

**PENNSYLVANIA ACADEMY OF FAMILY PHYSICIANS
NOVEMBER 12-14
The Westin Pittsburgh (and virtually)**

Faculty Disclosure - All faculty participating in continuing medical education activities sponsored by the PAFP Foundation are expected to disclose to the activity audience 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.

Type Key: CME  Fit and Healthy  Social  PAFP Business Meetings 

PS = Patient Safety

 = **Wellness**

Mandated education



Thursday, November 11		
2:00 pm – 3:30 pm		Committee Meetings GPAC COCPD
3:30 pm – 5 pm		Board of Directors Meeting
Friday, November 12		
8:00 am		Registration and light breakfast
8 am		Social Lounge (Open all throughout the conference) <i>Gather and mingle with your colleagues to unwind and recharge. The Lounge will have limited beverages and snacks.</i> <i>New! Need a break from everything just to have some quiet time? Stop by our Relax Zone to do just that. Did someone say massage chairs? Available for conference attendees.</i>
8:15 am		Welcome and opening remarks followed by Body Flow Movements and Mindfulness Minutes
8:30 – 11:30 am		KSA – Care of Children – Part 1 PS Americo Fraboni, MD, Dept. of Family Medicine, University of Minnesota School of Medicine, Minneapolis and Fairview Northland Medical Center, Princeton, MN David Glenn Weismiller, MD, ScM, FFAFP, Dept. of Family and Community Medicine, University of Nevada, Las Vegas School of Medicine
8:30 – 9:00 am		The Psychological and Physiological Effects of Exercise PS Jeffrey A. Zlotnick, MD, Penn State St. Joseph FMR, Reading, PA
9 – 9:45 am		SSA Disability – An Overview for Family Physicians PS Paul M. Smith, MD, North Huntingdon, PA
9:45 – 10:30 am		Ulcerative Colitis PS William Sonnenberg, MD, Titusville
10:30 – 11 am		Refreshment Break
11 – 11:15 am		Wellness Segment - Dynamic Stretching (in ballroom) 

11:15 am – 12 pm		Implicit Bias <i>PS</i> Perry Meadows, MD, Geisinger Health System, Danville, PA
12:00 pm – 1:00 pm		Lunch Understanding Legal Tools: The Key to Lawsuit Prevention and Tax Reduction Mr. Leland McKay, Springville, Utah <i>This event is not part of the official Pennsylvania Academy of Family Physician's CME Conference. The content of this event and opinions expressed by the presenters are those of the sponsor/presenter and not of the PAFP. The PAFP does not endorse any group or company and your due diligence is always suggested prior to doing business with any organization.</i>
1 – 3 pm		KSA – Care of Children – Part 2
1:00 – 1:45 pm		Depression Medications – Use this in this instance, not that! <i>PS</i> Daniel Orr, MD, Exton, PA
1:45 – 2:15 pm		Humor in Medicine ... The Funny Side of Family Practice – Part 1 (remote presenter) Gloria F. Donnelly, PhD, RN, FAAN, FCPP Drexel University, College of Nursing and Health Professions
2:15 – 2:25 pm		Wellness Activity – Five-Minute Meditation 
2:25 – 2:45 pm		Advocacy 101 – What's in it for you and your patients?
2:45 – 3 pm		Refreshment Break
3 – 3:45 pm		Precepting Pennsylvania's Medical Students Amanda Kost, MD, Med, University of Washington School of Medicine
3:45 pm – 5:45 pm		Recognizing and Responding to Children at Risk – Act 31  <i>PS</i> David Turkewitz, MD, West Penn Hospital Bruce Noel, MSW, Allegheny County Dept of Human Services <i>(This session is NOT available virtually.) Limited to 100 people.</i>
6 – 7 pm		PAC Fundraiser – Offsite restaurant location TBD Join us and the company of friends for a great cause! Food and drinks provided, but you should bring your own friends. 😊 Minimum donation of \$150 to the PAFP PAC suggested. The suggested donation for residents/medical students is \$50.
7 – 8:30 pm		Healthy Eating and Pairing Learn how to educate patients with evidence-based science, but translated through food, along with behavior change techniques. Join us for this fun, healthy eating and pairing experience with a Registered Dietitian and Chef who will demonstrate just how easy eating healthy can be! Enjoy beverage pairings to accompany each selection. (NO FEE for registrants.) \$20 fee for spouses/guests – see registration for information)

Saturday, November 13



7 am Social Lounge and Relax Zone available

7 am – 8 am **Wake-up Wellness Activity – Fun Walk/Run**
Start your day with a nice walk (or run) on a crisp autumn morning under (we hope) beautiful skies. Interested? Join us in the lobby at 6:45 am. Westin staff will be spearheading this activity, taking us along a pre-determined safe route.

