



Family Medicine Spring Forum 2026

Hilton Orlando, Orlando, FL

April 17-19, 2026

CME AGENDA

Friday, April 17, 2026

8:00 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

David Koo, MD

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 – 10:30 AM

BREAK

10:30 AM – 11:30 AM

Care of the LGBTQ Population

Victoria Otaño, MD

Learning Objectives:

- Apply best practices for discussing sexual health topics including PrEP, PEP, DoxyPEP, sexual identity, and sexual orientation, while maintaining patient confidentiality
- Identify and address healthcare disparities affecting LGBTQ individuals and implement strategies to improve access to appropriate care
- Recognize common mental health concerns in LGBTQ patients and develop an initial care plan to support their mental well-being



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11:30 AM – 12:30 PM

Talk Saves Lives for Clinicians: Introduction to Suicide Preventive Patient Care

Melanie VanDemark, MD

Learning Objectives:

- Describe a framework for recognizing risk factors, protective factors, and warning signs of suicide in patients and colleagues
- Identify at least two evidence-based screening tools for assessing suicide risk and review treatment and referral options for at-risk patients
- Outline the key components of a patient-centered, collaborative Safety Plan to support ongoing care and crisis prevention
- Demonstrate strategies for collegial support, including checking in with or responding to a coworker who may be experiencing distress

12:30 PM – 1:30 PM

LUNCH BREAK

1:30 PM – 1:45 PM

President's Welcome/Updates: Danielle Carter, MD (Non-CME)

1:45 PM – 2:20 PM

Dermatology Block: Talk 1 - Skin conditions: Separating Benign from Malignant

Raj Mehta, MD

Learning Objectives:

- Differentiate the key characteristics of malignant vs benign lesions
- Apply evidence-based diagnostic approaches to evaluate suspicious skin lesions in primary care
- Identify appropriate referral and management strategies for patients with suspected malignant skin conditions

2:20 PM – 2:55 PM

Dermatology Block: Talk 2 – A Primary Care Approach: Understanding and Managing Hyperpigmentation in People of Color

Kerwyn Flowers, DO

Learning Objectives:

- Describe the pathophysiology and types of hyperpigmentation commonly seen in people of color
- Recognize common causes and clinical presentations of hyperpigmentation in diverse skin types
- Apply evidence-based and culturally sensitive treatment strategies for hyperpigmentation, including topical agents, sun protection, and procedural options
- Counsel patients on realistic treatment expectations and prevention strategies to minimize recurrence and avoid complications like post-inflammatory hyperpigmentation

2:55 PM – 3:30 PM

Dermatology Block: Talk 3 – Papulosquamous Eruptions - A Rash Decision /Skin Disorders

Eddie Needham, MD

Learning Objectives:

- Appropriately classify a papulosquamous lesion using accepted nomenclature
- List the differential diagnosis for a 1-2 cm round papulosquamous lesion
- Treat lesions with appropriate medications to include topical steroids, antiviral agents, and anti-acne agents



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3:30 PM – 3:45 PM

Panel Q&A for Dermatology Block: Skin Conditions, Managing Hyperpigmentation, and Papulosquamous Eruptions

Raj Mehta MD; Kerwyn Flowers, DO; Eddie Needham, MD

Learning Objectives:

- Integrate knowledge from the three dermatology sessions to address common diagnostic and management challenges encountered in primary care
- Engage in case-based discussion to strengthen clinical decision-making, patient counseling, and referral strategies in dermatologic care

3:45 PM – 4:00 PM

BREAK

4:00 PM – 5:00 PM

Management of Polyarthralgias in Adults in the Primary Care Setting

Eddie Needham, MD

Learning Objectives:

- Differentiate common causes of polyarthralgia, including rheumatoid arthritis, osteoarthritis, psoriatic arthritis, and infectious causes of arthritis
- Select and apply appropriate pharmacological treatment options to support accurate diagnosis and timely referral when indicated
- Develop and implement important diagnostic testing and laboratory and imaging findings tailored for the underlying disease state

5:00 PM – 5:10 PM

Day 1 Wrap-Up/Announcements

5:30 PM – 6:30 PM

Welcome Reception



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Saturday, April 18, 2026

7:00 AM – 9:00 AM

ABFM KSA Study Group: Hypertension (2 hours)

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

8:00 AM – 8:15 AM

Welcome/Announcements

8:15 AM – 9:15 AM

Journal Article Review

Haria Henry, 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

9:15 AM – 10:15 AM

Plant-Powered Prescriptions: Practical Tools for Guiding Patients Toward a Healthier Plate

