



# **VIRGINIA ACADEMY OF FAMILY PHYSICIANS**

## **2019 WINTER FAMILY MEDICINE WEEKEND**

**January 24-27, 2019**  
**Wintergreen Resort - Wintergreen, Virginia**

**REGISTER TODAY!**

**REGISTER ONLINE – [WWW.VAFP.ORG](http://WWW.VAFP.ORG)**

# GENERAL INFORMATION

## **Wintergreen Resort**

*Treat yourself to magnificent mountain views, sumptuous luxury, and thrilling recreation at Wintergreen Resort. Spanning 11,000 acres on the eastern slopes of the Blue Ridge Mountains, Wintergreen offers spacious condominiums and vacation homes surrounded by winding trails, cascading streams and lush forests. The resort features exhilarating winter skiing, snowboarding and snowtubing; an award-winning tennis program; a full service mountaintop spa; outdoor recreation such as hiking and fly fishing; a variety of enticing dining options; and much more. The resort is located in the heart of Central Virginia adjacent to the Blue Ridge Parkway, just 90 minutes from Richmond, Virginia and approximately three hours from Washington, D.C. and North Carolina.*

*Reservations are required for Tubing, Golf, Tennis, Children's Programs and Spa Services. Please make your reservations in advance of your arrival. Visit [www.wintergreenresort.com](http://www.wintergreenresort.com) for more information on skiing, tubing and other activities!*

## **Objectives**

*Physicians and other health care professionals attending this program will receive current information on a diversity of subjects pertinent to patient care in daily practice. Subject material was chosen based on accessed needs, future trends, and relevance to quality patient care. At the conclusion of the program, registrants will have a working and applicable understanding of these topics and will be provided written/electronic materials for future reference. This meeting also allows an opportunity for practicing physicians, residents, students and other health care professionals to interact academically, professionally and socially.*

## **CME Accreditation**

**VAFP 2019 Winter Family Medicine Weekend** - This activity has been reviewed and is acceptable for up to 20.75 Prescribed credits by the American Academy of Family Physicians.

**Health Behavior KSA/CSA** - This activity has been reviewed and is 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) and 15 points from the ABFM.

**Asthma KSA/CSA** - This activity has been reviewed and is acceptable for up to 12.00 Prescribed credit(s) by the American Academy of Family Physicians (8.00 of the 12.00 count toward the live credit requirement) and 15 points from the ABFM.

## **Syllabus Materials**

*All syllabus materials will be available through the VAFP meeting app. A paper syllabus is available for a \$35.00 fee and must be purchased in advance. This syllabus will only contain the materials from the main stage speakers who submit materials prior to the conference.*

## **Exhibits**

*Each day exhibiting organizations will be available to discuss the latest in medical products and services. Continental breakfasts and coffee breaks will be located in the exhibit areas on Friday, Saturday and Sunday.*

## **Important Date**

*Reservation cut-off date for Wintergreen Resort is January 4, 2019. "Early Bird" Conference Discount Registration Rate deadline is also January 4, 2019. Please note that in years past, accommodations have sold out prior to the cut off date.*

## **Cancellation Information**

*Cancellation requests must be received by the VAFP by January 4, 2019. After that date no refunds can be given except in cases of emergency.*

## **Questions?**

**Please call the VAFP Headquarters office at 804-968-5200 or email [registration@vafp.org](mailto:registration@vafp.org).**

# ACCOMMODATIONS

Accommodations at Wintergreen Resort range from studios to nine-bedroom homes featuring comfortable living areas, fully equipped kitchens and a balcony or deck. Most accommodations of one bedroom and larger include a cozy fireplace. For more information please visit [www.wintergreenresort.com](http://www.wintergreenresort.com).

## Reservations

To make reservations please call Wintergreen Resort at 1-844-361-8486. The hours for making reservations are Monday through Friday from 9:00 a.m. - 9:00 p.m. and Saturday through Sunday from 9:00 a.m. - 6:00 p.m. The deadline for making reservations is January 4, 2019. If you have any problems, please do not hesitate to call the VAFP Headquarters Office at 1-804-968-5200 or email [registration@vafp.org](mailto:registration@vafp.org).

