

SUNDAY, January 26, 2020 — 10.5 Total CME Daily Chairs: Catherine McCarthy, MD and Thomas Hunt, MD		
	Lectures & Workshops	Objectives
7:00am - 6:30pm	Registration - Convention Center	
7:00 - 8:30am Meal included	Breakfast Buffet <i>Sponsored by: Sierra Neurosurgery Group</i>	
7:00 - 8:00am Poster Displays	3rd Annual NAFP Student/Resident Research Poster Displays 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.
8:00 - 9:00am Lecture	AAFP Update John Cullen, MD, FAAFP Approved for 1.0 Prescribed CME	1) Review the current priorities of the AAFP including payment reform, reducing administrative complexity, GME funding reform, and addressing the social determinants of health
9:15 - 10:45am Breakouts	Pain, Brain & Spine - Talk to the Experts* Jacob Blake, MD, Christopher Demers, MD and Marshall Tolbert, MD, PhD Approved for 1.5 Prescribed CME *(1.0 CME Eligible for Prescribing Controlled Substances CME Requirement)	1) Evaluation of the cervical and lumbar spine; When to refer to neurosurgery 2) Management of brain metastasis; Role of stereotactic radiosurgery in neuro-oncology 3) Neuromodulation and DBS for Parkinson's and Essential Tremor 4) Through the use of clinical case studies, examine several pain conditions where specific interventional treatments may be useful
10:45 - 11:45am Lecture	Immunizations - Communicating with Patients While Competing with Dr. Google Rutu Ezhuthachan, MD, MMM, FAAP Approved for 1.0 Prescribed CME	1) Understand some of the psychology behind vaccine refusal 2) Understand how social media impacts information being shared 3) Learn how the vaccine-autism concerns started
11:45am - 12:30pm Lecture	Kids and Vaping: A New Generation of Nicotine Addicts? Karen Thiele, MD Approved for .5 Prescribed CME	1) Become familiar with electronic nicotine delivery systems (ENDS) including their appearance, mechanism, contents of the vapor, and their effects on health 2) Learn the prevalence of use among youth 3) Become familiar with the history of ENDS development 4) Learn some strategies to discuss ENDS with adolescents during well visits 5) Learn about advocacy opportunities as state and federal laws change with respect to nicotine delivery devices
12:45 - 1:45pm Lecture/Luncheon	Neuro Q&A - Ask the Docs Jacob Blake, MD, Christopher Demers, MD and Marshall Tolbert, MD, PhD Approved for 1.0 Prescribed CME <i>Luncheon sponsored by: Sierra Neurosurgery Group</i>	
1:45 - 2:45pm Lecture	Fatty Liver Disease Work-up (NASH) Dennis Yamamoto, MD Approved for 1.0 Prescribed CME	1) Identify patients at risk for NASH 2) Risk of progression to cirrhosis 3) Use of new diagnostic tools
2:45 - 3:45pm Lecture	Psychopathology in the Obesity Medicine Patient Bradley Havins, MD, FAAFP Approved for 1.0 Prescribed CME	1) Review the key neurologic structures and neurotransmitters involved in behavioral regulation 2) Discuss comorbid mental disorders that primarily affects obesity patients 3) Discuss treatment for mental disorders in obesity medicine patients
3:45 - 4:00pm	Break	
4:00 - 5:00pm Lecture	Physician Suicide: Impact, Risks & Solutions Thomas Schwenk, MD Approved for 1.0 Prescribed CME* *(1.0 CME Eligible for Suicide CME Requirement)	1) Epidemiology of suicide in physicians 2) Risks, causes and precursors of suicide in physicians 3) Individual approaches to reducing suicide risk in physicians 4) Systems-based approaches to reducing suicide risk in physicians
5:00 - 6:30pm Panel	Journal Jeopardy! Jeffrey Ng, MD, FAAFP Approved for 1.5 Prescribed CME	1) Join in an interactive round of Jeopardy discussing the latest topics presented in the AAFP journals
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! <i>Sponsored by: Sierra Neurosurgery Group</i>	
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!!! <i>Sponsored by: Sierra Neurosurgery Group</i>	

MONDAY, January 27, 2020 — 9.5 total CME
Daily Chairs: Troy Bertoli, MD and Sarah Maples, MD

