

# VAFP 2018 Annual Meeting - July 26-29

**Attend the Premier CME Event of the Year in Virginia's Revolutionary City.  
Earn over 20 AAFP Prescribed CME credits in main stage and workshop formats.**

**Join other family physicians and their families as the VAFP celebrates its 70th birthday and the facilitation of over 125 maintenance of certification group sessions serving hundreds of physicians!**

## General Information

### CME ACCREDITATION

VAFP 2018 ANNUAL MEETING & EXPOSITION - Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

CARE OF THE VULNERABLE ELDERLY AND MENTAL HEALTH IN THE COMMUNITY KSA/CSA's - Each of these activities have been reviewed and are acceptable for up to 12.00 Prescribed credits by the American Academy of Family Physicians. (8.00 of the 12.00 count toward the live credit requirement).

**SYLLABUS MATERIALS** - All syllabus materials will be available through the VAFP meeting app. A paper syllabus is available for a \$35.00 fee. The paper syllabus must be purchased in advance. The papers syllabus will only contain the materials from the main stage speakers.

**CANCELLATION POLICY** - Refunds for registrants, minus a \$25.00 administrative fee, will be made upon written request to the VAFP office if received by July 2, 2018. No refunds will be given after that date.

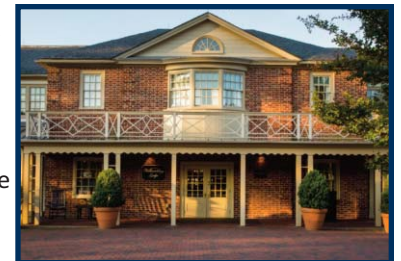
**EXHIBITS** - Over 50 exhibiting organizations will be available to discuss the latest in product and service developments. Booth visitation prizes will be awarded by the VAFP to eligible registrants.

**DISCOUNTED HISTORIC AREA TICKETS** - Explore all the Colonial Williamsburg historic sites and trade shops, including the two art museums, and enjoy the convenience of the complimentary shuttle service for the length of your stay. Tickets are \$20 for adults and \$10 for children. Tickets can be purchased when you register for the meeting. Children under 6 are free!

## Accommodations - The Williamsburg Lodge

The unique charm of Colonial Williamsburg awaits you at The Williamsburg Lodge. Enjoy a delicious meal in one of the superb hotel restaurants or challenge yourself to a workout in the fitness center, followed by a swim in one of the pools. Pamper yourself with a visit to the spa while you're here or a round of golf at the Golden Horseshoe Golf Club.

The VAFP has negotiated an exceptional room rate of \$169 per night. To make your hotel reservations, please call 800-261-9530. The conference reservations office is open Monday-Friday, 8:30-5:00. Please use the Booking ID 46899 when calling. You may also make your reservations online at [www.vafp.org/annualmeeting](http://www.vafp.org/annualmeeting). The reservations cut off date is July 2, 2018.



### VAFP FOUNDATION GOLF TOURNAMENT

Thursday, July 26, 2018 - 1:00 p.m. - The Gold Course  
Join fellow VAFP meeting participants for the VAFP Foundation Golf Tournament. The "Captain's Choice" tournament will be held on the Gold Course at the Golden Horseshoe Golf Course. Improving on his father's original 1963 design, golf course architect Rees Jones directed the renovation of the Gold Course, which re-opened July 2017. The Gold Course now features the latest in modern turf grasses, new grass on the fairways, greens, and surrounding roughs. Even if you've played Gold before, you'll find a few new surprises with the evolution of this timeless classic! Cost - \$50.00

### INSTALLATION OF VAFP OFFICERS and DIRECTORS & ACADEMY AWARDS DINNER

(Jacket Required) - Friday, July 27, 2018 - 6:30 p.m. - 9:00 p.m.  
Join other meeting attendees for the installation of elected VAFP Officers & Directors including 2018-2019 President Delmas J. Bolin, MD, PhD. Outgoing VAFP President Rupen S. Amin, MD, MBA, FAAFP will honor those individuals who have been selected for the Academy Awards. The event will be held in the stunning Regency Dining Room at the Williamsburg Inn and will include a cocktail reception and seated dinner. Advanced registration is required. Adults - \$35.00

