





Summer SEA-M-E Conference
June 9 - 13, 2024
Hyatt Place Dewey Beach

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Faculty Disclosure - All faculty participating in this continuing medical education activity are expected to disclose any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity. Any reported conflicts of interest were cleared prior to this event.

KEY

CME	Social	Symposium	PS = Patient Safety	 Wellness	 Opioid Education
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SUNDAY, JUNE 9, 2024	
10 am	REGISTRATION OPENS
11:45 am	WELCOME AND OPENING REMARKS
12 – 1 pm	Early Detection and Evidenced-based Pharmacotherapy for Postpartum Depression <i>PS</i> Anita H. Clayton, MD, University of Virginia School of Medicine
1 – 1:45 pm	Practice Update for the Management of ADHD in Primary Care <i>PS</i> James Waxmonsky, MD, Penn State Hershey
1:45 – 2:15 pm	WELLNESS/EXHIBIT/REFRESHMENT BREAK 
2:15 – 3:15 pm	Update in Migraine Treatment <i>PS</i> Lauren C. O’Brien, MD, WHS Family Medicine Residency Program
3:15– 4:15 pm	Pediatric Hypertension <i>PS</i> Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Binghamton, New York
4:15 – 5 pm	Psychopharmacology Genetics <i>PS</i> Daniel Orr, MD, Exton, PA
5 – 6 pm	Reception symposium – DermaSensor This event is not a part of the official Pennsylvania Academy of Family Physician (PAFP) CME Conference. The content of this event and opinions expressed by the presenters are those of the sponsor/presenter and not that of the PAFP.
6:30 – 8 pm	WELCOME PARTY AND BONFIRE ON THE BEACH! Attendees and Guests/Family Members welcome!
MONDAY, JUNE 10, 2024	
6 – 7 am	DAYBREAK WITH DOUG!!  Doug Lentz, MS, CSCS, Certified Exercise Specialist Ease into the day and wake up your body with important core strengtheners (Bring a towel from your room if possible.)

7 am	REGISTRATION OPENS
7 am	INDEPENDENT PRACTICE PHYSICIAN'S BREAKFAST
7 – 7:45 am	EXHIBITOR MEET AND GREET BREAKFAST Enjoy breakfast with our corporate colleagues and Academy supporters.
8 – 8:45 am	From Cancer to Comfort Care Understanding the Role of Your Hospice & Palliative Colleagues PS Nicki Vithalani, MD, FAAFP and Mariam Dundu, MD, Boalsburg, PA
8:45 – 10:45 am	Addressing Suicide Risk in Children and Adolescents: A Practical Guide for Clinicians PS Raman Baweja, MD, and James Waxmonsky, MD, Penn State Hershey (This will be a 2 hour simulation lab to include a skit with walk through of how to assess a suicidal teen during a primary care appointment.)
8:45 – 10:45 am	WORKSHOP - Intrauterine Device Techniques for Family Physicians PS Martha Simmons, MD, FAAFP and Robert McClowry, MD, Philadelphia
9:45 – 10:30 am	Dive Medicine PS Daniel Plavin, MD, FAWM, St. Luke's University Health Network
10:45 – 11:15 am	WELLNESS/ EXHIBIT/REFRESHMENT BREAK  Doug's is going to cover new movements and exercises can be done throughout the conference or anytime...perfect for you and your patients.) No experience necessary, very informal and fun...really. Purpose: Increase blood flow to active muscles; raises core body temperature; enhances metabolic reactions; and improves joint range of motion. Focus for this session is on mobility and simple balance. These exercises will happen in the meeting room immediately following the last set of sessions.
11 am – 12:30 pm	WORKSHOP - OMT for Headache Disorders PS Abby Rhoads, DO and Nicholas Labatch DO, St. Luke's Health Network
11 – 11:45 am	Travel Medicine PS - Gregory Dobash, MD, FAWM, St. Luke's University Health Network
11:15 am – 12 pm	Must-Have Medical Apps for Practice PS Joshua Steinberg, MD, UHS Wilson Family Medicine Residency, Binghamton, New York
11:45 am – 12:30 pm	Future Stars Session! Envenomations PS Peter Wenger, DO and Bridget Smith, DO, St. Luke's University Health System
12 - 12:45 pm	Behavioral Health: Taking the Pain out of Pain Management PS Aviva Gaskill, Ph.D, Seven Spoons Therapy and Sean Healey, Psy.D
12:45	LUNCH
7:30 – 9 pm	SUNSET CRUISE Transportation provided to and from Lewes where we'll catch the boat. Snacks and beverages will be available on board. The shuttle will leave at 6 pm sharp from the side parking lot at Hyatt Place. See registration for pricing and details.