## Rates

Studio - \$179	Two Bedroom House - \$319	Four Bedroom House - \$489
Lodge Room - \$185	Three Bedroom Condominium - \$399	Five Bedroom House - \$574
One Bedroom Condominium - \$194	Three Bedroom House - \$409	Six Bedroom House - \$649
Two Bedroom Condominium - \$309	Four Bedroom Condominium - \$479	

## Rental Rules and Regulations

- Check-in begins after 4 pm or as accommodations become available.
- An advance deposit by approved credit card, equal to one night's rate plus tax is required when booking the reservation. Deposit is non-refundable if reservation is cancelled less than 3 days before arrival; if cancellation is 3 days or more before arrival, deposit is refundable less a \$25 processing fee.
- All rates are subject to applicable state and local taxes (currently 10.3%) and resort fee (currently 10%).
- Based on rate and space availability, rooms may be reserved up to 2 days prior and 2 days after the conference dates at the above rates.
- Additional rules and regulations are listed on Wintergreen's website and in the rental agreement.

## Wintergreen Resort Reservations 1-844-361-8486

Make your reservations early as accommodations sell out prior to the reservation deadline of January 4, 2019.

# VAFP ATTENDEE DISCOUNTED SKI RATES

**Rates are valid Monday, January 21 through Sunday, January 27, 2019**

VAFP participants will have the opportunity to purchase discounted ski rentals and lifts at the rates listed. Tickets will be available for purchase at the Ski Services Office located on the lower level of the Skyline Pavilion from 8:15 a.m. - 7:00 p.m.

### Adult Rates

Monday - Thursday	\$44	\$32
Monday - Thursday 8 hour special <small>(Available to Resort Guests only)</small>	\$10	\$32
Friday 8 hour	\$54	\$32
Saturday 8 hour	\$69	\$32
Sunday 8 hour	\$64	\$32

### Youth Rates (6-12 years)

Monday - Thursday	\$37	\$27
Monday - Thursday 8 hour special <small>(Available to Resort Guests only)</small>	\$10	\$27
Friday - 8 hour	\$47	\$27
Saturday - 8 hour	\$52	\$27
Sunday - 8 hour	\$47	\$27

### Lift

### Rental

Rates do not include taxes. Children under 5 years old receive a free lift ticket and discounted daily rental of \$20 with paying adult. Daily rentals are for skis or snowboards.

# PRELIMINARY PROGRAM

## THURSDAY, JANUARY 24, 2019

**2:00 p.m. - 6:00 p.m.** - Registration

**3:00 p.m. - 5:00 p.m.** - Headache Disorders in The Primary Care Setting: "Treat or Refer?"

Iryna K. Aberkorn, MD

*This session will provide a brief overview of common headache conditions frequently encountered in the primary care setting. The presenter will discuss diagnostic criteria, work up, and proper management for most common headache disorders in the adult and pediatric population. Participants will be actively engaged in review of several clinical cases and in a round table discussion (bring your own cases!).*

**5:30 p.m. - 9:30 p.m.** - Health Behavior KSA/CSA

Kurtis S. Elward, MD, MPH, FAAFP

& Mark H. Greenawald, MD, DABFM, FAAFP

*The faculty team will present each of the 60 questions for the KSA and discuss the important teaching points, which will facilitate the participants answering of each item. The CSA will also be completed. You will be responsible for bringing your own laptop. (Limited to 30) For full conference attendees only.*

AAFP Member - \$175 Non-Member - \$300

## FRIDAY, JANUARY 25, 2019

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

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

**7:50 a.m. - 8:00 a.m.** - Welcome

Delmas J. Bolin, MD, PhD, FAAFP, VAFP President &

Mitchell B. Miller, MD, FAAFP, VAFP CME Committee Chair

**8:00 a.m. - 8:45 a.m.** - 2019 Update on Prostate Cancer

Aubrey L. Knight, MD, FAAFP

**8:45 a.m. - 9:30 a.m.** - Behavioral Health Issues in Children

Aradhana Bela Sood, MD, MSHA, FAACAP

**9:30 a.m. - 10:15 a.m.** - Brain Health: Prevention and Management Strategies for Cognitive Decline, Impairment and Dementia

