UNIFORMED SERVICES ACADEMY
OF FAMILY PHYSICIANS

2018 Annual Meeting & Exposition
15-19 March 2018

Sawgrass Marriott
Ponte Vedra Beach, FL

Bridging the Gaps

REGISTER ONLINE - WWW.USAFP.ORG
On behalf of the Uniformed Services Academy of Family Physicians President, James Ellzy, MD, and the USAFP Board of Directors, we are excited to welcome you to the 2018 Annual Meeting and Exposition at the Sawgrass Marriott Hotel conveniently located near Jacksonville in Ponte Vedra Beach, FL.

This year’s theme is "Bridging the Gaps." Join us as we reflect on operational lessons learned both on the battlefield and underway, as well as discuss the major changes affecting DOD primary health care delivery models.

This year we will offer more than 30 CME credits of instruction: evidence-based updates in obstetrics, pediatrics, inpatient and outpatient adult and adolescent care, ABFM KSAs, OMT, Battlefield Acupuncture, as well as advanced skills if you are ready for them. There will also be opportunities offered to meld burgeoning evidence about integrative medicine and pain management and to build skill sets for future endeavors, while taking the time to relearn the basics.

In a spirit of “inclusion” additional topics planned for this year include several new forums discussing transgender health care, military finances, the new Blended Retirement System and career options for transitioning off of Active Duty. Workshops for Botox®, colonoscopy, and point of care ultrasound, are aimed at broadening your scope of practice.

In USAFP’s tradition, we again highlight the importance of bridging our senior leadership's experience with our junior member’s curiosity about choices in military careers by providing several mentoring opportunities. We also welcome members and families to enjoy the conversation of the “nitty-gritty” of families in Family Medicine.

Our overall goal is to provide an educational opportunity to best prepare the military family medicine doctor to meet requests for humanitarian deployment response, continued crises and unstable world conflicts as well as remaining operationally competent while taking the time to reboot, recharge, and recall the joy of being a military family medicine physician.

In addition to the training opportunities noted above, an ALSO Instructor course and a DHA-sponsored Primary Care Pain Champion Training Day will be offered on the first day of the conference for those who are interested.

Former U.S. Surgeon General VADM Antonia Novello will join us as one of the keynote speakers to talk about her 20+ years in the Public Health service, and the gaps she bridged in taking over that job, as both the first woman and the first Hispanic to ever hold the title.

COL (ret) Kevin O’Connor will deliver thoughts on the family physician role in addressing and preventing sexual assault in the military, an area we have widely been trained in and yet have had difficulty making a true difference in.

COL (ret) Russ Kotwal will reflect on his 20+ years of operational medicine, propagation of TCCC, and serving as a family physician with Ranger elements, while making choices about family and career.

We are thrilled to be offering USAFP 2018 in this corner of the Southeast, just in time to beat the winter doldrums! We look forward to seeing you there!!

Warmly,

Maria DeArman, MD & Francesca Cimino, MD, FAAFP

REGISTER ONLINE AT WWW.USAFP.ORG
Recently renovated and brimming with amenities, the Sawgrass Marriott sets the stage for a visit you won't soon forget. You'll find the hotel just South of Jacksonville, next door to the legendary TPC® Sawgrass. You can make a splash in one of the four pools, pamper yourself at the on-site spa or enjoy a meal at one of the outstanding restaurants.

The Sawgrass Marriott offers numerous dining options, multiple pools, beach access, a 24-hour fitness center, and much more! The USAFP has negotiated complimentary internet access in the meeting space.

Parking - Self parking fees are included in the daily Resort Fee. Valet parking is $24 per day.

Resort Fee - The daily resort fee is $15.00 per night not including tax. This fee covers the following items: High speed internet in your sleeping room, self parking, two bottles of water in-room daily, fitness classes, and access to the beach area.

Airport Information - The Jacksonville International Airport (JAX) is just over 30 miles from the hotel. Taxi and Uber services are available from the airport. For other transportation options, please visit the Jacksonville Airport website.

Hotel Rates & Reservations

The per diem room rate at the Sawgrass Marriott is $121.00 per night for single and double occupancy. The cut off date for room reservations is 19 February, 2018. Room rates do not include applicable state and local taxes. The nightly resort fee is in addition to the room rate. Based on rate and space availability, rooms may be reserved up to three days prior and three days after the conference dates.

Please call 800-457-4653 or make your reservations online at: https://aws.passkey.com/go/usafp2018

General Information

Appropriate Uniform

If you are funded by the government to attend this meeting, the appropriate uniform is listed below. If you are not funded to attend the meeting, you are encouraged to wear your uniform in lieu of business casual civilian clothing.

Air Force - Any combinations of Blues. Service Dress for all Presenters

Army - ACU or equivalent (Known award winners should be in ASU)

Coast Guard - Tropical Blue Long. Speakers in Service Dress Blue.

Navy - NWU, Khakis or Service Dress Blues

Public Health Service - Khaki (or Summer Whites) Speakers in Service Dress Blue.

Please note: Civilian attire may be worn for the following activities: ALSO Instructor Course, Pain Champion Session, Thursday, 15 March Evening Sessions, OMT for Muggles Session, Resident and Student Reception, Point of Care Ultrasound (POCUS), Committee Interest Meetings, Advanced OMT, Doc, You Don’t Know Jack, All Attendee Event, and Monday, 19 March sessions.

CME Accreditation

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

USAFP 2018 Annual Meeting & Exposition
This Live activity, USAFP 2018 Annual Meeting and Exposition, with a beginning date of 03/15/2018, has been reviewed and is acceptable for up to 39.50 Prescribed credit(s) which is included in the total noted above. (Please be advised, the following sessions have not been awarded CME credit: "Who Am I? Exploring Identity Through Art", "Financial Planning for Uniformed Family Physicians Part 1", "Financial Planning for Uniformed Family Physicians Part 2", "Bridging the Financial Knowledge Gap", "Battlefield Auricular Acupuncture", and "Advanced Battlefield Acupuncture".)

ABFM KSA/CSA Pain Management
This activity has been reviewed and is acceptable for up to 12.00 prescribed credits by the American Academy of Family Physicians and 15 points from the ABFM.

ABFM KSA/CSA Well Child
This activity has been reviewed and is acceptable for up to 12.00 prescribed credits by the American Academy of Family Physicians and 15 points from the ABFM.
Pre-Conference Sessions

USAFP Advanced Life Support in Obstetrics (ALSO®) Instructor Course
Thursday, 15 March - 0730 – 1600 - Naval Hospital Jacksonville

Fulfill Your Required Obstetrical Emergency Simulation Training ALSO Armed Forces

Course Overview
Advanced Life Support in Obstetrics (ALSO®) is an approved option for Department of Defense-mandated obstetrics interval training requirements for staff involved in the provision of military maternity care. A comprehensive evidence-based, interprofessional, and multidisciplinary training program, ALSO equips the entire maternity care team with skills to effectively manage obstetric emergencies. This comprehensive course encourages a standardized team-based approach amongst the maternity care team to improve patient safety and positively impact maternal outcomes.

The Instructor Course is not intended to re-familiarize learners with Provider Course content, but rather it is focused on practicing the skills and processes used by ALSO Approved Instructors during the Provider Course. Any learner in the ALSO Instructor Course without a working knowledge of the updated ALSO Provider Course curriculum must review the most recent version of the ALSO Manual and familiarize themselves with the course’s educational format prior to participating.

Successful completion of this course, as well as evaluation and recommendation by an ALSO Advisory Faculty member, is required to become an ALSO Approved Instructor. Approved Instructor status is maintained by teaching in either three ALSO or BLSO courses within a five-year time period. Teaching in an ALSO Instructor course does qualify the same as teaching in an ALSO Provider course. The success of each ALSO Provider Course is directly related to the quality education and hands-on training offered in the Instructor Course.

Eligible Attendees
Eligible attendees are Physicians, third-year residents, certified nurse midwives and registered nurses who have successfully completed an ALSO Provider Course. Limited to 36 participants.

Course Fees
USAFP Member - $350, Registered Nurse - $425
Non-Member on Active Duty - $500, Nurse Midwife - $425

Registration
Please register at  https://www.regonline.com/USAFP2018 or on pages 17-18. If you only plan to attend ALSO, please call the USAFP Headquarters at 804-968-4436 or email registration@vafp.org for a registration form.

Transportation will be provided from the Marriott Sawgrass Hotel to Naval Hospital Jacksonville.

