



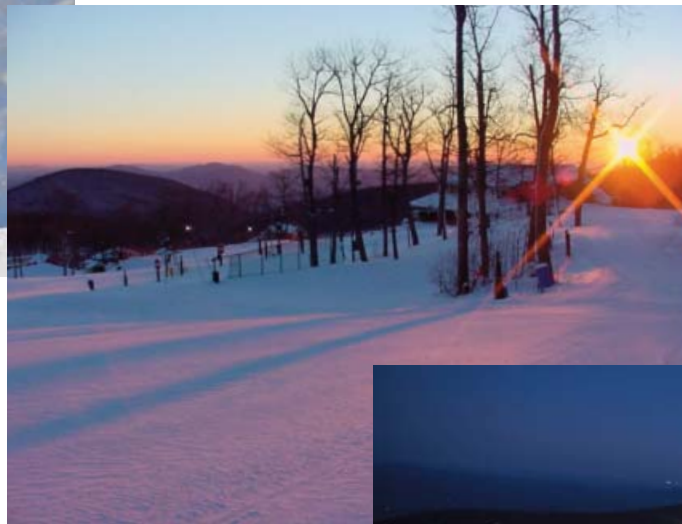
Virginia Academy of Family Physicians

2014 WINTER FAMILY MEDICINE WEEKEND

January 31 - February 2, 2014



***Core Medicine
Topics for Family
Medicine!***



**Wintergreen Resort
Wintergreen, Virginia**



REGISTER ONLINE WWW.VAFP.ORG

GENERAL INFORMATION

OBJECTIVES

Physicians and other health care professionals attending this program will receive current information on a diversity of subjects pertinent to patient care in daily practice. Subject material was chosen based on accessed needs, future trends, and relevance to quality patient care.

At the conclusion of the program, registrants will have a working and applicable understanding of these topics and will be provided written/electronic materials for future reference. This meeting also allows an opportunity for practicing physicians, residents, students and other health care professionals to interact academically, professionally and socially.

CME CREDITS

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

EXHIBITS

Each day exhibiting organizations will be available to discuss the latest in medical products and services. Continental breakfasts and coffee breaks will be located in the exhibit areas on Friday, Saturday and Sunday.

IMPORTANT DATE

Reservation cut-off date for Wintergreen Resort is January 8, 2014. "Early Bird" Conference Discount Registration Rate deadline is also January 8, 2014.

CANCELLATION INFORMATION

Refunds for conference registration, minus a \$20.00 administrative fee, will be made upon written or email request. Cancellation requests must be received by the VAFP by January 8, 2014. After that date no refunds can be given.

WINTERGREEN RESORT

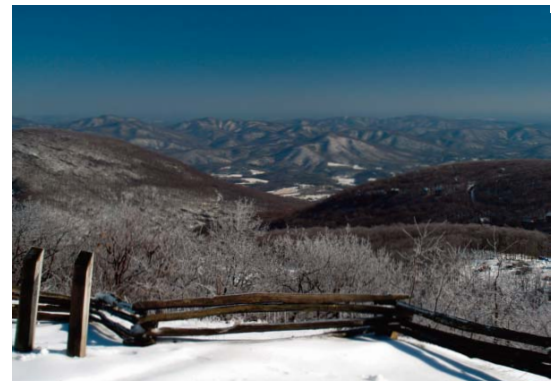


Wintergreen Resort is located in the beautiful Blue Ridge Mountains, just 43 miles from Charlottesville and offers some of the most spectacular skiing and resort facilities in the Mid-Atlantic Region.

With over 11,000 acres Wintergreen Resort offers 26 slopes with extensive beginner to expert terrain. Wintergreen also offers The Plunge for snowtubing, a terrain park, high-speed chairlifts and one of the country's top snowmaking systems. The VAFP has negotiated reduced lift and rental rates through Wintergreen Resort. For tubing, it is recommended to make reservations online prior to your arrival as the sessions typically sell out on the weekends.

Fun for the entire family with Ridgely's Fun Park, The Dome, zip lining and the bungee trampoline! Take time to play some tennis or take a hike and enjoy the beautiful Blue Ridge Mountains. Don't forget about relaxing at the Wintergreen Spa and the Aquatics and Fitness Center.

