

# SPORTS MEDICINE FOR THE PRIMARY CARE PHYSICIAN & FALL UPDATE IN FAMILY MEDICINE

**M** FAMILY MEDICINE  
UNIVERSITY OF MICHIGAN HEALTH SYSTEM  
**M** ADOLESCENT HEALTH INITIATIVE  
UNIVERSITY OF MICHIGAN HEALTH SYSTEM

Ann Arbor, Michigan – October 19-21, 2016



## October 19-21, 2016

# Notes

# Welcome to Sports Medicine for the Primary Care Physician & the Fall Update in Family Medicine!

## Objectives:

1. Update primary care providers on the diagnosis and management of common musculoskeletal problems and demonstrate joint exams.
2. Update primary care providers on a variety of current problems commonly encountered in the daily practice of adult and pediatric medicine.
3. Identify methods to improve patient outcomes as it relates to addressing personal and primary healthcare needs.
4. Identify evidence-based healthcare practices in physical health including but not limited to endocrinology, gastroenterology, gynecology, and infectious disease.
5. Determine strategies to implement best practices in family medicine within various healthcare settings, including primary and specialty care.

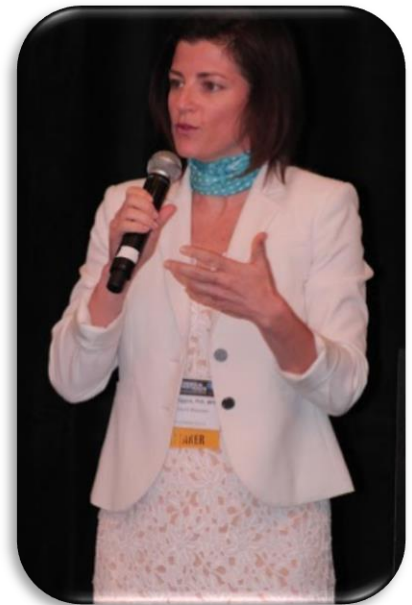
## Connect with Us!

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## Join Us for Future Courses!

### 24th Annual Primary Healthcare of Women



December 15-16, 2016; Ann Arbor, MI

\*Registration now open

### Creating a Space for Wellness: Integrative Health in Primary Care



March 16-17, 2016; Ann Arbor, MI

\*Registration opens December 2016

# Exhibitors

## Thank you for joining us!

Adolescent Health Initiative

Ann Arbor Meals on Wheels

Hand & Stone Massage and Facial Spa

Housing Bureau for Seniors

Plymouth Physical Therapy Specialists

Probability Physical Therapy

University of Michigan Health Systems

# Speakers

Andrea L. Aagesen, DO

Barbara S. Apgar, MD, MS

Hassen Berri, DO

Palak Choksi, MD

Sandro Cinti, MD

Keri L. Denay, MD

Heidi L. Diez, PharmD, BCACP

Abigail Eiler, LMSW

Zoë J. Foster, MD

James B. Froehlich, MD

Lisa Glass, MD

Andrew N. Hashikawa, MD, MS

Ingrid K. Ichesco, MD

Robert Kiningham, MD

Andrew T. Kraftson, MD

Tara Master Hunter, MD

Mark H. Mirabelli, MD

Christina N. Murphy, MD

Rebecca M. Northway, MD

Thomas O'Neil, MD

Kylee Phillips, MD, MBA

Jacklyn L. Quade, MD

Mark F. Riederer, MD

Kent Scheff, MD

Jill Schneiderhan, MD

Prachi Shah, MD

Ramsey Shehab, MD

Anita V. Shelgikar, MD

Jennifer Shifferd, MSPT, CLT, WCS

Lauren Van Dam, RD

Alan A. Zakaria, DO, MS

# Agenda

## Wednesday, October 19

7:00 AM – 8:00 AM Registration and Breakfast

### **Plenary**

8:00 AM – 8:30 AM Sports Medicine Approach to Musculoskeletal Problems

8:35 AM – 9:15 AM Exercise is Medicine

9:20 AM – 9:50 AM Cardiac Problems in Athletes

9:55 AM – 10:30 AM Evaluation of Knee Injuries

10:30 AM – 10:45 AM Break

10:45 AM – 11:25 AM **Breakout Session 1A**

Ergogenic Aides in Sports

Evaluation of Hand, Wrist and Elbow Injuries

Office Management of Concussion

Running Injuries: Evaluation, Treatment and Prevention

11:30 AM – 12:10 PM **Breakout Session 1B**

Evaluation of Hand, Wrist and Elbow Injuries (repeated)