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

Primary Care Pain Champion Training Day
Thursday, 15 March 2018 - 0700 – 1600
Hilton Garden Inn - Jacksonville/Ponte Vedra
45 PGA Tour Boulevard, Ponte Vedra Beach, FL 32082

Course Overview
The MHS Stepped Care Model seeks to provide our patients with the most effective pain management guided by CPGs while avoiding chronic pain, reducing opioid use, and minimizing complications for the minority of patients that do require opioids. This model has been approved by all the Services and DHA as a comprehensive, standardized pain management model to provide consistent, high quality, safe care for patients with pain. This training will empower current or potential designated Primary Care Pain Champions (PCPCs) to fulfill a critical role ensuring the successful execution of the Stepped Care Model and better equipping primary care teams to manage care for patients with complex and chronic pain.

Funding
All attendees of this session will be provided funding to cover the hotel night of 14 March at the prevailing per diem of $121.00. You will be instructed during the session as to your path for reimbursement through DTS.

Hotel Reservations
To make your hotel reservations for arrival on Wednesday, 14 March, please visit: http://group.hiltongardeninn.com/Pain-Champion or call 1-904-280-1661. Please use Group ID: Pain Champion to request a room in the room block.

Registration
Please register at  https://www.regonline.com/USAFP2018 or on pages 17-18. If you only plan to attend the Pain Champion session, please call the USAFP Headquarters at 804-968-4436 or email registration@vafp.org for a registration form.

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

Inspiration......Involvement
Special Activities

Resident & Student Reception - $
Friday, 16 March - 1745 - 1845
Don’t miss this opportunity to network with your fellow students and residents. Socialize with your peers while exchanging dialogue and benefiting from the mentorship of Family Medicine leaders. Light hors d’oeuvres and beverages will be served.

Hospital and Emergency Medicine Interest Group Meeting
Friday, 16 March - 1815 - 1915
Join us for an informal meeting to discuss emergency and hospital medicine! Talk with practicing and board-certified hospitalists, residency staff, and those who are just interested in hospital or emergency medicine. Topics will include, but are not limited to, careers as hospitalists or emergency room physicians, the hospital medicine board certification process, the hospital medicine fellowship, and future CME offerings at USAFP. Anyone interested in hospital or emergency medicine is invited.

Committee Interest Meetings
Saturday 17 March – 1745 - 1845
This meeting will provide the USAFP Committee Chairs the opportunity to present a brief overview of committee activities planned for the 2018-2019 year. At the conclusion of the committee reports, there will be an opportunity to join the USAFP Committee of your choice for a short planning meeting. Beverages will be served.

Installation and Awards Luncheon
Sunday, 18 March – 1215 - 1345
Join USAFP President James A. Ellzy, MD, MMI, FAAFP for the USAFP’s Installation and Awards Luncheon. AAFP President-Elect John S. Cullen, MD, FAAFP (invited) will install USAFP President-Elect Douglas M. Maurer, DO and the newly elected USAFP Officers and Directors into office. Academy awards will be presented and all Flag Officer’s in attendance will be recognized. Complimentary lunch will be served to registrants.

Service Specific Break-Out Sessions
Sunday, 18 March – 1400 - 1630
Flag Officers and Consultants representing all services will address their respective branch of service attendees.

Doc, You Don’t Know Jack!
Sunday, 18 March – 1700 - 1800
What do “The Empire Strikes Back,” “The Wrath of Kahn” and “The Temple of Doom” all have in common? They all prove the sequel can be better than the opening show. We are proud to come out of our corner for round 2 of everyone’s favorite quiz bowl. Once again, we welcome to the stage the three-member teams from the Air Force, Army and Navy to duke it out in the ring for another shot at the title. So, show Adrian what you’re made of for this competitive review of medical information from the last year of Family Medicine literature and Military-Unique curriculum. We’ll see if you have what it takes to climb those 72 stone steps and face down your own Apollo. No headbutting, low blows, rabbit punches, or biting allowed.

All Attendee Party - $
Sunday, 18 March - 1830 - 2000
Everyone is invited to join your peers and their families/guests for a fun filled evening poolside! “Round the World” buffet dinner including South American and Italian cuisine options, live music, poolside games including ping pong and corn hole and kids activities will keep all ages entertained!! $30 Adults, $15 Children 3-12

Questions?
Please email registration@vafp.org or call 804-968-4436

Research

RESEARCH PRESENTATIONS
Friday, 16 March
0845-1230
Saturday, 17 March
0745-0845

POSTERS
View the posters during the Exhibit Hall Breakfasts, Breaks, and Lunches.

Friday, 16 March
0645-0745, 1015-1045, 1230-1330 & 1515-1545

Saturday, 17 March
0645-0745, 1015-1045 & 1230-1330

RISE WITH RESEARCH
Sunday, 18 March
0645-0745
ANTONIA C. NOVELLO, MD, MPH, 14TH SURGEON GENERAL OF THE UNITED STATES
- FRIDAY, 16 MARCH - 0745-0845

Dr. Antonia Coello Novello was born in Fajardo, Puerto Rico. She graduated from the University of Puerto Rico with a B.S. degree in 1965 and an M.D. degree in 1970. She completed her subspecialty training in pediatric nephrology at University of Michigan and Georgetown University. Dr. Novello received a Masters in Public Health from the John Hopkins School of Hygiene and Public Health in 1982 and a Doctor of Public Health in May 2000. She holds countless awards, including the Legion of Merit, The James Smithson Bicentennial Medal, and the National Governor's Association Distinguished Service to State Government Award, as well as a membership in the Alpha Omega Alpha Medical Society and Institute of Medicine of the National Academy of Sciences to name a few, and over 53 honoris causa. In 2011, Dr. Novello received the Don Quijote Lifetime Achievement Award. On March 9, 1990, Dr. Antonia Novello was sworn in by Supreme Court Justice Sandra Day O’Connor to serve as the 14th Surgeon General of the U.S. Public Health Service. Her appointment marked two firsts: Dr. Novello became the first woman and the first Hispanic ever to hold this position. As Surgeon General, Dr. Novello advised the public on health matters such as smoking, AIDS, diet and nutrition, environmental health hazards and the importance of immunization and disease prevention.

On June 3, 1999, Governor George E. Pataki nominated Dr. Novello to be the 13th New York State Health Commissioner; one of the leading health agencies in the nation with a $49 Billion budget - one-third of the whole NY state budget. Most recently, Dr. Novello served as the Executive Director of Public Health Policy at Florida Hospital. She currently serves as a liaison between the government of Dominican Republic and its Attorney General on raising the awareness of domestic violence and spearheading efforts for national legislation.

COL RET KEVIN C. O’CONNOR, DO, FAAFP - SUNDAY, 18 MARCH - 1115-1215

Dr. O’Connor served 22 years in the Army, a decade at the White House and currently works at GW Medical Faculty Associates as Director of Executive Medicine. Additionally, he serves as the Medical Director of International & Diplomatic Affairs at The George Washington University Hospital and Associate Professor of Medicine and Senior Medical Advisor for Health Sciences Programs at the School of Medicine & Health Sciences. Dr. O’Connor completed his Medical Degree at the New York College of Osteopathic Medicine in 1992 and residency training at The Mountainside Hospital in Montclair, New Jersey, where he was named Chief Resident in 1995. He is a Diplomate of the American Board of Family Medicine. He was appointed as a Fellow of the AAFP in 2009 and inducted into the Order of Military Medical Merit in 2013. In 2016, Dr. O’Connor received the Army Surgeon General’s “A” Proficiency Award, the highest level of achievement in the Army Medical Department.

As an Army family physician, teacher, flight surgeon, and hyperbaric medical officer for the last 22 years, Dr. O’Connor has served in clinical, academic, leadership, and operational assignments at Fort Bragg and Fort Carson, to include tours of duty with the 82nd Airborne Division, 75th Ranger Regiment, and United States Army Special Operations Command. COL O’Connor was deployed on numerous combat rotations in support of classified missions in Afghanistan, Iraq, and Bosnia. Dr. O’Connor is a charter member of the Committee on Tactical Combat Casualty Care, and most of his publications and public speaking engagements have addressed “point-of-wounding” care on the battlefield. He was chosen to be the Inaugural “Leader-in-Residence” Distinguished University Alumnus by St. Bonaventure University in 2014, was named “Michael J. Scotti, MD, 2015 Family Physician of the Year” by the Uniformed Services Academy of Family Physicians (USAFP), and was chosen as the New York Institute of Technology College of Osteopathic Medicine’s “Distinguished Alumnus of the Year” in 2016.

He served as a White House Physician starting 2006, over several Administrations, providing contingency planning and medical coverage for the President and Vice President “anytime, anywhere”. In February 2009, Dr. O’Connor was appointed “Physician to the Vice President” to serve VP Biden and the Second Family.

COL (RET) RUSS S. KOTVAL, MD, MPH, FAAFP - MONDAY, 19 MARCH - 0745-0845

COL Kotwal graduated from Texas A&M University in 1985 and was commissioned onto active duty into the Medical Service Corps, US Army. He received his MD from USUHS in 1996 and transitioned into the Medical Corps. He completed his Family Medicine residency at Martin Army Community Hospital, Fort Benning, GA, in 1999; his MPH at UTMB in Galveston, TX, in 2004; and his Aerospace Medicine residency at the Naval Operational Medicine Institute, Pensacola, FL, in 2005.