Wintergreen offers a wide array of dining options. From a quick bite on the slopes with your family, to appetizers and drinks at The Edge, to an elegant dining experience at either the Copper Mine or Devil's Grill. Reservations are recommended at the Copper Mine and Devil's Grill restaurants.



ACCOMMODATION INFORMATION

Accommodations at Wintergreen Resort range from studios to nine-bedroom homes featuring comfortable living areas, fully equipped kitchens and a balcony or deck. Most accommodations of one bedroom and larger include a cozy fireplace.

RESERVATIONS

To make reservations please call Wintergreen Resort at 1-888-976-3590. The hours for making reservations are as follows: Now through the end of November - Monday through Sunday, 8:00 a.m. - 6:00 p.m. Beginning December 1 hours are as follows: Monday through Friday, 8:00 a.m. - 9:00 p.m. and Saturday and Sunday, 8:00 a.m. - 6:00 p.m.

The deadline for making reservations is January 8, 2014. If you have any problems, please do not hesitate to call the VAFP Headquarters Office at 1-800-THE-VAFP or email registration@vafp.org.

RATES

The VAFP's special room rates are available beginning Monday, January 27 through Sunday, February 2.

Studio	\$164
Lodge Room	\$172
One Bedroom Condo	\$180
Two Bedroom Condo	\$288
Two Bedroom Home	\$298
Three Bedroom Condo	\$371
Three Bedroom Home	\$381
Four Bedroom Condo	\$447
Four Bedroom Home	\$457
Five Bedroom Home	\$535
Six Bedroom Home	\$605

All rates are subject to a 8.5% resort amenity fee and 10% state and county taxes. A deposit equal to one night's room, tax and amenity fee will be charged at the time of booking your reservation. Cancellations occurring within 3 days of arrival are subject to forfeiture of entire deposit. Any cancellations occurring more than 3 days prior to arrival are subject to a \$25 processing fee. Check-in time begins at 4:00 p.m. and checkout time is 11:00 a.m.

Wintergreen Resort Reservations - 1-888-976-3590

Make your reservations early as accommodations sell out prior to the reservation deadline of January 8, 2014.

DISCOUNTED VAFP CONFERENCE SKI RATES

VAFP Attendees can purchase discount ski tickets at the ski service office. Multi-day tickets are available for up to 4 days using the applicable rate for each day. Children 5 years and younger receive a free lift ticket and the discounted daily rental rate of \$25.00. Daily rentals are for either skis or snowboards.

Adult Rates

Monday - Thursday	8 hour lift ticket	\$9.00
Friday	8 hour lift ticket	\$42.00
Saturday	8 hour lift ticket	\$57.00
Sunday	8 hour lift ticket	\$57.00

Youth Rates (6-12)

Monday - Thursday	8 hour lift ticket	\$9.00
Friday	8 hour lift ticket	\$35.00
Saturday	8 hour lift ticket	\$45.00
Sunday	8 hour lift ticket	\$45.00

PRELIMINARY PROGRAM

Thursday, January 30, 2014

4:00 p.m. - 6:00 p.m.

Registration

Friday, January 31, 2014

7:00 a.m. - 1:00 p.m.

Registration

7:00 a.m. - 7:50 a.m.

Continental Breakfast with Exhibits

7:50 a.m. - 8:00 a.m.

Welcome

Sean W. Reed, MD, VAFP President &

Mitchell B. Miller, MD, VAFP CME Chair

General Sessions

8:00 a.m. - 8:45 a.m.

Improving Adherence and Maintaining Remission in Major Depressive Disorder

Speaker to be Determined

8:45 a.m. - 9:30 a.m.

Pap Smear Guidelines: Who, When, What if.....?

Tarin A. Schmidt-Dalton, MD

9:30 a.m. - 10:15 a.m.

Evaluation and Management of Concussions

B. Kent Diduch, MD

10:15 a.m. - 10:45 a.m.

Break with Exhibits

10:45 a.m. - 11:30 a.m.

New Insights in the Management of Fibromyalgia: Refining the Response of Patients to Individualized Treatment

W. Wayne Blount, MD

11:30 a.m. - 12:15 p.m.

