

SUNDAY, January 25, 2026 — 9.25 Total CME Daily Chairs: Catherine McCarthy, MD		
	Lectures & Workshops	Objectives
6:30am - 6:30pm	Registration - Convention Center	
7:00 - 8:30am Meal included	Breakfast Buffet	
7:45 - 9:00am	Partnering for Change - Effective Strategies in Obesity Management for Primary Care Professionals <b>Robert Kushner, MD, DABOM</b> <b>Kyra Norris, MD, FAAFP, DABOM</b>  Approved for 1.25 Prescribed CME	1) Identify the latest clinical evidence and guideline-based recommendations for the diagnosis and management of obesity 2) Analyze weight biases and stigma that can interfere with providing care for people with obesity 3) Assess strategies for engaging patients in shared decision-making related to managing obesity, including counseling, discussion of components of treatment plans and options for pharmacotherapy, and providing effective education in response to patient questions 4) Formulate appropriate and comprehensive obesity management plans according to the latest guidelines and evidence-based recommendations
9:00 - 10:00am Lecture	The Hidden Link - Uncovering Chronic Kidney Disease's Role in Cardiovascular Disease <b>Jay Shubrook, DO, BC-ADM, FACOFP, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Explain guideline recommendations to appropriately identify and diagnose patients with or at risk for chronic kidney disease (CKD) 2) Incorporate updated clinical practice guidelines for CKD when creating individualized patient treatment strategies 3) Develop care plans that integrate multidisciplinary and patient-centered care approaches to managing CKD, cardiovascular disease, and other CKM conditions
10:00 - 10:15am	Break	
10:15 - 11:15am Lecture	Role of Family Medicine in Alzheimer's Disease <b>Alvin B. Lin, MD, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Discuss early detection and diagnosis 2) Discuss the key roles of the family physician in Alzheimer's care 3) Learn about new blood biomarkers & anti-amyloid monoclonal antibodies
11:15am - 12:30pm Lecture	Family Medicine Jeopardy! <b>Jeffrey Ng, MD, FAAFP</b>  Approved for 1.25 Prescribed CME	Join in an interactive round of Jeopardy discussing the latest updates from our AAFP Journals and pearls from the Family Medicine Board Exam
12:30 - 1:30pm Non-CME Luncheon	Colorectal Cancer - The Latest Innovation in CRC Screening <b>Neil Gokal, MD, FAAFP</b>  This is a promotional program and not eligible for CME credit  <i>Sponsored by Exact Sciences</i>	1) Discuss the latest updates in colorectal cancer screening including early detection and patient compliance
1:30 - 2:30pm Poster Presentations	Student/Resident Research Poster Presentations  Approved for 1.0 Prescribed CME	Review and vote for the best research poster display. Poster authors will be available throughout the day to discuss their research. Participants will be entered into a drawing for a cash prize.
2:30 - 3:30pm Lecture	Cardio-Renal Metabolic Conditions <b>Jay Shubrook, DO, BC-ADM, FACOFP, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Discuss screening patients for cardiac, renal, and metabolic (CRM) disease 2) Review evidence showing that intervening in one CRM disease can have positive effects on all the others 3) Discuss how SGLT2s can address multiple CRM diseases simultaneously in people with or without T2DM 4) Discuss how systems of care are being developed to effectively manage patients with CRM diseases
3:30 - 3:45pm	Break	
3:45 - 4:30pm Lecture	Advances in Surgical Treatment - Gallstones, Hernias and Appendicitis and Diverticulitis <b>Patrick Kenney, DO, FACS and</b> <b>Madison Murray, MD</b>  Approved for .75 Prescribed CME	1) Identify modern surgical options for gallstones, hernias and appendicitis including robotic approaches 2) Understand how robotic precision and ICG fluorescence improve surgical safety and patient outcomes 3) Apply specific criteria to triage patients for elective, urgent and emergent surgical evaluation 4) Optimize pre-operative workup and post-operative management in primary care setting 5) Review epidemiology and pathophysiology of Diverticulitis 6) Discuss diagnosis, management and treatment options
4:30 - 6:30pm Lecture/Panel	Trends in Cardiovascular Medicine for the Family Physician <b>Ali Alkayru, MD, Interventional Cardiology</b> <b>Joe Stevenson, DO, FACC, Pulmonary Hypertension,</b> <b>Devang M Desai, MD, FACC, FSCAI, Structural Heart Disease, AFib and Stroke</b> <b>Janie Gomez, RN, Heart Failure</b> <b>Casey Gustafsen, RN and Chelsea Steverman-Structural Heart</b>  Approved for 2.0 Prescribed CME	At the conclusion of this activity, participants will be able to identify and initially manage peripheral vascular disease; recognize pulmonary hypertension and indications for referral; identify severe aortic and mitral valve disease and associated risks; and assess stroke and bleeding risk in atrial fibrillation to guide treatment decisions
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!	