COL Kotwal served in multiple hospitals and line units throughout his military career. As a Battalion and Regimental Surgeon with the 75th Ranger Regiment, COL Kotwal served for 9 years and conducted 12 combat deployments to both Afghanistan and Iraq, where he participated in hundreds of combat ground and air missions as the senior prehospital medical provider: COL Kotwal also served for 2 years as the Deputy Command Surgeon for the US Army Special Operations Command at Fort Bragg, NC; and for 2 years as the Director for Trauma Care Delivery for the DoD Joint Trauma System at Fort Sam Houston, TX. COL Kotwal retired from the military in 2014 to College Station, TX, where he currently works as an Independent Consultant for multiple organizations to include the DoD Joint Trauma System and the US Army Institute of Surgical Research.

COL Kotwal is credited with numerous novel training and technology initiatives, professional publications, and national and international presentations related primarily to prehospital medicine on the battlefield. During his service he received multiple awards and decorations to include 5 bronze stars, 2 joint service commendation medals for valor; Ranger tab, master parachute badge with 2 combat jump stars, master flight surgeon badge, USAFP Operational Medicine Award, and Hero of Military Medicine Award. He served on the Special Operations Medical Association board of directors for 6 years. He is an adjunct professor at Texas A&M University and USUHS. He is also a senior advisor to the DoD Committee on Tactical Combat Casualty Care, and an AAFP Fellow.
**Preliminary Program**

**THURSDAY, 15 MARCH 2018**

0700 - 1600  
Primary Care Pain Champion Training Day  
- Hilton Garden Inn Jacksonville/Ponte Vedra  
For more information please see page 4.

0730 - 1600  
USAFP Advanced Life Support in Obstetrics (ALSO®) Instructor Course - Naval Hospital Jacksonville  
For more information please see page 4.

1300 - 1900  
Registration

1645 - 1700  
Welcome & Meeting App Overview

**GENERAL SESSIONS**

1700 - 1800  
Top 10 New Things in Geriatrics Care - Review of the Literature  
- Elizabeth H. Duque, MD, MBA, FAAFP

1800 - 1900  
What’s New in Cardiovascular Disease Prevention in 2018  
- Brian V. Reamy, MD, FAAFP

1900-2000  
MHS/DHA/702 Updates - Jeffery B. Clark, MD, FAAFP

**FRIDAY, 16 MARCH 2018**

0600 - 0645  
Yoga- Kristen A. Soltis-Tyler, MD

0630 - 1730  
Registration

0630 - 0730  
Residency Program Director’s Meeting

0645 - 0730  
Residency Program Director’s Meeting

0645 - 0715  
Board Review - Brittany R. Burns, DO

0645 - 0745  
Continental Breakfast with Exhibits

**GENERAL SESSIONS**

0745 - 0845  
Keynote Address - Bridging the Gaps  
- Antonia C. Novello, MD, MPH, Former US Surgeon General

**HALF DAY AM SESSIONS**

**FM Certification**

0845 - 1230  
ABFM KSA/CSA Pain Management  
- Robert C. Marshall, MD, MPH, MISM, FAAFP &  
  Kelly G. Koren, MD, FAAFP

This session is an innovative program to help members complete the American Board of Family Medicine’s (ABFM) KSA/CSA requirements. You will be provided with and asked to review the ABFM background materials before the session. The faculty will present the 60 questions (KSA), discuss the important teaching points and guide participants through the CSA (clinical simulation). Wireless internet access will be available and you will utilize your own laptop. The KSA is approved for 10 ABFM points and 8 AAFP CME credits and the CSA is approved for 5 ABFM points and 4 AAFP CME credits. (Limited to 35)

USAFP Member - $75  
Non-Member - $150

**FRIDAY, 16 MARCH 2018 (CONTINUED)**

**HALF DAY AM SESSIONS** (continued)

**Learner Engagement: A Faculty Development Workshop**

0845 - 1230  
Mary Alice Noel, MD, & Jeffrey H. Burket, MD, FAAFP (Coordinators)

Engaging learners is one of the key goals of Faculty Development. Whether you are an aspiring faculty member, current faculty member; or encounter learners in your current occupation, this workshop will highlight various ways to maximize engagement with your learners.

0845-0930  
Realigning Focus in Training at the Residency Clinic  
- Kristian Sanchek, MD FAAFP &  
  Dustin K. Smith, DO, FAAFP

0930-1015  
Helpout the Dropouts - Alison T. Baum, MD &  
  Jeffrey H. Burket, MD, FAAFP

1015-1045  
Break

1045-1230  
“Time - stop making it a barrier as a faculty member”  
**USU CREDIT**  
- Jessica T. Servey, MD &  
  Mary Alice Noel, MD &  
  Adrienne E. Bell, MD

**Research**

0845 - 1230  
Research Presentations

**Battlefield Acupuncture** (Not approved for CME)

0845 - 1230  
Battlefield Auricular Acupuncture  
- Lewis A. Hofmann, MD, FAAFP & John E. Laird, MD, FAAFP

Quickly delivering rapid pain relief with minimal side effects can have great advantages in all clinical arenas. This practical, hands-on workshop is designed to teach a simple and highly effective protocol to reduce pain utilizing auricular acupuncture. Students will learn to place indwelling needles in 5 specific points on each ear and leave the course confident to immediately utilize this technique in their practice. (Limited to 30)

**EARLY AM SESSIONS**

**General Sessions**

0845 - 1015  
Through the Lens of the 4077th: Realities and Myths of Military Behavioral Health as shown on M.A.S.H  
- Sebastian R. Schnellbacher, DO, MPH, FAPA, FAAFP

**Obstetrics**

0845 - 0930  
Exercising for Two: the Impact of Physical Activity on Pregnancy  
- Jillian E. Sylvester, MD

0930 - 1015  
ACOG Updates from 2017 - Michael Ryan Odom, MD

**Pediatrics**

0845 - 0930  
Top Pediatric Updates of 2017 - Erica S. Meisenheimer, MD &  
  Richard W. Temple, MD

0930 - 1015  
Children on the Homefront: Pediatric Healthcare in the Military  
- Tyler S. Rogers, MD & Megan E. Tinnin, MD
FRIDAY, 16 MARCH 2018 (CONTINUED)

EARLY AM SESSIONS (continued)

Potpourri
0845 - 0930
Lessons Learned as a Drug Dealer in Federal Prison
- Quinn D. Bott, PharmD, EMT-B, CCHP
0930 - 1015
Is there a pharmacist around? Point of Care Medication Counseling - Jessica T. Servey, MD

Technology
0845 - 0930
There’s An App for That: Evidence Based Medicine at the Point of Care - Douglas M. Maurer, DO, MPH, FAAFP
0930 - 1015
Physician as Teacher: Interpreting Fact vs. Fiction in the Age of Modern Technology - Stephen M. McMullan, MD

Preventive Medicine
0845 - 0930
Immunization Update 2018 - Thomas A. Miller, MD
0930 - 1015
The Alphabet Soup of the Adult Wellness Visit: Updates from USPSTF, ACOG, AUA, AHA, and More - Paul C. Bricker, MD

Operational Medicine
0845 - 0930
Name That Bug: An Interactive Review of Travel Medicine Cases
- Jeffrey L. Kinard, DO, FAAFP
0930 - 1015
Wilderness Medicine Grab Bag; Packing the Ideal Expedition Bag as a Medical Provider - R. Jace Caulkins, MD & Lee T. Church, MD
1015 - 1045
Break with Exhibits

LATE AM SESSIONS

General Sessions
1045 - 1130
ISIS CBRN Threat and Response, From Iraq to Syria
- D. Edward Jones, DO, FAAFP
1130 - 1230
Food Allergies - Kirsten R. Vitrikas, MD, FAAFP

Outpatient Medicine
1045 - 1130
Outpatient Burn Management - Brock E. Cardon, MD
1130 - 1200
Hypertensive Urgency: A True Clinic Emergency?
- Christopher S. Durkin, DO & Matthew K. Hawks, MD
1200 - 1230
Become the World’s Best Doctor by Unleashing the Placebo Effect in Your Practice - Gregory W. Jones, MD

Nutrition
1045 - 1130
Probiotics - Dana J. Onifer, MD, FAAFP
1130 - 1200
Artificial Sweeteners and Glucose Metabolism: The “Real” Deal?
- Steven W. Gale, MD & Christine Broszko, MD
1200 - 1230
Doped up on ‘Roids? An Update on Performance Enhancing Drugs
- Kevin M. Bernstein, MD, MS, CAQSM, FAAFP

