

Adventures in Family Medicine Conference Sun, Sand and CME

The Grand Hotel, Cape May, NJ
June 27 – 30, 2021

This program is co-sponsored by the Philadelphia College of Osteopathic Medicine. Continuing Education Credit: Physicians: The Philadelphia College of Osteopathic Medicine is accredited by the American Osteopathic Association of medical education for physicians. The Philadelphia College of Osteopathic Medicine designates this program for a maximum of 23.5 hours of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Application has been filed with the AAFP for CME credit. Determination of credit is pending. Application has been submitted for FAWM credit.

SUNDAY, JUNE 27

11 AM	Registration
11:45 – 12 PM	Welcome and Opening - Overview of the program and what to expect (Grab-n-Go lunch available)
12 – 12:45 PM	<p>(Afternoon sessions will be held inside – spaced accordingly)</p> <p>Assessing the Wilderness / Adventurer Patient Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Daniel Plavin, MD, St. Luke’s Family Medicine Residency, Bethlehem, PA</p>
12:45 – 1:30 PM	The Effects of Climate Change on Health – Alan Peterson, MD, Lancaster General/Penn Medicine
1:30 – 2 PM	Insect Borne Illnesses - Gregory Dobash, MD, and Daniel Plavin, MD, St. Luke’s Health Network, Bethlehem; Quentin Moyer, MS, Harvard
2 – 2:15 PM	Refreshment / Info Break
2:15 – 5:15 PM (There will be a 15 minute break built in)	<p>Casting Workshop Each workshop will be 1.5 hours and will run twice, from 2:15 – 3:45 pm and from 4 – 5:30 pm. Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph’s FMR, Reading, PA Michael S. Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA</p> <p>Sports Dislocations Treatable by Family Physicians – Eric Kephart, DO, Kephart Integrative Medicine, Doylestown, PA</p>
5:15 – 6:15 PM	<p>Assessing the Need for and Coordinating an Evacuation – Natural Disasters (outside) Theodore Demetriou, DO, Penn State Health, Hershey, PA</p> <p>Dr. Demetriou will use his skills as medical commander for marine units in Eastern Europe to offer instruction on how to assess the need for and coordinate an evacuation in disaster scenarios.</p>
6:30 PM	Welcome Reception on the sundeck

7:30 AM – 8:15 AM	Yoga on the beach – everyone invited <i>Brought to you by our friends at Patient First</i>
8:30 – 9:15 AM	Sports Medicine in Primary Care Jayson Loeffert, DO, Penn State College of Medicine, Hershey, PA
9:15 – 9:45 AM	MEDICAL NON-EMERGENCIES – (Inside or on the sundeck) Sunburn / Solar Dermatitis / Eye problems from the Sun Rachel Day, MD, FAAD, Oneskin Dermatology, Chambersburg, PA Lacerations in the Wilderness: What to do AFTER the bleeding has stopped Linda Laskowski-Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE The Poisons – Ivy, Sumac, Oak Rachel Day, MD, OneSkin Dermatology, Chambersburg, PA
9:45 – 10:15 AM	
10:15 – 10:45 AM	
10:45 – 11 AM	Refreshment and Info Break
11 AM – 12:30 PM	URGENT MEDICAL SCENARIOS – (Outside – each session around 30 minutes and rotate through) Trauma – Rafting and Boat Accidents – Tung Nguyen, DO, FAWM Hemorrhage Control Daniel Plavin, MD, St. Luke’s Health Network, Bethlehem, PA Outside Survival Scenarios – Example: You’re hiking in your local park, fall and break an ankle. There’s no one around, It’s getting dark, starts to rain and you don’t have your cell phone or there’s no service. What do you do? Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE
12:35 – 1:20 PM	Family picnic lunch – everyone is invited. See registration for information.
1:30 – 3:30 PM	MEDICAL EMERGENCIES (Outside – each session around 30 minutes and rotate through.) Fish Hook / Foreign Body Removal - Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jellyfish, shark bites, stingrays – Greg Dobash, MD and Daniel Plavin, MD, St. Luke’s Health System Near Drowning - Tung Nguyen, DO, FAWM Envenomations – venomous bites and stings – Linda Laskowski Jones, MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE
6:15 – 7:30 PM	Clambake on the sundeck – not just clams! Enjoy an array of delectable fare and beverages. (See info on registration form) Preparing a wilderness/medical kit – Larry Jones, BA, NREMT, FAWM Chronic Conditions and Medications for Travel – Tiffany Leonard, MD, Hatboro, PA
7:30 – 8:15 PM	
8:15 – 9 PM	

