



CME AGENDA

Friday, April 14, 2023

8:00 AM – 8:15 AM

Welcome/Announcements

8:15 AM – 9:15 AM

Parasomnias and Sleep Disorder

Ariel Cole, MD

Learning Objectives:

- Outline difficulties and barriers to managing insomnia
- Discuss the evaluation and management of sleep disorders
- Implement short term insomnia management program in primary setting

9:15 AM – 10:15 AM

Abnormal Uterine Bleeding

Jennifer Simpkins, MD

Learning Objectives:

- Review most common etiology of Abnormal Uterine Bleeding (AUB)
- Identify workup and management of AUB during different stages of a women's life - adolescent, child-bearing age, perimenopause, postmenopausal

10:15 AM – 10:30 AM

BREAK

10:30 AM – 11:30 AM

Screening and Care Across a Woman's Lifespan

Jennifer Simpkins, MD

Learning Objectives:

- List screening recommendations (immunizations, chronic disease risk, etc.) and routine care for adolescent females and women of child bearing age
- Outline screening recommendations (immunizations, chronic disease risk, etc.) and routine care for post-menopausal women

11:30 AM – 12:30 PM

NON-CME LUNCH (Walmart Health)

12:50 PM – 1:00 PM

President's Welcome/Updates: Christy Cavanagh, MD

Friday, April 14, 2023

1:00 PM – 3:00 PM

Workshop: Long-Acting Reversible Contraception (LARC) (2 hours)

(Maximum of 30 participants; no additional fee; advance registration required; onsite registration not available; in-person participation only)

This workshop runs concurrent with main stage and intended for physicians who desire to learn more about long-acting reversible contraception (LARC) methods available so they can better counsel patients on these options. Workshop to include hands-on LARC device insertion/removal practice.

Speakers: Ashley Falk, MD; Ashley Wilk, DO

Learning Objectives:

- Outline types of LARC available and appropriate use of each
- Experience hands on training of placing/removing LARC devices
- Discuss options for emergency contraception

1:00 PM – 2:00 PM

Knee Pain

Luke Oh, MD

Learning Objectives:

- Discuss traumatic and non-traumatic sport injuries of the knee
- Explain the proper examination techniques of the knee
- Decide when to image and when to refer a knee injury
- Discuss proper management techniques for common knee injuries

2:00 PM – 3:00 PM

Shoulder Pain

Eric Coris, MD

Learning Objectives:

- Conduct an evidence-based assessment of patients with chronic shoulder pain
- Compare and contrast common chronic shoulder disorders and possible imaging modalities for evaluation
- Develop evidence-based management plans for patients with chronic shoulder disorders that can be treated in the ambulatory setting

3:00 PM – 3:30 PM

BREAK

3:30 PM – 5:30 PM

Florida Mandatory: Controlled Substance Prescribing (2 hours)

This presentation satisfies the State of Florida mandatory requirement

David Koo, MD

Learning Objectives:

- Comply with the Florida Controlled Substances Bill (CS/CS/HB 21)
- Identify the requirements of HB 21 including but not limited to: opioid abuse by establishing prescribing limits, requiring continuing education on controlled substance prescribing, expanding required use of Florida's Prescription Drug Monitoring Program, and EFORCSE
- Review CDC guidelines for treating acute and chronic pain
- Implement appropriate monitoring and referrals for patients who are prescribed controlled substances

5:30 PM – 5:35 PM

Day 1 Wrap-Up/Announcements

5:30 PM – 6:30 PM

Welcome Reception

Saturday, April 15, 2023

7:00 AM – 9:00 AM

ABFM KSA Study Group: **Diabetes (2 hours)**

(additional fee; advance registration required; onsite registration not available; in-person participation only)

Alfred Gitu, MD / Thomas Waller, MD

8:00 AM – 8:15 AM

Welcome/Announcements

8:15 AM – 9:15 AM

Journal Article Review

Adrianna Clapp, MD

Learning Objectives:

- Discuss the current state of knowledge with reference to literature
- Determine findings of the articles/studies
- Interpret results and their potential to impact daily practice

9:15 AM – 10:15 AM

Mastering Effective Patient Education

Kerwyn Flowers, DO

Learning Objectives:

- Review the various modalities for educating patients
- Discuss the importance of patient engagement and its relation to patient education
- Identify at least two strategies or interventions to improve skills in performing effective patient education

10:15 AM – 10:30 AM

BREAK

10:30 AM – 12:30 PM

Sports Medicine Panel: Hip Pain, Foot & Ankle, Running Medicine (2 hours)

Eric Coris, MD; Tara Moncman, DO; Matthew Rensberry, MD

Learning Objectives:

