

# CONFERENCE GUIDE



SIXTH ANNUAL

**CHICAGO**

OCTOBER 6-8, 2017



THE EVOLUTION OF THE #FMREVOLUTION

**2017 Conference Host Committee – The committee members below organized the plenary presentations, the pre-conference sessions and worked to raise funds for student scholarships**

Co-Chairs: Dorothy Dschida, MD, Northwestern McGaw Family Medicine Residency, Chicago and Kate Rowland, MD, Rush-Copley Family Medicine Residency, Aurora, IL  
Alicia Vazquez MD, Presence Saints Mary&Elizabeth Family Medicine Residency, Chicago  
Allison Lane, MD, Resident, Advocate Illinois Masonic Family Medicine Residency, Chicago  
Andrew Slattengren, DO, University of Minnesota/Minnesota AFP  
Anuj Shah, MD, MPH, Northwestern McGaw Family Medicine Residency, Chicago  
Asim Jaffer, MD, University of Illinois at Peoria Family Medicine Residency  
Cherolee Trembath, MD, DFM, Ascension St. John Providence Family Medicine Residency (MI)  
Daniel Hawthorne MD, Oak Park, IL  
Deborah Miller, MD, University of Chicago – NorthShore Family Medicine Residency (Glenview, IL)  
Deepti Sood, MD Resident, Southern Illinois University at Decatur Family Medicine Residency  
Dyllan Tiburzi, Student, University of Illinois at Rockford  
Gail Floyd, MD, Cook County Family Medicine Residency, Chicago  
Ian Hollyer, Student, Northwestern University – Feinberg School of Medicine  
Ildi Martonffy, MD, University of Wisconsin Madison Family Medicine Residency  
Jacob Pierce, Student, Northwestern University – Feinberg School of Medicine  
Janet Albers, MD – Southern Illinois University School of Medicine Department of Family and Community Medicine  
James Valek MD, Chicago Family Health  
Janice Benson, M.D., University of Chicago/NorthShore Department of Family Medicine  
Jennifer Lequieu, student, Rush Medical College  
Jensena Carlson, MD, University of Wisconsin Madison Family Medicine Residency  
Johnny Tenegra, MD, Southern Illinois University at Decatur Family Medicine Residency  
Judi Gravdal, MD, Advocate Lutheran General Department of Family Medicine (Park Ridge, IL)  
Julie Holt, MD St. Vincent's Family Medicine Residency, Indianapolis  
Kathleen Macken, MD, United Family Medicine Residency, (MN)  
Kayce Spear MD, University of Wisconsin Madison Family Medicine Residency, resident  
Kevin Cullinane, MD, West Suburban FMR (Oak Park, IL)  
Kristina Dakis, MD, University of Illinois at Chicago Family Medicine Residency, resident  
Lauren Oshman, MD, University of Chicago – NorthShore Family Medicine Residency (Glenview, IL)  
Manu Khare, PhD, University of Illinois at Rockford Department of Family Medicine  
Monica Fudala, MD, University of Chicago – NorthShore Family Medicine Residency (Glenview, IL)  
Risheet Patel, MD, Indiana AFP  
Robert Freidel, student, University of Illinois at Rockford  
Roxanne Smith, MD, MPH, Advocate Christ Family Medicine Residency (Oak Lawn, IL)  
Sean McClellan, Student, Rush Medical College,  
Sonia Oyola, MD, University of Chicago Department of Family Medicine  
Stephen Stabile, MD, MHA, PrimeCare, Chicago  
Stuart Goldman, MD, Rosalind Franklin University, Chicago Medical School  
Tabatha Wells, MD University of Illinois at Chicago Family Medicine Residency  
Thomas Hahn, MD, University of Wisconsin Madison Family Medicine Residency  
Thomas Miller, MD, Southern Illinois University Quincy Family Medicine Residency  
Timothy Ott, DO, Southern Illinois University Quincy Family Medicine Residency

**The Education Program Committee is charged with reviewing the abstracts and determining the presentations accepted for the conference**

Chair: Tricia Hern, MD, Community Health, Indianapolis  
Casandra Cashman, MD, Community Health East Family Medicine Residency, Indianapolis  
Catherine Gilreath, DO, Fort Wayne Family Medicine Residency  
Emily Graber, MD, resident, University of Illinois at Chicago Family Medicine Residency  
Brian Henriksen, PhD, Fort Wayne Family Medicine Residency  
Aria Arrizabalaga, MD, Community Health East Family Medicine Residency  
Andrew Slattengren, DO – University of Minnesota and Minnesota AFP  
Luke Ernstberger, MD, IUH Ball Memorial Family Medicine Residency (IN)  
Kate Rowland, MD – Rush Copley Family Medicine Residency  
Manu Khare, PhD, University of Illinois at Rockford Department of Family Medicine  
Michael Broton, MD, University of Minnesota  
Jesse Clark, DO, Community Health East Family Medicine Residency, Indianapolis  
Gerald Morris MD, Memorial Family Medicine Residency, South Bend  
Lisa Phifer MD, United Family Medicine Residency, St. Paul  
Martin F. Wieschhaus MD, St. Joseph Family Medicine Residency, Mishawaka, IN

