



**Virginia Academy of Family Physicians
2019 Annual Meeting & Exposition
July 18-21, 2019
Sheraton Oceanfront Hotel
Virginia Beach, Virginia**

**The vibrant coastal city of Virginia Beach is home to amazing restaurants, a variety of arts and entertainment, family-friendly attractions, and miles of beaches!
Please join us in Virginia Beach for the VAFP 2019 Annual Meeting & Exposition!**

GENERAL INFORMATION

CME

VAFP 2019 Annual Meeting - VAFP 2019 Annual Meeting & Exposition – This activity is acceptable for up to 21.00 Prescribed credit(s) by the American Academy of Family Physicians.

Diabetes 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.

Hypertension 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/Meeting App

All syllabus materials will be available through the attendee meeting app. A paper syllabus is be available for \$35. The syllabus will only contain the information from the main stage speakers who submit their materials prior to the conference.

Cancellation Policy

Refunds for registrants, minus a \$25 administrative fee will be honored prior to July 3, 2019. No refunds will be given after that date.

Exhibits

Over 60 exhibiting organizations will be available to discuss the latest in product and service developments. Booth visitation prizes will be awarded to eligible registrants.

MAKE YOUR HOTEL RESERVATIONS TODAY!

**Sheraton Oceanfront Hotel
3501 Atlantic Avenue
Virginia Beach, Virginia 23451**



Room Rates
City View: \$209
Oceanview \$239
Oceanfront/Poolview \$279



To make your reservations, please call 757-425-9000 or go to <http://vafp.org/annualmeeting/> to access the link make your reservations online. When calling please mention that you will be with the VAFP.

The cut off date to make hotel reservations is June 15, 2019 at 5:00 p.m.

Please note that the CME Sessions will begin in the afternoon on July 18. If hotel dates before or after the conference are needed, please contact the reservations agent directly at the hotel, Joanne Saint Louis at 757-905-6219 to check availability.

Preliminary Program

Thursday, July 18, 2019

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

Afternoon Workshops

12:30 p.m. – 2:00 p.m. - NEXPLANON® (etonogestrel implant) 68mg Radiopaque (NON-CME)

During the Clinical Training Program for NEXPLANON you will receive hands-on training for insertion and removal procedures as well as implant localization techniques. Completion of this course will allow you to order the product from authorized distributor(s). This session, which is sponsored by Merck, is not accredited for continuing education credit. The training is open only to MD/DO, NP, PA or CNM's and Residents authorized to perform the procedures entailed in the insertion and removal of NEXPLANON in the jurisdiction where they practice. (Limited to 20)

1:00 p.m. – 5:00 p.m. - Diabetes KSA/CSA

Kurtis S. Elward, MD, MPH, FAAFP & Mark H. Greenawald, MD, 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) AAFP Member - \$175 Non-Member - \$300

2:15 p.m. – 4:15 p.m. - Addressing Women's Sexual Well-Being in Family Medicine: Let's Start a Conversation

Lisa Larkin, MD, FACP, NMCP, IF

2:15 p.m. – 3:15 p.m. - Low Sexual Desire in Women

Hypoactive sexual desire disorder (HSDD) in women is a sexual dysfunction that frequently goes unrecognized and untreated. Learn about its prevalence and impact on quality of life, communication strategies and screening tools effective for increasing the identification and diagnosis of patients with HSDD, and common causes and co-morbidities that should be addressed before initiating targeted treatment. The discussion will also focus on the efficacy and safety of approved, emerging, and off-label HSDD treatments.

3:15 p.m. – 4:15 p.m. - Vaginal & Sexual Health at Midlife

It is increasingly recognized that sexual health and well-being is an integral component of women's health. Although 80% of women in the U.S. believe that sex is a necessary component of a fulfilling life, most patients think physicians can do little to help their sexual problems. Persistent stigmatization of women's sexual health further hampers patient-physician communication. Family Physicians are, however, poised to affect meaningful change in the lives of women with sexual dysfunction, such as genitourinary syndrome of menopause (GSM). Learn about the prevalence of GSM and its impact on quality of life, and gather effective tools for communicating with, and developing individualized treatment strategies for, postmenopausal women with GSM.