8:30pm	Come and join us for an Apres Ski Party. Come Meet our Local Physicians and Help Thank All of our Sponsors and Exhibitors - Cocktails and Winter Treats!  <i>Sponsored by: Northern Nevada Health System and Prominence Health</i>	

<b>MONDAY, January 26, 2026 — 9.5 Total CME</b> <b>Daily Chairs: Troy Bertoli, MD and Kelly Thibert, DO</b>		
	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	GLP-1 Receptor Agonists and Kidney Disease - Mechanisms, Evidence and Clinical Implications <b>Robert F. Quigley, DO</b>  Approved for 1.0 Prescribed CME	1) Recognize the role of PSA and prostate MRI in the screening and detection of clinically significant prostate cancer 2) Provide an overview of transperineal prostate biopsy, the new standard of care for the diagnosis of prostate cancer 3) Review definitive management for prostate cancer, including radical prostatectomy and radiation
8:00 - 9:00am Lecture	The Wake-Up Workshop Initiative: Your Practical, Comprehensive Guide to Obstructive Sleep Apnea <b>Nicholas Pennings, DO, DABOM, MFOMA, FACOFP, FAAFP</b> <b>and Roger Seheult, MD</b>  Approved for 1.0 Prescribed CME	1) Discuss the importance of diagnosing obstructive sleep apnea (OSA), including its relationship to disease associated complications 2) Screen patients for and diagnose OSA using evidence-based guideline recommendations 3) Develop guideline-directed obesity management plans for patients with OSA as part of an evidence-based OSA treatment strategy 4) Monitor treatment for OSA and modify therapy, as appropriate
9:00 - 9:15am	Break	
9:15 - 11:15am Workshop	Joint Injection Workshop <b>Andra Prum, DO, FAAFP, Ben Winter, DO and Dante Ewell, MD</b>  Approved for 2.0 Prescribed CME	1) Review the goals, indications and contraindications for joint injections 2) Discuss equipment needed for joint injections 3) Review steroid and local anesthesia options for joint injections 4) Review pertinent Surface Anatomy 5) Discuss Techniques for injections for the following 6) Large joint steroid injection (knee, shoulder, hip), Medium Joint steroid injection (elbow and wrist), Small Joint steroid injection (foot and phalanges) 7) Discuss post Steroid Joint injection care and patient instructions/ complications
11:15am - 12:15pm	LUNCH ON YOUR OWN	
12:15 - 2:15pm Workshop	Sports Med Ankle and Foot Ultrasound Workshop <b>Mark Stovak, MD, FAAFP, FACSM, CAQ, Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Nicole Clifton, DO and Alexandra "Ola" Kamieniecki, MD</b>  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 4) Identify normal foot & ankle U/S anatomy 5) Identify pathologic foot & ankle U/S findings
2:30 - 4:00pm Workshop	Musculoskeletal Workshop <b>Mark Stovak, MD, FAAFP, FACSM, CAQ, Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ Nicole Clifton, DO and Alexandra "Ola" Kamieniecki, MD</b>  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
4:00 - 4:15pm	Break	
4:15 - 5:15pm Lecture	USPSTF Update <b>Richard Williams, MD</b>  Approved for 1.0 Prescribed CME	1) Review principles of health care screening 2) Review updated recommendations from the USPSTF
5:15 - 6:30pm Lecture	Modern Radiation Oncology: Cancer and Non-Malignant Applications <b>Guy Jones, MD</b>  Approved for 1.0 Prescribed CME	1) Describe how modern radiation oncology differs from historical radiation therapy, including advances in imaging, planning, and delivery that allow highly targeted treatment with reduced toxicity for both cancer and selected non-malignant conditions 2) Identify malignant and non-malignant conditions appropriate for radiation oncology referral, and recognize clinical scenarios where early referral to radiation oncology can improve symptom control, functional outcomes, or quality of life 3) Explain expected benefits, risks, and common misconceptions of contemporary radiation therapy in order to counsel patients accurately, address concerns, and coordinate care effectively with radiation oncology specialists.