# Friday October 6, 2017

|                    |   |  |
|--------------------|---|--|
| 7:30 am            | Registration opens  | Grand Ballroom Foyer                           |
| 8:00 am – 12:00 pm | <b>IL AFP KSA Group Study – Heart Failure</b><br>Brenda Fann, MD & Rush Copley Family Medicine Residency Program, Aurora IL   | Garros (2nd floor)                             |
| 8:30 – 10:00 am    | <b>Pre-Conference Sessions (1.5 Credits)</b><br>PC01: Buprenorphine Training<br>PC02: Pain Management (Non-Oncologic) and Family Physicians<br>PC03: Hospice Care: “I Wanna Go Home”<br>PC04: Women in Leadership MIG<br>PC05: Maternity Care Collaborative   | Davis<br>Hughes<br>Yeager<br>Wright<br>Earhart |
| 10:00 – 10:15 am   | Break - Visit Exhibitors  | Grand ballroom foyer & Lindbergh               |
| 10:15 – 11:45 am   | <b>Pre-Conference Sessions cont. (1.5 Credits)</b>  |  |
| 12:00 – 1:00 pm    | Sponsored Symposium - Lunch ( <b>Pre-Registration needed. Space is limited</b> )<br><b>SGLT-2 Inhibition: A Glucuretic Treatment for Your Adult Patients with Type 2 Diabetes</b><br>(Sponsored by AstraZeneca Pharmaceuticals LP) <i>CME Credit is not provided</i><br><i>All others – Lunch on your own</i>                       | Grand Ballroom                                 |
| 1:00 – 5:00 pm     | <b>IL AFP KSA Group Study – Well Child Visit</b><br>Presented by Sharon Smaga, MD, Kyaw Naing, MD & Socky Shelton, MD<br>SIU Department of Family Medicine, Carbondale IL   | Garros (2nd floor)                             |
| 1:00 – 2:15 pm     | Opening Plenary<br>"The Evolution of the #FMRevolution - a History Lesson"<br>John Frey, MD -University of Wisconsin family physician, historian of family medicine   | Grand Ballroom                                 |
| 2:15 – 2:30 pm     | Break - Visit Exhibitors  | Grand ballroom foyer & Lindbergh               |
| 2:30 – 3:30 pm     | <b>Educational sessions (4 concurrent sessions) (1.00 Credit)</b><br>FR01: <i>Abortion Care and Narrative Medicine</i> (MI)<br>FR02: <i>Do YOU have the “Willingness to Lead”?</i> (IL)<br>FR03: <i>Health Challenges Faced by Undocumented Patients</i> (IL)<br>FR04: <i>Medication Assisted Treatment of Addiction</i> (IN)       | Davis<br>Hughes<br>Yeager<br>Earhart           |
| 3:30 – 4:00 pm     | <b>PS01 Poster Session I &amp; Break (0.50 Credit)</b>  | Lindbergh                                      |
| 4:00 – 5:00 pm     | <b>Educational sessions (1.00 Credit)</b><br>FR05: <i>Water Birth:</i> (MN)<br>FR06: <i>Overcoming Pitfalls of diabetic group visits in residency</i> (MI)<br>FR07: <i>Curriculum for Teaching Professionalism Through Story Telling</i> (IN)<br>FR08: <i>Primary Care Focused NICU Rotation for Family Medicine Residents</i> (IL) | Davis<br>Hughes<br>Yeager<br>Earhart           |
| 5:00 - 6:00pm      | Residency Directors Meeting   | Wright   |

**Friday Credit Total: 5.5 Credits**

# Saturday October 7, 2017

|                     |   |                        |
|---------------------|---|------------------------|
| 7:30 am – 8:30 am   | Sponsored symposium - Breakfast ( <b>Pre-Registration needed. Space is limited</b> )<br><i>Treatment Guidelines Based Approach to Chronic Pain Management</i><br>(Sponsored by Pfizer)  | Grand Ballroom         |
| 8:00 am             | Registration opens (Breakfast on your own)  | Grand Ballroom Foyer   |
| 9:00 – 10:00 am     | <b>Educational Sessions (1.00 Credit) –SECOND FLOOR except Wright and Yeager rooms</b><br>SA01: <i>Family Medicine's Role in Advocacy</i> (IL) Garros<br>SA02: <i>Screening Older Adults for Falls Risk</i> (WI) Armstrong<br>SA03: <i>Resident Scholarship Made Simple</i> (WI) Collins<br>SA04: <i>Understanding the Social Determinants of Vulnerable Urban Patients (MI)</i> Crossfield<br>SA05: <i>Putting Your Best Foot Forward on the Interview Trail</i> (WI) Aldrin<br>SA06: <i>Cracking the Glass Ceiling: Gender Bias</i> (IL) Wright<br>SA07: <i>Urine Drug Testing "Trust but Verify"</i> (IL) Yeager |                        |
| 10:05 – 11:05 am    | <b>Educational Sessions (1.00 Credit)</b><br>SA08: <i>Toe Nail Removal Workshop</i> (IL) Garros<br>SA09: <i>Tai Chi as a Strategy to Reduce Falls Risk, Part 2</i> (WI) Armstrong<br>SA10: <i>Getting the Match You Want:</i> (IN) Collins<br>SA11: <i>Maximizing Empathy with 3 "Ms"</i> (WI) Crossfield<br>SA12: <i>Human Trafficking: A Modern-Day Slavery</i> (IL) Aldrin<br>SA13: <i>Regenerative Medicine: Treatment of Orthopedic Injuries</i> (IL) Wright<br>SA14: <i>Networking 101: Investing in Your Social Capital</i> (IL) Yeager  |                        |
| 11:10 am – 12:10 pm | <b>Educational Sessions (1.00 Credit)</b><br>SA15: <i>Mental Health First Aid for Family Physicians</i> (IL) Garros<br>SA16: <i>The Successful Job Search: Preparation to Closing the Deal</i> (IL) Armstrong<br>SA17: <i>Applying Motivational Interviewing to Contraceptive Choice</i> (IL) Collins<br>SA18: <i>Scoliosis: Screening, Referral, and Treatment</i> (IL) Crossfield<br>SA19: <i>Healing the Healer: Achieving Wellness in Medical Education</i> (IL) Aldrin<br>SA20: <i>Is Type 2 Diabetes Reversible? The Answer May Surprise You</i> (IL) Yeager  |                        |
| 12:15 - 1:45 pm     | <b>Lunch &amp; Plenary (1.00 Credit)</b><br><b>"The #FMRevolution of Today"</b><br>Renee Crichlow, MD, FACP - University of Minnesota Dept. of Family Medicine and Associate Director, North Memorial Family Medicine Residency Program   | Grand Ballroom         |
| 1:45 – 2:15 pm      | <b>PS02 - Poster Session II &amp; Break (0.50 Credit)</b>   | Lindbergh              |
| 2:15 – 3:15 pm      | <b>Educational Sessions (1.00 Credit)</b><br>SA21: <i>Training for IUD and Endometrial Aspiration biopsy</i> (MN) Garros<br>SA22: <i>An Integrative Approach to Headache:</i> (WI) Armstrong<br>SA23: <i>Evidence-Based Management of Opioid Use Disorder</i> (IL) Collins<br>SA24: <i>A New Approach to Caring for Adults with Down Syndrome</i> (IL) Crossfield<br>SA25: <i>New Concussion Guidelines – Recognize, Remove &amp; Prevent</i> (IL) Aldrin<br>SA26: <i>Effectively Recruiting Under-represented Students</i> (IL) Wright<br>SA27: <i>An Update on Immunizations for the Lifespan</i> (IN) Yeager     |                        |
| 3:15 – 5:15 pm      | <b>Residency Fair in Exhibit Hall</b>   | International Ballroom |