Christina Cavanagh, MD

Learning Objectives:

- Define a plant-based diet and identify key medical conditions that benefit from its adoption
- Demonstrate motivational interviewing techniques to assess readiness for change and support patients in transitioning to a plant-based diet
- Provide practical, evidence-based resources and first steps for patients to begin implementing a plant-based diet
- Recognize the impact of social determinants of health on dietary choices and individualize support for patients facing financial or access-related barriers by offering practical, culturally sensitive, and resource-conscious strategies for adopting a plant-based diet

10:15 AM – 10:30 AM

BREAK

10:30 AM – 11:30 AM

Medical Weight Loss

Stephen McMullan, MD

Learning Objectives:

- Define who is appropriate for different types of weight loss options
- Review principles and evidence of diet, exercise, medications, and procedures
- Implement practical approaches to implementing treatment in a busy practice

11:30 AM – 12:30 PM

ADHD Update

Therese Anderson, MD

Learning Objectives:

- Describe the etiology and epidemiology of ADHD to establish a foundational understanding of its neurodevelopmental basis and prevalence across populations
- Apply DSM-5 diagnostic criteria to accurately identify ADHD presentations, differentiate them from other behavioral or psychiatric conditions, and consider age-related diagnostic nuances
- Implement evidence-based evaluation and management strategies for ADHD, including history-taking, use of validated tools, behavioral interventions, pharmacologic treatment, and appropriate follow-up care



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12:30 PM – 1:15 PM

LUNCH BREAK

1:15 PM – 2:15 PM

Family Medicine Scholarship Showcase

TBD – 3 poster winners

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

2:15 PM – 3:15 PM

Pediatric Asthma

Therese Anderson, MD

Learning Objectives:

- Review current diagnostic criteria and classification of pediatric asthma to support accurate recognition in primary care.
- Summarize evidence-based management strategies including stepwise pharmacologic treatment and trigger control
- Identify common challenges in asthma control such as adherence, environmental factors, and comorbid conditions
- Apply practical approaches to patient and family education to improve self-management and reduce exacerbations

3:15 PM – 3:30 PM

BREAK

3:30 PM – 4:30 PM

PCOS Management

Jennifer Simpkins, MD

Learning Objectives:

- Apply established diagnostic criteria for PCOS to accurately identify and evaluate patients in the primary care setting
- Incorporate current, evidence-based management strategies including lifestyle, pharmacologic, and multidisciplinary approaches into individualized care plans for patients with PCOS
- Implement patient-centered counseling techniques to address reproductive health, and develop strategies for long-term follow-up and support



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4:30 PM – 5:30 PM

Upper Extremity Tendonopathy

Daniel Bedney, MD

Learning Objectives:

- Explain the underlying pathophysiology of upper extremity tendinopathies and relate it to clinical presentation
- Perform targeted physical exam maneuvers, including special tests, to accurately evaluate and differentiate common upper extremity tendon disorders
- Develop evidence-based treatment plans for upper extremity tendinopathies, incorporating pharmacologic, non-pharmacologic, and rehabilitative strategies tailored to patient needs

5:30 PM – 5:35 PM

Day 2 Wrap-Up/Announcements

Sunday, April 19, 2026

8:20 AM – 8:30 AM

Welcome/Announcements

8:30 AM – 9:30 AM

Performing Group Medical Visits - The who, what, when, where, why, and how to make money

Arianna Becker, DO

Learning Objectives:

- Identify topics and patients for successful group visit, design presentations, staff training requirements
- Design an office plan and templated notes that meet billing criteria for group visits
- Implement billing practices and complexities with group visits and how to monetize on group visits

9:30 AM – 10:30 AM

What Family Physicians Need to Know for Coding in 2026

Brian McDaniel, MD

Learning Objectives:

- Apply the criteria for appropriate use of G2211 to accurately document visit complexity and continuity of care
- Determine when G0537 is the most appropriate code to report and integrate it into daily practice workflows
- Incorporate newly introduced codes to more effectively capture patient risk factors and enhance accuracy of RAF score reporting

10:30 AM – 11:30 AM

How to Be a Rock Star Direct Primary Care Physician

Rebekah Bernard, MD

Learning Objectives:

- Define Direct Primary Care (DPC) including the impact on underserved populations
- List the basics of successfully setting up a DPC practice
- Develop and implement skills that enhance work-life satisfaction, including the development and enhancement of healthy boundaries

11:30 AM – 11:35 AM

Wrap-Up/Final Announcements