	Lectures & Workshops	Objectives
6:00am - 7:00pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet <i>Sponsored by: American Board of Family Medicine</i>	
7:00 - 8:00am Lecture	ABFM Update Daniel Spogen, MD, FAAFP Approved for 1.0 Prescribed CME	1) Changing relationship with Diplomates 2) FMCLA 3) Changes to knowledge assessment 4) PI activities 5) Outreach 6) Partnership with chapters, AAFP, and others 7) Strategic Plan for the future
8:00 - 9:00am Lecture	Not All Calories Are Created Equal: From Ancel Keys to the Microbiome Thomas Schwenk, MD Approved for 1.0 Prescribed CME	1) Review the history of dietary guidelines and the "diet wars" since the 1960s 2) Review the progression of dietary advice from low-fat (LF) to low-carb (LC) to keto diets 3) Describe the metabolic physiology of LF and LC diets 4) Compare the impact of LF vs LC diets on obesity and cardiovascular risk factors 5) Explore the microbiome in healthy diets 6) Suggest reasonable dietary advice for your patients
9:00 - 9:15am	Break	
9:15 - 11:15am Workshop	Osteopathy for Lower Back Pain and Why Standard of Care Fails Kirsten Mackey, DO Approved for 2.0 Prescribed CME	1) Brief introduction to Osteopathic philosophy and approach 2) Evidence-based literature on Osteopathy and low back pain 3) Patient presentation: severe back pain with radiation 4) Overview lumbar, sacral & pelvic anatomy and mechanics 5) Osteopathic pathophysiology of low back pain & sacral intraosseous motion 6) ELDOA - home exercise Rx for lumbosacral dysfunction 7) In-office osteopathic exam and easy hands-on approaches to try
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	Sexual Health Workshop – HIV and STI Prevention and Transgender Medicine John (Rob) Phoenix, MSN, APRN and Jennifer Bennett, PhD, MPH Approved for 2.0 Prescribed CME	1) State medications used for HIV prevention 2) Develop a patient-focused STI Prevention program 3) Demonstrate use of gender-affirming pronouns 4) Perform gender-affirming sexual health patient interviews
3:15 - 3:30pm	Break <i>Sponsored by: Vein Nevada</i>	
2:45 - 3:30pm Lecture	Musculoskeletal Health for the Primary Care Provider Andrew Hsu, MD, MPH, MS Approved for .75 Prescribed CME	1) Identify common musculoskeletal conditions based on patient history and mechanism of injury to target cause of pain and disorder 2) Patient evaluation for musculoskeletal conditions and injuries 3) Educate patients on at-home exercise and options for different musculoskeletal injuries 4) Patient treatment options
3:30 - 4:15pm Lecture	Systematic Approach to Wrist Exam Bruce Gallio, PA-C Approved for 0.75 Prescribed CME	1) Understanding wrist anatomy 2) Approach to wrist exam 3) Appropriate testing for wrist injuries 4) Creating a differential diagnosis pathway
4:15 - 4:30pm	Break	
4:30 - 5:30pm Lecture	Breast Cancer Risk Assessment Eric Kraemer, MD Approved for 1.0 Prescribed CME	1) Understand state-of-the-art multi-modality breast cancer screening and the use of Tyrer-Cuzick risk assessment
5:30 - 6:00pm Lecture	Neurogenic Claudication – Minimally Invasive Decompression with case studies Edward Perry III, MD Approved for 0.5 Prescribed CME	1) Understand the diagnosis and treatment of true neurogenic claudication
6:00 - 6:30pm Lecture	Update on Management and Treatment of Venous Insufficiency in the Outpatient Setting Stefan Franciosa, DO, MBA Approved for 0.5 Prescribed CME	1) Understand diagnosis and presentation of chronic venous insufficiency (CVI) 2) Understand treatment options for CVI 3) Understand the relationship of CVI and non-healing wounds
6:30 - 8:30pm	FIESTA Beer and Margarita Tasting Reception & Exhibits - Exhibit Hall <i>Sponsored by: SpineNevada and Swift Urgent Care</i>	
8:30pm	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: SpineNevada</i>	

