

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

M | MEDICAL SCHOOL
UNIVERSITY OF MICHIGAN
Department of Family Medicine

Holiday Inn | Ann Arbor, MI
October 2-4, 2019

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 Kinningham, 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 Hilgfort, 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

9:40-9:45 am

Break

9:45-10:35 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 Wasylshyn, 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.