|                |  |                |
|----------------|--|----------------|
| 5:00 – 6:30 pm | Sponsored symposium Dinner ( <b>Pre-Registration needed. Space is limited</b> )<br><b>Assessing the Patient: The Role of Maximizing Bronchodilation in COPD</b><br>(Sponsored by AstraZeneca Pharmaceuticals LP) | Grand Ballroom |
| 4:00 – 5:30 pm | ADFM Chairs Meeting<br><b>Saturday Credit Total: 5.50 Credits</b>  | Yeager         |

## Sunday October 8, 2017

|   |  |   |
|---|--|---|
| 7:30 – 8:30 am  | Sponsored symposium - Breakfast ( <b>Pre-Registration needed. Space is limited</b> )<br><b>An Elusive Culprit for Gastrointestinal Upset: Exocrine Pancreatic Insufficiency</b><br>(Sponsored by Abbvie)   | Grand Ballroom  |
| 8:45 – 9:45 am  | <b>Plenary and Breakfast (1.00 Credit)</b><br><b>The Future of the #FMRevolution</b><br>Panelists: Antoinette “Toni” Lullo, DO, Javette Orgain, MD, MPH, FAAFP, Rishet Patel, MD & Robert Freidel – University of Illinois at Rockford, M4   | Grand Ballroom  |
| 9:45 – 10:15 am   | <b>PS03 Poster Session III &amp; Break (0.50 Credit)</b>   | Lindbergh   |
| 10:15 – 11:15 am  | <b>Education Sessions (1.00 Credit)</b><br>SU01: <i>Life Calculus: Work-Life Integration</i> (WI)<br>SU02: <i>Perineum Repair Workshop</i> (IL)<br>SU03: <i>Transition from Resident to Attending</i> (IL)<br>SU04: <i>What Students Need to Know About Family Medicine</i> (KS)<br>SU05: <i>“Self-Care for Healthcare”</i> (IL)<br>SU06: <i>Vacuum Aspiration for Uterine Evacuation</i> (IL) | Yeager<br>Davis<br>Wright<br>Hughes<br>Earhart<br>Armstrong |
| 11:15 am – 11:30 am   | <b>15 Minute Presentations (1.00 Credit Total – 0.25 per session)</b><br>SU07: <i>Transitions of Care Curriculum: post-acute care</i> (IL)<br>SU08: <i>Ageism in Family Medicine</i> (IN)<br>SU09: <i>Inter-professional Care for Chronic Pain in FM Residency Clinics</i> (MN)<br>SU10: <i>Fertility Awareness Based Methods of Family Planning</i> (MN)                                      | Earhart<br>Hughes<br>Davis<br>Yeager                        |
| 11:35 – 11:50 pm  | SU11: <i>Perinatal Mood and Anxiety Disorders</i> (IN)<br>SU12: <i>Advanced Reproductive Health Procedures: The Workforce</i> (IL)<br>SU13: <i>Building the Wellness Toolbox</i> (IL)  | Earhart<br>Hughes<br>Yeager                                 |
| 11:55 – 12:10 pm  | SU11 Cont.: <i>Perinatal Mood and Anxiety Disorders</i> (IN)<br>SU14: <i>Making Nutrition Counseling Meaningful</i> (IL)<br>SU15: <i>Resident Education in Fertility Awareness Based</i><br>SU16: <i>High Utilizing Patients &amp; Outpatient Interdisciplinary Care Teams</i> (IL)  | Earhart<br>Hughes<br>Davis<br>Yeager                        |
| 12:15 – 12:30 pm  | SU11 Cont.: <i>Perinatal Mood and Anxiety Disorders</i> (IN)<br>SU17: <i>Newborn with a Bloated Belly</i> (IL)<br>SU18: <i>The Female Cycle as the Fifth Vital Sign</i> (MO)<br>SU19: <i>Improving the Hospital Transition Process</i> (IL)  | Earhart<br>Hughes<br>Davis<br>Yeager                        |
| <b>Sunday Credit Total: 3.50 Credits Full Conference Credit Total: 14.5 Credits</b> |  |   |





## Thank you to our Organizational Partners!

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Details at [www.iafp.com/fmm](http://www.iafp.com/fmm) or visit the registration desk for more information.



