

SUNDAY, January 26, 2025 — 9.5 Total CME		
Daily Chairs: Catherine McCarthy, MD and Chrissy Quartuccio-Carran, DO		
	Lectures & Workshops	Objectives
6:30am - 6:30pm	Registration - Convention Center	
7:00 - 8:30am Meal included	Breakfast Buffet	
8:00 - 9:00am	Empowering Moms: A Guide to Starting Every Child On A Pathway to Lifelong Wellness Katie Brown, EdD, RDN Approved for 1.0 Prescribed CME	1) Discuss the importance of optimal nutrition during pregnancy, lactation and early childhood to unlock a potential for a lifetime of positive health and wellness 2) Describe current and evolving nutrition science 3) Provide strategies and tools to empower moms in adopting healthy eating patterns and guiding children toward enjoying nutritious
9:00 - 10:00am Lecture	Billing and Coding Tips and Tricks for FPs John J. Koopman, MD, MBA Approved for 1.0 Prescribed CME	1) Review the basics of well visit and E/M visit coding 2) Discuss the 2023 CMS updates for non-clinic site billing 3) Review combining visit types and procedure billing during appointments 4) Address additional billing codes and 2025 CMS updates
10:00 - 10:15am	Break	
10:15 - 11:15am Lecture	Overcoming Obesity: A PCP's Guide to Comprehensive Obesity Care Vivek Gupta, MD, MPH Approved for 1.0 Prescribed CME	1) Integrate evidence-based approaches to diagnose, manage, and treat obesity, including in patients with concurrent comorbidities 2) Determine appropriate treatment with consideration on the latest clinical evidence, mechanism of action, side effects, drug administration frequency, and patient-specific factors when developing individualized treatment plans for patients with obesity 3) Employ shared decision-making and multidisciplinary approaches when discussing weight management strategies, including treatment and lifestyle modifications, to support optimal adherence and outcomes for patients with obesity
11:15am - 12:15pm Lecture	Dementia and Advanced Medical Directives Aaron Dieringer, MD, FAAFP and David Fiore, MD, FAAFP Approved for 1.0 Prescribed Ethics CME	1) Identify and describe advanced care planning topics for the recently diagnosed dementia patient 2) Gain awareness of voluntary stopping eating and drinking 3) Describe Nevada State statute surrounding advanced care directives related to dementia
12:30 - 1:30pm Lecture/Luncheon	Shedding Light on T2D: Weight Management and Future Breakthroughs Amal Othman, MD, Dipl. ABOM, FOMA and Paul Doghramji, MD, FAAFP Approved for 1.0 Prescribed CME	1) Appropriately align the risks associated with excess weight in T2D and the impact of weight loss and maintenance on T2D outcomes 2) Consistently employ the latest clinical data and mechanisms of action for new and emerging treatment options for T2D, including GLP-1 receptor agonists when developing comprehensive treatment plans 3) Correctly apply strategies to initiate weight management conversations and engage patients with T2D in shared decision-making
1:45 - 2:45pm Poster Presentations	Student/Resident Research Poster Presentations 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
2:45 - 3:45pm Lecture	Cardiology Highlights from 2024 Chris Rowan, MD, FACC Approved for 1.0 Prescribed CME	1) Review the latest Cardiology studies from 2024 and learn how they affect our patients 2) Discuss severe aortic stenosis and when it is time to consider surgery 3) Discuss the use of GLP-1 inhibitors in preventing mortality in heart failure patients 4) Discuss how to lower stroke risk in cardiac surgery patients 5) Review the use of finerenone and spironolactone for treating CKD 6) Discuss Beta blockers and the benefits in the post MI patient 7) Review the latest guidelines on the use of Aspirin in the cardiac patient.
3:45 - 4:00pm	Break	
4:00 - 5:00pm Lecture	Collaborative Efforts in Early Detection and Intervention for Alzheimer's Disease Ariel Cole, MD, CMD, FAAFP and Alireza Atri, MD, PhD Approved for 1.0 Prescribed CME	1) Integrate strategies into care plans that optimize brain health for patients with factors that increase the risk of cognitive decline and AD 2) Describe the latest evidence supporting the need for the early detection of mild cognitive impairment in the AD continuum 3) Develop patient-centered communication strategies to address brain health and cognitive concerns with patients and their caregivers
5:00 - 5:30pm Lecture	AAFP and the Future of Family Medicine Jay Lee, MD, MPH, FAAFP Approved for 0.5 Prescribed CME	1) Evaluate the benefits of AAFP membership for professional development and patient care improvement 2) Analyze the key components and goals of AAFP's strategic plan and their impact on the practice of family medicine 3) Identify strategies to increase active participation and engagement in AAFP initiatives and programs to advance the specialty of family medicine
5:30 - 6:30pm Lecture	Adverse Childhood Experiences(ACEs) and their Long-Term Impact into Adulthood Jay Lee, MD, MPH, FAAFP Approved for 1.0 Prescribed CME	1) Recognize how ACEs may negatively impact pediatric growth and development 2) Increase confidence in screening for ACEs 3) Diversify ways to treat adults with history of ACEs
6:30 - 8:30pm	Welcome Wine Tasting Reception and Silent Auction & Exhibits - Exhibit Hall	
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!!! Sponsored by: Community Health Alliance	