Behavioral Health
1045 - 1130
A Primary Care Approach to Sleep Medicine - David P. Shaha, MD
1130 - 1200
ADHD - Courtney M. Saint, DO
1200 - 1230
Pediatric Behavioral Health 201: Beyond ADHD
- Nicole K. Nelson, DO & Jason S. Lanham, MD, MA, FAAFP

Finance & Transition (Not approved for CME)
1045 - 1230
Financial Planning for Uniformed Family Physicians
- Gregory H. Freitag, MD & Gregory R. Freitag, MBA, CLU, CFC
Part 1 - Protecting What You’ve Earned: Uniformed Family Physicians, when compared with our civilian counterparts, maintain near-parity in total compensation. Yet, many of our uniformed colleagues remain unaware of the necessary steps needed to protect their wealth, ensuring a secure future for themselves and their family. This presentation will dialogue with the audience on how to minimize financial risk exposure as the Uniformed Family Physician navigates their time in Service and beyond. Part 2 - Investing for the Future: Most Uniformed Family Physicians have the advantage of being relatively ‘debt free’ from medical school. The advantage of investing early and leveraging assets for growth and wealth accumulation, is key to a comfortable retirement. Done well, a financial plan, ensures the retiree has options for their future out of the Service upon transition to civilian practice and beyond. This presentation is for general education purposes and will not be used to market individual products or provide individual financial planning advice.

Preventive Medicine
1045 - 1145
Punch My Ticket Doc: The Pre-Travel Office Visit
- Angela M. Dunn, DO, MPH
1145 - 1230
Obesity Management in a Military Family Medicine Clinic
- Thomas L. McKnight, MD, MPH

Operational Medicine
1045 - 1145
Wilderness Medicine: When Wildlife Bites - Aaron L. Moody, MD
1145 - 1230
By Land, Sea and Air: How to Survive and Thrive as a New Physician in an Operational Medicine Billet - Ruth E. Smith, MD
1230 - 1330
Lunch with Exhibits
FRIDAY, 16 MARCH 2018 (CONTINUED)

HALF DAY PM SESSIONS

FM Certification
1330 - 1730
ABFM KSA/CSA Well Child
- Robert C. Marshall, MD, MPH, MISM, FAAFP & Jocelyn S. Hu, MD
This session is an innovative program to help members complete the American Board of Family Medicine’s (ABFM) KSA/CSA requirements. You will be provided with and asked to review the ABFM background materials before the session. The faculty will present the 60 questions (KSA), discuss the important teaching points and guide participants through the CSA (clinical simulation). Wireless internet access will be available and you will utilize your own laptop. The KSA is approved for 10 ABFM points and 8 AAFP CME credits and the CSA is approved for 5 ABFM points and 4 AAFP CME credits. (Limited to 35)
USAFP Member - $75 Non-Member - $150

OMT for Muggles
1330 - 1730
OMT for Muggles! (aka MDs) - High Yield Techniques for Low Back Pain for the Busy Military Family Physician
- Breanna L. Gawrysz, DO, (Coordinator) Angela M. Dunn DO, MPH, April R. Due, DO, Megan E. Jolicoeur, DO, Geoffrey A. McLeod, DO, Matthew Noss, DO, Trevor S. Smith, DO, AFAFP, Mathew J. Snyder, DO, FAAFP, Dylan Tracy, DO & Jennifer Woolsey, DO
This hands-on 1/2-day workshop will teach easy-to-learn, effective osteopathic techniques for low back pain seen in the active-duty, dependents and even pregnant population for MDs who are interested in adding this modality to their toolbox. Documentation/coding will be reviewed. 2:1 student/instructor ratio will ensure optimal learning. A letter will be provided recommending solo privileging in limited OMT at course completion. DO physicians looking to brush up on their skills are welcome, but the class is designed for MDs with no prior osteopathic training. Participants will be provided a handbook with step-by-step instructions and pictures of all techniques. Wear comfortable athletic attire. (Limited to 30)
USAFP Member - $30 Non-Member - $55

Inpatient Medicine Symposium – Part I
1330 - 1730
Inpatient Medicine Symposium – Part I
Craig H. Barstow, MD, FAAFP (Coordinator)
The Hospital Medicine Fellowship will host an update on inpatient medicine. Please join us for Part 1 of an intensive review of pertinent topics.
1330 - 1430 Respiratory Failure - Brian T. Shaban, MD & Matthew S. Hing, MD, FAAFP, FS, DBAMA
1430 – 1515 Cirrhosis - Melissa Roberts, MD, Bethany N. Davis, MD & Michael M. Braun, DO
1515 – 1545 Break
1545 – 1645 Acid Base Disorders and Fluids - James D. Phillips, MD
1645 – 1730 Palliative Care in the Hospital - Tyler R. Reese, MD, FAAFP

FRIDAY, 16 MARCH 2018 (CONTINUED)

HALF DAY PM SESSIONS (continued)

Musculoskeletal Ultrasound
1330 - 1730
Introduction to Musculoskeletal Ultrasound
- Alexander C. Knoblach, MD, John W. Lax, MD, Jillian E. Sylvester, MD, Wesley W. Carr, MD, Myro A. Lu, DO, Caleb G. Dickson, DO, Christopher E. Jonas, DO, FAAFP, Chad D. Hulsopple, DO, FAAFP & Cole R. Taylor, MD, FAAFP
This workshop offers participants a didactic and hands-on introduction into musculoskeletal ultrasound for clinical practice. Participants will have the opportunity to perform ultrasound scanning of basic musculoskeletal anatomy and perform ultrasound-guided needle techniques. (Limited to 20) USAFP Member - $30 Non-Member - $55

EARLY PM SESSIONS

General Sessions
1330 - 1430
What's New in the Medicine Cabinet - Michael R. Spieker, MD
1430 - 1515
Forward from the Land and Sea: Identifying Gaps in Provider Preparedness for Operational Medicine - James Chung, DO, MPH & Michael G. Mercado, MD FAAFP

Wellness
1330 - 1430
Mindfulness: Benefits for Providers and Patients - Speaker to be determined
1430 - 1515
How I Learned to Stop Complaining and Love My Job: How to Recognize and Beat Physician Burnout - Gregory W. Jones, MD

Potpourri
1330 - 1430
May the Force be With You: A How-to Guide to the Light and Dark Sides of Publishing - Scott P. Grogan, DO, MBA, FAAFP & Dean A. Seehusen, MD, MPH, FAAFP
1430 - 1515
Medical Informatics: Leveraging free Application Programming Interfaces (API’s) to create medical applications that improve care. - Christopher M. Rock, DO

Pain Management
1330 - 1515
Pain Management
- Jeffery B. Clark, MD, FAAFP & Joseph R. Yancey, MD, FAAFP (Coordinators) Jennifer Bell, MD, Leo A. Carney, DO, FAAFP, Joseph R. Yancey, MD, FAAFP, Joshua B. Wong, DO, Paul F. Crawford, MD, FAAFP & Anne Dobmeyer, Ph.D., ABPP
How do family medicine physicians manage chronic pain while minimizing risk from opioids? This block of instruction will equip you with the necessary tools to provide the right care at the right time with the best skills for each patient with chronic pain. Attendees will be able to use educational materials from this lecture as a training packet for providers at their institutions.
FRIDAY, 16 MARCH 2018 (continued)

EARLY PM SESSIONS (continued)

Women’s Health
1330 - 1530
NEXPLANON® Training - Vernon M. Wheeler, MD, FAAFP & Garrett Meyers, MD, FAAFP
Join your colleagues at a Clinical Training Program for NEXPLANON® (etonogestrel implant) 68 mg Radiopaque. During the Clinical Training Program for NEXPLANON® you will receive hands-on training for insertion and removal procedures as well as implant localization techniques. Completion of this course will allow you to order the product from authorized distributor(s). The session, which is sponsored by Merck, is not accredited for CME. The training is open only to MD/DO, NP, PA or CNM’s and Residents authorized to perform the procedures entailed in the insertion and removal of NEXPLANON® in the jurisdiction where they practice. It is Merck’s policy to verify all clinicians’ practice, license, and eligibility information in advance of the training. Attendees are expected to attend the entire training. Certificates of attendance will not be issued to those who arrive late or leave early. (Limited to 26)

Finance & Transition
1330 - 1355
Attorney, Accountant, and Attitude: The 3 A’s for a Successful Transition out of Service - John D. Hallgren, MD, FAAFP
1355 – 1420
Everybody Leaves Eventually: Transition to Civilian Academic Practice- Christopher W. Bunt, MD, FAAFP
1420 – 1445
We Want You! Think About Transition To The Air National Guard After Active Duty - Christopher J. Knapp, MD, MPH, FAAFP
1445 - 1515
Question & Answer/Panel