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## Meet the Plenary Presenters



**Friday - Opening Presenter** "The Evolution of the #FMRevolution - a History Lesson"  
*John Frey, MD - Emeritus Professor, Department of Family Medicine University of Wisconsin*  
Dr. Frey served as Chair of the Department of Family Medicine at the University of Wisconsin from 1993 – 2006 and Director of Community Engagement for the Institute for Clinical and Translational Research at the University of Wisconsin. Dr. Frey was editor of *FAMILY MEDICINE*, has been Medical Editor of the *Wisconsin Medical Journal* and since 2007 has been an associate editor of *The Annals of Family Medicine* since 2008. In 1992-93, along with his colleague, Bill Ventres MD he published a year long series of oral histories of the founders of the academic discipline of family medicine in the journal *Family Medicine*



**Saturday - Lunch Presenter** "The #FMRevolution of Today"  
*Renee Crichlow, MD, FAAFP - University of Minnesota Dept. of Family Medicine and Associate Director, North Memorial Family Medicine Residency Program*  
Dr. Crichlow is a veteran of Family Medicine Midwest Conferences. She is also the Minnesota AAFP family physician educator of the year for 2017 and Family Medicine Midwest Award Winner in 2014. She has seen patients at the Broadway Family Medicine Clinic and taught family medicine in North Minneapolis since 2009, where she continues her work in health policy, coordinates the department wide Community Health efforts, is engaged in international efforts in complexity and systems science in health care, and she is the founder of a youth health career

mentorship program called [The Ladder](#). Dr. Crichlow now serves as the Chair of the STFM Emerging Leaders Fellowship.

### **Sunday Breakfast Plenary: The Future of the #FMRevolution**

Join our panel of experts as they discuss why we need a revolution, what inspires them, and how we can problem solve in the future. The panel will discuss the possibilities they see in the future of family medicine. The panelists will cover different aspects of family medicine include international, government, practice style, professional advancement, and student issues.

Antoinette "Toni" Lullo, DO, Core Faculty, Adventist Hinsdale Family Medicine Residency  
Javette C. Orgain, MD, MPH, FAAFP, former AAFP Speaker, Associate Professor of Clinical Family Medicine at UIHHSS Mile Square Health Center & Medical Director/Consultant for the Village of Park Forest Health Department  
Risheet Patel, MD, Family Physician/Owner, Fishers Direct Family Care  
Abbas Hyderi, MD, MPH - Associate Dean for Curriculum, University of Illinois College of Medicine at Chicago  
Robert Friedel, MD –M4 Student, University of Illinois at Rockford, Delegate to ISMS-MSS and AMA-MSS and policy co-author



Lullo



Orgain



Patel



Hyderi



Friedel

# **Thank You**

## **2017 Family Medicine Midwest Supporters**

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| <b>Hendricks Regional Health</b> | <b>The Wexford Group</b>                     |
| <b>Ideal Protein</b>             | <b>Vein Clinics of America</b>               |

### **Silver Level Supporters**

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| <b>ProAssurance</b>           | <b>Chicago Family Health</b> | <b>Health</b>                   |
| <b>Vaccinate Indiana</b>      | <b>Center</b>                | <b>Riverside Medical Center</b> |
| <b>Advocate Medical Group</b> | <b>Edward-Elmhurst</b>       | <b>Unity Point</b>              |
| <b>Aspirus Clinics, Inc.</b>  | <b>HealthSystem</b>          |                                 |



# Meal events at Family Medicine Midwest

## Non-CME presentations

*The Family Medicine Midwest Foundation welcomes the following non-CME sponsored presentations throughout the weekend.*

*These educational events provide food, but are not CME accredited.*

*Advanced registration is requested.*

*All attendees will be required to sign-in for each of the events listed below.*

### Friday Lunch Presentation

Friday, October 6, luncheon from 12:00pm - 1:00pm

#### ***SGLT-2 Inhibition: A Glucuretic Treatment for Your Adult Patients With Type 2 Diabetes***

(sponsored by AstraZeneca Pharmaceuticals, LP)

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### Saturday Breakfast Presentation

Saturday, October 7, breakfast from 7:30am - 8:30am

#### ***A Guideline-Driven Approach to the Treatment of Fibromyalgia and Painful Diabetic Peripheral Neuropathy***

Presented by Todd Hagle, MD

Board Certified Anesthesiologist & Pain Management Specialist, Chicago

(sponsored by Pfizer, Inc.)