MONDAY, January 27, 2025 — 10.0 Total CME
Daily Chairs: Bill Pierce, MD and Sarah Maples, MD

	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	Understanding Eating Disorders Andra Prum, DO, FAAFP Approved for 1.0 Prescribed CME	1) To describe the case of a patient with an eating disorder 2) To define diagnostic criteria, epidemiology, pathogenesis, guidelines for common eating disorders 3) To identify resources in the geographic southwest United States for acute/chronic care management of a patient with an eating disorder
8:00 - 9:30am Lecture	Pain Management & Opioids: A Patient-Centered Approach Maureen Strohm, MD, FAAFP, DFASAM Approved for 1.5 Prescribed CME <i>(Eligible for Opioid Use Disorder (OUD), Opioid Prescribing or Pain Management CME)</i>	1) Recognize the origin(s) and types of pain as they relate to pain management and opioid use disorder (OUD) 2) Fully assess persons experiencing pain, including risk for OUD 3) Develop safe and effective pain management plans using nonpharmacologic and pharmacologic (non-opioid or opioid) options 4) Partner with patients to reduce risks when taking opioid therapy
9:30 - 9:45am	Break	
9:45 - 11:45am Workshop	Women's Health Workshop Catherine McCarthy, MD, FAAFP, Leslie Greenberg, MD, FAAFP, Fay Roepcke, MD, MPH, FAAFP and Andra Prum, DO, FAAFP Approved for 2.0 Prescribed CME	1) Educate participants on women's health procedures 2) Review Indications, Risks and Benefits 3) Hands-on demonstration of procedures 4) Apply evidence-based guidelines for patient selection 5) Integrate billing and coding
11:45am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	Sports Med Wrist Ultrasound Workshop Mark Stovak, MD, FAAFP, FACSM, CAQ, Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Daniel "Jake" Harrington, MD and William "Bo" Cates, DO Approved for 2.0 Prescribed CME	1) Better identify normal anatomy & abnormal MSK ultrasound pathology 2) Have a better idea how to use an ultrasound at the bedside 3) Use the U/S to perform functional anatomic assessments that XR/MRI cannot perform
2:45 - 4:15pm Workshop	Musculoskeletal Workshop Mark Stovak, MD, FAAFP, FACSM, CAQ, Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Daniel "Jake" Harrington, MD and William "Bo" Cates, DO Approved for 1.5 Prescribed CME	1) Perform MSK physical exam maneuvers for various joints of the body 2) Identify normal from abnormal MSK exam findings 3) Feel more confident with the identification of anatomical landmarks for various MSK injections
4:15 - 4:30pm	Break	
4:30 - 5:30pm Lecture	Moving the Needle in Older Adults: A Provider Townhall to Enhance Vaccine Uptake Pamela G. Rockwell, DO, FAAFP Approved for 1.0 Prescribed CME	1) Learners will be able to effectively engage, educate, and recommend prevention strategies, including initiating and completing vaccine series including, RSV, shingles, and pneumococcal disease to at-risk older adult patients in accordance with ACIP guidance and the latest clinical evidence on safety, efficacy, administration, and emerging vaccines in development
5:30 - 6:30pm Lecture	Neurologic Exam Pearls for Primary Care Providers Edward C. Perry, III, MD, FAANS, FCNS, FACS Approved for 1.0 Prescribed CME	1) Be able to assess basic neurologic issues with effective physical exam techniques, to guide appropriate imaging orders and appropriate consult referral
6:30 - 8:30pm	Beer and Margarita Tasting Reception & Exhibits - Exhibit Hall Sponsored by: Northern Nevada Health System and Prominence Health	
8:30pm	Hospitality Suite - Come and join us for an après Ski Party with themed cocktails! Meet the board members of the NAFFP, our Nevada Residents and make some new friends!!! Sponsored by: Northern Nevada Health System and Prominence Health	