TUESDAY, JUNE 11, 2024

6:30 – 7:30 am

EARLY RISER EXERCISE 

7 – 8 am

BREAKFAST/EXHIBITORS

8 – 9 am

Addressing Gun-Related Violence in a Family Physician’s Office **PS**

John Boll, DO, UPMC Williamsport Family Medicine Residency

9 – 10:30 am

WORKSHOP - OMM Techniques for the Seated Patient **PS**

Bradley Miller, DO and Aaron George, DO, Meritus Health

9:30 – 10:30 am

Outdoor Trauma **PS** Gregory Dobash, MD, FAWM, St. Luke’s University Health Network

10:30 – 11 am

WELLNESS/EXHIBIT/REFRESHMENT BREAK 

11 – 11:45 am

Managing the Hypermobile Patient **PS** Abby Rhoads, DO, St. Luke’s University Health Network

11 am – 11:45 am

The Effects of Climate Change on Health – an Update

D. Scott McCracken, MD, Wellspan York

12 – 1 pm

LUNCH**The Lila Stein Kroser, MD Memorial Lecture (12:15 – 12:45 pm)**

Susan Kuchera Fidler, MD, Abington Memorial Hospital (topic TBA)

WEDNESDAY, JUNE 12, 2024

6:30 – 8 am

WAKE UP AND MOVE! 

Details coming soon.

7 – 8 am

BREAKFAST/EXHIBITORS

8:15 – 10:15 am

Office Treatment 101 for Patients with OUD **PS**

Bradley Miller, DO, Meritus Health and John Boll, DO, UPMC Williamsport Family Medicine Residency

10 am – 12 pm

WORKSHOP - MSK POCUS **PS** T. Grant Phillips, MD, UPMC Altoona Family Physicians

10:15 – 11 am

Sports Medicine **PS** Daniel Cristo, DO, Pittsburgh, PA

11 – 11:30 am

WELLNESS/EXHIBIT/REFRESHMENT BREAK 

11:30 – 12:15 pm

Common Ophthalmic Urgencies and Emergencies **PS** Sukhjeet Kamboj, MD, Wellspan Family Medicine Residency, Lebanon

12:15 - 1 pm

PreP Update **PS** D. Scott McCracken, MD, Wellspan York

12:15 – 1 pm	Management of Heat Related Illnesses <i>PS</i> Danica Zold, DO, Jefferson Health (tentative)
1 – 2 pm	LUNCH SYMPOSIUM - Proper Use of Legal Entities for lawsuit Protection and Tax Reduction This event is not a part of the official Pennsylvania Academy of Family Physician (PAFP) CME Conference. The content of this event and opinions expressed by the presenters are those of the sponsor/presenter and not that of the PAFP.
2:15 – 4:15 pm	Optional Afternoon CME Strategies for Improving Maternal and Infant Health Related to Opioid Use <i>PS</i> (Pre-recorded) John Gallagher, MD and Rabecca Dase, MHA-Practice Transformation Specialist, Quality Insights The Role of Dietary Protein in Weight Loss and Improving Body Composition <i>PS</i> (live webinar) Drew Sayer, Ph.D, University of Alabama at Birmingham
8 – 9 pm	GAME SHOW NIGHT! Join us for a hilarious edition of “Truth be Told” – A family friendly event game show where panelists will interrogate one another to determine if the “personal facts” are actually the truth or a lie. See registration for pricing and details.
THURSDAY, JUNE 13, 2024	
7:00 am	BREAKFAST ON YOUR OWN
8:30 – 9:15 am	How Practicing Lifestyle Medicine Can Reduce Stress and Make Practicing Family Medicine More Enjoyable <i>PS</i> Megan Maurer, DO, UPMC Altoona Family Physicians
9:15 – 10 am	COPD <i>PS</i> Grant Phillips, MD, UPMC Altoona Family Physicians
10 – 10:45 am	Lifestyle Medicine and Obesity <i>PS</i> Megan Maurer, DO and Michael Geishauser, PharmD, UPMC Altoona Family Physicians
10:45 – 11:10 am	REFRESHMENT AND CHECK-OUT BREAK
11:15 – 12:15 pm	Systematic Approach to Thoracic Outlet Syndrome in Primary Care <i>PS</i> Ryan Zimmerman, DO, FACOI, FACP, Tower Health
12:15 – 1 pm	Increasing Family Physician Acceptance of Patients with Intellectual or Developmental Disabilities <i>PS</i> Jeffrey Zlotnick, MD, Tower Health
1 pm	CLOSING DRAWING AND REMARKS