



ACTIVITY AGENDA

Friday, April 16, 2021

8:45 AM – 9:00 AM President's Welcome/Introductions

9:00 AM – 10:00 AM Dive Medicine

Wayne Anderson, MD

Learning Objectives:

- Recognize the mechanism of and the prevention of arterial gas embolism (AGE) and decompression sickness (DCS)
- Understand the diagnosis and treatment of AGE and DCS
- Identify and manage other barotrauma seen in the recreational diver

10:00 AM – 11:00 AM I'll Huff and I'll Puff: Asthma Guideline Update

Nathan Falk, MD

Learning Objectives:

- Outline the recommended clinical activities for the diagnosis and management of asthma as described in the National Asthma Education and Prevention Guidelines
- Utilize a stepwise approach and evidence-based recommendations to identify appropriate medication treatment options for pediatric patients with asthma
- Identify available evidence-based tools and resources that will help improve patient adherence and decrease exacerbations and hospitalizations

11:00 AM – 12:00 PM Breast Cancer Update

Jennifer Keehbauch, MD

Learning Objectives:

- Identify breast cancer risk stratification
- Become comfortable with counseling to reduce breast cancer risk
- List available modalities for screening high risk women

12:00 PM – 1:00 PM Lunch Break

1:00 PM – 2:00 PM Perimenopause

Jennifer Keehbauch, MD

Learning Objectives:

- Recognize symptoms associated with perimenopause, and conditions worsened during perimenopause
- Develop strategies for the evaluation and treatment symptoms/conditions affecting perimenopausal women
- Expand knowledge treatment protocols to other conditions

Friday, April 16, 2021

2:00 PM – 3:00 PM COVID-19 Update: Evaluation, Evidence Based Care, and Recovery

Daniel Van Durme, MD, MPH, FAAFP

Learning Objectives:

- Apply evidence-based therapeutics in treating patients with COVID-19
- Identify strategies in patients with COVID-19 to optimize the appropriate location of care
- Describe ways to monitor and follow a patient post Covid-19 hospitalization including the utilization of telemedicine

3:00 PM – 3:15 PM Break

3:15 PM – 5:15 PM Florida Mandatory: Medical Errors (2 hours)

This presentation satisfies the State of Florida mandatory requirement

Vincent Hsu, MD

Learning Objectives:

- Discuss systems which must be in place to reduce errors and review use of new information and communication technologies to allow for these improvements
- Identify the five most mis-diagnosed conditions as determined by the Board of Medicine
- This presentation satisfies the State of Florida licensure requirement including a study of root-cause analysis, error reduction and prevention, and patient safety

Saturday, April 17, 2021

7:00 AM – 8:00 AM Journal Article Review

Ashley Wilk, MD

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

8:00 AM – 9:00 AM Sports Medicine: MSK Exam for Virtual Visits

George Pujalte, MD

Learning Objectives:

- Address musculoskeletal complaints when a physical exam cannot be preformed
- Demonstrate how to do a musculoskeletal examination during a virtual visit

9:00 AM – 10:00 AM New Technology in the PCP office

Matthew Rensberry, MD

Learning Objectives:

- Utilize new technologies to improve primary care practices
- Identify/review available self monitoring technology
- Review available self care apps available to patients

10:00 AM – 10:30 AM Break

Saturday, April 17, 2021

10:30 AM – 11:30 AM **Weighing in on Popular Diet Options**

Matthew Rensberry, MD

Learning Objectives:

- Integrate evidence based strategies to help patients obtain a healthy weight
- Compare popular diets and the supporting evidence for effectiveness
- Demonstrate strategies and systems busy clinicians can use for helping patients better plan and prepare healthy meals and habits

11:30 AM – 12:30 PM **Basic Wound Care/ Intro Hyperbarics**

Susan Millan, MD

Learning Objectives:

- Familiarize family physicians with adjunctive hyperbaric oxygen therapy
- Identify specific causes/etiologies of wounds/ulcers in the geriatric population
- Integrate multi-disciplinary approach into care and management of geriatric patients with chronic wounds

12:30 PM – 1:00 PM **Break**

1:00 PM – 2:00 PM **Cutting Edge Family Medicine Research**

Learning Objectives:

- Be familiar with medical research topics, emerging research, and updates in the medical field gained through the presenter's research
- Be familiar with terminology, sources, data, methods, background, impact, and debate as it pertains to the specific project or research
- Gain understanding into the purpose, trials, difficulties, limitations, benefits, outcomes, and medical relevance of the presenter's topic
- Raise awareness in the community on pressing medical issues and educate patient population on outcomes

2:00 PM – 3:00 PM **Pediatrics: Mental/ Behavioral Health- Parenting During Pandemic**

David Childers, MD

Learning Objectives:

- Determine how to effectively approach behavioral problems in the clinical setting
- Review EVB strategies to elicit positive behavior
- Provide parents with strategies to approach behavioral problems related to social isolation/virtual schooling

3:00 PM – 3:15 PM **Break**

3:15 PM – 4:15 PM **Pre-participation Exam Update**

Eric Coris, MD, CAQSM

Learning Objectives:

- Review general goals & objectives for a standard Pre-Participation Exam (PPE)
- Define specific medical conditions that would exclude sports participation
- Differentiate clinically between different causes of collapse among athletes
- Recognize how COVID has impacted PPE

4:15 PM – 5:15 PM **Diabetes Update**

Eddie Needham, MD

Learning Objectives:

- Identify patients at risk of developing T2DM, and delay progression of disease
- Identify latest Pharmacologic management options
- Explain how SGL2, & GLPI impact T2Dm and cardiovascular outcomes

Sunday, April 18, 2021

7:45 AM – 8:45 AM Mindfulness in Wellness and Management of Chronic Disease

Shannon Smith, PhD

Learning Objectives:

- Describe basic principles of mindfulness
- Learn uses of mindfulness in maintaining wellness, chronic illnesses
- Describe uses of mindfulness in pain management.

8:45 AM – 9:45 AM Updates in Current Lipid Management

Scott Garland, PharmD; Nathan Falk, MD

Learning Objectives:

- Apply the most up to date AHA/ACC guidelines for primary prevention
- Develop individualized interventions and treatment strategies for patients presenting with dyslipidemia that will translate into improved long-term outcomes
- Apply the most up to date AHA/ACC guidelines for secondary prevention

9:45 AM – 10:00 AM Break

10:00 AM – 11:00 AM Racial Disparity in Medicine/ Social Determinants

Anna Torrens Armstrong, PhD, MPH, CPH, MCHES

Learning Objectives:

- Define Social Determinants of Health and Discuss how Social Determinants of Health impact the health status of an individual and community, both positively and negatively (i.e. how are health inequities created)
- List Upstream and Downstream Factors, and How Upstream Factors effect Downstream Health Effects
- Define Upstream Medicine, and review how addressing Upstream Factors can lead to improvements in Downstream Health

11:00 AM – 12:00 PM Migraines: New Management Options for Chronic and Acute Migraines

Scott Garland, PharmD

Learning Objectives:

- List new medication classes for the treatment of chronic and acute migraines
- Implement new migraine therapies with clinical guidelines and literature evidence
- Identify specific patient populations that may benefit from new therapies vs conventional pharmacologic or non-pharmacologic management