Office Management of Concussion (repeated)

Skin Problems in Athletes

12:10 PM – 1:00 PM Lunch

1:00 PM – 1:40 PM **Plenary**

Ten Things Sports Medicine Doctors Want Primary Care Providers to Know

1:45 PM – 2:25 PM **Breakout Session 2A**

ECG Interpretation Workshop

Effective Use of PT, OT, and Orthotics

Evaluation of Hip Pain

# Agenda

## Wednesday, October 19 Continued

2:30 PM – 3:10 PM	<b>Breakout Session 2B</b> Effective Use of PT, OT, and Orthotics (repeated) Foot and Ankle Injuries Respiratory Conditions in Athletes
3:10 PM – 3:25 PM	Break
3:25 PM – 4:05 PM	<b>Breakout Session 3A</b> Evaluation of the Painful Shoulder Female Athlete Triad Office Fracture Care Pediatric Sports Medicine
4:10 PM – 4:50 PM	<b>Breakout Session 3B</b> Evaluation of the Painful Shoulder (repeated) Female Athlete Triad (repeated) Pediatric Sports Medicine (repeated)

## Thursday, October 20

7:00 AM – 8:00 AM	Registration and Breakfast
	<b>Plenary</b>
8:00 AM – 8:30 AM	Update on Cervical Cancer Screening
8:35 AM – 9:05 AM	Pre-Exposure Prophylaxis to Prevent HIV Infection
9:10 AM – 9:40 AM	Care of the Post-Bariatric Patient

# Agenda

## Thursday, October 20 Continued

9:40 AM – 10:00 AM	Break
10:00 AM – 10:50 AM	<b>Breakout Session 4A</b> Cases from the UM Post-Bariatric Endocrinology Clinic Cervical Cancer Screening: Case Discussions Common Acute Pediatric Urgent Issues Encountered in Primary Care Settings
10:55 AM – 11:45 AM	<b>Breakout Session 4B</b> Cases from the UM Post-Bariatric Endocrinology Clinic (repeated) Common Acute Pediatric Urgent Issues Encountered in Primary Care Settings (repeated) Pre-Exposure Prophylaxis to Prevent HIV Infection
11:45 AM – 12:45 PM	Lunch
	<b>Plenary</b>
12:45 PM – 1:15 PM	Physical Therapy Program for Pelvic Floor Dysfunction
1:20 PM – 1:50 PM	Chronic Hepatitis C: Guidelines for Screening and Treatment
1:55 PM – 2:25 PM	Sleep Tracking and Wearable Tech
2:25 PM – 2:40 PM	Break
2:40 PM – 3:30 PM	<b>Breakout Session 5A</b> Chronic Hepatitis C: Case Discussions Hot Topics in Integrative Medicine “I Can’t Sleep!” Insomnia Case Discussions
3:35 PM – 4:25 PM	<b>Breakout Session 5B</b> Hot Topics in Integrative Medicine (repeated) “I Can’t Sleep!” Insomnia Case Discussions (repeated) Male Pelvic Pain “Prostatis and Levator Ani Syndrome”

# Agenda

## Friday, October 21

7:00 AM – 8:00 AM Registration and Breakfast

### Plenary

8:00 AM – 8:30 AM Evaluation of the Child with a Suspected Autism Spectrum Disorder

8:35 AM – 9:05 AM U-what Hundred?! Insulin Update and More

9:10 AM – 9:40 AM Hypercalcemia: Approach to the Diagnosis

9:45 AM – 10:35 AM **Breakout Session 6A**

Autism Next Steps: The Day After the ASD Diagnosis

Diabetes: Case Studies

Updates in Hyperlipidemia, Hypertension, ACS, and More

10:40 AM – 11:30 AM **Breakout Session 6B**

Diabetes: Case Studies (repeated)

Thyroid Nodules: Case Studies

Updates in Hyperlipidemia, Hypertension, ACS, and More (repeated)

11:30 AM – 12:15 PM Lunch

### Plenary

12:15 PM – 1:00 PM Behavior Activation: Improving Outcomes for Patients with Mild to Moderate Depressive Symptoms

1:05 PM – 1:50 PM Incorporating Confidential Adolescent Risk Screening into Practice

1:55 PM – 2:40 PM Advanced Care Planning in Primary Care

2:45 PM – 3:30 PM The Low FODMAP Diet for Managing IBS



# General Information

## Conference Evaluations

Evaluations will be emailed to conference attendees no later than Monday, October 24, and must be completed to receive your CME certificates. Certificates will be emailed to you immediately upon evaluation completion. We value your input! Thank you in advance for assisting us in providing better services and conferences. For questions, email [familymedcme@umich.edu](mailto:familymedcme@umich.edu).