### HAPPY 70th BIRTHDAY VAFP!!

Saturday, July 28, 2018 - 6:30 PM - 8:30 PM  
Join meeting attendees for a "psychedelic" evening celebrating the VAFP's 70th Birthday! This party promises to entertain all ages!  
Enjoy a BBQ themed dinner, birthday cake and cold beverages on the beautiful Virginia Lawn. 70's themed music will be provided by The Jangling Reinharts (JR). JR came together to provide roots-rock music largely forgotten by other bands. Think: The Band meets Van Morrison and they go out to Stephen Stills' house and listen to the Monkees while watching a Barenaked Ladies video. This melting pot of music describes what they are all about. Don't miss this opportunity to wear your favorite tie dye and celebrate 70 years of the VAFP! Advanced registration is required.  
Adults - \$25.00, Children - (6-12) \$10.00



# Preliminary Program

**Thursday, July 26, 2018**

12:30 p.m. - 6:00 p.m. - Registration

1:00 p.m. - Virginia Academy of Family Physicians Foundation Golf Tournament on the Gold Course - Cost \$50.00

## Early Bird CME

1:00 p.m. - 5:00 p.m. - Care of the Vulnerable Elders KSA/CSA  
- *Kurtis S. Elward, MD, MPH, FAAFP*

& *Mark H. Greenawald, MD, FAAFP, DABFM*

This session assists members completion of the ABFM's board certification requirements. The faculty will present each of the 60 questions for the KSA and facilitate completion of the CSA. Please bring your own laptop. Limited attendance. AAFP Member - \$175 Non-Member - \$300

1:00 p.m. - 4:00 p.m. - "No Shirt, No Shoes, No Problem"

Musculoskeletal Physical Exam Skills Workshop

- *Steven L. Cole, MEd, ATC, CSCS & Michael J. Petrizzi, MD*

The participants will learn how to utilize various special tests to evaluate specific musculoskeletal injuries of the upper and lower extremity. This will be an interactive workshop with participants evaluating each other. Participants are encouraged to wear athletic clothing. Limited attendance.

3:00 p.m. - 5:00 p.m. - Issues in the Primary Care Management of Acute Pain: Managing the Opioid Crisis in the PC Office

- *Mary G. McMasters, MD, DFASAM*

(This session satisfies your BOM Controlled Substances CME requirement)

**Friday, July 27, 2018**

7:00 a.m. - 1:30 p.m. - Registration

7:00 a.m. - 7:50 a.m. - Continental Breakfast with Exhibits

7:50 a.m. - 8:00 a.m. - Welcome - *Rupen S. Amin, MD, MBA, FAAFP*  
& *Mitchell B. Miller, MD, FAAFP*

## General Sessions

8:00 a.m. - 8:45 a.m. - Being Well While Doing Good 2018: You Can't Give What You Don't Have

- *Mark H. Greenawald, MD, FAAFP, DABFM*

8:45 a.m. - 9:30 a.m. - Is There a Septic Patient Sitting in Your Waiting Room? - *Karen Perkins, MD*

9:30 a.m. - 10:00 a.m. - VAFP State of the Academy

2017-2018 VAFP President Rupen S. Amin, MD, MBA, FAAFP will report on the "State of the VAFP" and confer the AAFP Fellows. A comprehensive printed Annual Report will be distributed during the meeting. Hunter Jamerson, JD, MBA, VAFP General Counsel and Legislative Consultant, will provide a brief overview of the current legislative environment in Virginia and what to expect at the 2019 General Assembly.

10:00 a.m. - 10:30 a.m. - Coffee Break with Exhibits

10:30 a.m. - 11:30 a.m. - Ready, set, action: An intervention to combat clinical inertia and reduce prolonged hyperglycemia in T2DM  
- *Alisa C. Nance, MD, D-ABCL, RPh*

11:30 a.m. - 12:30 p.m. - **William Johnson West Lectureship, VCU Department of Family Medicine & Population Health**

Top Ten Updates in Evidence-Based Medicine - *Frank J. Domino, MD*

12:30 p.m. - 1:30 p.m. - Lunch with Exhibits

**Friday, July 27, 2018 (continued)**

## Afternoon Sessions

1:30 p.m. - 5:30 p.m. - Mental Health in the Community KSA/CSA

- *Kurtis S. Elward, MD, MPH, FAAFP &*

*Mark H. Greenawald, MD, FAAFP, DABFM*

This session assists members completion of the ABFM's board certification requirements. The faculty will present each of the 60 questions for the KSA and facilitate completion of the CSA. Please bring your own laptop. Limited attendance. AAFP Member - \$175 Non-Member - \$300