Outpatient Medicine
1330 - 1430
Vector-Borne Infectious Diseases - Steven B. Sapida, DO
1430 - 1515
To Go or Not To Go? Childhood Illness and Return to School/Care Recommendations - William E. Michael, MD
1515 - 1545
Break with Exhibits

LATE PM SESSIONS

General Sessions
1545 - 1730
Health Care Systems in the Real World - The other side of the rainbow. - William S. Sykora MD, FAAFP, Charles W. Mackett III, MD, MMM, FAAFP & Robert F. Raspa, MD, FAAFP

Wellness
1545 - 1645
Who Am I? Exploring Identity Through Art (Not approved for CME)
- Mark B. Stephens, MD, FAAFP
1645 – 1730
Maintaining Your Humanity on Humanitarian Assistance Missions: One Docs Reflection on Continuing Promise 2015
- Denise Boggs-Wilkerson, DO

FRIDAY, 16 MARCH 2018 (continued)

LATE PM SESSIONS (continued)

Women’s Health
1545 - 1730
Women’s Long Acting Reversible Contraceptives Workshop Caitlyn M. Rerucha, MD (Coordinator)
This session includes lecture and hands-on learning opportunities including a comparison of the different types of long-acting reversible contraceptives (LARCs), absolute and relative contraindications for each LARC, an evidence-based approach to management of postpartum contraception, a comparison of the different types of progesterone-based and copper-based intrauterine devices (IUDs), review of common and uncommon IUD complications and side effects (i.e. management of bleeding, difficult removals, uterine perforation, etc.), and use of IUDs as emergency contraception. The hands-on portion will provide practice and tips on insertion and removal techniques for the different intrauterine devices.
1545-1630 Overview of Long Acting Reversible Contraceptives - Mike Bybel, MD
1630-1730 Intrauterine Devices - Elyse Pierre, MD, Caitlyn Rerucha, MD & Patricia Dominguez, MD

Leadership
1545 - 1630
From Line Officer to Medical Corps: A Unique Perspective on Leading and Inspiring - Jason M. Valadao, MD
1630 - 1730
Leadership SWOT: Applying Yourself to the Leadership Problem - William A. Boller, MD

Practice Management
1545 - 1630
The Top 10 POEMS in 2017 (Patient Oriented Evidence That Matters) - Scott M. Strayer, MD, MPH, FAAFP
1630 - 1730
Practice Made Perfect: PI/QI Principles for Primary Care - Carl Bryce, MD

Operational Medicine
1545 - 1645
Service Related Diagnoses and Line of Duty Determinations - Anastasia McKay, MD
1645 - 1730
Mental Health: A Navy General Medical Officer’s Struggle - Aaron L. Moody, MD

Pediatrics
1545 - 1630
Croup - Should My Kid Be Barking? - Dustin K. Smith, DO, FAAFP
1630 - 1730
Common Pediatric Fracture Management - Geoffrey A. McLeod, DO & Sara J. DeSpain, MD
**FRIDAY, 16 MARCH 2018 (continued)**

1745 - 1845  
Resident & Student Reception  
Don't miss this opportunity to network with your fellow students and residents. Socialize with your peers while exchanging dialogue and benefiting from the mentorship of Family Medicine leaders. Light hors d'oeuvres and beverages will be served.

1815 - 1915  
Hospital and Emergency Medicine Interest Group Meeting  
Join us for an informal meeting to discuss emergency and hospital medicine! Talk with practicing and board-certified hospitalists, residency staff, and those who are just interested in hospital or emergency medicine. Topics will include, but are not limited to, careers as hospitalists or emergency room physicians, the hospital medicine board certification process, the hospital medicine fellowship, and future CME offerings at USAFP. Anyone interested in hospital or emergency medicine is invited.

**SATURDAY, 17 MARCH 2018**

0630 - 1730  
Registration

0630 - 0730  
Pre-Doctoral Meeting

0645 - 0715  
Board Review - Brittany R. Burns, DO

0645 - 0745  
Continental Breakfast with Exhibits

**GENERAL SESSIONS**

0745 - 0845  
Research Presentations

**ALL DAY SESSION**

**Colonoscopy/GI**

0845 - 1730  
Colonoscopy/GI Workshop  
- Michael M. Barna, MD, MPH, CPE, FAAFP (Coordinator)  
- Scott M. Strayer, MD, MPH, FAAFP  
This one-day workshop seeks to expose participants to the fundamentals of primary care endoscopy. Specific topics covered will include common gastrointestinal issues in primary care, updated recommendations for gastrointestinal screenings, how to use primary care endoscopy to improve cancer screening percentages, and the value of primary care endoscopy as a tool in the diagnosis and treatment of gastrointestinal disease. The workshop will also provide endoscopic procedure demonstrations to include advice on documentation and quality indicators, as well as hands-on practice using endoscopic simulators. At the end of the workshop, participants will have an opportunity participate in an open-panel discussion on the intricacies of obtaining and maintaining privileges in endoscopy and have questions and concerns addressed by practicing Family Medicine endoscopists. (Limited to 15)

**HALF DAY AM SESSIONS**

**Families in Family Medicine**

0845 - 1230  
This is Life in Medicine - Jennifer Chang, Francesca Cicino, Amanda Cuda, Dave and Mary Haight, Adrienne Herr, Julie and Kevin Hundertmark, Jennifer and Jimmy Hewitt, Chris and Heather Jonas, Elizabeth Leonard, Dana Nguyen, Danielle and Kris Sanchack  
Do you have parents, siblings, a spouse or significant other, children, or grandchildren? How much do they know about life in medicine? Our bet is they care about you and would like to know more. Maybe they need some support because this life isn't easy and we are not always easy to live with. Last year, we piloted a workshop for physicians and their families. We had family members of all types attend (including little ones) with and without their respective family physician. It was awesome. This year, bring your family (mom, dad, kids, grandkids, significant others, not your dog) to this next iteration. We'll have ways to keep kids busy! The mission of this interactive workshop is to collaborate in order to gain practical habits, and authentic perspective on life and families in medicine so we can persevere in all areas of our lives with health and satisfaction. We'd love to gather planning feedback if you are interested in the workshop. This Google form will take less than 2 minutes and in no way commits you to attending. Thank you! https://goo.gl/forms/YnuzhA9txlNSKOPC2

**Botox**

0845 - 1230  
Botulinum Toxin for Chronic Migraine in Primary Care  
- Blake R. Busey, DO, Elizabeth H. Duque, MD, MBA, FAAFP, Luanne Bruce, FNP & Aidee Moreno, FNP  
This workshop is designed to provide you the tools and skills necessary to start a botulinum toxin clinic for the treatment of chronic migraine. The workshop will encompass the indications for treatment, a skills lab, coding and documentation pearls, and a road map to successful implementation within primary care. At the end of this workshop, participants will walk away with a certificate of training, templates (FPPE, Completion memorandum, documentation ASUTYPES and macros, etc.), coding cheat sheets, credentialing pearls, and standard operating procedures that can be used in your clinic. The goal is to make you successful, skillful, and valuable to any organization. (Limited to 30)

**Inpatient Medicine Symposium – Part II**

0845 - 1230  
Inpatient Medicine Symposium – Part II  
- Craig H. Barstow, MD, FAAFP (Coordinator)  
The Hospital Medicine Fellowship will host an update on inpatient medicine. Please join us for part 2 of an intensive review of pertinent topics.

0900 - 0945  
Pediatric Abdominal Emergencies  
- Craig H. Barstow, MD, FAAFP & D. Edward Jones, DO, FAAFP

0945 - 1015  
A Review of Inotropes and Vasopressors  
- Matthew Rice, MD

1015 - 1045  
Break

1045 - 1145  
Vascular Heart Disease  
- Megan B. Mahowald, MD & Damon A. Forbes, MD

1145 - 1230  
Chronic Kidney Disease  
- Julie Henson, DO & Damon A. Forbes, MD
Preliminary Program

SATURDAY, 17 MARCH 2018

HALF DAY AM SESSIONS (continued)

Functional Medicine
0845 - 1230
Bridging the Health Gaps: Addressing the Root of Human System Malfunction - Lewis A. Hofmann, MD, FAAFP, Mylene T. Huynh, MD, MHP, Bryan Stepanenko, MD, MHP, Geoff Dardia, Director of Task Force Dagger Health Initiative

Nearly two decades of war and repeated exposures to toxic environmental, physical and mental stressors have led to thousands of life-changing injuries and an unprecedented epidemic of opioid addiction and overdose, chronic illnesses and suicide among military veterans. In this session, we will take the audience from the battlefront to homefront, reviewing optimal health and human physiology, discussing military occupational hazards which cause the human system to malfunction, and utilizing case studies to describe a novel framework that identifies and treats the root cause of disease in these very challenging patients.

