEP,</b> <b>FACOEM, FAWM</b>  Approved for 1.0 Prescribed CME	1) Discuss how to enhance administrative efficiency with AI: implement AI-driven strategies to streamline administrative tasks in medical practice. 2) Explore AI's supporting role in clinical environments: Discuss how AI tools are currently being developed in clinical settings to support healthcare providers 3) Prepare for the Future of AI in Healthcare: participants will have a clearer understanding of the emerging trends and potential future applications of AI in healthcare.
10:15 - 11:45am Lecture	Top Articles in Family Medicine <b>David Fiore, MD, FAAFP, FAWM and</b> <b>Jason Crawford, MD, MPH, FAAFP</b>  Approved for 1.5 Prescribed CME	1) Review relevant articles to the clinical practice of family medicine 2) Understand various components of evidence-based clinical practice 3) Discuss and become familiar with key publications affecting primary care in 2021 4) Learn how to apply this new information in your practice 5) Sharpen skills to critically assess new medical information
11:45am	Drawing for the last pair of snowshoes! Must be present to win	
<b>ADJOURNMENT OF THE 2024 WINTER CME MEETING</b> Please remember to complete your evaluations. We hope to see you next year!!!		

**IMPORTANT DATES TO REMEMBER:**  
*19th Annual Reno Wine Tasting & Silent Auction – May 3, 2024 – Reno Ballroom*  
*35th Annual Summer CME Meeting – July 26–28, 2024 – Westgate Resort, Las Vegas*

# NAFP 35<sup>th</sup> Annual Summer CME Meeting



**REGISTER NOW:**



**July 26–28, 2024**  
(Pre-Conference KSAs July 25)