

# 31<sup>st</sup> Annual MAFP Family Medicine Update



Thursday May 4 – Sunday May 7, 2023

<b>Thursday, May 4, 2023 – Pre-Conference Session</b>	
<b>Registration</b> 12:30 – 1:00 <b>Session</b> 1:00 – 4:00	<b>ABFM KSA Study Group – Topic: “Hypertension”</b> <b>Facilitator – Francis Bellino MD, FAAFP –</b> (**If you wish to participate in this NOT as a part of your ABFM MOC, contact MAFP office for CME credit information**)
<b>5:00 – 7:00 Evening Social Activity</b>	
<b>ALL Members are invited to the MAFP Board “Listening Session”</b> <b>Meet with your Board of Directors over a light dinner – We want to hear from YOU about Family Medicine here in Maine!</b>	

<b>Friday, May 5, 2023</b>	
<b>7:00 – 8:15</b>	<b>Breakfast Available/Registration Open</b>
<b>8:05 – 8:50</b>	<b>Shared Medical Appointments for Improving Health: “Cooking with your doctor” – Alyssa Finn, MD</b> – This session will instruct in various applications for Shared Medical Appointments; recruitment of patients for participation in Shared Appointments; structuring of appointments using example of 2-hour appointment with cooking as an example; how to code and bill for Shared Appointments.
<b>8:55 – 9:40</b>	<b>Environmental Health – Barbara Moss, DO, MPH, FACOFP</b> – Objectives include: 1) Discuss the Environmental Challenges of pts in Maine (Arsenic, Radon, PFAS); 2) Review options for taking environmental health history in primary care setting; 3) provide practical & integrative approaches for patient’s Environmental Health (e.g.: how to avoid phthalates or BPA).
<b>9:45 – 10:30</b>	<b>Update on the Treatment of the Disease of Obesity – Peter Amann, MD</b> – Objectives include: 1) To recognize & approach Obesity as a chronic disease; 2) Appropriate evaluation & workup; 3) Develop treatment approach including lifestyle, medication and surgery.
<b>10:30 – 10:50</b>	<b>Break to change to Concurrent Breakout sessions</b>
<b>10:50 – 12:20</b>	<b>CONCURRENT BREAKOUT SESSION #1: (attend one)</b>
	<b>B1: POCUS – SCAN TIME! – Sarah Irving, MD &amp; Duska Thurston, MD</b> – This hands-on session will provide opportunity to develop basic skills: 1) in ultrasound scanning probe orientation & manipulation to obtain images; 2) in cardiac & lung POCUS. <b>*this session repeats during Breakout Session #2 at 3:40**</b>
	<b>B2: OMM for Family Physicians – Raghu Kanumalla, DO, MPH</b> – Participants in this hands-on session will 1) Learn to identify appropriate indications for the use/referral OMM; 2) Understand and perform basic OMM techniques for common presenting concerns in a FM setting. <b>*this session repeats during Breakout Session #2 at 3:40*</b>
	<b>B3: Geriatric – This Breakout includes 2 Didactic Topics: 1) Driving and Older Adults – Lauren Hall, DO</b> – Following this session participants will be able to: 1) Assess driving safety in patients with known or suspected cognitive impairment; 2) Be familiar with the procedure for reporting potential unsafe drives to BMV; 3) Discuss retiring from driving with patients & their families. <b>2) Falls in Older Adults – Carlen Smith MD, CAQ Geriatric Medicine</b> – Participants will learn to: 1) Recognize risk factors that predispose older adults to falls; 2) Consider risk reduction strategies in the management of falls in older adults.
<b>12:20 – 1:45</b>	<b>LUNCH &amp; NETWORKING</b>

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1:45 – 2:30	<b>Dermatology Update for Family Physicians – Peggy Cyr, MD</b> – Objectives: 1) Review any new pharmaceuticals available for common dermatologic problems; 2) Case-based learning of some skin conditions seen in Primary Care; 3) Discuss biologics for Psoriasis.
2:35 – 3:20	<b>Treatment Planning for Different Types of Dementia – Cliff Singer, MD</b> – Objectives: 1) Learn the basic components of a dementia treatment plan; 2) Discuss relevant clinical criteria affecting prognosis; 3) Be able to state differences in treatment of common types of dementia.
3:20 – 3:40	<b>Break to change to Concurrent Breakout sessions</b>
3:40 – 5:10	<b>CONCURRENT BREAKOUT SESSION #2: (attend one)</b>
<b>B1: POCUS – SCAN TIME! – Sarah Irving, MD &amp; Duska Thurston, MD</b> – this is a repeat of Session #1.	
<b>B2: OMM for Family Physicians – Raghu Kanumalla, DO, MPH</b> this is a repeat of Session #1.	
<b>B3: Didactic Session: Building on TADA: Expanding Dermoscopy Skills for Family Physicians – Peggy Cyr, MD</b> – This session will: 1) Review the elements of the TADA Dermoscopy Algorithm; 2) Expand knowledge of Dermoscopic features of basal cell & squamous cell carcinoma and melanoma.	
<b>Evening Social Activities:</b>	
<p><b>I – Bowling at “Bayside Bowl” – Advance Registration Required – Get active after a day of education! Includes shoe rental and refreshments.</b></p> 	
<b>OR:</b>	
<p><b>II – Plan to make reservations for dinner with colleagues or on your own at one of Portland’s many eateries!</b></p> 	