John P. Barrett, MD, MPH, MS FAAFP

**10:15 a.m. - 10:45 a.m.** - Break with Exhibits

**10:45 a.m. - 11:30 a.m.** - Psoriasis, Overview for the Family Physician

Clay M. Pickard, MD

**11:30 a.m. - 12:30 p.m.** - Optimal Protein Intake, It's Not Just for Breakfast

Marie Spano, MS, RD, CSCS, CSSD

**12:30 p.m. - 1:15 p.m.**

Boxed Lunches - Pre order required

## FRIDAY, JANUARY 25, 2019 (CONTINUED)

**Workshops**

**1:00 p.m. - 5:00 p.m.** - Asthma KSA/CSA

Kurtis S. Elward, MD, MPH, FAAFP

& Mark H. Greenawald, MD, DABFM, FAAFP

*The faculty team will present each of the 60 questions for the KSA and discuss the important teaching points, which will facilitate the participants answering of each item. The CSA will also be completed. You will be responsible for bringing your own laptop. (Limited to 30) For full conference attendees only.*

AAFP Member - \$175 Non-Member - \$300

**1:15 p.m. - 4:15 p.m.** - Seeing is Believing - Basics of Ultrasound for the Family Physician

Delmas J. Bolin, MD, PhD, FAAFP, Matthew Chung, DO &

Timothy J. Yu, MD, CAQSM

*This hands-on workshop will discuss the types and uses of US in the busy office setting. Use for diagnostic imaging, assisting in procedures and as a cost-saving measure for patients will be discussed. Emphasis will be on musculoskeletal use, but other applications will be discussed as well. Billing and credentialing will be discussed. This is a basic introduction with ample time to actually use the ultrasound to visualize structures on each other. (Limited to 20.)*

**1:15 p.m. - 3:15 p.m.** - Balint Group Workshop

Steven H. Crossman, MD

*In this workshop, participants will learn the Balint structure and then participate in a live Balint group lead by workshop faculty. Through group practice and debriefing, workshop participants will learn directly the power of the group process. Participants will discuss ways that this group process can facilitate empathy for patients and for physicians. Opportunities for Balint group participation will be presented, in addition to opportunities for training for those who wish to learn more about group leadership.*

**1:15 p.m. - 2:15 p.m.** - Challenging Diabetes Cases

Dewey J. Bailey, III, MD, FACE

**2:30 p.m. - 3:30 p.m.** - A Health Lawyer's Perspective on Virginia's Opioid Prescribing Regulations

Hunter W. Jamerson, JD, MBA

VAFP General Counsel & Legislative Representative

*Join the VAFP's General Counsel for an overview of the Virginia Board of Medicine's opioid prescribing regulations and use this opportunity to ask questions and discuss best practices as it relates to prescribing opioids to your patient population. This session satisfies one hour your BOM Controlled Substances CME requirement.*

**6:00 p.m. - 7:00 p.m.** - Welcome Reception

## SATURDAY, JANUARY 26, 2019

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

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

**7:15 a.m. - 7:45 a.m.** - Medical Student Meeting

Emmeline C. Gasink, MD, FAAFP & Denee Moore, MD, Co-Chairs, VAFP Resident, Student and Faculty Committee