1:30 p.m. - 5:00 p.m. - Introductory Point-of-Care Ultrasound

Workshop - *Timothy J. Yu, MD, CAQSM*

& *Garry W.K. Ho, MD, CAQSM, FAAFP, RMSK, CIC*

With the recent AAFP resolution to increase point of care ultrasound education in Family Medicine and the growing interest for ultrasound from medical schools and residencies, physicians today are able to integrate ultrasound during clinical encounters that change clinical decision making. During this workshop, we will briefly review the basic principles of ultrasound, application into practice, billing and

reimbursement. We are also able to discuss various topics of interest which can be tailored to the participant. Topics may range from Soft Tissue Masses, DVT, Renal/Bladder, Lung, Cardiac, Fractures, AAA or musculoskeletal. There will be time for hands on scanning. Limited attendance.

1:30 p.m. - 4:30 p.m. - EKG Show & Tell Workshop

- *Speaker TBD*

1:30 p.m. - 4:30 p.m. - Don't Let a Concussion Visit Give You a Headache (Office Based Evaluation and Management of Concussions)

- *B. Kent Diduch, MD, FAAFP & Lara P. Quinlan, MD, CAQSM*

Sport-related concussions and the community concern about them seems to be on the rise. This workshop will discuss the current concepts of pathophysiology for a concussion. Then we will practice how to do an efficient office-based exam to assess the concussed patient. Management recommendations, return to work, return to learn, and return to play will be our final focus of the afternoon with some case examples. Limited attendance.

6:30 p.m. - 9:00 p.m. - Installation of VAFP Officers & Directors and Awards Dinner - Cost \$35.00

**Saturday, July 28, 2018**

6:00 a.m. - 7:00 a.m. - Yoga - *Instructor Beth Polk, MD*

7:00 a.m. - 1:30 p.m. - Registration

7:00 a.m. - 8:00 a.m. - Continental Breakfast with Exhibits

## General Sessions

8:00 a.m. - 8:45 a.m. - Genetics and The Circle of Care: The Role of Primary Care in Preventing Cancer - *Michele D. Justice, MD*

8:45 a.m. - 9:45 a.m. - Making the Connection: A Call to Action Against Undiagnosed Atrial Fibrillation Improving Detection-Reducing Risk - *Michael D. Ezekowitz, MD, MBChB, DPhil, FRCP, FACC*

9:45 a.m. - 10:15 a.m. - Coffee Break with Exhibits

10:15 a.m. - 11:00 a.m. - Food Allergy: Can We Prevent it? How Do We Obtain an Accurate Diagnosis? - *Anne-Marie A. Irani, MD*

11:00 a.m. - 11:45 a.m. - Exercise is Regenerative Medicine  
- *Delmas J. Bolin, MD, PhD, FACS, FAAFP*

11:45 a.m. - 12:30 p.m. - Abnormal Thyroid Studies  
- *Patricia C. Lorenzo, MD*

12:30 p.m. - 1:30 p.m. - Lunch with Exhibits

Saturday, July 28, 2018 (continued)

### Afternoon Sessions

1:00 p.m. – 3:00 p.m. - Being Well While Doing Good 2018 Workshop: The Time Is Now - *Mark H. Greenawald, MD, FAFP, DABFM & Laura M. Daniels, PhD, LP, HSP*

Join your peers and take time to reflect on your own well-being. In this session you will: 1) Reflect and discuss what true personal/professional well-being might look like in your life; 2) Take the PERMAH Well-being Inventory and STARRS team assessments and discuss how to incorporate them into your well-being plan; 3) Examine ways in which our present lives promote or interfere with well-being and connectedness; and 4) Create a plan to advance your personal well-being, including initial action steps and a follow-up plan. Limited Attendance.

1:30 p.m. – 3:00 p.m. – Radiology Show & Tell Workshop  
- *Speaker TBD*

1:30 p.m. – 4:30 p.m. – Joint Workshop - *Marc A. Childress, MD & Jeffrey B. Roberts, MD*

Participants will reacquaint themselves with several common injection techniques that can be easily and safely performed by family physicians in an office setting. The emphasis of our workshop includes commonly seen joints including knees, shoulders, elbows, as well as other common musculoskeletal targets. In addition to presenting the evidence for specific indications, examination maneuvers to identify appropriate patients and clinical effectiveness, we will discuss pearls for appropriate documentation, CPT coding and the use of modifiers to help your bottom line. Limited Attendance.

