Sports Medicine for the Primary Care Physician: October 2, 2019

7:30-8:00 am  Registration and Breakfast

8:00-8:40 am  Prevention and Management of Knee Osteoarthritis
Bob Kinningham, MD, MA, Associate Professor, Department of Family Medicine, Michigan Medicine

8:40-9:20 am  Update in Sports Medicine Cardiology
Eugene Chung, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

9:20-10:00 am  Learn More to Move More: An Update on Physical Activity Guidelines
Keri Denay, MD, Assistant Professor, Sports Medicine Fellowship Director, Department of Family Medicine, Michigan Medicine

10:00-10:40 am  Musculoskeletal Diagnostic Imaging
Vivek Kalia, MD, MPH, MS, Assistant Professor, Division of Musculoskeletal Radiology, Department of Radiology, Michigan Medicine

10:40-10:50 am  Break

10:50-11:30 am  Concurrent Breakout Sessions: Group A
A-1: Evaluation of Knee Pain
Alan Zakaria, DO, MS, Assistant Professor, Oakland University William Beaumont Hospital, School of Medicine
A-2: Pediatric Sports Medicine
Ingrid Ichesco, MD, Clinical Instructor, Department of Pediatrics, Michigan Medicine

A-3: On-Field Assessment and Management of Injuries
Michael Anacker, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

A-4: Evaluation of Shoulder Pain
J. Lindsay Quade, MD, Clinical Instructor, Department of Internal Medicine and Pediatrics, Michigan Medicine

11:30-11:35 am Break

11:35 am-12:15 pm Concurrent Breakout Sessions: Group B
B-1: Evaluation of Knee Pain
Alan Zakaria, DO, MS

B-2: Special Concerns of the Female Athlete
Christina Murphy, MD, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

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

B-4: Evaluation of Shoulder Pain
J. Lindsay Quade, MD

12:15-1:00 pm Lunch

1:00-1:40 pm Current Issues in Sports Medicine
Mark Riederer, MD, Assistant Professor, Department of Pediatrics, Michigan Medicine
Rebecca Northway, MD, Clinical Instructor, Department of Internal Medicine and Pediatrics, Michigan Medicine

1:40-1:45 pm Break

1:45-2:25 pm Concurrent Breakout Sessions: Group C
C-1: Evaluation of Hip Pain
Miguel Linares, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine
C-2: Importance of Core Strength in Low Back and Lower Extremity Injuries
Andrea Aagesen, DO, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

C-3: Heat Illness
Rebecca Northway, MD

2:25-2:30 pm  Break

2:30-3:10 pm  Concurrent Breakout Sessions: Group D
D-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

D-2: Strength Training for Health: An Evidence-Based Review with Recommendations
Robert Kiningham, MD, MA

D-3: Pulmonary Problems in Athletes
Erica Martin, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

3:10-3:20 pm  Break

3:20-4:00 pm  Concurrent Breakout Sessions: Group E
E-1: Evaluation of Hand and Wrist Problems
Adam Lewno, DO, Assistant Professor, Department of Physical Medicine and Rehabilitation, Michigan Medicine

E-2: Case Studies in Concussion Management
Mitchell Odom, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine
Jordan Hilgefort, MD, Sports Medicine Fellow, Department of Family Medicine, Michigan Medicine

E-3: Evaluation and Management of Running Injuries
Erica Martin, MD
Fall Update in Family Medicine: Thursday, October 3, 2019

7:30-8:00 am  Registration and Breakfast

8:00-8:30 am  Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*, Senior Associate Director, Michigan Institute for Clinical and Health Research; Professor, Department of Family Medicine, Michigan Medicine

8:35-9:05 am  Medical Marijuana
*Daniel Clauw, MD*, Director, Chronic Pain & Fatigue Research Center; Professor, Departments of Anesthesiology, Internal Medicine and Psychiatry, Michigan Medicine

9:10-9:40 am  Integrative Approaches to Chronic Pain
*Jill Schneiderhan, MD*, Assistant Professor, Department of Family Medicine, Michigan Medicine

9:40-10:00 AM  Break

10:00-10:50 am  Concurrent Breakout Sessions: Group F
F-1: Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*

F-2: Medical Marijuana
*Daniel Clauw, MD*

F-3: Integrative Approaches to Chronic Pain
*Jill Schneiderhan, MD*

10:50-10:55 am  Break

10:55-11:45 am  Concurrent Breakout Sessions: Group G
Repeat of Group F sessions

G-1: Updates in Cervical Cancer Screening
*Diane Harper, MD, MPH, MS*

G-2: Medical Marijuana
*Daniel Clauw, MD*

G-3: Integrative Approaches to Chronic Pain
*Jill Schneiderhan, MD*

11:45-12:30 pm  Lunch
12:30-1:00 pm  **Tick-borne Illnesses/Lyme Disease**  
*Kevin Gregg, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine*