## Saturday, May 6, 2023

6:15 – 7:30	<b>Physician Wellbeing - Early Bird Activity:</b> <b>5K Fun Run/Walk/Bike – An energizing start to the day!</b> Meet in the lobby of the main hotel building <b>OR Hotel Swim/Exercise Room</b> on your own
7:00 – 8:15	<b>Breakfast Available/Registration Open</b>
8:15 – 9:00	<b>Asthma: Evidence-based Prescribing Update – Elisabeth Fowle Mock, MD, MPH, FAAFP</b> – This session will update participants on: 1) Categories of medications used in treating asthma; 2) Applying the newer recommendation for nearly universal inhaled corticosteroids; and 3) Review step-wise asthma therapy. <i>*This program has been developed by Maine Independent Clinical Information Service (MICIS)*</i>
9:05 – 9:50	<b>Heart Failure – the new and the Old – Esther Shao, MD, PhD</b> – This session will: 1) Review work up of patient with new & recurrent heart failure; 2) Provide understanding of basis for guideline directed therapy both systolic & diastolic failure; 3) Updates about the latest evidence-based treatments & potential new modalities for treatment.
9:50 – 10:05	<b>Break</b>

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10:00 – 10:45	<b>Health Equity: Resources to Address Health Equity in Family Medicine – Tochi Iroku-Malize, MD, MPH, MBA, FAAFP, SFHM</b> – Following this session participants will: 1) Be able to list the resources to learn & develop strategies for addressing social determinants of health in their practice; 2) Build health equity; 3) Improve awareness of their own implicit bias; 3) Receive tips for caring for patients across various communities & backgrounds.
10:55 – 11:40	<b>ABFM Update: What’s New to Support Your Certification Journey – Gary LeRoy, MD, FAAFP</b> – This session will: 1) Discuss issues related to Professionalism in Family Medicine; 2) Articulate recent improvements to the certification process & activities, longitudinal assessment alternative to the 1-day exam, new self-assessment options & other relevant, seamless ways to meeting PI requirement; 3) Describe the purpose & value proposition underpinning continuous board certification; 4) How to utilize <b>MyABFM</b> Portfolio & more!
11:40 – 1:30	<b>LUNCH &amp; ANNUAL BUSINESS MEETING</b> (including AAFP Fellowship Convocation, remarks by AAFP President – <b>Tochi Iroku-Malize, MD, MPH, MBA, FAAFP, SFHM</b> , Installation of new members of Board of Directors, Consideration of and vote on Bylaws changes)
1:30 – 1:40	<b>Brief Break to change over General Session Room</b>
1:40 – 2:25	<b>HCV Treatment Updates – Adam Normandin, MD &amp; Carlyse Schenk, PharmD, BCIDP</b> – Participants will: 1) Learn the pre-treatment HCV workup; 2) Be able to choose & counsel patients on the appropriate medication; 3) Know when to refer.
2:30 – 3:15	<b>OPEN for Emerging “Hot Topic”</b>
3:20 – 4:20	<b>Top Evidence-based Medicine Updates – 2023 – Frank Domino, MD – Dr. Domino</b> presents his always popular AAFP FMX (AAFP Family Medicine Experience) session in person where he challenges participants to consider practice changing EVB data that can be applied to their clinical practice the very next day.
4:20pm	<b>Wrap-up &amp; Adjourn</b>

## Sunday, May 7, 2023 – Post Conference Session

8:00 – 12:00	<b>Opioid Education Session – (*This program meets the Maine State Board of Licensure Renewal Requirements for Opioid CME*)</b> 8:00 – 8:30 – Registration & Breakfast
	8:30 – 9:30 – <b>Session 1: Using Data to Improve Opioid Prescribing – Elisabeth Fowlie Mock, MD, MPH, FAAFP</b> – Learning objectives: 1) Use the PMP as a tool to improve prescribing; 2) Review data & resources at Maine Drug Data Hub; 3) Support and participate in harm reduction. <i>*This program has been developed by Maine Independent Clinical Information Service (MICIS)*</i>
	9:45 – 10:45 – <b>Session 2: Treatment of MOUD – Kristen Silvia, MD</b>
	10:45 – 11:45 – <b>Session 3: Opioid CSS Program – Noah Nesin, MD, FAAFP &amp; Kris Raven, PharmD</b>
	11:45 – 12:00 – <b>Wrap-up and Evaluation</b>