### October 3, 2018

#### Sports Medicine for the Primary Care Physician

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:00 AM</td>
<td>Registration and Breakfast</td>
</tr>
</tbody>
</table>
| 8:00-8:40 AM | Plenary Session: Care Exercise: A Prescription with Unlimited Refills  
**Keri Denay, MD**, Director, Primary Care Sports Medicine Fellowship, Assistant Professor, Department of Family Medicine, Michigan Medicine |
| 8:40-9:20 AM | Plenary Session: Recognition, Evaluation and Treatment of Concussion in Athletes  
**Andrea Aagesen, DO**, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine |
| 9:20-10:00 AM | Plenary Session: Cardiovascular Evaluation and Screening of Athletes  
**Eugene Chung, MD**, Associate Professor, Department of Internal Medicine, Michigan Medicine |
| 10:00-10:30 AM | Plenary Session: Approach to Common Musculoskeletal Problems in Primary Care  
**Robert Kinningham, MD, MA**, Associate Professor, Department of Family Medicine, Michigan Medicine |
| 10:30-10:45 AM | Break                                                                                                           |
| 10:45-11:25 AM | Workshop Session A  
#A-1: Evaluation of the Painful Shoulder  
**J. Lindsay Quade MD**, Clinical Instructor, Department of Internal Medicine, Michigan Medicine |
10:45-11:25 AM  Workshop Session A, continued
#A-2: Pediatric Sports Medicine
Ingrid Ichesco, MD, Clinical Instructor, Department of Pediatrics Michigan Medicine

#A-3: Sports Dermatology
Robert Kinningham, MD, MA, Associate Professor, Department of Family Medicine, Michigan Medicine

11:30 AM-12:10 PM  Workshop Session B
#B-1: Evaluation of the Pain Shoulder
J. Lindsay Quade MD, Clinical Instructor, Department of Internal Medicine, Michigan Medicine

#B-2: Common Diagnostic Imaging Findings in Sports Medicine
Mark Mirabelli, MD, FAAFP, Associate Professor, Departments of Family Medicine and Orthopaedics & Rehabilitation, University of Rochester (New York)

#B-3: Office Fracture Care
Ramsey Shehab, MD, Deputy Chief, Department of Sports Medicine, Henry Ford Health System

12:10-1:00 PM  Lunch

1:00-1:40 PM  Plenary Session: Are Sports Safe for Children?
Rebecca Northway, MD, Clinical Instructor, Department of Internal Medicine, Michigan Medicine

1:40-1:45 PM  Break

1:45-2:25 PM  Workshop Session C
#C-1: Evaluation of Knee Injuries
Alan Zakaria, DO, MS, Assistant Professor, Oakland University William Beaumont School of Medicine

#C-2: Adhesive Capsulitis of the Shoulder
Jeffrey Housner, MD, MBA, Assistant Professor, Orthopaedic Sports Medicine, Department of Family Medicine, Michigan Medicine

#C-3: Stress Fractures and Bone Health
Christina Murphy, MD, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

2:25-2:30 PM  Break
2:30-3:10 PM  Workshop Session D
#D-1: Evaluation of Knee Injuries
*Alan Zakaria, DO, MS,* Assistant Professor, Oakland University William Beaumont School of Medicine

#D-2: Approach to Hip Pain
*Zoe Foster, MD,* Adjunct Associate Professor, Department of Family Medicine, Michigan Medicine

#D-3: Cases in Return to Play Decision
*Michael Anaker, MD,* Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

*Robert Kiningham, MD, MA,* Associate Professor, Department of Family Medicine, Michigan Medicine

3:10-3:25 PM  Break

3:25-4:05 PM  Workshop Session E
#E-1: Evaluation of Foot and Ankle Injuries
*Kylee Phillips, MD, MBA,* Clinical Instructor, Department of Emergency Medicine, Michigan Medicine; Team Physician, University of Michigan Athletic Department

#E-2: Effective Use of Physical Therapy and Occupational Therapy
*Reina Nakamura, DO,* Michigan Medicine

#E-3: Special Concerns of the Female Athlete
*Rebecca Northway, MD,* Clinical Instructor, Department of Internal Medicine, Michigan Medicine

