



Family Medicine Winter Summit 2025

The Ritz Carlton, Amelia Island, FL
December 5-7, 2025

ACTIVITY AGENDA

Thursday, December 4, 2025

6:00 PM – 8:00 PM

ABFM KSA Study Group: Palliative Care (2 hours)

(additional fee; advance registration required; onsite registration not available; in-person participation only)

Alfred Gitu, MD; Jennifer Keehbauch, MD

Room: TBD

Friday, December 5, 2025

8:05 AM – 8:15 AM

Welcome/Announcements

8:15 AM – 10:15 AM

Florida Mandatory: Controlled Substance Prescribing (2 hours)

This presentation satisfies the State of Florida mandatory requirement

Andrew Buelt, DO

Learning Objectives:

- Recognize the relevant prescribing laws and rules that govern prescribers of controlled substances in Florida
- Compare and contrast scheduled drugs related to treatment of pain, both acute and chronic nonmalignant pain
- List alternative pharmacologic options, non-pharmacologic methods and procedures, and complementary and alternative treatment options for managing pain
- Apply concepts of SBIRT (screening, brief intervention and referral to treatment) and motivational interviewing within patient encounters
- Utilize appropriate screening tools such as ORT®, SOAPP-R®, COMM™, UDS, E-FORCSE® and others to identify patients at risk for misuse or who are addicted to controlled substances
- Implement appropriate monitoring and referrals for patients who are prescribed controlled substances
- State national recommendations on the safe levels of opioids by morphine milligram dose equivalents and durations of treatment for acute and chronic nonmalignant pain

10:15 AM – 11:15 AM

Optimizing Obesity Care: Pharmacotherapy, Body Composition, and Side Effect Management

Nikita Shah, DO

Learning Objectives:

- Describe the role of pharmacotherapy in the comprehensive management of obesity, including the selection of appropriate medications based on patient-specific factors
- Identify common side effects associated with anti-obesity medications and develop strategies for monitoring and managing these adverse events to improve patient adherence and outcomes
- Develop a patient-centered care plan that incorporates pharmacotherapy, lifestyle modifications, and body composition monitoring to achieve and sustain weight loss goals



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Friday, December 5, 2025

11:15 AM – 11:45 AM

LUNCH BREAK

11:45 AM – 12:15 PM

Non-CME Lecture: TBD

12:15 PM – 12:45 PM

President's Welcome and 2025 Academy Awards Presentation: Christopher Scuderi, DO (Non-CME)

12:45 PM – 1:15 PM

Care of Aging Adult 1: Osteoporosis Management Update

Robin Creamer, DO

Learning Objectives:

- Recognize risk factors for osteoporosis
- Apply evidenced based screening criteria for osteoporosis
- Describe the importance of aggressive treatment of osteoporosis

1:15 PM – 1:45 PM

Care of Aging Adult 2: General Care of Aging Adult – A Case Approach

Robyn Reese, DO

Learning Objectives:

- List the screening guidelines that apply to older adults, and when patients age out of these guidelines
- Identify and evaluate prevalent geriatric conditions such as cognitive impairment, falls, incontinence, and frailty, with an emphasis on early detection
- Manage prevalent geriatric conditions such as cognitive impairment, falls, incontinence, and frailty, with an emphasis on patient-centered care
- Conduct comprehensive medication reviews to minimize polypharmacy, reduce adverse drug events, and ensure appropriate prescribing tailored to the physiological changes of aging

1:45 PM – 2:15 PM

Care of Aging Adult 3: Exercise in the Aging Adult

Fred Brennan, DO

Learning Objectives:

- Identify age-related physiologic changes that impact exercise capacity and outline appropriate precautions for older adult patients engaging in physical activity
- Counsel aging patients on the physical, cognitive, and emotional benefits of regular exercise using evidence-based talking points
- Apply the current Physical Activity Guidelines for Americans to develop individualized exercise recommendations for older adult patients across various functional levels

2:15 PM – 2:45 PM

Panel Q&A for Care of Aging Adult: Osteoporosis, General Care of Aging Adult, Exercise in Aging Adult

Robin Creamer, DO; Fred Brennan, DO; Robyn Reese, DO

Learning Objectives:

- Integrate expert perspectives to address common clinical challenges in managing osteoporosis, promoting safe physical activity, and delivering comprehensive care for aging adults
- Apply nuanced, case-based insights from the panel to optimize individualized care plans for older adult patients with complex or overlapping health needs
- Clarify and reinforce key concepts from the preceding talks by engaging in interactive discussion on practical implementation strategies in diverse clinical settings



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2:45 PM – 3:00 PM

2025 AAFP Fellows Recognition: Steven P. Furr, MD, AAFP Past Board Chair (*Non-CME*)

3:00 PM – 3:15 PM

BREAK

3:15 PM – 4:15 PM

Healthcare Policy Update in Florida and Impact on Family Medicine Physicians

Daniel Montero, MD; Michael Swartzon, MD; Jim Daughton, JD; Jay Millson, MBA

Learning Objectives:

- Identify recent and pending healthcare policy changes in Florida and their implications for clinical practice
- Evaluate how state-level legislation and regulatory shifts affect reimbursement, scope of practice, and administrative requirements for family medicine physicians
- Discuss the role of family physicians in influencing and adapting to health policy developments at the state level and apply knowledge of current healthcare policy trends to advocate effectively for patients and the specialty of family medicine

4:15 PM – 5:15 PM

Recognition and Management of Exertional Heat Disorders

Fred Brennan, DO

Learning Objectives:

- Identify the signs and symptoms of exertional heat illnesses, including heat cramps, heat exhaustion, and exertional heat stroke
- Differentiate between exertional and non-exertional heat-related conditions to guide appropriate triage and treatment decisions
- Apply evidence-based protocols for the acute management and stabilization of patients experiencing exertional heat disorders
- Design and implement a comprehensive exertional heat illness prevention plan tailored to athletic, occupational, or community settings

5:15 PM – 5:20 PM

Day 1 Wrap-Up/Announcements

5:30 PM – 6:30 PM

Welcome Reception (*Non-CME*)

(Guests welcome; no charge, however, pre-registration is requested)

Room: Salon Ballroom & Foyer



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Saturday, December 6, 2025

7:00 AM – 9:00 AM	ABFM KSA Study Group: Diabetes (2 hours) <i>(additional fee; advance registration required; onsite registration not available; in-person participation only)</i> Ashley Falk, MD; Thomas Waller, MD Room: TBD
7:00 AM – 7:55 AM	Non-CME Breakfast with Lecture: TBD <i>Breakfast at 7:00 AM; presentation will be from 7:25 AM – 7:55 AM</i>
8:25 AM – 8:30 AM	Welcome/Announcements
8:30 AM – 9:30 AM	Journal Article Review Alexander Lo, DO Learning Objectives: • Discuss the current state of knowledge with reference to literature • Determine findings of the articles/studies • Interpret results and their potential to impact daily practice
9:30 AM – 9:50 AM	FAFP Annual Business Meeting: 2026 FAFP Officer and Board Installation/Hall of Fame Featuring: Inauguration of Danielle Carter, MD 79th President of the FAFP (Non-CME)
9:50 AM – 10:00 AM	BREAK
10:00 AM – 11:00 AM	Role of the Family Physician in Recognizing and Treating Alzheimer's Dementia Dani Mathew, MD Learning Objectives: • Review updates on screening and diagnosis of Alzheimer • Construct treatment options and evidence-based non-pharmacologic & pharmacologic treatment options with new medicine • Review Strategies to prevent progression of Alzheimer's, care transitions, getting patients into an ALF/SNF
11:00 AM – 12:00 PM	The Now and Future of ABFM Board Certification Gary Leroy, MD Learning Objectives: • Identify the purpose and value of ABFM Board Certification and outline the requirements for maintaining certification to provide high-quality care • Describe the updates made to ABFM certification activities to increase relevance and support for family physicians for a variety of practices • Explain the reason for the transition to Certification 2025 and recognize the benefits of this change



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Saturday, December 6, 2025

12:00 PM – 1:15 PM

Non-CME Lunch with “Four Corners” Education on Diabetes (Non-CME)

Lunch with non-CME 4 corners activity will be from 12:00 PM – 1:15 PM

Room: TBD (separate from main stage)

1:15 PM – 2:15 PM

Beyond the Basics: Practical Applications of AI in Primary Care

Nipa Shah, MD

Learning Objectives:

- Explore emerging AI technologies and trends that are poised to impact family medicine over the next 3–5 years
- Assess practice-level readiness for AI integration, including considerations around infrastructure, workflow adaptation, and team-based implementation
- Identify strategies for staying informed and critically evaluating new AI tools, ensuring alignment with evidence-based practice and patient care goals