TUESDAY, JUNE 29

7:30 – 8:30 AM	Exercise on the beach <i>Brought to you by our friends at Geisinger</i>
8:30 – 9:15 AM 9:15 – 9:45 AM	Melanoma and Look-Alikes – Rachel Day, MD, FAAD, OneSkin Dermatology, Chambersburg, PA Heat Stroke / Frostbite – Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph’s FMR, Reading, PA
9:45 -10:30 AM	Infections Unique to Sea Exposure (vibrio infections, listeria, etc.) Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA
10:30 – 11:15 AM	The Health Benefits of Nature – Jason Loeffert, DO, Penn State Health, Hershey, PA
11:15 – 11:45 AM	Refreshment and Info Break
11:45 am – 12:30 PM	Austere Medicine (The practice of medicine in resource-constrained environments. i.e. wilderness, developing countries or after disasters) – Robert Lennon, MD, Penn State Health, Hershey, PA
12:30	Boxed lunch will be available for registrants
WORKSHOPS 1:15 – 3:15 PM	Regenerative Medicine, Cartilage Replacement, Injections of the Knee Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph’s FMR, Reading, PA Michael S. Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA Chest and Abdominal Wounds - sucking chest wound, impalement, evisceration 20 minutes each – round robin format Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jayson Loeffert, DO, Penn State Health, Hershey, PA Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE
3:30 PM	Beach games competition (everyone invited)
SPECIAL SEGMENT 12:45 – 2:45 PM	Survival Skills for Kids (ages 13+) This interactive activity will introduce your child to basic first aid and wilderness survival skills to help them stay calm and respond appropriately in the event of an emergency. They will review bleeding control and wound care, bandaging, improvised splinting for various injuries, needed supplies for a first aid kit, how to find water, and how to find shelter in a wilderness setting. An excellent overview for any young person to prepare them for the unexpected. Nominal fee applies. See registration for details and pricing. (Note, this event will not be held if there are less than 8 people) No supplies or gear needed.

WEDNESDAY, JUNE 30

	Breakfast on your own
8:30 – 9:15 AM	When to X-Ray, What to X-Ray and Interpretation Michael Day, MD, MPhil, WellSpan Sports Medicine, Chambersburg, PA
9:30 – 11:30 AM	ORTHOPEDIC Scenarios - Fractures, Dislocations (Shoulders, Patella, Elbow) and Sprains on the field, vs in the woods Each segment 20 – 30 minutes and rotate Fracture Management and Improvised Splinting Techniques Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE Larry Jones, BA, NREMT, FAWM, Newark, DE Tiffany Leonard, MD, Deerview Family Medicine, Hatboro, PA Jayson Loeffert, DO, Penn State Health, Hershey, PA Jeffrey A Zlotnick MD FAAFP DABFP, Penn State/St. Joseph's FMR, Reading, PA
11:30 – 12:15 PM	Back Country Water Disinfection and Purification Larry Jones, BA, NREMT, FAWM, Newark, DE
12:15 – 1 PM	Break / Lunch
1 – 2 PM	Medical/Legal Challenges Unique to Sports and Wilderness Medicine Robert Lennon, MD and Jayson Loeffert, DO, Penn State Health, Hershey, PA
2 – 2:45 PM	Lightening Injuries and MCI Triage Linda Laskowski Jones MS, APRN, ACNS-BC, CEN, NEA-BC, FAWM, FAAN, Newark, DE