6:30 - 8:30pm	<b>Beer and Margarita Tasting Reception &amp; Exhibits - Exhibit Hall</b> <b><i>Sponsored by: Renown Health</i></b>	
8:30pm	Hospitality Suite - with themed cocktails! Meet the board members of the NAFAP, our Nevada Residents and make some new friends!!!	

**TUESDAY, January 27, 2026 — 9.5 Total CME**  
**Daily Chair: Amanda Magrini, MD and Tim Grunert, MD**

	Lectures & Workshops	Objectives
6:00 - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	Endometriosis in Primary Care: What Family Medicine Needs to Know <b>Victoria Arruga Novoa, MD</b>  Approved for 1.0 Prescribed CME	1) Understanding Pathophysiology and Epidemiology 2) Discuss diagnosis and assessment management and treatment options Recognize 3) Initiate evidence-based first-line medical management
8:00 - 9:00am Lecture	When to Treat, When to Wait: Recurrent UTI, Asymptomatic Bacteriuria, and Bladder Pain Syndrome <b>Kerac Nelson Falk, MD and Angela Dao, MD</b>  Approved for 1.0 Prescribed CME	1) Differentiate between UTI, asymptomatic bacteriuria, and bladder pain syndrome 2) Review up to date recommendations on management of all three conditions 3) Learn tips to treat in primary care, and when to refer to specialists
9:00 - 10:00am Lecture	The Path to Viral Hepatitis Elimination: Enhancing Screening, Vaccination, Treatment, and Care <b>Paul Kwo, MD, AGAF, FACG, FAASLD</b>  Approved for 1.0 Prescribed CME	1) Advance your skills in evidence-based screening for and prevention of viral hepatitis to promote earlier diagnosis and increase vaccination rates 2) Equip you with strategies for improving timely diagnosis and monitoring of viral hepatitis 3) Provide guidance on creating personalized treatment plans for patients with HBV, HCV, and HDV
10:00 - 10:15am	Break	
10:15 - 12:15pm Workshop	Sexual Health Workshop- <b>Joseph Laterza, MD</b>  Approved for 2.0 Prescribed CME	1) Perform a sexual health history 2) Develop individualized risk reduction plans 3) Identify opportunities for HIV prevention 4) Identify populations for sexual health screening/intervention based on the USPTF guidelines 5) Identify patients who might benefit from HIV prevention services
12:15pm - 1:30pm	LUNCH ON YOUR OWN	
1:30 - 3:30pm Workshop	Integrating Substance Use Disorder Treatment into Your Practice: Tips & Best Practices <b>Kelsey West, MD, FAAFP, DABOM</b>  Approved for 2.0 Prescribed CME	1) Describe why integration of care for patients who use drugs (PWUDs) into primary care is important 2) Identify current trends and workflows within your practice regarding care for patients with SUD 3) Discuss strategies and steps to integrate care for patients who use drugs (PWUDs) into your primary care setting.