Update on In-Office Lab Testing

Roger A. Hofford, MD, FAAFP, CPE

Workshops

1:00 p.m. - 3:00 p.m.

Sports Related Concussion Workshop

B. Kent Diduch, MD & Jeremy Kent, MD

This workshop will cover concussions from the time of injury on the sidelines to the office and then back to participation. We will work on our concussion evaluation skills, both history taking and examination. And we will work on problem solving various real life cases, some simple and some complex. We will practice interpreting pencil and paper test results (SCAT2 and SCAT3) and computer based test results (ImPACT). Attendees should feel very comfortable with their assessment and management of concussions when this workshop is complete. (Limited to 25)

Friday, January 31, 2014 (continued)

Workshops (continued)

1:00 p.m. - 3:00 p.m.

Joint Injections

Delmas J. Bolin, MD, PhD, FACS, Jennifer Trpkovski, DO,

David A. Ellington, MD & Mark Rogers, DO, MA, CAQSM

This workshop will allow participants to learn or reacquaint themselves with several common injection techniques that can be easily and safely performed by family physicians in an office setting. The emphasis of our workshop includes the shoulder bursa and glenohumeral joint, knee injection and aspiration, and trochanteric bursa injection of the hip. We will also discuss techniques for Carpal Tunnel and lateral epicondylitis injection. There will be simulation injection stations to aid in perfecting your technique. In addition to presenting the evidence for specific indications, examination maneuvers to identify appropriate patients and clinical effectiveness, we will discuss pearls for appropriate documentation, CPT coding and the use of modifiers to help your bottom line. (Limited to 30)

1:00 p.m. - 3:00 p.m.

Strategies for Diabetes Care

Anthony L. McCall MD, PhD, FACP

This program will focus on strategies for improving the care of your diabetic patients and on the current standards of care. Dr. McCall and his colleagues from UVA will be available to discuss the latest in the management and treatment of Type 2 Diabetes.

3:15 p.m. - 5:30 p.m.

VAFP Resident Research Presentations

Each of Virginia's Family Medicine Residency Programs will present the best original research or other scholarly paper with an opportunity for questions and answers at the conclusion of the research presentations.

6:00 p.m. - 7:00 p.m.

Welcome Reception

Saturday, February 1, 2014

7:00 a.m. - 1:00 p.m.

Registration

7:00 a.m. - 8:00 a.m.

Continental Breakfast with Exhibits

General Sessions

8:00 a.m. - 8:45 a.m.

Evaluation of Anemia

David Gregory, MD

8:45 a.m. - 9:30 a.m.

COPD and Alpha 1: Learning about Families Through Genetics

Charles Strange, MD

PRELIMINARY PROGRAM

Saturday, February 1, 2013 (continued)

General Sessions (continued)

9:30 a.m. - 9:45 a.m.

Presentation of 2013 VAFP Family Physician of the Year Award
— George C. Wortley, MD
Sean Reed, MD, VAFP President

9:45 a.m. - 10:15 a.m.

Break with Exhibits

10:15 a.m. - 11:00 a.m.

Performance Eating and Sports Nutrition
Paul Moore, MS, LDN, RD, CSSD

11:00 a.m. - 11:45 a.m.

Anticoagulation Strategies: Are the new drugs really better?
B. Gail Macik, MD

11:45 a.m. - 12:30 p.m.

Improving Insulin Compliance – New Devices and Contraptions
Joseph A. Aloï, MD, FACP, FACE

Workshops

1:00 p.m. - 4:00 p.m.

Orthopedic and Osteopathic Exam of the Upper Extremity
Mark Rogers, DO, MA, CAQSM, Jennifer Trpkovski, DO & Matt Weirath, DO

This workshop is designed to provide participants with "hands-on" approach to the evaluation of upper extremity injuries in the primary care setting. A review of the basic anatomy, underlying pathological or biomechanical alterations, orthopedic examination and osteopathic manipulative techniques for upper extremity injuries will be discussed. The participants will then work with each other in pairs with faculty supervision to practice the diagnostic maneuvers and osteopathic techniques. (Limited to 30)

1:00 p.m. - 2:00 p.m.