- Review typical history and physical exam findings that help narrow the differential diagnosis of hip pain and list common pathology and treatment in hip disorders
- Identify common running injuries and their management
- Identify common medical conditions in endurance athletes
- Identify common foot and ankle problems seen by Family Physicians and identify management options for common foot and ankle problems; determine when to refer to a foot and ankle orthopaedic surgeon

12:30 PM – 1:30 PM

LUNCH

1:30 PM – 3:30 PM

Workshop: Osteopathic Manipulative Therapy/Musculoskeletal (OMT/MSK) (2 hours)

(Maximum of 30 participants; no additional fee; advance registration required; onsite registration not available; in-person participation only)

This workshop runs concurrent with main stage and intended for physicians, residents, and students interested in a broad introduction to OMT and some hands-on techniques

Kerwyn Flowers, DO; Nathan Hershberger, DO

Learning Objectives:

- Identify musculoskeletal exam findings that indicate the need for a more detailed osteopathic examination
- Develop a plan to diagnose common spinal problems and some simple osteopathic manipulation techniques to treat them
- Describe how to properly document and bill for osteopathic manipulation



Family Medicine Spring Forum 2023

Hilton Bonnet Creek, Orlando, FL
April 14-16, 2023

Saturday, April 15, 2023

1:30 PM – 2:30 PM

Cutting Edge Family Medicine Research

Shivi Collins (*Student*); Farah Leclercq, DO (*Resident*); Jorge Mora, MD

Learning Objectives:

- Be familiar with medical research topics, emerging research, and updates in the medical field gained through the presenter's research
- Be familiar with terminology, sources, data, methods, background, impact, and debate as it pertains to the specific project or research
- Gain understanding into the purpose, trials, difficulties, limitations, benefits, outcomes, and medical relevance of the presenter's topic
- Raise awareness in the community on pressing medical issues and educate patient population on outcomes

2:30 PM – 3:30 PM

In-Office Emergencies

Lee Coghill, MD

Learning Objectives:

- Identify conditions which commonly present as unexpected emergencies in the office setting
- Discuss how to assist in emergency situations in non-hospital settings
- Become familiar with the resources needed to manage in-office emergencies

3:30 PM – 3:45 PM

BREAK

3:45 PM – 5:45 PM

Neuro Panel: Dizziness, Multiple Sclerosis, Dementia (2 hours)

Lee Coghill, MD; Neil Oslos, MD; Ariel Cole, MD

Learning Objectives:

- Categorize patients with dizziness and select appropriate diagnostic approach; perform and interpret a HINTS (Head Impulse, Nystagmus, Test of Skew) exam
- Diagnose multiple sclerosis and differentiate it from other disorders; outline treatment regimens for the comorbidities frequently associated with multiple sclerosis
- Review updates on screening, diagnosis, and management of dementia; Outline treatment options and evidence-based non-pharmacologic and pharmacologic management of Behavioral and Psychological Symptoms of Dementia (BPSD)

5:45 PM – 5:50 PM

Day 2 Wrap-Up/Announcements



FLORIDA ACADEMY OF
FAMILY PHYSICIANS
SUPPORTING FLORIDA'S FAMILY PHYSICIANS

Family Medicine Spring Forum 2023

Hilton Bonnet Creek, Orlando, FL

April 14-16, 2023

Sunday, April 16, 2023

7:50 AM – 8:00 AM

Welcome/Announcements

8:00 AM – 9:00 AM

Rheumatoid Arthritis

Arnaldo Torres, MD

Learning Objectives:

- Identify patients with seropositive and seronegative rheumatoid arthritis (RA)
- Review recommended management for RA by primary care physicians and when to refer to rheumatology
- List important risk factors prior to the initiation of disease-modifying antirheumatic drugs (DMARDs)

9:00 AM – 10:00 AM

Legal Update and Management of Early Pregnancy Care

Danielle Carter, MD

Learning Objectives:

- Outline medical and surgical management of early pregnancy loss
- List laws regarding pregnancy termination in Florida
- Identify medical and surgical management of pregnancy termination

10:00 AM – 10:15 AM

BREAK

10:15 AM – 11:15 AM

Utilization Management: An Overview for Family Physicians

Stephen Keen, MD

Learning Objectives:

- Identify what utilization management is, why it is used, and the pros and cons of modern utilization management in place by health plans
- Discuss overview of pre-service, concurrent, and post-service requests including appeal rights
- List the basics of major nationally recognized evidenced based "care guidelines" and how to apply in practice

11:15 AM – 12:15 PM

Skin Care for People of Color

Melanie VanDemark, MD

Learning Objectives:

- Diagnose skin conditions that more commonly affect people of color
- Establish how common skin conditions affect people of color
- Counsel people of color on skin cancer prevention and early detection by understanding the unique presentation of skin cancer in these patients

12:15 PM – 12:20 PM

Wrap-Up/Final Announcements