8:00 am – 9:00 am **Breakfast and Info Exchange with Exhibitors**

9:00 am – 9:30 am **Humor in Medicine ... The Funny Side of Family Practice – Part 2 (remote presenter)**
Gloria F. Donnelly, PhD, RN, FAAN, FCPP
Drexel University, College of Nursing and Health Professions

9:30 – 10:30 am **Moral Injury as a Source of Healthcare Worker Harm PS**
Robert Lennon, MD, JD, FAAFP, Penn State Hershey

10:30 am – 11 am **Refreshment Break and Info Exchange with Exhibitors**

11 am – 11:15 am **Wellness segment – Mindful Moments** 

11:15 am – 12 pm **Diabetes Pharmacology – What to Use When PS**
Andrew Lutzkanin, MD, FAAFP, Penn State Health

12 pm – 12:45 pm **Lunch and Info Exchange with Exhibitors**

12:45 – 1:45 pm **Technology and Medicine**
Most Useful Apps for Family Physicians and Patients (remote presenter)
Alexis Reedy-Cooper, MD, Penn State Health



1:45 – 2:30 **Management of Rheumatoid Arthritis in Primary Care**
Gregory Dobash, MD, St. Luke's Health Network, Bethlehem, PA




2:30 – 3 pm **Refreshment Break and Info Exchange with Exhibitors**

3:00 pm – 4 pm **Challenges in the Prevention of Influenza: Current Status, High Risk Populations, the COVID-19 Pandemic and Vaccine Hesitancy PS**
Robert H. Hopkins, Jr., MD, University of Arkansas for Medical Sciences

4 – 4:45 pm **Healthcare Delivery Models**
A Panel Discussion of Pros and Cons – Concierge, Employed, Solo, DPC, Value-Based PS
Harry Haus, MD – Concierge
Samidha Bhat, MD – Value-Based
Tiffany Leonard, MD, FAAFP – DPC
Andrew Lutzkanin, MD, FAAFP – Employed
Edward Zurad, MD, FAAFP – Solo

4:45 – 5:15 pm **COVID Update PS**
Jayson Loeffert, DO, Penn State Hershey

 **5:15 pm – Tailgate social! Everyone is invited to this fun event!** 
Be sure to wear your favorite college or pro team jersey and/or fan gear.
Great food, friends, a caricaturist art ... and a surprise visit from a super “cool” Pittsburgh celebrity!

Sunday, November 14		
7:30 – 8:15 am		Wake-up Wellness Activity – Yoga 
8:15 – 9 am		Breakfast and PAFP Legislative Update
9 am – 10:00 am		Pain Management and Opioids: Balancing Risks and Benefits – Part 1  PS Barbara Nightingale, MD, UPMC McKeesport Latterman Family Health Center
10:00 – 10:25 am		Check out break (refreshments provided)
10:30 – 11:15 am		Differentiating between Bipolar and Depression (remote presenters) PS Tanya Vishnevsky, Ph.D, Newtown, PA and Kyle Holsinger, PsyD, LifeStance Health
11:15 – 12:15 pm		Pain Management and Opioids: Balancing Risks and Benefits – Part 2  PS Barbara Nightingale, MD, UPMC McKeesport Latterman Family Health Center
12:20 pm		Closing remarks and prize drawing

PAFP would like to convey a very special thank you to our annual sponsors whose continued support helps keep our costs manageable!

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Mark your calendar for these upcoming 2022 events...

April 2 New! FM Essentials Summit **(Earn all your mandated CME in one day!)**
Also PAFP's Annual Business Meeting and Research Day
Lancaster Marriott at Penn Square, Lancaster, PA

June 19 – 23 Summer Adventures CME Conference – Bring your family and friends
Camelback Mountain Resort, Poconos, PA

August 14 New! First-ever PAFP Member Appreciation Day at Hersheypark
Enjoy deeply discounted admission rates, free t-shirts, giveaways, free picnic and tons of fun!

November 5 New! FM Essential Summit **(Earn all your mandated CME in one day!)**
The Inn at Villanova, Wayne, PA