Meaningful Use: 10 Steps to Success!
Marcus Speaker, MD

Join your peers and learn the next steps for Meaningful Use. Use this opportunity to discuss all of your unanswered questions.

2:00 p.m. - 3:00 p.m.

Best Practices
Speakers to be Determined

The Best Practices initiative began in 2006 under the leadership and coordination of Anton Kuzel, MD, MHPE, Chair, VCU Department of Family Medicine and Population Health. The initiative was created to identify and learn from Virginia family physicians that have achieved enhanced income, reduced physician and staff stress, improved patient satisfaction, and better quality care by creating and sustaining improvements in how they and their staff do their work. This session will include physicians in Virginia that have a "Best Practice" to share.

Sunday, February 2, 2013

General Sessions

7:00 a.m. - 11:30 a.m.

Registration

7:00 a.m. - 8:00 a.m.

Continental Breakfast with Exhibits

8:00 a.m. - 8:45 a.m.

Dermatology "Show and Tell"
Speaker to be Determined

8:45 a.m. - 9:30 a.m.

Evaluation and Management of Common Pediatric GI Issues
Lauren K. Willis, MD

9:30 a.m. - 9:45 a.m.

2014 Legislative Update
Hunter Jamerson, JD

9:45 a.m. - 10:00 a.m.

Break with Exhibits

10:00 a.m. - 10:45 a.m.

Update on the Primary Care Approach to Female Incontinence: New Treatments, The Role of the Family Physician and When to Refer
Kindra A. Larson, MD, FACOG

10:45 a.m. - 11:30 a.m.

Update on Hepatitis C
Jeff Willis, MD

Questions?

Call 1-800-THE-VAFP

or

Email registration@vafp.org

PRELIMINARY FACULTY

Joseph A. Aloï, MD, FACP, FACE
Associate Professor of Medicine
Eastern Virginia Medical School
Norfolk, VA

W. Wayne Blount, MD
Medical Director
Emory School of Medicine
Department of Family Medicine
Atlanta, GA

Delmas J. Bolin, MD, PhD
Family Physician & Director
Performance Medicine of
Southwestern Virginia
Salem, Virginia
Head Team Physician
Radford University
Radford, VA
Associate Professor
Sports and Family Medicine
Virginia College of Osteopathic Medicine
Blacksburg, VA
Medical Director
Roanoke College Athletic Training Program
Roanoke, VA

B. Kent Diduch, MD
Associate Professor of Health Sciences
Primary Care Team Physician
James Madison University
Harrisonburg, VA

David A. Ellington, MD
Lexington Family Practice
Lexington, VA

David Gregory, MD
Program Director
Lynchburg Family Medicine Residency
Lynchburg, VA

Roger A. Hofford, MD, FAAFP, CPE
Virginia Tech-Carilion Clinic Family
Medicine
Roanoke, VA
Associate Professor of Family
& Community Medicine
VTC School of Medicine
Roanoke, VA

Hunter Jamerson, JD
VAFP Legislative Consultant
Macaulay & Burtch, P.C.
Richmond, VA

Jeremy Kent, MD
Primary Care Fellow
UVA Sports Medicine
Charlottesville, VA

Kindra A. Larson, MD, FACOG
Female Pelvic Medicine and
Reconstructive Surgery
Assistant Professor
Eastern Virginia Medical School
Norfolk, VA

B. Gail Macik, MD
Professor of Internal Medicine and
Pathology
University of Virginia Health System
Charlottesville, VA

Anthony L. McCall MD, PhD, FACP
James M. Moss Professor of Diabetes
UVA Health System
Charlottesville, VA

Paul Moore, MS, LDN, RD, CSSD
Sports Nutritionist
President-Elect
North Carolina Dietetic Association
Raleigh, NC

Mark Rogers, DO, MA, CAQSM
Team Physician for Virginia Tech
Team Physician Pulaski Mariners
Associate Director
Primary Care Sports Medicine Fellowship
Edward Via College of Osteopathic
Medicine-Virginia Campus
Blacksburg, VA