3:30 - 3:45pm	Break	
3:45 - 5:15pm Workshop	End of Life Planning Workshop: POLST and Advanced Directives <b>Aaron Dieringer, MD, MPH</b>  Approved for 1.5 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.
5:15 - 6:15pm Lecture	Rebuilding Primary Care: The Family Medicine Workforce Crisis and the Expanding Landscape of Practice Opportunities <b>Cedric T. Barnes, DO, FAAFP</b>  Approved for 1.0 Prescribed CME	1) Describe current trends and challenges in the Family Medicine and primary care workforce 2) Explain how workforce pressure impact patient access, population health, and health equity 3) Compare different Family Medicine practice settings 4) Identify key factors influencing recruitment and retention of family physicians 5) Evaluate policy solutions, training pipeline innovations, and practice transformation strategies.
6:30 - 8:00pm	Hospitality Suite - Come and join us for our final night in the NAFP Hospitality Suite	

WEDNESDAY, January 28, 2026 — 9.5 Total CME Daily Chairs: Kaleb Wargow, MD and Andrew Swanson, MD		
	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	Eating Disorder Education- Understanding, Supporting & Treating Patients with Eating Disorders <b>Joseph Laterza, MD</b>  Approved for 1.0 Prescribed CME	1) Review types of eating disorders and distinguishing features 2) Recognize medical & psychiatric criteria for admission 3) Understand neurobiology and medical complications 4) Apply a multidisciplinary team model in care 5) Clarify inpatient & outpatient roles of nurses and physicians 6) Discuss therapeutic communication and common pitfalls
8:00 - 9:00am Lecture	Drug-Facilitated Assault <b>Gerica Alvarado, MD, FAAFP, DABOM and Dante Ewell, MD</b>  Approved for 1.0 Prescribed CME	1) Review the definition and prevalence of drug-facilitated assault 2) Become familiar with commonly used substances and their effects on victims 3) Review the clinical signs and evaluation that you should complete in office 4) Review available labs and tests and determine which may be most clinically relevant 5) Discuss management in the clinic and screening/treating for complications 6) Provide local resources that may be helpful for victims
9:00 - 9:15am	Break	
9:15 - 11:15am Roundtables	Moral Injury- Physician Burnout and Suicide Workshop <b>Misty Vaughan Allen, MA-</b> Nevada Statewide Suicide Prevention Coordinator <b>Colleen Camenisch, Executive Director</b> Nevada Physician Wellness Coalition (NPWC)  Approved for 2.0 Prescribed CME* *Eligible for credit towards Suicide Detection, Intervention and Prevention	1) Review education on current research related to physician burnout and suicide 2) Recognize institutional impacts of physician burnout and chronic stress and ways to address this 3) Recognize signs of suicidal ideation and offer strategies and resources to support those in need 4) Contribute to safe and ethical patient care by identifying ways in which evidence-informed interventions can impact physician well-being and thereby the well-being of their patients.