# PRELIMINARY PROGRAM

## SATURDAY, JANUARY 26, 2019 (CONTINUED)

**8:00 a.m. - 8:45 a.m.** - Things That Make You Gasp: ARDS, Asthma, and Pneumonia

*Aaron Saguil, MD, MPH, FAAFP*

**8:45 a.m. - 9:30 a.m.** - Challenging ECG Presentations in the Office

*William Brady, MD, FACEP, FAAEM*

**9:30 a.m. - 9:55 a.m.** - Break with Exhibits

**9:55 a.m. - 10:00 a.m.** - Presentation of the F. Elliott Oglesby Volunteer of the Year Award

**10:00 a.m. - 10:45 a.m.** - Common Complaints in Women's Health

*Emily E. Young, DO, MA, MPH*

**10:45 a.m. - 11:45 a.m.** - The Role of Non-Statin Therapies for LDL-C Lowering for Management of ASCVD Risk

*Paul P. Doghramji, MD, FAAFP*

**11:45 a.m. - 12:00 p.m.** - What's New, What's True and What's Ahead - ABFM Update

*Elizabeth G. Baxley, MD*

**12:00 p.m. - 12:15 p.m.** - Update on Medicaid Expansion in the Commonwealth

*Katherine L. Neuhausen, MD, MPH*

**12:15 p.m. - 12:30 p.m.** - Update on Changes at Medicare

*Antoinetta L. Sculimbrene, MD, MHA, RPh*

**12:30 p.m. - 1:15 p.m.**

**Boxed Lunches - Pre order required**

### Workshops

**1:15 p.m. - 4:15 p.m.** - Osteopathic Manipulation Techniques for the Upper Back and Neck

*Mark B. Rogers, DO, CAQSM, FAOASM, FAAFP & Matthew Chung, DO*  
This workshop is designed to provide participants with a "hands on" approach to the evaluation of upper back and neck injuries in the primary care setting. A review of the basic anatomy, underlying pathological or biomechanical alterations, orthopedic examination and osteopathic manipulative techniques for upper back and neck injuries will be discussed. The participants will then work with each other in pairs with faculty supervision to practice the diagnostic maneuvers and osteopathic techniques. (Limited to 30)

**1:15 p.m. - 3:15 p.m.** - Clinical Decision Making: How do I Figure Out What is Going On? (STUDENT WORKSHOP)

*Mark H. Ryan, MD, FAAFP, Sharon L. Diamond-Myrsten, MD & April K. Kavanagh, MD*

This interactive session designed specifically for medical students will be a case-based discussion of the process of clinical decision making and the challenges and pitfalls physicians face while developing differential diagnoses and working to establish a final diagnosis. Family medicine educators will facilitate the session which includes audience-driven discussion and time for Q&A. The goal is to introduce the process by which physicians hone in on potential diagnoses and work through situations that might not have all the information preferred.

## SATURDAY, JANUARY 26, 2019 (CONTINUED)

**1:15 p.m. - 3:15 p.m.** - Case Studies in Contraceptives

*Emily E. Young, DO, MA, MPH & Donna A. Landen, MD*

Join this interactive workshop to delve into complex case studies on contraception management in a variety of ages and populations. Some of the topics to be addressed using the most up-to-date guidelines will include: managing bothersome contraceptive side effects and complications, changing or adjusting contraceptives, recommending safe options for patients with multiple medical problems, using hormonal therapies to treat conditions such as dysmenorrhea/acne/mood, and avoiding contraception failure.

**1:15 p.m. - 3:15 p.m.** - Medicaid/Medicare Roundtable

*Katherine L. Neuhausen, MD, MPH &*

*Antoinetta L. Sculimbrene, MD, MHA, RPh*

Join the Medicaid and Medicare experts for an informal question and answer roundtable discussion.

**3:30 p.m. - 5:30 p.m.** - Resident Research Presentations

Part I - 3:30 p.m. - 4:15 p.m., Part II - 4:30 p.m. - 5:30 p.m.

Each of Virginia's Family Medicine Residency Programs will present the best original research or other scholarly paper with an opportunity for questions and answers at the conclusion of the research presentations.

**6:00 p.m. - 7:00 p.m.** - Resident and Student Reception

Join fellow students and residents for a fun social and networking event. Please note this event is for students and residents only.

## SUNDAY, JANUARY 27, 2019

**7:00 a.m. - 12:00 p.m.** - Registration

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

**7:15 a.m. - 7:45 a.m.** - Resident Meeting

*Emmeline C. Gasink, MD, FAAFP & Denee Moore, MD, Co-Chairs, VAFP Resident, Student and Faculty Committee*

**8:00 a.m. - 8:45 a.m.** - Not Ready for This - Care of the Cancer Survivor

*Michael J. Arnold, MD, FAAFP*

**8:45 a.m. - 9:30 a.m.** - Return To Play - The Pediatric Athlete

*Joel S. Brenner, MD, MPH*

**9:30 a.m. - 10:00 a.m.** - Legislative Update - What's Happening in the Virginia General Assembly & How It Impacts Your Practice