TUESDAY, January 28, 2020 — 9.5 total CME		
Daily Chair: Chrissy Quartuccio-Carran, DO and Kelsey West, MD		
	Lectures & Workshops	Objectives
6:00 - 10:00am	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	Depression in Adolescents Aron Rogers, DO Approved for 1.0 Prescribed CME* *(1.0 CME Eligible for Suicide CME Requirement)	1) Implement a routine screening protocol for depression in children and adolescents 2) Explain the use of cognitive behavioral therapy (CBT) and interpersonal therapy (IPT) to address major depressive disorder in adolescents 3) Outline an initial treatment strategy for mild depression, and for moderate-to-severe depression (including pharmacologic and non-pharmacologic interventions) 4) Using shared decision-making, develop a safety plan with patients that includes an emergency communication plan to address increased suicidality or acute crisis
8:00 - 9:00am Lecture	Vocal Cord Dysfunction vs Exercise Induced Asthma Mark Stovak, MD, FAAFP and Kristine Galek, PhD, CCC-SLP Approved for 1.0 Prescribed CME	1) Describe the differentiating symptoms of VCD vs EIA 2) Discuss the diagnostic criteria for VCD vs EIA 3) Select the most appropriate treatment options for VCD vs EIA
9:00 - 9:15am	Break	
9:15 - 11:15am Workshop	Joint Injection Workshop Arthur Islas, MD, Scott Hall, MD and Mark Stovak, MD, FAAFP Approved for 2.0 Prescribed CME Limited to 30 attendees YOU MUST PRE-REGISTER TO ATTEND	1) Identify the clinical indications and landmarks for joint injection and aspiration 2) Understand the contraindications for joint injections 3) Learn injection and aspiration techniques
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	Musculoskeletal Techniques Arthur Islas, MD, Scott Hall, MD and Mark Stovak, MD, FAAFP Approved for 2.0 Prescribed CME	1) Understand patient history and questions for patients presenting with musculoskeletal complaints 2) Locate important anatomical landmarks 3) Perform appropriate physical exams for the knee, shoulder, hip, foot/ankle, elbow, shoulder and spine
2:45 - 4:15pm Workshop	Nail Procedures – Best Practices and Updates Richard Williams, MD Approved for 1.5 Prescribed CME	1) Demonstrate common methods used for nailbed surgery and repair 2) Illustrate the steps used to treat ingrown nails and nail abnormalities 3) Prepare assessment and treatment plans for different patient populations who may require various nail procedures 4) Assemble appropriate tools for nail procedures.
4:15 - 4:30pm	Break	
4:30 - 5:30pm Lecture	Migraine Management – New Therapeutic Options to Reduce Migraine Pain Teshamae Monteith, MD, FAHS Approved for 1.0 Prescribed CME	1) Identify risk factors and vulnerabilities associated with addiction to opioid analgesics and provide patient/caregiver counselling when necessary 2) Discuss the components of an effective treatment plan, including patient interactions, treatment goals, and collaboration within the healthcare team 3) Analyze the specific benefits and risks to initiating non-medication therapies before utilizing long-term medications 4) Recognize patients who are candidates for treatment with nonopioid pharmacologic analgesics 5) Explain the decision to initiate long-term opioid analgesics, including ER/LA opioids, with consideration to providing in-home naloxone 6) Determine when referral to a pain specialist is appropriate for a patient with chronic pain
5:30 - 6:30pm Lecture	Building Pathways in Management: Osteoarthritis and Chronic Low Back Pain Lee Ralph, MD, FAAFP Approved for 1.0 Prescribed CME	1) Using appropriate assessment, management, and educational tools and resources in caring for patients with OA and CLBP 2) Customizing chronic pain management for each patient's needs 3) Evaluating existing and emerging therapies to manage pain 4) Partnering with patients to establish positive and realistic goals
6:30 - 8:30pm	Hospitality Suite – Come and join us for our final night in the NAFP Hospitality Suite. Don't miss out on some Poker Tournament Pointers and a Warm-Up Round!	
9:00pm	12 th Annual Winter Meeting Poker Tournament Harveys Poker Room	

WEDNESDAY, January 29, 2020 — 9.5 total CME
Daily Chairs: Amanda Magrini, MD and Cathy Endo, MD