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### Saturday Dinner Presentation

Saturday, October 7, dinner 5:00pm - 6:30pm: program at 5:30pm

#### ***Assessing the Patient:***

#### ***The Role of Maximizing Bronchodilation in COPD***

Presented by Kevin D. Schmidt, Pharm.D, AZ US Medical Affairs, Respiratory

(sponsored by AstraZeneca Pharmaceuticals, LP)

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### Sunday Breakfast Presentation

Sunday, October 8 - breakfast from 7:30 am - 8:30am

#### ***An Elusive Culprit for Gastrointestinal Upset:***

#### ***Exocrine Pancreatic Insufficiency***

Presented by Rogelio Silva, M.D., Gastroenterologist, Advocate Christ Medical Center, and Michael Valitutto, D.O., Medical Director, Borgess Diabetes & Endocrine Center

(sponsored by Abbvie)



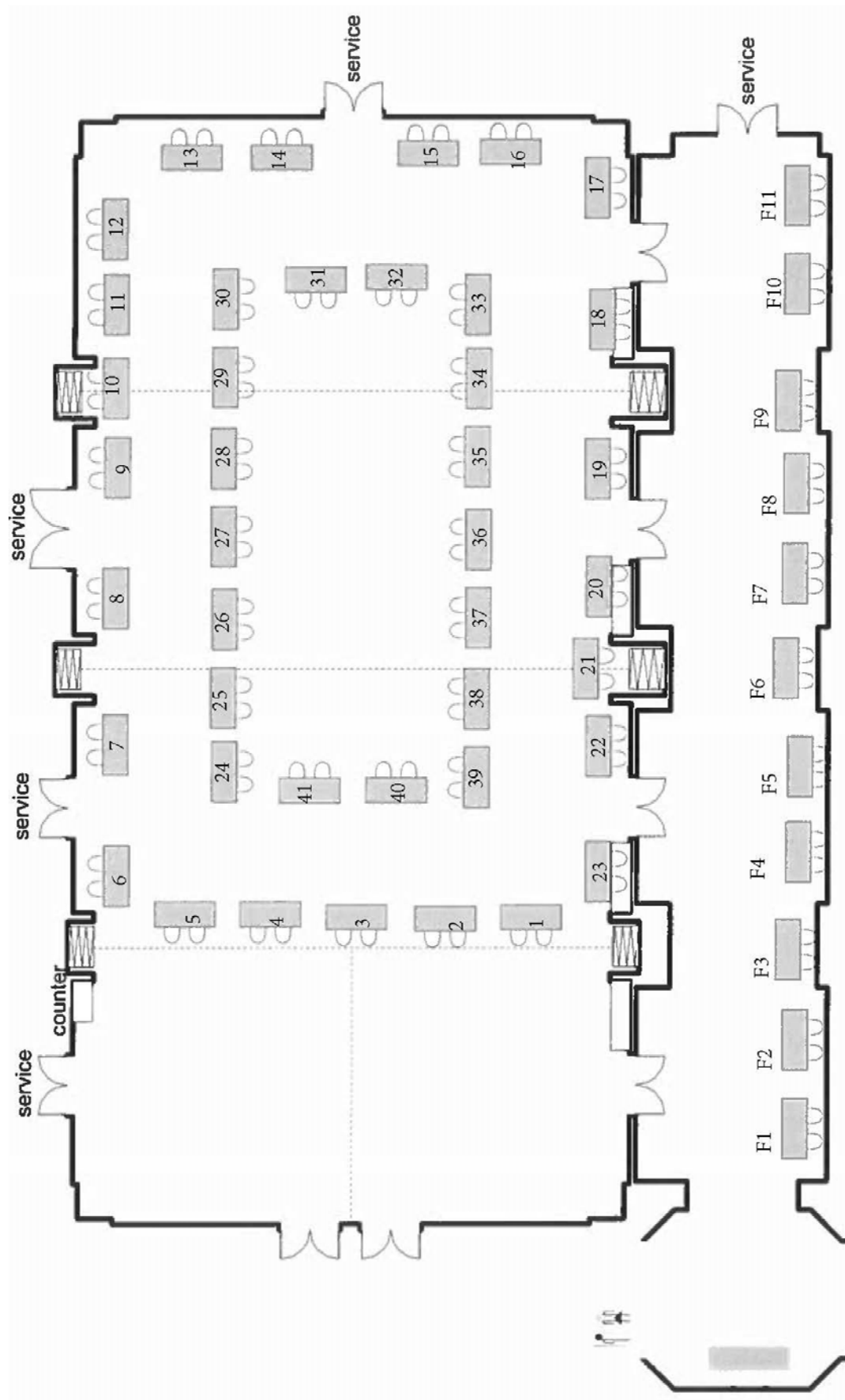
## Residency Programs in the Exhibit Hall