EARLY AM SESSIONS

General Sessions
0845 - 1015
Health Care Disparities in the Military Health System - Vanessa McNair, MD

Women's Health
0845 - 0930
Abnormal Uterine Bleeding - Kristen E. Koenig, MD, FAAFP
0930 - 1015
Changing the Conversation: Cardiovascular Disease in Women, Why it is Different, Under-Diagnosed and Under-Treated and How We are the Remedy - Elizabeth A. Leonard, MD, FAAFP

Pediatrics
0845 - 0930
An Evidence-Based Approach to Key Issues in Adolescent Health - David C. Bury, DO
0930 - 1015
Pediatric Rashes - Kerry P. Sadler, MD

Potpourri
0845 - 0930
Bump Blues: Diagnosis and Management of Depression During Pregnancy - Sajeewane M. Seales, MD
0930 - 1015
Anxiety in Aging Adults - Jeanmarie B. Rey, MD

Operational Medicine
0845 - 0930
Primary Care for the Wounded Warrior: Challenges and Considerations - Kelly G. Koren, MD, FAAFP
0930 - 1015
Eyes, Eye Captains: Approach to Austere and Deployed Eye Care - Tyler R. Reese, MD

Outpatient Medicine
0845 - 0930
It's the Most Wonderful Time of the Year: Chronic Cough in Adults and Children, A Review of the Latest Guidelines - Luke C. Womble, MD
0930 - 1015
Feel The Burn: Long Term PPI Use in Adults - Anna C. Sealander, MD & Angela M. Dunn, DO, MPH

LATE AM SESSIONS

General Sessions
1045 - 1230
Transgender Medical Care in the Military - Janelle M. Marra, DO, FAAFP & Erika A. Overbeek-Wager, DO

Outpatient Medicine
1045 - 1130
Update on the Management of Atrial Fibrillation - Sandy L. Kimmer, MD, MHP
1130 - 1230
Testosterone Therapy: Ups and Downs - Bridget K. Caulkins, MD

Potpourri
1045 - 1130
Doctor, is this surgery right for me? Providing an evidence-based second opinion about some common procedures that may not help your patient - William A. Boller, MD
1130 - 1230
Sports Medicine for the Non-Fellowship Trained Family Physician - Jacob M. Bright, DO

Behavioral Health
1045 - 1130
From Assessment to Management of PTSD in Primary Care - Mark A. Dixon, LCSW, Ph.D. & Christopher S. Durkin, DO
1130 - 1230
Exercise Prescriptions for Mental Health Disorders - Robert M. Lystrup, MD & Pamela R. Hughes, MD

Operational Medicine
1045 - 1145
Human Factors Mitigation Strategies - What can medicine learn from the aviation community? - Ana L. Solis, MD
1145 - 1230
Guam: Full-Scope Family Medicine...and Then Some - Andrew J. McDermott, MD, FAAFP

Nutrition
1045 - 1130
1130 - 1200
Caffeine - the good, the bad - medical evidence of one of the most common supplements - Christopher C. Ledford, MD, FAAFP
1200 - 1230
Veganism: Good for Your Health and the Environment - William B. Nguyen, MD

1230 - 1330
Lunch with Exhibits
Preliminary Program

SATURDAY, 17 MARCH 2018 (continued)

HALF DAY PM SESSION

Self Care Modalities
1330 – 1730
Empower Yourself to Optimal Health through Self Care Modalities
- Breeanna L Gawryls, DO, Matthew S. Hing, MD, FAAFP, FS, DABMA, LaTraia Scott, MD, Megan E. Jolicoeur, DO
Optimize your health by calming your mind, relaxing your body and renewing your spirit. Believe the body is self-healing and self-regulating. A relaxed body and mind gives us a foundation for healing and makes us more resilient. Be empowered through meditation and mindfulness modalities to include a meditative exercise program. Discuss the benefits of an anti-inflammatory diet and food as medicine. Learn manual medicine techniques to rebalance and restore your body to optimal health. Enjoy the discipline of Reiki Self Care and Qi Gong to be present in the moment; promoting relaxation and balance.

EARLY PM SESSIONS (continued)

General Sessions
1330 - 1515
Leading Teams: Leadership Pearls and Lessons Learned
- Philip Volpe, DO

Resident Leadership – Part I
1330 - 1515
Resident and Student Leadership: Building Bridges with Inclusive Teams while Inspiring Individuals
- J. David Honeycutt, MD, FAAFP, FAWM (Coordinator)
Be prepared for an assortment of leadership instruction as you build your tool-box for residency and beyond. The session begins with two recent graduates who will share valuable lessons learned in efficiency and clinical leadership during their first few years out of residency. Explore how to build inclusive and effective teams by better understanding how different personality types interact using the Meyers-Briggs personality typology. Develop skills required for guiding crucial conversations to encourage inspiring team members through increased collaboration instead of falling into compromise.
- Understanding Personality Types – Joshua S. Will, DO, FAAFP
- Lessons from the Clinic: How to Survive your First Year out of Residency as an OIC – Nicole K. Nelson, DO

Health Care Disparities
1330 - 1415
Caring for the Latino/Hispanic Patient - Vincent Casiano, MD
1415 - 1515
Pre-Exposure Prophylaxis of HIV in the MSM Active Duty Population - C. Woodworth Parker, DO, MS

Preventive Medicine
1330 - 1415
Welcome to Florida! Please Don’t Leave with Skin Cancer - Updated Guidelines on Non-Melanoma Skin Cancer - John J. Koch, MD
1415 - 1445
Evaluating the Evidence Behind Lung Cancer Screening Guidelines - Job P. Larson, MD
1445 - 1515
"Behind the Veil of Smoke": The Risks of Electronic Cigarette Use - Erika Petrik, MD

Financial Updates: Understanding the BRS and CSP
- Christopher W. Bunt, MD, FAAFP
1630 - 1730
Oops: The 50% of Medical School Which Was Wrong
- Alison T. Baum, MD

Clinic Management
1330 - 1515
Clinic Management Workshop
Joseph R. Yancey, MD, FAAFP (Coordinator)
Elizabeth H. Duque, MD, MBA, FAAFP & Matthew Fargo, MD
As the Military Health System transforms, what do we need to know to manage ourselves and lead our practices well? Discussion will focus on how our system is changing, what we need to do to adapt, and how we can manage clinical operations optimally to deliver outstanding care.

Operational Medicine
1330 - 1515
Forward from The Sea, and Sand. Filling Gaps in Provider Preparedness for Operational Medicine
- Cormac J. O'Connor, MD, FAAFP & James Chung, DO (Presenting)
Robert Staten, MD, & Michael G. Mercado, MD FAAFP (Contributing)
The gaps in provider preparation for operational positions will be discussed. Then small-group table-top exercises will build skills for identifying and filling these gaps.

Mentorship
1330 - 1515
Tri-service Mid-Career Mentorship - Developing the Next Generation - Jeffrey Lanier, MD & Garfield Cross IV, MD
Completing residency and passing your boards are all things we must do in order to meet the professional standards of being Family Physicians. But what do you need to do in order to be successful Military Officers as well? In both large group and service-specific breakout groups, attendees will learn from mid-career Air Force, Army and Navy colleagues how to achieve success as a Family Physician and Military Officer while maintaining "work-life balance.

Sports Medicine
1330 - 1430
Time to Take Care of Your Feet – An Evidence-Based Review of Athletic Footwear and Orthoses - Alexander C. Knobloch, MD
1430 - 1515
From Hero WOD to Hospital: The Risk of Rhabdo in Trained Athletes - Meghan F. Raleigh, MD, CAQSM, FAAFP
1515 - 1530
Break

LATE PM SESSIONS

General Sessions
1530 – 1630
Financial Updates: Understanding the BRS and CSP
- Christopher W. Bunt, MD, FAAFP
1630 - 1730
Oops: The 50% of Medical School Which Was Wrong
- Alison T. Baum, MD
Preliminary Program

Saturday, 17 March 2018 (continued)

Late PM Sessions (continued)

Obstetrics
1530 - 1615
Breastfeeding Best Practices - Evidenced Based Recommendations for the nursing mother - Mariabeth T. Duffy, MD, FAAFP & Heather M. O’Mara, DO, MBA, FAAFP
1615 - 1700
Hypothalamic Amenorrhea - Evaluation and Management - Adam Voelckers, MD
1700 - 1730
Update on Adolescent Pregnancy and How to Optimize Care in PCMH - Gillian R. Wackowski, DO

OCP Education
1530 - 1730
Recovering the Lost Art of Oral Case Presentations (OCPs) - Michael D. Jacobson, DO, MPH

Resident Leadership - Part II
1530 - 1730
Resident and Student Leadership: Building Bridges with Inclusive Teams while Inspiring Individuals - J. David Honeycutt, MD, FAAFP, FAWM (Coordinator)
Be prepared for an assortment of leadership instruction as you build your tool-box for residency and beyond. The session begins with two recent graduates who will share valuable lessons learned in efficiency and clinical leadership during their first few years out of residency. Explore how to build inclusive and effective teams by better understanding how different personality types interact using the Meyers-Briggs personality typology. Develop skills required for guiding crucial conversations to encourage inspiring team members though increased collaboration instead of falling into compromise.