	Lectures & Workshops	Objectives
6:00am - 6:30pm	Registration - Convention Center	
6:00 - 7:30am Meal included	Breakfast Buffet	
7:00 - 8:00am Lecture	Reducing the Burden of HPV-related Cancers: Building Momentum in Primary Care Rachel Caskey, MD, MAPP Approved for 1.0 CME	1) Describe the potential consequences of human papillomavirus (HPV) infection, including genitourinary and oropharyngeal cancers 2) Evaluate the latest findings on the impact of vaccination in the prevention of HPV-related cancer in men and women 3) Identify strategies to adhere to ACIP HPV vaccination recommendations and overcome barriers by both healthcare providers and patients to vaccinate younger adults
8:00 - 9:00am Lecture	Frontier Medicine John Cullen, MD, FAAFP Approved for 1.0 CME	1) Providing anesthesia without a nurse anesthetist or anesthesiologist using techniques that family physicians already practice 2) Telemedicine program benefits and pitfalls 3) Low technology care of hypothermia 4) Resiliency and prevention of burnout while providing care for rural communities
9:00 - 9:15am	Break	
9:15 - 11:15am Workshop	EKG Screening of Youth Athletes for Risk of Sudden Cardiac Death and Evaluation of the Older Athlete for Risk of Cardiac Events Colin Fuller, MD, FACC Approved for 2.0 Prescribed CME	1) Understand the CAUSES of SCD in young athletes 2) Understand the role of the 12 lead resting EKG in the evaluation of young athletes (<35 years of age) for Symptoms and/or Screening for causes of Sudden Cardiac Death (SCD) 3) Appreciate the LIMITATIONS of the use of history/ physical & EKG for screening for SCD in young athletes 4) Become familiar with the new INTERNATIONAL CRITERIA for interpretation of EKGs in young athletes
11:15am - 12:30pm	LUNCH ON YOUR OWN	
12:30 - 2:30pm Workshop	Wilderness Medicine Arthur Islas, MD and Gary Johnson, MD Approved for 2.0 Prescribed CME ***BRING WARM CLOTHING TO SESSION. WEATHER PERMITTING PART OF DEMONSTRATION WILL BE HELD OUTDOORS***	1) Learn about the essential elements for winter survival 2) Learn techniques for managing a variety of medical urgencies in austere environments 3) Learn methods of preparing for medical evacuation in the wilderness setting
2:30 - 2:45pm	Break	
2:45 - 4:15pm Workshop	Ethics Rounds Tables – Donation Dilemmas, Proxy Problems, and End of Life Exchanges David Fiore, MD, FAAFP, Zach Hausauer, MBA, John Lilley, MBA, RN, BSN, CPTC and Tammy Evans Approved for 1.5 Prescribed CME* *(1.5 CME Eligible for Ethics CME Requirement)	1) Understand laws and ethical considerations in patient care involved with donor issues, new proxy laws, and end of life care
4:15 - 4:30pm	Break	
4:30 - 5:30pm Lecture	Lipid Update: The Good, The Bad, and The Triglycerides Michael Bloch, MD Approved for 1.0 Prescribed CME	1) Understand that cholesterol and triglycerides are transported through the solution on apolipoprotein containing particles of various compositions 2) Determine the best treatment strategy for patients with high LDL-C 3) Understand the role that triglyceride rich lipoproteins play in atherosclerosis and how to treat patients with elevated triglycerides
5:30 - 6:30pm Lecture	Primary Care Approaches to Resistant Hypertension Jason Crawford, MD, MPH, FAAFP Approved for 1.0 Prescribed CME	1) Define resistant hypertension (RH) and its prevalence 2) Review an approach to confirmation of true RH 3) Identify lifestyle factors and drugs/medications contributing to RH 4) Review how to screen for common secondary causes of hypertension (HTN) 5) Review a step-wise approach to intensification of lifestyle and medication therapies to achieve control of RH 6) Review device-based treatments for RH 7) Identify when it is appropriate to refer to a clinical HTN specialist
7:00 - 7:30pm	Cocktail Reception - South Shore Room (Main casino floor)	
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, 2020 — 3.5 total CME Daily Chair: Catherine McCarthy, MD		
	Lectures & Workshops	Objectives
8:00 - 9:00am Lecture/Breakfast	Diabetes Management – Putting the Patient First Sean Oser, MD, MPH Approved for 1.0 Prescribed CME	1) Summarize differences among glucagon-like peptide-1 receptor agonists and sodium glucose cotransporter-2 inhibitors regarding cardiovascular safety and benefits 2) Initiate patient-centric pharmacotherapy in patients with type 2 diabetes mellitus and established cardiovascular disease who are inadequately controlled with metformin-based therapy consistent with current recommendations 3) Implement simple strategies in clinical practice to address common unmet needs and concerns of patients with type 2 diabetes mellitus that impact treatment adherence and self-management
9:00 - 10:00am Lecture	Recent Advances in the Management of Hyperkalemia: The Role of Newer Treatment Strategies to Improve Patient Care Biff Palmer, MD Approved for 1.0 Prescribed CME	1) Recognize the risk factors and clinical signs and symptoms associated with hyperkalemia 2) Identify different patient populations with or at risk for hyperkalemia and management strategies that address their specific needs and clinical goals of care 3) Incorporate newer treatment options for hyperkalemia management, including among patients with diabetes, heart failure, and chronic kidney disease (CKD), based on the latest
10:00 - 11:30am Panel	Blast 2020 – Top Articles of 2019 and a Look Back at a Decade of Goodness! David Fiore, MD, FAAFP 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 the last decade 4) Learn how to apply this new information in your practice 5) Sharpen skills to critically assess new medical information
11:30am	Drawing for the last pair of snowshoes! Must be present to win.	
<p>ADJOURNMENT OF THE 2020 WINTER CME MEETING</p> <p>Please remember to complete your evaluations. We hope to see you next year!!!</p>		

NAFP 31st Annual Summer CME Meeting

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Pre-Conference KSA Workshops Aug 6