| Program Name   | City, State         | Booth # |
|--|---------------------|---------|
| University of Chicago (NorthShore) Family Medicine Residency                           | Glenview, IL        | 8       |
| Advocate Christ Family Medicine Residency  | Oak Lawn, IL        | 9       |
| Advocate Lutheran General Family Medicine Residency                                    | Park Ridge, IL      | 10      |
| Advocate Illinois Masonic Family Medicine  | Chicago, IL         | 11      |
| MacNeal Family Medicine Residency  | Berwyn, IL          | 12      |
| Cook County Family Medicine Program  | Chicago, IL         | 17      |
| UIC Family Medicine Residency  | Chicago, IL         | 18      |
| Rush Copley Family Medicine Residency Program  | Aurora, IL          | 26      |
| Presence Saints Mary and Elizabeth Medical Center                                      | Chicago, IL         | 27      |
| Presence Resurrection Family Medicine Program  | Chicago, IL         | 28      |
| Norwegian American Hospital  | Chicago, IL         | 29      |
| Saint Louis University- Belleville Family Medicine Residency                           | Belleville, IL      | 30      |
| SIU Carbondale Family Medicine Residency Program                                       | Carbondale, IL      | 31      |
| SIU Center for Family Medicine   | Springfield, IL     | 32      |
| Adventist Hinsdale Hospital Family Medicine Residency                                  | Hinsdale, IL        | 33      |
| Adventist La Grange Memorial Hospital Family Medicine Residency                        | La Grange, IL       | 34      |
| West Suburban Family Medicine Residency  | Oak Park, IL        | 35      |
| University of Illinois College of Medicine at Peoria                                   | Peoria, IL          | 36      |
| University of Illinois at Rockford and Dixon Rural Track                               | Rockford, IL        | 37      |
| SIU Decatur Family Medicine Residency Program - Point of Care Ultrasound Demonstration | Decatur, IL         | 13 & 14 |
| Northwestern McGaw Family Medicine Programs (Chicago, Lake Forest and Delnor)          | Chicago and suburbs | 15 & 16 |
| Saint Joseph Regional Medical Center Family Medicine                                   | Mishawaka, IN       | 2       |
| Indiana University School of Medicine Arnett Family Medicine Residency                 | Lafayette, IN       | 3       |
| Indiana University -Methodist Family Medicine Residency                                | Indianapolis, IN    | 4       |
| St. Vincent Family Medicine and Internal Medicine Residency Programs                   | Indianapolis, IN    | 7       |
| Franciscan Health Indianapolis Family Medicine Residency                               | Indianapolis, IN    | 24      |
| Community Hospital East Family Medicine Residency                                      | Indianapolis, IN    | 25      |
| Memorial Family Medicine Residency – Joint Injection Demonstration                     | South Bend, IN      | 5 & 6   |
| University of Kansas Medical Center  | Kansas City, KS     | 23      |
| Spectrum Health Family Medicine Residency Program                                      | Grand Rapids, MI    | 1       |
| United Family Medicine Residency Program   | St. Paul, MN        | 38      |
| Mayo Clinic Family Medicine Residency -Rochester                                       | Rochester, MN       | 39      |
| <i>University of Minnesota Family Medicine Residency Programs</i>                      |                     |         |
| <i>University of Minnesota Duluth Family Medicine Residency</i>                        |                     |         |
| <i>University of Minnesota Mankato Family Medicine Residency</i>                       |                     |         |
| <i>University of Minnesota Methodist Hospital Family Medicine Residency</i>            |                     |         |
| <i>University of Minnesota North Memorial Family Medicine Residency</i>                | Minnesota           | 40 & 41 |
| <i>University of Minnesota St. Cloud Hospital Family Medicine Residency</i>            |                     |         |
| <i>University of Minnesota St. John's Hospital Family Medicine Residency</i>           |                     |         |
| <i>University of Minnesota St. Joseph's Hospital Family Medicine Residency</i>         |                     |         |
| <i>University of Minnesota Medical Center Family Medicine Residency</i>                |                     |         |
| University of Wisconsin Dept of Family Medicine and Community Health                   | Madison, WI         | 19      |
| Monroe Clinic Family Medicine Residency  | Monroe, WI          | 20      |
| LaCrosse-Mayo Family Medicine Residency  | LaCrosse, WI        | 21      |
| Mayo Clinic Family Medicine Residency -Eau Claire                                      | Eau Claire, WI      | 22      |

### Exhibits in the Foyer

|                              |  |
|------------------------------|--|
| Advocate Medical Group       | PrimeCare Community Health   |
| Aspirus Clinics, Inc.        | Riverside Medical Center   |
| CentraCare                   | Unity Point  |
| Chicago Family Health Center | Medical College of Wisconsin Family Medicine Residency (Menomonee Falls) |
| Edward-Elmhurst HealthSystem | Aurora Family Medicine Residency (Milwaukee)                             |

# Residency Fair Map International Ballroom



**Visit Our 2017 Family Medicine Midwest  
Conference Exhibitors**

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**EBSCO Health**

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**Feel Good**

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**Ideal Protein**

**The Inline Group**

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**University of Chicago/  
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System**

**US Army Healthcare**

**Vaccinate Indiana**

**The Wexford Group  
Vein Clinics of America**

**Visit these exhibitors and win prizes by playing the  
FMM Exhibit Stamper Hunt Game**

**Game Form is your FMM Welcome Bag**

**Visit exhibits and get stamps from your favorite vendors**

**Fill the game board with stamps to win a prize**

**Questions? Please go to the FMM Help Desk at Registration**

# Scholarship Students

*Listed Alphabetically by Medical School (as of Sept. 22)*

## A. T. Still University - Kirksville College of Medicine

Rachel Chapin

## Chicago College of Osteopathic Medicine

Lauren Miller  
Angeline Babuji  
Nicole Paprocki

Alexandra Arenson  
Matthew Couse  
Biana Modilevsky

Alice-Gray Lewis  
Eftihia Davelis

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|                     |                         |
|---------------------|-------------------------|
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# Education Sessions

# CME Information for this Meeting

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## Credit Designation

**AMA PRA Category 1** - The Illinois Academy of Family Physicians designates this live activity, Family Medicine Midwest Conference 2017 for a maximum of **14.50 AMA PRA Category 1 credits™**.