1:05-1:45 pm  **Concurrent Breakout Sessions: Group H**  
**H-1: Tick-borne Illnesses**  
*Kevin Gregg, MD*

**H-2: Acute Pediatric Urgent Issues in Primary Care**  
*Andrew Hashikawa, MD, Associate Professor, Departments of Emergency Medicine and Pediatrics, Michigan Medicine*

**H-3: Contraceptive Use**  
*Allison Ursu, MD, Assistant Professor, Department of Family Medicine, Michigan Medicine*

1:50-2:30 pm  **Concurrent Breakout Sessions: Group I**  
*Repeat of Group H sessions*

**I-1: Tick-borne Illnesses**  
*Kevin Gregg, MD*

**I-2: Acute Pediatric Urgent Issues in Primary Care**  
*Andrew Hashikawa, MD*

**I-3: Contraceptive Use**  
*Allison Ursu, MD*

2:30-2:45 pm  **Break**

2:45-3:25 pm  **Concurrent Breakout Sessions: Group J**  
**J-1: Hypertension in Children and Adolescents**  
*Anita Hernandez, MD, Lecturer, Department of Family Medicine, Michigan Medicine*

**J-2: Gun Violence and Injury Prevention**  
*James Peggs, MD, Professor Emeritus, Department of Family Medicine, Michigan Medicine*

**J-3: Female Urinary Issues in Primary Care**  
*Bumsoo Park, MD, PhD, Assistant Professor, Department of Family Medicine, Michigan Medicine*
3:30-4:10 pm  Concurrent Breakout Sessions: Group K
Repeat of Group J sessions

K-1: Hypertension in Children and Adolescents
Anita Hernandez, MD

K-2: Gun Violence and Injury Prevention
James Peggs, MD

K-3: Female Urinary Issues in Primary Care
Bumsoo Park, MD, PhD

Fall Update in Family Medicine: Friday, October 4, 2019

7:30-8:00 am  Registration and Breakfast

8:00-8:30 am  Pulmonary Nodules
Douglas Arenberg, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

8:35-9:05 am  Irritable Bowel Syndrome
Russ Wasylyshyn, MD, Lecturer, Department of Family Medicine, Michigan Medicine

9:10-9:40 am  Benzodiazepine Use/Misuse
Daniel Berland, MD, Associate Professor, Department of Internal Medicine, Michigan Medicine

9:45-10:40 am  Concurrent Breakout Sessions: Group L
L-1: Pulmonary Nodules
Douglas Arenberg, MD

L-2: Irritable Bowel Syndrome
Russ Wasylyshyn, MD

L-3: Benzodiazepine Use/Misuse
Daniel Berland, MD

10:35-10:40 am  Break
10:40-11:30 am  
**Concurrent Breakout Sessions: Group M**  
*Repeat of Group L sessions*

**M-1: Pulmonary Nodules**  
*Douglas Arenberg, MD*

**M-2: Irritable Bowel Syndrome**  
*Russ Wasylyshyn, MD*

**M-3: Benzodiazepine Use/Misuse**  
*Daniel Berland, MD*

11:30 am-12:15 pm  
**Lunch**

12:15-1:15 pm  
**Interactive Session: Human Trafficking**  
*Christine Medaugh, MD*, Clinical Lecturer, Department of Family Medicine, Michigan Medicine

1:20-2:20 pm  
**Interactive Session: Evaluation of Fatigue**  
*Julie Blaszczak, MD*, Academic Fellow, Department of Family Medicine, Michigan Medicine

2:25-3:25 pm  
**Interactive Session: Topics in Cardiology**  
*James Froehlich, MD*, Professor, Department of Internal Medicine, Michigan Medicine

3:25 pm  
**Conference adjourns**
Conference Objectives

By the end of this course, participants will be able to:

1. Diagnose and manage common musculoskeletal problems and demonstrate joint exams.
2. Outline an approach to a variety of current problems commonly encountered in the daily practice of adult and pediatric medicine.
3. Identify methods to improve patient outcomes as they relate to addressing personal and primary healthcare needs.
4. Understand evidence-based healthcare practices in physical health, including but not limited to, sports medicine, gastroenterology, cardiology, pulmonology, and gynecology.
5. Understand evidence-based healthcare practices related to current issues in human trafficking, marijuana use and integrative approaches to chronic pain.