- Improving Clinical Efficiency – Matthew K. Hawks MD
- Guiding Crucial Conversations – J. David Honeycutt, MD, FAAFP, FAWM

Operational Medicine
1530 - 1730
Heat Injuries, Hyponatremia and Exertional Rhabdomyolysis - Robert C. Oh, MD, MPH, CAQSM, Justin D. Chaltry, DO, Joshua S. Will, DO, FAAFP, Francis G. O’Connor, MD, Shawn F. Kane, MD, FAAFP, Nate S. Nye, MD & C. Marc Madsen, DO
Heat injuries and other exertional related injuries continue to plague the military. This breakout session will review cutting-edge concepts in rapid cooling for heat stroke and use of hypertonic saline in hyponatremia both in pre-hospital and hospital settings. This session will also highlight updates of the 2017 Exertional Rhabdomyolysis Clinical guidelines by USUHS-CHAMP.

POCUS
1530 - 1730
Point of Care Ultrasound in the Clinical Setting: Biliary and DVT - Maria G. Takahashi, MD & Scott P. Grogan, DO, MBA, FAAFP
Participants will learn the basic views of point of care biliary and DVT ultrasound, become familiar with normal anatomy and learn to recognize gross abnormalities. Lectures will be followed by hands-on practice sessions with 3-5 participants to 1 instructor. Please wear comfortable athletic wear (Limited to 20)
USAFP Member - $30 Non-Member - $55

Saturday, 17 March 2018 (continued)

Late PM Sessions (continued)

Get REAL
1530 - 1730
The REAL Conversation - A discussion of the tough life choices we make as military family physicians - Francesca Cimino, MD, FAAFP
If you’ve ever wondered what the real reward and sacrifice of a military career are, join this conversation! A different type of mentoring opportunity; this session of roundtable chats will connect you with colleagues who have lived the challenges we face in this military medical career - including navigating being a geo-bachelor, dealing with career setbacks, parenthood choices, etc. Anticipate having good conversation and plenty of things to think about. If you would like to see a particular topic discussed, or you would like to lead one of the small group conversations about a salient topic during this session, please fill out the form AT THIS LINK

Sports Medicine
1530 - 1600
More Than a Needle - Update on managing knee osteoarthritis. - Cole R. Taylor, MD
1600 - 1645
Musculoskeletal Imaging - Tricia E. VanWagner, DO
1645 - 1730
Management of Common Running Injuries - Michael J. Arnold, MD & Aaron L. Moody, MD
1745 - 1845
Committee Interest Meetings
This meeting will provide the USAFP Committee Chairs the opportunity to present a brief overview of committee activities planned for the 2018-2019 year. At the conclusion of the committee reports, there will be an opportunity to join the USAFP Committee of your choice for a short planning meeting. Beverages will be served.

Sunday, 18 March 2018

0600 - 0645
Yoga - Kristen A. Soltis-Tyler, MD
0645 - 1400
Registration
0645 - 0745
Rise with Research
0645 - 0800
Continental Breakfast

Half Day AM Sessions

Operational Medicine
0800 - 1115
Prolonged Field Care - Matthew S. Hing, MD, FAAFP, FS, DABMA, Zachary J. Bevis, MD, Leigh-Anne L. Slack, DO & Paul A. Tate, MD
This workshop will explain basic principles of prolonged field care to military family physicians. Providers will learn the latest recommendations. Core hands on principles will be reviewed. Providers will complete the workshop with an understanding of how to implement training in prolonged field care for their medical team when they deploy.
**Preliminary Program**

**SUNDAY, 18 MARCH 2018 (continued)**

**HALF DAY AM SESSIONS (continued)**

**Advanced OMT**
0800 - 1115

This workshop is designed for health care professionals who have taken a course in osteopathic manipulation and have a basic knowledge of tissue texture changes, somatic dysfunction diagnosis, direct and indirect treatment techniques. The workshop will review common somatic dysfunctions seen in the military population and treatments for the upper and lower extremities, cervical, thoracic, lumbar, pelvic and sacral regions building on knowledge and expanding treatment options. Facilitated positional release, counterstrain, myofascial release, HVLA, balanced ligamentous tension, and muscle energy techniques will be reviewed. There will be a short didactic on identifying and treating the lesion for each body region and then moving into hands-on-practice with a partner. Ratio of table trainers to students will be 1:4. Please wear comfortable athletic attire that allows for easy palpation of the spine. (Limited to 24) USAFP Member - $30 Non-Member - $55

**Advanced Acupuncture (Not approved for CME)**
0800 - 1115
Advanced Battlefield Acupuncture - Lewis A. Hofmann, MD, FAAFP & John E. Laird, MD, FAAFP

**SIM WARS: A Simulation Workshop and Competition for Faculty Development**
0800 - 1115
SIM WARS: A Simulation Workshop and Competition for Faculty Development - Michael I. Arnold, DO, FAAFP and Mary Alice Noel, MD (Coordinators)

Show off your Jedi-master skills as you learn how to create a Simulation Event, practice debriefing, and compete against other groups for the best Simulation developed during this workshop!

**EARLY AM SESSIONS (continued)**

**Leadership**
0800 - 0915
Building Resiliency in Our Patients & Ourselves - Pamela M. Williams, MD & Alan L. Williams, MD

0915 - 1015
Leading Clinicians and Clinical Staff - Vu Q. Nguyen, MD

**Practice Management**
0800 - 0915
Are You Smarter Than an Administrator? Interactive approach to understand practice management metrics. - Calvin Grubbs III, MD

0915 - 1015
You Want Quality? Top 5 Checklists to Use This Week! - Gray N. Dawson, MD, MBA, FAAFP

---

**SUNDAY, 18 MARCH 2018 (continued)**

**General Sessions - Rapid Fire CME**
0800 - 0815
Testicular Cancer and Other Scrotal Masses - Drew C. Baird, MD

0815 - 0830
Functional Dyspepsia: Rome IV Update and Evidence Round-Up - Kristina G. Burgers, MD, FAAFP

0830 - 0845
Short Course of Corticosteroids - To Give or Not to Give? - Matthew K. Hawks MD

0900 - 0915
Chronic Fatigue Syndrome: Fact, Fiction, Future - Justin B. Hill, MD

0915 - 0930
Protect the Beans: Hints for Prevention and Management of Chronic Kidney Disease - Stephen M. McMullan, MD

0930 - 0945
Microbiome: What the Primary Care Physician Needs to Know - John T. Vogel, DO

0945 - 1015
"Rapid Fire" Questions and Answers

**Finance & Transition (Not approved for CME)**
0800 - 1015
Bridging the Financial Knowledge Gap - Military Physicians, Come Learn About Investments! - Natasha J. Pyzocha, DO, FAWM

Physicians devote countless hours towards developing their medical career but tend to lack the same degree of knowledge in finances. Come bridge the gap and learn more about financial mistakes of doctors and how to make more bang for your buck! This will be an extension from last year’s session, focusing more on military specific financial pointers and conclude with groups based on career stages.

**Women's Health**
0800 - 0845
Female LUTS: Understanding and addressing the impact of urinary symptoms on military readiness. - Dawn M. Sloan, MD, MBA, FAAFP

0845 - 0930
Guidelines Versus Evidence: Breast Cancer Risk Assessment and Risk-Based Screening Strategies - Katherine A.M. Snyder, MD

0930 - 1015
Safe Prevention of Primary C-sections - Katie A. Coble, MD & James J. Arnold, DO, FACOFP, FAAFP

**Pediatrics**
0800 - 0900
Breast & Beyond: Feeding Through the 1st Year of Life -- Review of Evidence & Tips for Busy Clinicians - Jennifer G. Chang, MD & Rebecca A. Lauters, MD

0900 - 1015
Update in Autism Spectrum Disorder Screening - Francesca Cimino, MD & Mae R. Barker, PhD, BCBA-D
SUNDAY, 18 MARCH 2018 (continued)

EARLY AM SESSIONS (continued)

Potpourri
0800 - 0845
Spirituality in Daily Practice - A conversation about when and how a provider should address the spiritual needs of their patients.
- Jason S. Lanham, MD, MA, FAAFP
0845 - 0930
MSK Radiology in Primary Care
- Clark H. Cobb, MD, FAAFP
0930 - 1015
Stop, Collaborate, and Listen: Effective Smoking Cessation Strategies
- Benjamin C. Roberts, DO
1015 - 1030
Break