**Prescribed** – This Live activity, 2017 Family Medicine Midwest Conference, with a beginning date of 10/06/2017, has been reviewed and is acceptable for up to **14.50 Prescribed credits** by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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All handouts and evaluations are only available online!  
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## Friday, October 6

### 8:30 - 11:45 am PRECONFERENCE WORKSHOPS

#### **PC01 - Buprenorphine Training**

**Room: Davis**

*Primary Presenter:* Elizabeth Salisbury-Afshar, MD, MPH, Chicago Department of Public Health

#### **Session Description:**

This training is half of a training program (with the other half being online modules). This half will cover three education modules and case study reviews:

- Opioid Dependence Treatment with Buprenorphine/Naloxone (History of Medical Practice for Opioid Addiction; US Legislation Enabling Office-based Treatment of Opioid dependence; Amended Controlled Substances Act; Opioid Treatment Programs; Buprenorphine overview – how does it work, clinical forms, and public health issues; Potential diversion and misuse of Buprenorphine; Treatment and maintenance; Dosing and side effects)
- Patient Evaluation when Evaluating Medical History and Criteria for Opioid Use Disorder (How to take surveys to facilitate effective treatment; DSM-V Criteria for Opioid Use Disorder; Methods of detecting substance use; Importance of Psychiatric assessment; Treatment of co-occurring disorders; Factors to consider in determining if a patient is appropriate for office-based buprenorphine treatment.
- Clinical Uses of Buprenorphine (including withdrawal, Buprenorphine Induction, dosage, and stabilization. Selection of candidates for Naltrexone vs. Agonists.)

#### **PC02 - Pain Management (Non-Oncologic) and Family Physicians**

**Room: Hughes**

*Primary Presenter:* Will Campbell, DO, ABFM, ABPM, Advocate Health, Tinley Park

*Co-Presenters:* Michael Hanak, MD, FAAFP, Assistant Professor, Rush University Medical Center; Lauren Oshman, MD, MPH, Clinical Assistant Professor, Pritzker School of Medicine, The University of Chicago

#### **Learning Objectives:**

- Evaluate their practice for the provision of holistic pain management for patients: from non-pharmacologic therapy to pharmacologic therapy
- Make a plan for their practice clinical team on pain management such as office policy, patient contracts; lab tests; and referrals
- Establish practice clinical guidelines on pain management, such a morphine mg equivalents, frequency of urine screening, naloxone prescribing
- Provide solutions to “tricky” clinical cases through small group discussions in the practice
- Assess their readiness to get buprenorphine treatment certification

#### **PC03 - Hospice Care: “I Wanna Go Home”**

**Room: Yeager**

*Primary Presenters:* Ramandeep Kaur, MD, Assistant Professor, Rush University Medical Center; Sean O'Mahony, MD, Associate Professor, Rush University Medical Center

*Co-Presenters:* Laura Fosler, RN, MS, FNP-BC, ACHPN, Nurse Practitioner, Rush University Medical Center; Norman Shahid, MD, Hospice and Palliative Fellow, Rush University Medical Center

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

**Session Description:**

This preconference also focus on management of common symptoms in patients at end of life in home, assisted living facility or Nursing Home. It is critical that physician understand regimens to achieve symptom relief, and prevent suffering.

Components of this pre-conference include:

- Challenges to Hospice enrollment.
- Breaking Bad news.
- Prognostication.
- Discussion on common End of Life Symptoms and management.
- Advance care planning and related forms.

**PC04 - Protect, Empower and Lead!: Women In Leadership and Balance****Room: Wright**

*Moderated by:* Janice Benson, MD, Clinical Associate Professor, Vice Chair for Education, NorthShore University HealthSystem and Emma Daisy, MD, Heartland Health Center, Chicago

*Presenters:* Tracy Aldridge, MD, Associate Professor, Department of Family and Community Medicine, State of IL, Medical Director for Developmental Disabilities, Southern Illinois University; Nasreen Ansari, MD, Clinical Associate of Medicine, University of Chicago; Careyana Brenham, MD Associate Professor, Department of Family and Community Medicine, Residency Program Director, Southern Illinois University; Deborah Edberg, MD, Program Director, McGaw Northwestern Family Medicine Residency Program Erie Humboldt Park; Tricia Hern, MD, Vice President of Academic Affairs and Physician Leadership Education, Community Health Network; Santina Wheat, MD, MPH, Medical Director, Core Faculty McGaw Northwestern Family Medicine Residency Program, Humboldt Park, Erie Family Health Center

**Session Description:**

This half day preconference seminar will focus on three major areas of women's health and professional issues:

- Intimate Partner Violence (IPV) - How to Protect our Patients
  - Identify best ways to screen , interview and counsel a patient who is a possible IPV victim.
  - List current incidence and effects of IPV on patients, families and communities.
  - List resources for patients .
- Gender Bias and Disparities - How to Empower Ourselves
  - Describe gender bias in medical profession.
  - Brainstorm potential action steps for home institution.
  - Share perceptions and experiences of bias.
- Managing Balance Panel- How to Lead with Balance
  - Respond to case studies on work-life balance realities.
  - Share personal stories of successes and challenges in Balancing Work-life

**PC05 - Maternity Care Collaborative****Room: Earhart**

*Led by:* Evelyn Figueroa, MD, Residency Program Director, Family Medicine, University of Illinois at Chicago and Stephen Sladek, MD, Advocate Medical Group

**Session Description:**

This Collaborative has met at each of the past five Family Medicine Midwest Conferences. The workshop will cover:

**\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\***

- Reviewing final data from our gestational weight gain project
- Work on competency assessment for vaginal deliveries
- General meeting reviewing mission statement, group goals, recruitment of new leadership

1:00 – 2:15 pm

**PL01 – Opening Plenary - The Evolution of the #FMRevolution – A History Lesson** Room: Grand Ballroom

*Presented by:* John Frey, MD, Professor Emeritus, University of Wisconsin, Family Medicine Historian

**Learning Objectives:**

- Review the intellectual origins of family medicine.
- Discover the political forces in Chicago and elsewhere that shaped family medicine as a social movement.
- Reflect upon their own values and history in the context of education in communities.