4:05-4:10 PM  Break

4:10-4:50 PM  Workshop Session F
#F-1: Evaluation of Foot and Ankle Injuries
*Kylee Phillips, MD, MBA,* Clinical Instructor, Department of Emergency Medicine, Michigan Medicine; Team Physician, University of Michigan Athletic Department

#F-2: Examination of Elbow, Wrist and Hand Injuries
*Adam Lewno, DO,* Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

#F-3: Indications for Musculoskeletal Injections
*Erica Martin, MD,* Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

4:50 PM  Adjourn
October 4, 2018
Fall Update in Family Medicine

7:30-8:00 AM  Registration and Breakfast

8:00-8:30 AM  Plenary Session: Hypertension Management: How to Interpret the New Guidelines
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine

8:35 - 9:05 AM  Plenary Session: Understand the Epidemiology and Transmission of Hepatitis A
Sandro Cinti, MD, Professor, Department of Internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center

9:10 - 9:40 AM  Plenary Session: Alcohol Use Disorder
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove

9:40 - 10:00 AM  Break

10:00 - 10:50 AM  Workshop Session G
#G-1: Alcohol Use Disorder
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove

#G-2: Hypertension Management
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine

#G-3: Understanding the Vaccination Issues Surrounding Hepatitis A
Sandro Cinti, MD, Professor, Department of Internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center

10:55 - 11:45 AM  Workshop Session H
#H-1: Alcohol Use Disorder
Joshua Smith, MD, Clinical Assistant Professor, Department of Psychiatry & Behavioral
Neurosciences, Wayne State University School of Medicine, Henry Ford Maplegrove

#H-2: Hypertension Management
Masahito Jimbo, MD, PhD, MPH, Professor of Family Medicine and Urology,
Department of Family Medicine, Michigan Medicine

#H-3: Understanding the Vaccination Issues Surrounding Hepatitis A
Sandro Cinti, MD, Professor, Department of Internal Medicine, Michigan Medicine and
Ann Arbor VA Medical Center

11:45 AM - 12:30 PM  Lunch
12:30 – 1:00 PM  
**Plenary Session: A Family Physician’s Guide to Vitality, Resilience and Joy**  
*Harland Holman, MD*, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University

1:05 – 1:35 PM  
**Plenary Session: Fever, Croup and Bronchiolitis in Kids**  
*Stuart Bradin, DO*, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine

1:40 – 2:10 PM  
**Plenary Session: Numb and Number: An Approach to Peripheral Neuropathy**  
*Zachary London, MD*, Associate Professor, Department of Neurology, Michigan Medicine

2:10 – 2:20 PM  
**Break**

2:20 – 3:10 PM  
**Workshop Session I**  
#I-1: Neuropathy: Choose Your Own Adventure  
*Zachary London, MD*, Associate Professor, Department of Neurology, Michigan Medicine

#I-2: Fever, Croup and Bronchiolitis in Kids  
*Stuart Bradin, DO*, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine

#I-3: A Family Physician’s Guide to Vitality, Resilience and Joy  
*Harland Holman, MD*, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University

3:15 - 4:05 PM  
**Workshop Session J**  
#J-1: Neuropathy: Choose Your Own Adventure  
*Zachary London, MD*, Association Professor, Department of Neurology, Michigan Medicine

#J-2: Fever, Croup and Bronchiolitis in Kids  
*Stuart Bradin, DO*, Associate Professor, Departments of Pediatrics and Emergency Medicine, Michigan Medicine

#J-3: A Family Physician’s Guide to Vitality, Resilience and Joy  
*Harland Holman, MD*, Associate Program Director, Spectrum Health Family Medicine Residency and Lead Clerkship Director, Michigan State University

4:05 PM  
**Adjourn**
### October 5, 2018
**Fall Update in Family Medicine**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:00 AM</td>
<td>Registration and Breakfast</td>
</tr>
<tr>
<td>8:00-8:30 AM</td>
<td><strong>Plenary Session: Menopause Management: Hormone Therapy</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Leigh Morrison, MD,</strong> Academic Medicine Advanced Learner and Clinical</td>
</tr>
<tr>
<td></td>
<td>Lecturer, Michigan Medicine</td>
</tr>
<tr>
<td>8:35 – 9:05 AM</td>
<td><strong>Plenary Session: Integrative Approaches to Depression and Anxiety</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Gregory Shumer, MD, MHSA,</strong> Clinical Assistant Professor, Department</td>
</tr>
<tr>
<td></td>
<td>of Family Medicine, Michigan Medicine</td>
</tr>
<tr>
<td>9:10 – 9:40 AM</td>
<td>**Plenary Session: Chronic Pain, The Opioid “Epidemic,” CDC Guidelines,</td>
</tr>
<tr>
<td></td>
<td>New State Laws—Now What Do I Do?**</td>
</tr>
<tr>
<td></td>
<td><strong>Daniel Berland, MD,</strong> Clinical Associate Professor of Medicine,</td>
</tr>
<tr>
<td></td>
<td>Department of Medicine, Michigan Medicine</td>
</tr>
<tr>
<td>9:45 – 10:35 AM</td>
<td><strong>Workshop Session K</strong></td>
</tr>
<tr>
<td></td>
<td>**#K-1: Cases, Clinical Pearls, Q&amp;A (What to do with chronic pain</td>
</tr>
<tr>
<td></td>
<td>patients)**</td>
</tr>
<tr>
<td></td>
<td><strong>Daniel Berland, MD,</strong> Clinical Associate Professor of Medicine,</td>
</tr>
<tr>
<td></td>
<td>Department of Medicine, Michigan Medicine</td>
</tr>
<tr>
<td></td>
<td><strong>#K-2: Integrative Medicine for Headaches</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Greg Shumer, MD, MHSA,</strong> Assistant Professor, Department of Family</td>
</tr>
<tr>
<td></td>
<td>Medicine, Michigan Medicine</td>
</tr>
<tr>
<td></td>
<td><strong>#K-3: Menopause Management: Hormone Therapy Case Studies</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Leigh Morrison, MD,</strong> Academic Medicine Advanced Learner and Clinical</td>
</tr>
<tr>
<td></td>
<td>Lecturer, Michigan Medicine</td>
</tr>
<tr>
<td>10:40 – 11:30 AM</td>
<td><strong>Workshop Session L</strong></td>
</tr>
<tr>
<td></td>
<td><strong>#L-1: Clinical Pearls, Q&amp;A (What to do with chronic pain patients)</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Daniel Berland, MD,</strong> Clinical Associate Professor of Medicine,</td>
</tr>
<tr>
<td></td>
<td>Department of Medicine, Michigan Medicine</td>
</tr>
<tr>
<td></td>
<td><strong>#L-2: Integrative Medicine for Headaches</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Greg Shumer, MD, MHSA,</strong> Assistant Professor, Department of Family</td>
</tr>
<tr>
<td></td>
<td>Medicine, Michigan Medicine</td>
</tr>
<tr>
<td></td>
<td><strong>#L-3: Menopause Management: Hormone Therapy Case Studies</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Leigh Morrison, MD,</strong> Academic Medicine Advanced Learner and Clinical</td>
</tr>
<tr>
<td></td>
<td>Lecturer, Michigan Medicine</td>
</tr>
<tr>
<td>11:30 AM – 12:15 PM</td>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>
12:15 – 1:15 PM  
**Interactive Session: The Behavior in the Exam Room: Putting CBT and Other Behavioral Interventions into Practice**  
*Thomas Bishop, PsyD, Assistant Professor, Department of Family Medicine, Michigan Medicine*

1:20 – 2:20 PM  
**Interactive Session: Legal and Ethical Issues in Family Medicine**  
*Edward Goldman, JD, Associate Professor, Department of Obstetrics Gynecology, Michigan Medicine*  
*Katherine Gold, MD, MSW, MS, Assistant Professor, Departments of Family Medicine and OB/GYN, Michigan Medicine*

2:25 – 3:25 PM  
**Interactive Session: Allergic Contact Dermatitis**  
*Mari Paz Castanedo Tardan, MD, Assistant Professor, Department of Dermatology, Michigan Medicine*

3:25 PM  
**Adjourn**