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	Procedures Workshop: Toenail Removal and Local Anesthetic Injections - <b>Kelsey West, MD, FAAFP, DABOM</b> Ear Wax Removal - <b>Richard Williams, MD</b> Advanced Life Support - <b>Catherine McCarthy, MD, FAAFP</b> Osteopathic Techniques - <b>Nalee Little, DO</b> Butterfly U/S - <b>Kaleb Wartgow, MD</b>  Approved for 2.0 Prescribed CME	This workshop is a hands-on, two-hour training designed for family medicine physicians to enhance/practice their skills in family medicine procedures
2:45 - 4:15pm Workshop	Wilderness Medicine Workshop <b>Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ, Gary Johnson, MD and Leila Mende, MD</b>  Approved for 1.5 Prescribed CME	<b>Wilderness Medicine Update - Case Based Edition</b> 1) Discuss needle decompression in a tension pneumothorax - needle size and placement and the creation of a flutter valve 2) Discuss the use of traction splints - new data showing they are not any more effective than regular splints 3) Discuss C- spine immobilization vs C spine restriction in a wilderness environment <b>High Altitude Medicine: Pre and Post Trip Consultations-</b> 1) Recognizing and anticipating the impact which high altitude travel has on various preexisting conditions 2) Knowing the medications used for the prophylaxis and treatment of high altitude illness and how and when to prescribe them 3) Understanding the unique care considerations regarding travelers returning after having HAPE and/or HACE <b>Wilderness Dining- Nutrition and Safety in Resource Limited Environments</b> 1) Enhance clinicians' knowledge and practical skills in maintaining adequate nutrition and food safety during wilderness and austere medical operations 2) Identify and manage barriers to maintaining adequate nutritional status in resource-limited wilderness settings 3) Apply strategies for food selection, storage, and preparation with an emphasis on palatability and nutritional adequacy.
4:15 - 4:30pm	Break	
4:30 - 5:00pm Lecture	Travel Medicine <b>Arthur A. (Tony) Islas, MD, MPH, FAWN, CAQ and Leila Mende, MD</b>  Approved for 0.5 Prescribed CME	Expose the learners to updates on travel medicine topics- 1) Discuss that the Rabies Vaccine is now 2 doses 2) Discuss the new Chikungunya vaccine and use 3) Discuss the Dengue vaccine 4) Discuss new malaria prevention medication
5:00 - 6:30pm Lecture	Top Articles in Family Medicine <b>David Fiore, MD, FAAFP, FAWM and 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 2025 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 29, 2026 — 3.5 Total CME Daily Chair: Catherine McCarthy, MD		
	Lectures & Workshops	Objectives
8:00 - 9:00am Lecture/Breakfast	Genetic Screening in Primary Care Catherine McCarthy, MD, FAAFP  Approved for 1.0 Prescribed CME	1) Describe the purpose and scope of integrating, genetic screening into primary care 2) Identify key conditions for screening, focusing on conditions that are actionable and autosomal dominant 3) Recognize clinical integration and guideline, driven surveillance and treatment recommendations
9:00 - 10:00am Lecture	PCOS – patient-centered and evidence-based approach to diagnosis and treatment Gerica Alvarado, MD, FAAFP, DABOM  Approved for 1.0 Prescribed CME	1) Review pathophysiology of PCOS 2) Review presentation and diagnosis of PCOS 3) Discuss complications from PCOS and appropriate counseling strategies 4) Practice treating PCOS
10:00 - 11:30am Panel	Hot Topics in Family Medicine Panel: The Big Beautiful Bill and what it means for FM Tim Grunert, MD How to provide the best care for our Trans Patients Taylor Thomas, MD Combating Misinformation Josef Heller, MD and Nalee Little, DO Obesity Meds - Inequity in access and coverage Kelsey West, MD  Approved for 1.5 Prescribed CME	Join in a group discussion with our panelists on the latest hot button topics in Family Medicine
11:45am	Drawing for the last pair of snowshoes! Must be present to win	
ADJOURNMENT OF THE 2026 WINTER CME MEETING Please remember to complete your evaluations. We hope to see you next year!!!		

<p><b>IMPORTANT DATES TO REMEMBER:</b></p> <p><i>21<sup>st</sup> Annual Reno Wine Tasting &amp; Silent Auction – May 2026</i></p> <p><i>37<sup>th</sup> Annual Summer CME Meeting – July 23–26, 2026 – Green Valley Ranch Casino, Resort &amp; Spa</i> <i>(New Location!)</i></p>
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**NAFP 37<sup>th</sup> Annual Summer CME Meeting**

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**July 24–26, 2026**  
**(Pre-Conference KSAs July 23)**