2:15 PM – 3:15 PM

Irritable Bowel Syndrome (IBS) Update

Mariam Naveed, MD

Learning Objectives:

- Differentiate Irritable Bowel Syndrome (IBS) from Inflammatory Bowel Disease (IBD) based on clinical presentation, diagnostic criteria, and appropriate use of testing in primary care
- Identify evidence-based dietary modifications and pharmacologic therapies for the management of IBS, tailored to symptom subtype and patient preferences
- Develop a patient-centered management plan that incorporates lifestyle interventions, education, and long-term support strategies for individuals living with IBS

3:15 PM – 3:30 PM

BREAK

3:30 PM – 4:30 PM

GI Topic Block: Things that Make You Belch

Brent Stottman, DO

Learning Objectives:

- Identify common gastrointestinal and non-gastrointestinal causes of excessive belching and distinguish between functional and pathological presentations
- Evaluate patients with dyspepsia and GERD using an evidence-based approach, including appropriate use of diagnostic testing in the primary care setting
- Implement first-line treatment strategies for belching-related disorders and recognize when specialist referral is warranted for further evaluation or management

4:30 PM – 5:30 PM

GI Topic Block: Abnormal Liver Function and MASH

Maryam R. Kashi, DO

Learning Objectives:

- Recognize common patterns of abnormal liver function tests in primary care and determine when further evaluation or referral is warranted
- Discuss the clinical significance of Nonalcoholic Steatohepatitis (NASH) and its place within the broader spectrum of fatty liver disease, especially in patients with metabolic risk factors
- Implement practical, evidence-based strategies for the management of patients with suspected or confirmed NASH, including lifestyle counseling, monitoring, and coordination of care with specialists when appropriate



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Saturday, December 6, 2025

5:30 PM – 5:35 PM

Day 2 Wrap-Up/Announcements

7:00 PM – 11:00 PM

Presidential Party: Nashville Night Out –Celebrate the FAFP's Incoming President
(Non-CME)
(additional fee; advance registration required)
Room: Talbot A-D

Sunday, December 7, 2025

7:40 AM – 7:45 AM

Welcome/Announcements

7:45 AM – 8:45 AM

Mitigating Implicit Bias and Advancing Equity in Clinical Practice

Omari Hodge, MD

Learning Objectives:

- Identify common forms of implicit bias in healthcare and describe strategies to mitigate their impact on diagnosis, treatment, and patient communication.
- Demonstrate the ability to use culturally sensitive language and behaviors that foster trust and improve patient-provider relationships across diverse populations
- Assess how factors such as race, ethnicity, socioeconomic status, and language barriers influence health outcomes and incorporate this understanding into individualized care planning

8:45 AM – 9:45 AM

Florida Laws and Rules/Professional and Medical Ethics

(This presentation satisfies the State of Florida mandatory requirement for Osteopathic Physicians (DOs); Allopathic physicians (MDs) completing this course can earn general CME credit)

Chris Nuland, Esq.

Learning Objectives:

- Identify applicable laws and rules for licensed Osteopathic Physicians, and locate applicable statutes and rules through online resources
- List disciplinary process and learn rights afforded to physicians in licensure disciplinary cases
- Define what constitutes medical ethics and why physicians should be concerned about medical ethics



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Sunday, December 7, 2025

9:45 AM – 10:00 AM

BREAK

10:00 AM – 11:00 AM

Preparing Pediatric Patients for Health Care Transition

Rita Nathawad, MD

Learning Objectives:

- Define pediatric to adult health care transition from the provider, patient and caregiver perspective
- Describe the steps necessary to support transition to adult life
- Identify strategies to implement health care transition services in the outpatient setting
- List the available resources to support health care transition for youth and young adults with special health care needs

11:00 AM – 12:00 PM

Top 10 Updates in Family Medicine

Eddie Needham, MD

Learning Objectives:

- Apply methods to calculate the number needed to treat (NNT) using data from clinical abstracts to guide evidence-based decision-making
- Evaluate recent literature to identify and integrate new therapies and tools into clinical practice
- Identify, download, and implement apps to enhance communication and streamline the transfer of information to the patient's bedside

12:00 PM – 12:05 PM

Wrap-Up/Final Announcements