1:30 p.m. – 3:00 p.m. - Getting Hypertensive Patients to Goal Blood Pressure; Case Studies in Hypertension Management Workshop  
- *Michael A. Moore, MD, FACP, FAHA, FASH*

3:00 p.m. – 3:15 p.m. - Break

3:15 p.m. – 4:45 p.m. – (REPEAT SESSION) Getting Hypertensive Patients to Goal Blood Pressure; Case Studies in Hypertension Management Workshop - *Michael A. Moore, MD, FACP, FAHA, FASH*

Saturday, July 28, 2018 (continued)

3:15 p.m. – 4:45 p.m. - Advocacy/Legislative 101 Workshop  
- *Hunter W. Jamerson, JD, MBA*

Join the VAFP's Legislative Consultant to learn more about the legislative process in the Commonwealth and how you can help shape health policy.

6:30 p.m. – 8:30 p.m. - The VAFP's 70th Birthday Celebration  
Adults - \$25.00, Children (6-12) - \$10.00

Sunday, July 29, 2018

7:00 a.m. – 12:30 p.m. - Registration

### General Sessions

7:15 a.m. – 8:30 a.m. - CME Breakfast – Medical Matters: An Overview of Malpractice Cases in Primary Care  
- *Corren A. Silverman, Esq.*

8:30 a.m. – 8:45 a.m. - Break

8:45 a.m. – 9:30 a.m. - A Dermatology Update for Primary Care  
- *Valerie M. Harvey, MD, MPH*

9:30 a.m. – 10:30 a.m. - Arming the Frontlines of Hepatitis C Care: Treatment in the Family Medicine Clinic - *Julius M. Wilder, MD, PhD*

10:30 a.m. – 10:45 a.m. - Break

10:45 a.m. – 11:30 a.m. - Clinically Relevant Results from Human Gut Microbiota Research - *Beverly T. Sher, PhD*

11:30 a.m. – 12:30 p.m. - Case Studies on Type 2 Diabetes Mellitus: Focus on Cardiovascular Outcomes Trials  
- *Louis Kuritzky, MD*

Register online at  
[www.vafp.org/annualmeeting](http://www.vafp.org/annualmeeting)  
or call 804-968-5200





# Williamsburg Lodge

SWEET TEA  
BARLEY

Traditions  
COUNTRY OF VIRGINIA

## Virginia Academy of Family Physicians

### 2018 Annual Meeting & Exposition

July 26-29, 2018  
Williamsburg, Virginia

## Williamsburg – History and More!!

- Bike on the Historic Jamestown Trail or mountain bike in Freedom Park.
- Busch Gardens Williamsburg
- Canoeing, Paddle Boarding and Kayaking on the James River
- Go Ape Tree Top Zip Line Adventures - course is made up of 38 crossings and obstacles which include, rope ladders, net bridges, trapezes, Tarzan swings and zip lines.
- Historic Triangle – Williamsburg, Jamestown & Yorktown
- Williamsburg Premium Outlets - the largest outlet mall in Virginia with over 115 retail stores.
- Williamsburg Tasting Trail – From award-winning wine and micro-brewed beers to ancient mead and distilled spirits, experience the best of handcrafted alcoholic beverages in Greater Williamsburg.
- Water Country USA

For more information on what to do in Williamsburg  
visit [www.visitwilliamsburg.com](http://www.visitwilliamsburg.com)

## Don't Miss Frank J. Domino, MD, VAFP's West Lecturer!

Dr. Domino's popular presentation titled, "Top Ten Updates in Evidence-Based Medicine" has engaged audiences all over the country. Frank J. Domino, MD is an attending physician in the UMass Memorial Medical Center and is an Associate Professor and Clerkship Director in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School in Worcester, MA. His special areas of interest involve the teaching of evidence-based medicine, ambulatory medical ethics, educational and clinical use of PDAs and faculty development. He served as an Associate Editor for the medical database UpToDate and is currently the Editor in Chief for 5 Minute Clinical Consult.



*"Live meetings present the ultimate opportunity not just to network but to expand your perspectives on delivering health care."*

REGISTER ONLINE AT [WWW.VAFP.ORG/ANNUALMEETING](http://WWW.VAFP.ORG/ANNUALMEETING)  
OR CALL 804-968-5200