Tarin A. Schmidt-Dalton, MD, FAAFP
Assistant Dean Clinical Science Years 1
and 2
Assistant Professor Department of Family
and Community Medicine
Virginia Tech Carilion School of Medicine
Roanoke, VA
Family Physician
Carilion Clinic
Roanoke, VA

Marcus L. Speaker, MD, MS
Family Physician & Medical Informaticist
Carilion Clinic
Roanoke, VA
Associate Professor of Medicine
Virginia Tech Carilion School of Medicine
Roanoke, VA

Charles Strange, MD
Professor of Pulmonary Medicine
Division of Pulmonary and Critical Care
Medicine
Medical University of South Carolina
Charleston, SC

Jennifer Trpkovski, DO
Family Physician
Sports Medicine Fellow
VCOM/Virginia Tech
Blacksburg, VA

Matt Weirath, DO
Family Physician
Sports Medicine Fellow
VCOM/Virginia Tech
Blacksburg, VA

Lauren K. Willis, MD
Assistant Professor of Pediatrics
Eastern Virginia Medical School
Norfolk, VA
Professional Staff
Children's Hospital of The King's
Daughters
Norfolk, VA

Jeff Willis, MD
Digestive & Liver Disease Specialist
Norfolk, VA

REGISTRATION FORM

VAFP 2014 Winter Family Medicine Weekend - January 31 - February 2, 2014
Wintergreen Resort - Wintergreen, Virginia

REGISTRANT INFORMATION

Name: _____

☐ MD ☐ DO ☐ PA ☐ NP ☐ RN ☐ Other: _____

Practice Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

Email: _____

(Registration confirmations will be sent via email.)

REGISTRATION FEES

	<i>By January 8</i>	<i>After January 8</i>
AAFP Member	\$185.00	\$245.00
Non-Member	\$330.00	\$390.00
RNs and PAs	\$185.00	\$245.00
Life Members	\$ 60.00	\$ 80.00
Residents	\$ 45.00	\$ 60.00
Medical Students	\$ 40.00	\$ 55.00
	\$ _____	\$ _____

PAPER SYLLABUS

NOTE: Electronic syllabus materials will be available via the web and are included with your meeting registration

A Paper Syllabus must be purchased in advance.

☐ I would like to purchase a paper syllabus.

\$20.00 \$ _____
Subtotal Column 1 \$ _____

MEAL FUNCTIONS & WORKSHOPS

Friday, January 31, 2014

☐ Boxed Lunch
(must be purchased in advance) \$15.00 \$ _____

Workshops - Registration Required

☐ 1:00 p.m. - 3:00 p.m. Sports Related Concussion Workshop
(Limit 25) No Charge

☐ 1:00 p.m. - 3:00 p.m. Joint Injections
(Limit 30) No Charge

☐ 1:00 p.m. - 3:00 p.m. Strategies for Diabetes Care
No Charge

☐ 3:15 p.m. - 5:30 p.m. Resident Research Presentations
No Charge

Number Attending the Friday Welcome Reception _____

Saturday, February 1, 2014

☐ Boxed Lunch
(must be purchased in advance) \$15.00 \$ _____

Workshops - Registration Required

☐ 1:00 p.m. - 4:00 p.m. Orthopedic and Osteopathic Exam of the Upper Extremity (Limit 30) No Charge

☐ 1:00 p.m. - 2:00 p.m. Meaningful Use No Charge

☐ 2:00 p.m. - 3:00 p.m. Best Practices No Charge

Subtotal Column 2 \$ _____

Subtotal Column 1 \$ _____

TOTAL \$ _____

METHODS OF PAYMENT

☐ MasterCard

☐ VISA

☐ American Express

☐ Check enclosed

(Make payable to the VAFP)

Card#: _____ Expiration date: _____ Security Code: _____

Signature: _____

Name on Card: _____

Billing Address: _____ City/State/Zip: _____

Your credit card payment cannot be processed without signature, expiration date and billing address.

**Virginia Academy of Family Physicians
1503 Santa Rosa Road, Suite 207
Richmond, Virginia 23229**

VAFP 2014 Winter Family Medicine Weekend

January 31 - February 2, 2014

Wintergreen Resort - Wintergreen, Virginia

REGISTER TODAY!

www.vafp.org