## Continuing Medical Education (CME) Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Michigan Medical School and Adolescent Health Initiative. The University of Michigan Medical School is accredited by the ACCME to provide continuing medical education for physicians. The University of Michigan Medical School designates this live activity for a maximum of *21.0 AMA PRA Category I Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, Sports Medicine for the Primary Care Physician & Fall Update in Family Medicine, with a beginning date of 10/19/2016, has been reviewed and is acceptable for up to 19.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Registration Desk

The registration desk, located outside the Grande Ballroom, will be open each morning Wednesday, Oct. 19 through Friday, Oct. 21 beginning at 7:00 AM. Conference assistance is available at the registration desk during the hours of the course. If you have a conference-related emergency during a time when no one is present at the registration desk, please contact the hotel's front desk.

## Name Badges

Name badges are required for any University of Michigan-sponsored activity or event. They must be worn in order to gain entrance to exhibits, meals, course, and networking sessions.

## Social Media

To further connect with fellow participants, conference attendees are encouraged to post on the UM Family Medicine's Facebook page and Twitter (@UMFamilyMed). Please use the #UMFamMedCME hashtag when posting.

## Meals

Conference registration includes daily breakfast, lunch and snacks. If you have a food allergy, please notify AHI staff and the hotel staff. Every attempt to accommodate your dietary needs will be made.

## Hotel Assistance

The University of Michigan Health System and the Adolescent Health Initiative will not assume any responsibility for hotel policies or operations, but we will endeavor to assist you in resolving any problems. Please contact the hotel's front desk for information about transportation options.

# Disclosures

The Accreditation Council for Continuing Medical Education (ACCME) requires that the planners and presenters of continuing medical education activities disclose relevant financial relationships with ACCME-defined commercial interests.

**Program Name:** Sports Medicine for the Primary Care Physician & Fall Update in Family Medicine

**Program Date:** October 19-21, 2016

The following planners/speakers have no financial relationships with companies whose products are addressed in their planning/presentations.

Andrea L. Aagesen, DO	Ingrid K. Ichesco, MD	Lauren Ranalli, MPH
Hassen Berri, DO	Elizabeth K. Jones, MD	Mark F. Riederer, MD
Catherine M. Bettcher, MD	Robert Kiningham, MD	Kent Scheff, MD
Palak Choksi, MD	Jennifer Lane, MA	Jill Schneiderhan, MD
Sandro Cinti, MD	Tara Master Hunter, MD	Prachi Shah, MD
Keri L. Denay, MD	Mark H. Mirabelli, MD	Ramsey Shehab, MD
Heidi L. Diez, PharmD, BCACP	Christina N. Murphy, MD	Anita V. Shelgikar, MD
Abigail Eiler, LMSW	Rebecca M. Northway, MD	Jennifer Shifferd, MSPT, CLT, WCS
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Lisa Glass, MD	Kylee Phillips, MD, MBA	
Andrew N. Hashikawa, MD, MS	Jacklyn L. Quade, MD	

The following planners/speakers have relevant financial relationships with an ACCME-defined commercial interest.

<u>Planner/ Faculty Member</u>	<u>Nature of Relationship</u>	<u>Company</u>
Barbara S. Apgar, MD, MS	Royalty	Elsevier Publisher SABK, Inc. Colposcopy Image Library
James B. Froehlich, MD	Consultant	Pfizer; Merck; Novartis; Janssen Aralez; Boehringer-Ingelheim
	Grantee	Pfizer; Bristol-Myers Squibb
Andrew T. Kraftson, MD	Grantee	Nestle (Optifast)
Jennifer Salerno, DNP, CPNP	Employee	Possibilities for Change

# Notes

# SAVE THE DATE

## Sports Medicine for the Primary Care Physician & Fall Update in Family Medicine

October 18-20, 2017



Effective January 4, 2016

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