Friday, July 19, 2019

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

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

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

Delmas J. Bolin, MD, PhD, FACSM, FAAFP & Mitchell B. Miller, MD, FAAFP

Main Stage Presentations

8:00 a.m. – 8:45 a.m. - Innovations and Technology Reshaping the Practice of Cardiovascular Care: Three Twentieth Century Revolutions

Deepak R. Talreja MD, FACC

Friday, July 19, 2019 (continued)

8:45 a.m. – 9:45 a.m. - Evaluation and Workup for Pelvic Pain in Women: The Critical Role of Family Physicians

Sarina Schragger, MD, MS

9:45 a.m. – 10:15 a.m. - Annual Business Meeting

2018-2019 VAFFP President Delmas J. Bolin, MD, PhD, FACSM, FAAFP will report on the "State of the VAFFP" and a comprehensive printed Annual Report will be distributed during the meeting. Hunter Jamerson, JD, MBA, VAFFP Legal Counsel & Legislative Consultant, will provide a brief overview of the current legislative environment in Virginia and what to expect at the 2020 General Assembly.

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

10:45 a.m. – 11:30 a.m. - Flourishing in a Relentless World

R. Kelly Grace, Ph.D.

11:30 a.m. – 12:30 p.m. - Diabetes and Heart Failure: Truth and Consequences

Louis M. Kuritzky, MD

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

Afternoon Workshops

1:15 p.m. – 5:00 p.m. - Hypertension KSA/CSA

Kurtis S. Elward, MD, MPH, FAAFP & Mark H. Greenawald, MD, 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) AAFP Member - \$175 Non Member - \$300

1:30 p.m. – 3:30 p.m. - EKG Case Studies

Deepak R. Talreja MD, FACC (invited)

1:30 p.m. – 4:30 p.m. - Joint Injections

Delmas J. Bolin, MD, PhD, FACSM, FAAFP,

Jeffrey B. Roberts, MD, CAQ, FAAFP & Mark E. Rolfs, DO, Pharm.D.

Participants will learn or 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, and other common musculoskeletal targets. In addition to presenting the evidence for specific indications and clinical effectiveness, examination maneuvers to identify appropriate patients and anatomic landmarks, we will discuss pearls for appropriate documentation, CPT coding and the use of modifiers to help your bottom line. (Limited to 30)

3:45 p.m. – 4:45 p.m. - Introduction to the Population Health Assessment Engine (PHATE): Transforming Clinical & Population Data into Community Assessment

Winston Liaw, MD, MPH

The Population Health Assessment Engine (PHATE) can improve population health and help you understand how social determinants affect your patients. Developed collaboratively by the American Board of Family Medicine and the University of Missouri, PHATE allows users to view the communities they are serving, community data, community partners, and disease and (poor) quality hot spots. To better use PHATE, the Robert Graham Center and HealthLandscape developed educational materials that teach clinicians, administrators, and learners how to incorporate PHATE and population health concepts into practice. During this exciting session, participants will be introduced to PHATE and the PHATE curriculum.

Preliminary Program

Friday, July 19, 2019 (continued)

6:30 p.m. - 9:00 p.m. - Installation of Officers & Directors and Academy Awards Dinner

Join other meeting attendees for the installation of elected VAFP Officers and Directors including 2019-2020 President Emmeline C. Gasink, MD, FAAFP. VAFP Past President Charles O. Frazier, MD, FAAFP will be the installing officer. Outgoing VAFP President Delmas J. Bolin, MD, PhD, FAAFP will honor the individuals who have been selected for the VAFP Academy Awards. The evening will include a full dinner and dessert. This event will be held at the Hilton Oceanfront Hotel, 31st Street and Atlantic. The Hilton is 4 blocks from the Sheraton. Complimentary valet parking is available. Advanced registration and payment is required. Cost is \$35 per person.