TUESDAY, January 28, 2025 — 9.5 Total CME
Daily Chair: Joanne Leovy, MD and Kaleb Wartgow, MD

	Lectures & Workshops	Objectives
6:00 - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	<p style="text-align: center;">Transforming T2DM Treatment in Primary Care: Discerning the Glycemic and Extra-Glycemic Effects of GLP-1 RAs Vanita R. Aroda, MD</p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Describe the role of GLP-1 RAs in comprehensive T2DM management to optimize outcomes and reduce the risk of associated complications 2) Compare current GLP-1 RAs based on their mechanisms of action, dosing frequency and administration, efficacy, safety, and tolerability profiles 3) Identify people who would benefit from the multifaceted glycemic and extra-glycemic effects of GLP-1 RAs as part of comprehensive T2DM management plans 4) Counsel people with T2DM about the long-term efficacy, safety, and convenience that GLP-1 RAs offer to help them achieve individualized glycemic and extra-glycemic health goals</p>
8:00 - 9:00am Lecture	<p style="text-align: center;">The Air They Breathe: A Pediatrician on the Frontlines of Climate Change Debra Hendrickson, MD, FAAP</p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Understand the types of health threats increasing due to climate change 2) List reasons that infants and children are more at risk 3) Recognize the difference between adaptation and sustainability, and list steps physicians can take to address both</p>
9:00 - 9:15am	Break	
9:15 - 11:15am Workshop	<p style="text-align: center;">Osteopathic Manipulation for Low Back Pain Nicole Clifton, DO, Samuel Hart, DO, Nalyssa Little, DO and Andra Prum, DO</p> <p style="text-align: center;">Approved for 2.0 Prescribed CME</p>	<p>1) Understand vertebral and muscular anatomy of the lower back 2) Learn about somatic dysfunctions that occur in this area 3) Understand pain patterns that relate to these dysfunctions 4) Learn treatment modalities to address these types of pain and dysfunctions 5) Spend adequate time practicing these techniques with supervision.</p>
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	<p style="text-align: center;">Hope in Primary Care Barbara Kohlenberg, PhD</p> <p style="text-align: center;">Approved for 2.0 Prescribed CME</p>	<p>1) William Miller, Ph.D., the developer of Motivational Interviewing, which is an evidenced based set of procedures used promote patient change in primary care, has developed new materials focused on creating hope as a way to promote change during uncertain times 2) This workshop will introduce participants to Miller's proposed components of hope, including desire, probability, possibility, optimism, trust, and meaning and purpose. 3) Participants will be able to define these components of hope and will practice or discuss their application in clinical settings 4) Participants will also explore, via practice in the workshop, these concepts as they pertain to their own hopefulness given the demands of clinical practice and high rates of burnout among clinicians</p>
2:45 - 4:15pm Workshop	<p style="text-align: center;">Exercise Stress Testing Workshop Daniel R. Spogen, MD, FAAFP</p> <p style="text-align: center;">Approved for 1.5 Prescribed CME</p>	<p>1) Understand the principles of exercise stress testing 2) Learn how to properly perform the test, interpreting the results, identifying potential complications 3) Gain the knowledge to apply this test safely and effectively in assessing cardiovascular health, particularly for diagnosing coronary artery disease and evaluating treatment effectiveness</p>
4:15 - 4:30pm	Break	
4:30 - 5:30pm Lecture	<p style="text-align: center;">Transforming Cancer Control: Integrating Multicancer Early Detection Technology in the Family Practice Setting Mylynda B. Massart, MD, PhD, FAAFP</p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Describe available evidence related to the benefits and limitations of MCED tests 2) Address common patient concerns related to MCED testing through education and counseling 3) Engage patients in conversations about MCED testing when appropriate</p>
5:30 - 6:30pm Lecture	<p style="text-align: center;">Breaking Through Biases: Building Skills for Collaborative Weight Management in Primary Care and Treating Obesity as a Chronic Disease Leigh Perrault, MD, FACE, FACP</p> <p style="text-align: center;">Approved for 1.0 Prescribed CME</p>	<p>1) Apply current guidelines and recent evidence to objectively recognize and prioritize treatment of obesity as a chronic disease 2) Initiate effective, unbiased weight management discussions that establish realistic, long-term obesity treatment goals and utilize shared decision-making in people with obesity</p>
6:30 - 8:00pm	Hospitality Suite - Come and join us for our final night in the NAFF Hospitality Suite	