*Hunter W. Jamerson, JD, MBA*

*VAFP General Counsel & Legislative Representative*

**10:00 a.m. - 10:15 a.m.** - Break with Exhibits

**10:15 a.m. - 11:00 a.m.** - Evaluation and Management of Common Tendinopathies

*Edward Y. Kwon, MD*

**11:00 a.m. - 12:00 p.m.** - Case Studies in the Practical Evaluation and Management of Irritable Bowel Syndrome with Diarrhea

*Paul P. Doghramji, MD, FAAFP*

# REGISTRATION FORM

VAFP 2019 Winter Family Medicine Weekend  
January 24-27, 2019 - Wintergreen Resort, Virginia

## Registrant Information

Name: \_\_\_\_\_  
 MD  DO  PA  NP  RN  Other

Practice name: \_\_\_\_\_  
*As you would like it to appear on your name badge*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_  
*Confirmations & other meeting correspondence will be sent via email*

Phone: \_\_\_\_\_

## Registration Fees

By January 4      After January 4

AAFP Member	\$225	\$285
Non-Member	\$370	\$430
PA, NP, RN	\$225	\$285
Life Member	\$ 60	\$ 80
Resident	\$ 60	\$ 80
Student	\$ 40	\$ 55

Registration Fee: \$ \_\_\_\_\_

\*Please call the VAFP for daily registration rates.

Paper Syllabus \$35 \$ \_\_\_\_\_

*Advanced purchase required. Syllabus materials will also be available electronically. The paper syllabus will only contain the materials from the main stage speakers who submit materials prior to the conference.*

Subtotal Column 1: \$ \_\_\_\_\_

## Meal Functions

Friday Boxed Lunch - \$15 \$ \_\_\_\_\_  
*(advanced order required)*

Friday Welcome Reception - Complimentary  
Number Attending \_\_\_\_\_

Saturday Boxed lunch - \$15 \$ \_\_\_\_\_  
*(advanced order required)*

## Afternoon Workshops

### Thursday - Registration Required

3:00-5:00 p.m. - Headache Disorders No charge

5:30-9:30 p.m. Health Behavior KSA/CSA  
(AAFP Member - \$175/Non-Member - \$300) \$ \_\_\_\_\_

### Friday - Registration Required

1:00-5:00 p.m. Asthma KSA/CSA  
(AAFP Member - \$175/Non-Member - \$300) \$ \_\_\_\_\_

1:15-4:15 p.m. Point of Care Ultrasound No charge

1:15-3:15 p.m. Balint Group Workshop No charge

1:15-2:15 p.m. Diabetes No charge

2:30-3:30 p.m. A Health Lawyer's Perspective  
on Virginia's Opioid Prescribing Regulations No charge

### Saturday - Registration Required

1:15-4:15 p.m. OMT for Upper Back & Neck No charge

1:15-3:15 p.m. Clinical Decision Making  
STUDENT WORKSHOP No charge

1:15-3:15 p.m. Studies in Contraceptives No charge

1:15-3:15 p.m. MDCD/MDCR Roundtable No charge

3:30-4:15 p.m. Resident Research - Part I No charge

4:30-5:30 p.m. Resident Research - Part II No charge

Subtotal Column 1: \$ \_\_\_\_\_

Subtotal Column 2: \$ \_\_\_\_\_

Total Registration Fees: \$ \_\_\_\_\_

Mail or Fax to: VAFP, 1503 Santa Rosa Road,  
Suite 207, Richmond, VA 23229, 804-968-4418

## Payment Information

Registration Fees Total: \$ \_\_\_\_\_

FamDocPAC Donation: \$ \_\_\_\_\_

(I understand that only my name/business will be listed in the Winter edition of the *Virginia Family Physician* magazine as a donor. If you do not wish to be recognized please check . Virginia law requires donor information to be reported to the State Board of Elections if your contribution is more than \$100. Contributions are not deductible as charitable contributions for federal income tax purposes.)

VAFP Foundation Donation: \$ \_\_\_\_\_

(Contributions are tax deductible as charitable contributions for Federal Income Tax purposes)

Methods of Payment:  MasterCard  VISA  American Express  Discover  Check (Make payable to VAFP)

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Total Authorized Payment: \$ \_\_\_\_\_