Saturday, July 20, 2019

6:00 a.m. - 7:00 a.m. - Yoga

Beth Polk, MD

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

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

Main Stage Presentations

7:50 a.m. - 8:00 a.m. - VAFP Foundation Update

Roger A. Hofford, MD, CPE, FAAFP, VAFP Foundation Chair

8:00 a.m. - 8:45 a.m. - How Family Physicians Reduce Maternal Death in the 'Fourth Trimester' and First Postpartum Year

David S. Gregory, MD, DABFM, FAAFP

8:45 a.m. - 9:45 a.m. - William Johnson West Lectureship - VCU Department of Family Medicine & Population Health: Top Ten EBM Updates from the Medical Literature

Frank J. Domino, MD

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

10:15 a.m. - 11:00 a.m. - Recognizing Child Abuse in the Primary Care Office

Robin Foster, MD, FAAP, FACEP

11:00 a.m. - 11:45 a.m. - Pharmacogenomics

Charles O. Frazier, MD, FAAFP

11:45 a.m. - 12:30 p.m. - Breast Care and Imaging Perspective: What You Need To Know

Maria E. Pace, MD

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

Afternoon Workshops

1:30 p.m. - 3:00 p.m. - Medical Cannabis: Is it legal? Does it work? Should I prescribe it?

Hunter W. Jamerson, MBA, JD

Scientific and legal experts join us to discuss Medical Cannabis in Virginia. Guidance on efficacy, clinically appropriate treatment, and the applicable legal framework will be provided.

1:30 p.m. - 3:00 p.m. - TADA! Introduction To Dermoscopy and Improved Skin Cancer Screening For the Primary Care Physician

Joanne T. Gbenjo, MD, Ian M. Blubaugh, MD & Gabrielle Hood, MD

This will be a hands-on interactive introduction to dermoscopy, which is a noninvasive and easy to use method for skin examination that can increase your diagnostic accuracy in the clinic. Basic terminology and techniques will be covered, as well as an introduction to the Triage Amalgamated Dermoscopy Algorithm (TADA), which is a validated screening tool for the identification of malignant skin lesions. Equipment will be provided and no experience is

necessary. (Limited to 20)

Saturday, July 20, 2019 (continued)

1:30 p.m. - 4:30 p.m. - Introduction to Point of Care Ultrasound for the Family Physician

Timothy Yu, MD, CAQSM, RMSK and Matthew Paine, MD

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 can impact clinical decision making. During this hands-on workshop, we will briefly review the basic principles of ultrasound and its application into practice. 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. (Limited to 20.)

3:15 p.m. - 5:15 p.m. - Opioid Crisis Facing our Communities - Practitioner Diversion Awareness

Jennifer Reed

This Drug Enforcement Administration (DEA) session is focused on the clinical aspects of narcotic drug prescribing, administration and handling. The presentation will focus on how to identify signs of abuse, misuse and diversion and how to prevent misuse. (*This session satisfies your BOM Controlled Substances CME requirement.*)

3:15 p.m. - 4:45 p.m. - TADA! Introduction To Dermoscopy and Improved Skin Cancer Screening For the Primary Care Physician (REPEAT)

Joanne T. Gbenjo, MD, Ian Blubaugh, MD & Gabrielle Hood, MD

This will be a hands-on interactive introduction to dermoscopy, which is a noninvasive and easy to use method for skin examination that can increase your diagnostic accuracy in the clinic. Basic terminology and techniques will be covered, as well as an introduction to the Triage Amalgamated Dermoscopy Algorithm (TADA), which is a validated screening tool for the identification of malignant skin lesions. Equipment will be provided and no experience is necessary. (Limited to 20)

5:45 p.m. - 6:45 p.m. - All Attendee Happy Hour

On your way out for the evening, stop by and join other meeting attendees for family fun and camaraderie. This complimentary event will be held on the conference level of the Sheraton Oceanfront Hotel overlooking the beach and Atlantic Ocean. Enjoy light hors d'oeuvres and beverages! Advanced registration is required.

Sunday, July 21, 2019

7:00 a.m. - 12:00 noon. - Registration

Mainstage Presentations

7:15 a.m. - 8:30 a.m. - CME Breakfast - Medical Malpractice Updates

Gerald C. Canaan, JD

8:30 a.m. - 8:45 a.m. - Break

8:45 a.m. - 9:45 a.m. - An Update on Parkinson's Disease: Evaluations and Strategies

Karen M. Thomas, DO

9:45 a.m. - 10:30 a.m. - Nutrition: A Life or Death Conversation

Jim White, RDN, ACSM, EX-P

10:30 a.m. - 11:15 a.m. - Evaluation of Patients that Present with Dizziness and Vertigo Symptoms

William F. Calautti PT

11:15 a.m. - 12:00 noon - Care for LGBTQ Patients

Joanne Thambuswamy, MD