WEDNESDAY, January 29, 2025 — 9.5 Total CME
Daily Chairs: Tim Grunert, 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 Lecture	Lipid Management Beyond Statins: Early Screening, Prompt Intervention, and Timely Intensification With PCSK9-Targeted Therapies P. Barton Duell, MD Approved for 1.0 Prescribed CME	1) Augment your knowledge of screening and diagnostic guidelines for patients with hyperlipidemia 2) Understand the mechanisms of action, administration, efficacy and safety of emerging agents targeting the PCSK9 pathway to lower lipid levels 3) Equip you with the skills to identify appropriate patients who may benefit from emerging PCSK9-targeting therapy 4) Suggest ways to collaborate with colleagues across disciplines to improve patient education and outcomes
8:00 - 9:00am Lecture	Lung Cancer Screening Saves Lives Chivonne Harrigal, MD Approved for 1.0 Prescribed CME	1) Learn why lung cancer is so deadly 2) Review screening guidelines 3) Discuss how to implement effective identification strategies for eligible individuals 4) Nevada has one of the lowest lung cancer screening rates in the US- Learn how we can fix this
9:00 - 9:15am	Break	
9:15 - 11:15am Roundtables	Round Tables GME Funding and the Primary Care Workforce Trenten Fenster, MD Run with the PAC - Timothy Grunert, MD Headaches in Pregnancy - Eli Schneck, MD Would you be a good Time Traveling Physician? Joshua Wood, MD Approved for 2.0 Prescribed CME	1) Understand the regional trends in GME funding and how it relates to the primary care workforce 2) Describe the purpose of the FamMedPAC and outcomes of contributions 3) Dispel myths and misconceptions about FamMedPAC contributions and ideology 4) Discuss treatment of headaches specifically in pregnancy 5) Compare ancient practices to modern practices 6) Highlight how the practice of medicine is constantly evolving
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:00pm Workshop	End of Life Planning Workshop: POLST and Advanced directives Aaron Dieringer, MD, MPH Approved for 1.5 Prescribed Ethics CME	1) Identify questions to ask patients in the primary care setting to help with end of life planning 2) Apply a patients end of life wishes in completing POLST forms and advanced directives 3) Describe the various elements of a POLST form and Advanced Directive.
2:00 - 2:15pm	Break	
2:15 - 4:15pm Workshop	Wilderness Medicine Workshop Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Donald "Mario" Harker, MD and Gary Johnson, MD Approved for 2.0 Prescribed CME <i>A portion of this workshop will be outside- Bring warm clothing</i>	1) Discuss travel medicine and travelers diarrhea 2) Discuss appropriate care and consideration of patient's traveling to altitude 3) Familiarize the participants with the standard approach to evaluating a "down" wilderness athlete 4) Provide a hands on opportunity to practice primary and secondary assessment 5) Work with the participants on packaging patients for pre hospital transport 6) Review of cervical spine guidelines from WMS
4:15 - 4:30pm	Break	
4:30 - 5:00pm Lecture	USPSTF Updates Richard Williams, MD Approved for 0.5 Prescribed CME	1) Learners will understand the mission of the USPSTF 2) Learners will review most recent USPSTF recommendations
5:00 - 6:30pm Lecture	Top Articles in Family Medicine David Fiore, MD, FAAFP, FAWM and Jason Crawford, MD, MPH, FAAFP 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 2024 4) Learn how to apply this new information in your practice 5) Sharpen skills to critically assess new medical information
7:00 - 7:30pm	Cocktail Reception	
7:30 - 10:30pm	Come and join us for a 70s Dinner/Dance Party! We will provide the dinner and cocktails, you bring the FUN!!! TICKET REQUIRED FOR ENTRY Drawing for two pairs of skis and one pair of snowshoes - Must be present to win	