LATE AM SESSIONS

General Sessions - Rapid Fire CME
1030 - 1045
The Good, the Bad and the Ugly of Testosterone. How to Properly Diagnose and Treat Low Testosterone While Preventing it's Abuse
- Nolen F. Roberson, MD
1045 - 1100
Head, Shoulders, Knees, and Toes: Pearls of the Pediatric Newborn Exam
- Mary Lewis Black, MD
1100 - 1115
"Rapid Fire" Questions and Answers

Pain Management
1030 - 1115
Opioids, The Epidemic.
- Derrick J. Thiel, MD

Outpatient Medicine
1030 - 1115
Caring for the Pre and Post Gastric Bypass Patient
- Laurel A. Neff, DO, FAAFP

Dermatology
1030 - 1115
Dermatology Update: 5 Common Dermatologic Conditions Family Physicians Should Be Managing
- Matthew J. Richter, DO

Operational Medicine
1030 - 1115
Care of Incarcerated/Detained Personnel
- Rochelle M. Nolte, MD, FAAFP

PCMH
1030 - 1115
Team Based Care: Unlocking Potential Of The PCMH Team
- John W. Lax, MD

Motivational Interviewing
1030 - 1115
Motivational Interviewing in Primary Care
- Adam W. Kowalski, MD

GENERAL SESSION
1115 - 1215
Keynote Address - It's on US!
- Kevin C. O'Connor, DO, FAAFP

SUNDAY, 18 MARCH 2018 (continued)

1215 - 1345
Installation and Awards Luncheon

1400 - 1630
Flag Officer Address and Service Specific Breakout Sessions

Doc, You Don't Know Jack! II
1700 - 1800
Doc, You Don't Know Jack! II
- J. David Honeycutt, MD, FAAFP, FAWM
- Barrett H. Campbell, MD, FAAFP
What do "The Empire Strikes Back," "The Wrath of Kahn" and "The Temple of Doom" all have in common? They all prove the sequel can be better than the opening show. We are proud to come out of our corner for round 2 of everyone's favorite quiz bowl. Once again, we welcome to the stage the three-member teams from the Air Force, Army, and Navy to duke it out in the ring for another shot at the title. So, show Adrian what you're made of for this competitive review of medical information from the last year of Family Medicine literature and Military-Unique curriculum. We'll see if you have what it takes to climb those 72 stone steps and face down your own Apollo. No headbutting, low blows, rabbit punches, or biting allowed.

1830 - 2000
All Attendee Party - $
### Registrant Information

**Name:** ________________________________

**Address:** ____________________________________________

**City:** ___________________ **State:** _______ **Zip:** ________

**Preferred Phone:** ________________________________

**Retired Military:**  [ ] Yes  [ ] No

**First Time Attendee:**  [ ] Yes  [ ] No

(If you are a USAFP Member, would you like to join the USAFP Facebook Page?  [ ] Yes  [ ] No

---

### Registration Fees

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Early Bird (By 15 February 2018)</th>
<th>After 15 February 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>USAFP Physician Member</td>
<td>Full Rates $350</td>
<td>Daily Rates $150</td>
</tr>
<tr>
<td>Physician Non-Member</td>
<td>$500</td>
<td>$250</td>
</tr>
<tr>
<td>NP, PA &amp; RN</td>
<td>$350</td>
<td>$150</td>
</tr>
<tr>
<td>Resident*</td>
<td>$100</td>
<td>$55</td>
</tr>
<tr>
<td>Medical Student</td>
<td>$25</td>
<td>$25</td>
</tr>
</tbody>
</table>

*The resident category is for those who have not yet graduated from their initial three year Family Medicine Residency Program. Others should register under USAFP Physician Member or Non-Member Type.

**Medical Student Sponsor - $25** (Sponsor a student to attend the conference by paying their registration fee/partial travel expenses)

**Total $__________**

---

### Conference Activities

Please register for the functions you would like to attend. The USAFP cannot guarantee availability if you are not pre-registered. This includes complimentary functions.

#### Function

**Friday, 16 March**

- Yoga
- Breakfast in the Exhibit Hall - $0 (Attendee Only)
- Lunch in Exhibit Hall - $0 (Attendee Only)
- Resident & Student Reception - $5
- Hospital Medicine Interest Group Meeting - $0

**Saturday, 17 March**

- Breakfast in the Exhibit Hall - $0 (Attendee Only)
- Lunch in Exhibit Hall - $0 (Attendee Only)
- Committee Interest Meeting - $0

**Sunday, 18 March**

- Yoga
- Continental Breakfast - $0 (Attendee Only)
- Installation Lunch - $0 for Attendee
- Installation Lunch Guest - $20
- All Attendee Celebration Adult - $30
- Child - $15
- Child (2 & under) - $0

**Monday, 19 March**

- Continental Breakfast - $0 (Attendee Only)
- Prayer Breakfast - $0 (Attendee)
- Prayer Breakfast - $15 (Guest)
- 2018 Conference Logo Performance Shirt - $25

---

**Questions? Call 804-968-4436 or email cmodesto@vafp.org**

---

**Total Registration Fee** $_______

**Medical School Sponsor** $_______

**Conference Activities Total** $_______

**Registration Form Total Page 17** $_______
**Workshops & Breakout Sessions**

Please check the session you plan to attend. There are space limitations for all breakouts. Pre-registration is required. Most sessions are concurrent, please note the times when choosing your sessions.

**Thursday, 15 March**
- 0700-1600 Primary Care Pain Champion Training Day  
  *(This course will be held at the Hilton Garden Inn - Jacksonville/Ponte Vedra. Please see page 4 for more information.)*
- 0730-1600 USAFP ALSO Instructor Course  
  USAFP Member - $350, Registered Nurse - $425, Non-Member on Active Duty - $500, Nurse Midwife - $425  
  *(This course will be held at Jacksonville Naval Hospital. Transportation will be provided. Please see page 4 for more information.)*

**Friday, 16 March**
- 0845-1230 Half Day AM Sessions  
  FM Certification (Pain Management KSA/CSA)  
  USAFP Member - $75, Non-Member - $150  
  - General Sessions  
  - Obstetrics  
  - Pediatrics  
  - Potpourri  
  - Technology  
  - Preventive Medicine  
  - Operational Medicine  

- 1045-1230 Late AM Sessions  
  General Sessions  
  Behavioral Health  
  Preventive Medicine  

- 1330-1730 Half Day PM Session  
  FM Certification (Well Child KSA/CSA)  
  USAFP Member - $75, Non-Member - $150  
  - General Sessions  
  - Obstetrics  
  - Pediatrics  
  - Potpourri  
  - Technology  
  - Preventive Medicine  
  - Operational Medicine  

**Saturday, 17 March**

**Saturday, 17 March (continued)**
- 1045-1230 Late AM Sessions  
  General Sessions  
  Outpatient Medicine  
  Potpourri  
  Behavioral Health  
  Operational Medicine  
  Nutrition  

- 1330-1730 Half Day PM Session  
  Self Care Modalities  

- 1330-1515 Early PM Sessions  
  General Sessions  
  Resident Leadership - Part I  
  Health Care Disparities  
  Preventive Medicine  
  Clinic Management  
  Operational Medicine  
  Mentorship  
  Sports Medicine  

**Sunday, 18 March**
- 0645-0745 Rise with Research  
  Will you attend?  
  - Yes  
  - No  

- 0800-1115 Half Day AM Sessions  
  Advanced OMT  
  USAFP Member - $30, Non-Member - $55  
  - General Sessions  
  - Outpatient Medicine  
  - Preventive Medicine  
  - Operational Medicine  
  - OCP Education  
  - Operational Medicine  
  - Advanced Acupuncture  
  - SIM WARS: A Simulation Workshop and Competition for Faculty Development  

- 0800-1015 Early AM Sessions  
  General Sessions - Rapid Fire  
  Practice Management  
  Finance & Transition  
  Woman's Health  
  Pediatrics  
  Potpourri  

- 1030-1115 Late AM Sessions  
  General Sessions - Rapid Fire  
  Pain Management  
  Outpatient Medicine  
  Operational Medicine  
  PCMH  
  Motivational Interviewing  

**Registration Form Total Page 17**  
$________

**Registration Form Total Page 18**  
$________

**Total**  
$________

**Payment**
- MasterCard  
- VISA  
- American Express  
- Discover
- Check Enclosed (Make payable to USAFP)

Card #:_______________________________________________________________  
Expiration Date:_________________Security Code:___________________

Name on card:_______________________________________________________

Signature:____________________________________________________________

Billing Address:_____________________________________________________

City:____________________ State:________ Zip:_____________________

---

**Card #:**  
Expiration Date:  
Security Code:  
Name on card:  
Signature:  
Billing Address:  
City:  
State:  
Zip: