

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT NO. 143  
BURLINGTON, VT

 The University  
of Vermont  
CONTINUING MEDICAL EDUCATION  
128 Lakeside Avenue, Suite 100  
Burlington, VT 05401

*Register  
Early!*

FORTY-SECOND ANNUAL  
VERMONT FAMILY MEDICINE  
REVIEW COURSE

MAY 31 - JUNE 3, 2016  
SHERATON HOTEL & CONFERENCE CENTER  
BURLINGTON, VERMONT

THE UNIVERSITY OF VERMONT  
COLLEGE OF MEDICINE

PRESENTS

FORTY-SECOND

# VERMONT FAMILY MEDICINE REVIEW COURSE

MAY 31 - JUNE 3, 2016  
SHERATON HOTEL & CONFERENCE CENTER  
BURLINGTON, VERMONT

## COURSE DIRECTOR

Anya S. Koutras, MD, FAAFP, IBCLC, Associate Professor of Family Medicine, University of Vermont College of Medicine

## CONCEPT

This intensive four-day program for family physicians, nurses, and other primary care professionals will focus on current issues in the practice of Family Medicine, with special attention to new contributions. Emphasis is on practical, clinically applicable diagnostic and management issues in primary care. The course faculty is drawn from multiple specialties, including Family Medicine. The teaching program includes lectures, workshops and extensive course materials.

## OBJECTIVES

After attending this conference, participants should be able to:

1. Review current recommendations for immunizations, pap smears, hyperlipidemia, osteoporosis, chronic kidney disease and headache management.
2. Participate in workshops on alcohol and substance abuse, palliative care, EKG review, shoulder and knee exams, office fluoride varnish treatments, IUDs and endometrial biopsies, and the health benefits of yoga.
3. Describe key points in the care of patients with PTSD, opioid addiction, hereditary breast cancer, venous insufficiency, diverticular disease and food allergies in children.
4. Discuss important updates for the management of concussions, skin cancer, refugee health, medical eligibility for contraception and Alzheimer's disease.

## REGISTRATION

The course fee includes tuition, comprehensive course syllabus, continental breakfast each morning, coffee breaks and luncheon on Thursday for registrants.

Register by April 26, 2016 and pay tuition of \$625. PLEASE REGISTER EARLY!

Refunds may be obtained, minus an administrative fee of \$75, if notice of cancellation is received by May 10, 2016. Refunds are not possible after that date. If you are able to attend only one of the days of the course, a special reduced tuition fee may be arranged by calling the CME office at 802-656-2292.

## WORKSHOPS

Registrants will participate in 2 of 8 workshops to be conducted on Wednesday afternoon. The fun and innovative format of these sessions will focus on different approaches to a myriad of clinical problems. The presentations will raise important management issues which will facilitate lively interaction between faculty and participants. There is limited enrollment in each workshop. Every effort will be made to provide registrants with their top choices.

Course # 16-801-09

## E-FILES / FLASH DRIVE / PRINTED SYLLABUS

To encourage the preservation of our natural resources, we are offering a \$15 discount on your tuition if you select the Electronic File option when you register. (Extra printed syllabi will not be available at the conference.) Closer to the conference, you will receive instructions on how to access the PDF files of the presentations.

## ACCOMMODATIONS

A block of rooms has been reserved at the Sheraton Hotel & Conference Center, a AAA, 3-Diamond hotel with indoor pool and fully equipped fitness center. Please make your reservations directly with the hotel, 1-802-865-6600 (1-800-325-3535), prior to April 9, 2016 and indicate your participation in the course to receive special conference rates (\$140.00 per day single to quad occupancy). Room rates cannot be guaranteed after April 9.

## TRANSPORTATION

The Burlington International Airport is served by several major airlines. Auto rentals are available at the airport, but should be reserved in advance. Complimentary hotel van service is available upon request.

Burlington is an easy 4-hour drive from Boston, just 1.5 hours from Montreal, and 7 hours from New York City. The Sheraton Burlington exit is 14-W on Interstate 89.

## LEISURE TIME

Burlington is ideally situated on the shores of Lake Champlain, the sixth largest freshwater lake in the U.S. It offers panoramic views of the Adirondack and Green Mountains, great shopping and excellent restaurants. The Burlington Community Boathouse has boats for rent. A bike path explores several miles of the lakeshore and bikes are available for rent nearby. Swimming beaches, public parks, golf courses and tennis courts are accessible by cab or car. Historic Shelburne Farms and Shelburne Museum are a 20-minute drive from the hotel. Within an hour's drive are the Stowe Alpine Slide, Ben & Jerry's Ice Cream Factory, UVM Morgan Horse Farm, and tours of the world's largest granite quarry. Fishing opportunities abound.

## ACCREDITATION

The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Vermont College of Medicine designates this live activity for a maximum of 22.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This conference will include 1.25 credits in Prescribing Controlled Substances and 1.5 credits of Hospice, Palliative Care and Pain Management.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This program has been reviewed and is acceptable for up to 22.5 Nursing Contact Hours.

Credit is pending for Pharmacotherapeutic credit.

The University of Vermont - Continuing Medical Education is an Approved Provider of continuing nursing education by the Northeast Multi-state Division (NE-MSD), an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.



**Tuesday, May 31, 2016**

- 11:00am **REGISTRATION**
- 12:00pm **Opening Remarks**  
Course Director, Anya S. Koutras, MD, FAAFP, IBCLC, Associate Professor of Family Medicine, University of Vermont College of Medicine (UVM)
- 12:15 **The New Anticoagulants**  
Giselle K. D'Epiro, PharmD, BCACP, Assistant Professor of Pharmacy Practice, Albany College of Pharmacy and Health Sciences
- 1:00 **Parental Depression Screening**  
Sarah E. Hudson, MD, Assistant Professor of Family Medicine, UVM
- 1:45 **PTSD: A Primary Care Approach from Screening to Management**  
J. Brian Lanier, MD, FAAFP, Lieutenant Colonel, United States Army Medical Corps Recruiting Liaison Officer, U.S. Army Recruiting Brigade
- 2:30 **BREAK**
- 2:45 **Keeping Current with Vaccine Recommendations and Regulations - What's the Latest?**  
Wendy S. Davis, MD, FAAP, Clinical Professor of Pediatrics; Associate Director, National Improvement Partnership Network, Vermont Child Health Improvement Program (VCHIP), UVM
- 3:30 **Venous Insufficiency - Diagnosis and Management**  
Julie E. Adams, MD, Associate Professor of Surgery, Division of Vascular Surgery, UVM
- 4:15 **How to Better Understand the Growing List of Diabetes Therapy**  
John (Jack) L. Leahy, MD, Sarah Nichols Gruenig Green and Gold Professor of Medicine, UVM; Co-Chief, Division of Endocrinology, Diabetes and Metabolism, UVM Medical Center
- 5:15 **ADJOURN**

**Wednesday, June 1, 2016**

- 7:30am **CONTINENTAL BREAKFAST**
- 8:00 **Osteoporosis: No Bones About It**  
Anne B. Morris, MD, Assistant Professor of Family Medicine UVM
- 8:45 **Concussion in Sports**  
David K. Lisle, MD, CAQSM, Assistant Professor of Orthopaedics and Rehabilitation and Family Medicine, UVM
- 9:30 **Hyperlipidemia Management**  
Friederike K. Keating, MD, FACC, Associate Professor of Medicine, UVM; Program Director, Cardiovascular Fellowship; Director, Nuclear Cardiology and Stress Laboratory; Leader, Women's Cardiac Care, UVM Medical Center
- 10:15 **BREAK**
- 10:30 **Hereditary Breast Cancer**  
Michelle M. Sowden, DO, Assistant Professor of Surgery, Division of Surgical Oncology, UVM; Clinical Director of Surgical Oncology, UVM Medical Center
- 11:15 **Skin Cancer Update**  
Glenn D. Goldman, MD, Professor of Medicine, Division of Dermatology, UVM
- 12:00pm **LUNCH (on own)**

**WORKSHOPS - Participants will select one from each session. (Indicate Selections on Registration Form)**

- 1:30 **Concurrent Session I: Alcohol and Substance Abuse**  
Alicia A. Jacobs, MD, Associate Professor of Family Medicine; Vice Chair of Clinical Operations, Department of Family Medicine, UVM; John V. Chisholm, III, MD, Assistant Professor of Family Medicine, UVM
- Understanding Electricity: An Interactive EKG Review for the Primary Care Provider**  
Robert M. Lobel, MD, Associate Professor of Medicine, Division of Cardiology, UVM
- The Shoulder Examination and Injections (Limited to 30 people)**  
Timothy S. Lishnak, MD, Assistant Professor of Family Medicine, UVM; Medical Director, Milton Family Medicine, UVM Medical Center
- From the First Tooth: Fluoride Varnish**  
Linda Greaves, RDH, BA, PBC, Public Health Dental Hygienist, Vermont Department of Health, Office of Oral Health; Maida C. McLean, RDH, BS RRT, Office Manager and Dental Hygienist, McLean Dental Group, and Laura Murphy, MD, Pediatrician, AAP Vermont Chapter
- 3:00 **BREAK**
- 3:15 **Concurrent Session II: Endometrial Biopsy and IUD Insertion (Limited to 15 people)**  
Clara M. Keegan, MD, Assistant Professor of Family Medicine, UVM
- Palliative Care for the Primary Care Provider**  
Patricia G. Whitney, MD, Assistant Professor of Family Medicine, UVM  
*This talk has been approved for 1.5 credits in Hospice, Palliative Care and Pain Management*
- The Knee Examination and Injections (Limited to 30 people)**  
Timothy S. Lishnak, MD, Assistant Professor of Family Medicine, UVM; Medical Director, Milton Family Medicine, UVM Medical Center
- 3:30 **Yoga Therapeutics for Health Care Providers**  
Janet L. Carscadden, DPT, OCS, Cert MDT, E-RYT 200, Owner, Evolution Physical Therapy and Yoga; Meagen E. Satinsky, MS PT PYT, Physical Therapist, Evolution Physical Therapy and Yoga; and Andrea L. Trombley, MS PT E-RYT 200, Physical Therapist, Evolution Physical Therapy and Yoga
- 4:45 **ADJOURN**
- Thursday, June 2, 2016 "Vermont Day" Joint Session with Vermont AFP**
- 7:00am **CONTINENTAL BREAKFAST / REGISTRATION**
- 7:45 **Introductory Remarks - Anya S. Koutras, MD, FAAFP, IBCLC Vermont AAFP Welcoming Remarks - Carol L. Blackwood, MD, President, Vermont Chapter American Academy of Family Physicians**
- 8:00 **Treatment of STDs: 2015 CDC Guidelines**  
W. Kemper Alston, MD, MPH, Professor of Medicine, Division of Infectious Disease, UVM
- 8:45 **Refugee Health Issues**  
Andrea E. Green, MD, Associate Professor of Pediatrics, UVM; Director of the Pediatric New American Clinic, UVM Children's Hospital Pediatric Primary Care
- 9:30 **BREAK, EXHIBITS, AND POSTER SESSION**

- 10:00 **Vermont's Response to the Opiate Crisis**  
Harry L. Chen MD, Commissioner, Vermont Department of Health  
*This talk has been approved for 1.25 credits of Prescribing Controlled Substances*
- 11:15 **Diverticulitis: Current Concepts and Evidence**  
Jesse S. Moore, MD, FACS, Assistant Professor of Surgery, UVM; Colon and Rectal Surgeon, UVM Medical Center
- 12:00 **Family Medicine Department Awards**  
Thomas C. Peterson, MD, Professor and Chair of Family Medicine, UVM
- 12:15pm **LUNCH (Provided), EXHIBITS AND POSTER SESSION**
- 1:15 **Oral Health Issues in Primary Care**  
Katera F. Hopkins, DMD, Clinical Assistant Professor of Family Medicine, UVM; Dental Site Leader, Dental and Oral Health, UVM Medical Center
- 2:00 **HPV-Informed Cervical Cancer Screening and Prevention**  
Clara M. Keegan, MD, Assistant Professor of Family Medicine, UVM
- 2:45 **Alzheimer's Disease Update: Latest Research, Screening and Treatment**  
William W. Pendlebury, MD, Professor Emeritus, UVM; Director, The Center on Aging at UVM; Medical Director, UVM Medical Center Memory Program, UVM Medical Center
- 3:30 **BREAK, EXHIBITS AND POSTER SESSION**
- 4:00 **Journal Club: 10 Practice Changes for 2016**  
John G. King, MD, MPH, Professor and Vice Chair of Family Medicine, UVM
- 4:45 **Medical Marijuana: Pharmacology and Uses**  
Clayton D. English, PharmD, BCPS, BCPP, Assistant Professor of Pharmacy Practice, Albany College of Pharmacy and Health Sciences; Clinical Psychiatric Pharmacist, UVM Medical Center
- 5:30 **ADJOURN**

**Friday, June 3, 2016**

- 7:30am **CONTINENTAL BREAKFAST**
- 8:00 **Chronic Headache Evaluation and Management**  
James R. Ulager, MD, Assistant Professor of Family Medicine, UVM; Associate Vice President of Clinical Operations, UVM Medical Group; and Katherine A. Wayman, MD, Assistant Professor of Neurological Sciences, UVM; General Neurologist and Headache Medicine Fellow, UVM Medical Center
- 8:45 **Upper GI Bleeding: What Those on the Front Line Need to Know**  
Nicholas Ferrentino, MD, Associate Professor of Medicine, Division of Gastroenterology and Hepatology, Fellowship Program Director, UVM
- 9:30 **Food Allergy Update**  
Elizabeth F. Jaffe, MD, PhD, Associate Clinical Professor of Pediatrics, UVM; Timberlane Allergy and Asthma Associates
- 10:15 **BREAK**
- 10:30 **Chronic Kidney Disease: What a Primary Care Professional Can Do Before End Stage**  
Virginia L. Hood, MBBS, MPH, MACP, Professor of Medicine, Division of Nephrology, UVM; Nephrologist, UVM Medical Center
- 11:15 **Medical Eligibility For Contraception**  
Linda W. Prine, MD, Professor of Family Medicine, Mount Sinai School of Medicine; Medical Director, Reproductive Health Access Project and Institute for Family Health
- 12:00pm **CONFERENCE ADJOURNS**

**VERMONT FAMILY MEDICINE REVIEW COURSE  
May 31-June 3, 2016  
REGISTER ON-LINE: [www.uvm.edu/medicine/cme](http://www.uvm.edu/medicine/cme)**

NAME (As you would like it to appear on your nametag and certificate)

DEGREE:  MD  DO  ND  PA  NP  RN  Other \_\_\_\_\_

ADDRESS

CITY STATE ZIP

PHONE SPECIALTY

EMAIL

**FLASH DRIVE/PRINTED SYLLABUS /ELECTRONIC DOWNLOAD (CHOOSE ONE)**

- I would like to receive presentations via:
- Electronic Download (**\$15 Discount**)
  - Syllabus binder with printed handouts
  - Flash Drive with PDF files

**WORKSHOP INTEREST**

Please rank order your workshop preferences from 1 (most) to 4 (least desirable) in each session. There is limited enrollment in each workshop. Every effort will be made to provide registrants with their top choices. Workshop assignments will be made in order of registration receipt.

- |  |   |
|--|---|
| Session I (1:30 - 3:00)                      | Session II (3:15 - 4:45)                            |
| <input type="checkbox"/> Alcohol/Sub. Abuse  | <input type="checkbox"/> Endometrial/TUD (limit 15) |
| <input type="checkbox"/> EKG Review          | <input type="checkbox"/> Palliative Care            |
| <input type="checkbox"/> Shoulder (limit 30) | <input type="checkbox"/> Knee Exam (limit 30)       |
| <input type="checkbox"/> Fluoride Varnish    | <input type="checkbox"/> Yoga Therapeutic Benefits  |

**REGISTRATION FEE SUMMARY:**

- \$625 Registration Fee - MD, DO, ND (Received by April 26)
- \$425 Registration Fee - Residents\*, Nurses, and Other Health Professionals (Received by April 26) (\*Verification by Program Director Required)
- Less \$15: If you choose Electronic Download**
- Add \$75 if received after April 26, 2016**

\$ \_\_\_\_\_ **TOTAL ENCLOSED**

Did you complete your Family Medicine Residency at the University of Vermont?  YES  NO

If yes, please save the date for the Family Medicine Residency's 2nd Annual Alumni Reunion, Wednesday, June 1, 2016. The event will be held from 6:30-8:30pm. Please note this event precedes Vermont Day at the Family Medicine Review Course.

**PAYMENT METHOD**

- To register by credit card, please visit our website at: [www.uvm.edu/medicine/cme](http://www.uvm.edu/medicine/cme).
- Check (payable to the University of Vermont) - Please mail your payment along with a completed registration form to:

University of Vermont CME, 128 Lakeside Avenue, Suite 100  
Burlington, VT 05401  
**PHONE: 802-656-2292 FAX: 802-656-1925**