THURSDAY, January 30, 2025 — 3.5 Total CME Daily Chair: Catherine McCarthy, MD		
	Lectures & Workshops	Objectives
8:00 - 9:00am Lecture/Breakfast	Neurologic Implications of the Gut and Microbiome Melissa Pulver Bloch, MD Approved for 1.0 Prescribed CME	1) Understand the Neuro anatomy of the gut and vagus nerve. 2) Review data on the connection of gut microbiome health and neurological disorders, 3) Discuss treatment, diet and lifestyle modifications that may improve neurological health.
9:00 - 10:00am Lecture	Advanced Lipid Management: Updates in Family Hypercholesterolemia (FH) and Lipoprotein(a) Michael Bloch, MD, FACP, FAHA, FSVM, FASH, FNLA Approved for 1.0 Prescribed CME	1) Identify the prevalence and significance of Familial Hypercholesterolemia (FH) 2) Define 'cascade screening' in FH 3) Make the diagnosis of high lipoprotein(a) and understand how to use it in setting lipid lowering targets 4) Recognize the secondary goals for apolipoproteinB (apoB) based on National Lipid Association Scientific Statement
10:00 - 11:30am Lecture	The Intersection of Cancer Care and Lifestyle Medicine Kelsey West, MD, MPH, DipABOM and Madeline Hardacre, MD, FACOG, DipABOM, DipABLM Approved for 1.5 Prescribed CME	1) Understand the importance of cancer survivorship in primary care and the challenges present 2) Review some key components of cancer survivorship care 3) Discuss the role of lifestyle and health promotion conversations within primary care clinics to enhance the health and quality of life of cancer survivors
11:45am	Drawing for the last pair of snowshoes! Must be present to win	
ADJOURNMENT OF THE 2025 WINTER CME MEETING Please remember to complete your evaluations. We hope to see you next year!!!		

IMPORTANT DATES TO REMEMBER:
20th Annual Reno Wine Tasting & Silent Auction – May 2, 2025 – Reno Ballroom
36th Annual Summer CME Meeting – August 21–24, 2025 – Westgate Resort, Las Vegas

NAFP 36th Annual Summer CME Meeting



REGISTER NOW:



Westgate Resort
Early Bird rates at nvafp.com

August 22–24, 2025

(Pre-Conference KSAs August 21)