2:30 - 3:30 pm

**FR01 - Abortion Care and Narrative Medicine**

**Room: Davis**

*Primary Presenter:* Erin Hendriks, MD, Assistant Professor, Wayne State University

*Co-Presenters:* Lauren Oshman, MD, MPH, Clinical Assistant Professor, Pritzker School of Medicine, The University of Chicago; Razel Remen, MD, Adjunct Faculty, DMC Family Medicine Residency Program; Katie Longo, MD, Northshore University Health Systems

*Intended Audience:* P, R, S

**Learning Objectives:**

- Describe ways in which writing allows learners to process intense feelings about patients, and evolve into a more patient-centered physician.
- List the steps involved in an early aspiration abortion procedure so that they can adequately counsel women during options counseling for unintended pregnancy.
- Reflect upon their own experiences with abortion care and their reactions to performing a simulated abortion procedure

**FR02 - Do YOU have the “Willingness to Lead”? A panel discussion and self-reflection of mid-career FM physician leaders who care for medically underserved communities.**

**Room: Hughes**

*Primary Presenter:* Janice Benson, MD, Clinical Associate Professor, Vice Chair for Education, NorthShore University HealthSystem

*Co-Presenters:* Stephen Stabile, MD, MHA, CEO of PrimeCare Chicago; Ayesha Hussain, MD, MPH, Asian Human Services; Lisa Green, DO, MPH CEO, Family Christian Health Center; Whitney Lyn, MD, Cook County Health & Hospitals System

*Intended Audience:* All

**Learning Objectives:**

- List the common leadership roles available in practice systems who deliver primary health care to families in medically underserved communities of vulnerable populations.

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

- List the typical leadership roles, skills and activities of a common scheme of physician leadership.
- Compare and contrast the challenges and successes in the professional journeys to date of four early to mid-career family medicine physician leaders who care for patients and families in urban and suburban underserved communities.
- Conjecture one's own leadership journey within such an environment.

***FR03 - Health Challenges Faced by Undocumented Patients and What Family Physicians Can Do***

**Room: Yeager**

*Primary Presenter:* Sean McClellan, MS4, Medical Student, Rush University Medical Center

*Intended Audience:* All

**Learning Objectives:**

- Identify health challenges faced by undocumented immigrant
- Discuss ways in which family physicians can help undocumented patients overcome health challenges they face because of their immigration status
- Discuss ways in which family physicians can advocate for undocumented patients within healthcare institutions and professional organizations

***FR04 - Medication Assisted Treatment of Addiction- Can it work in a Family Medicine Practice Setting?***

**Room: Earhart**

*Primary Presenter:* Cynthia Meneghini MD, FACP, Associate Director, Community East Family Medicine Residency Program

*Intended Audience:* F, P, R

**Learning Objectives:**

- Become familiar with medication assisted treatment of opioid addiction
- See how the speaker has adapted MAT in a busy family medicine practice
- See the benefits/drawbacks of treatment and overall society benefit in a general family medicine population
- Brainstorm with the group as a whole as to how this could treatment could perform in each practice setting

**3:30 - 4:00 pm PS01 - Poster Session I**

***Friday 1 - Physician Knowledge of HPV Vaccine Counseling and Interventions to Increase HPV Immunization***

*Primary Presenter:* Priyanka Kalapurayil, MD, MPH, Assistant Professor, University of Wisconsin Madison

*Co-Presenters:* Amy E. Harrison MD, Director of Women's Health Fellowship, MacNeal Hospital Family Medicine Residency Program

**Learning Objective:**

- Be able to implement similar interventions to increase HPV vaccination rates at their own respective clinical sites.

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

### ***Friday 2 - A User-Centered Design of an EHR-integrated Rounding Report Tool for Family Medicine***

*Primary Presenter:* Imade O. Ihianle MD, MPH, Research Associate, University of Illinois at Chicago

*Co-Presenters:* Karl Kochendorfer, MD FAAFP University of Illinois at Chicago (UIC); Joanna Abraham, PhD, University of Illinois at Chicago (UIC)

#### **Learning Objectives:**

- The importance of involving stakeholders in the design and evaluation of health information technologies (e.g. rounding tool)
- The role of an EHR-integrated rounding tool in improving team interactions and reducing communication errors that can occur during inpatient Family Medicine rounds

### ***Friday 3 - Navigating A New Era of Treatments: Assessment of Family Medicine Resident Readiness Regarding Hepatitis C Management Through a Statewide Survey***

*Primary Presenter:* Patrick K. Ennis, MD, West Suburban Medical Center Family Medicine Residency Program

*Co-Presenters:* Jeanne Gambucci, DO, MPH, West Suburban Medical Center; Patricia Martin, DO, Family Physician, Unity Health Care, Washington, DC

#### **Learning Objectives:**

- Explain the emerging role of family physicians in the management of HCV in the US.
- Describe how residents in one program developed a novel tool to assess family medicine readiness to manage HCV in the primary care setting.
- Identify two possible curricular changes to enhance family physician readiness to manage HCV.

### ***Friday 4 - Investigating Depression Management Using the Electronic Medical Record in an Ambulatory Care Setting***

*Primary Presenter:* Wendy Shue, MD, Resident, McGaw Northwestern Family Medicine Program

#### **Learning Objectives:**

- Identify evidence-based guidelines for screening for depression in primary care settings, including acceptable screening modalities.
- Identify evidence-based guidelines for managing depressive symptoms once they have been identified, including medication, psychotherapy, and appropriate follow-up.
- Discuss and identify barriers to implementation of the above guidelines, including potential reasons why screening and treatment rates appear to be low in actual practice.

### ***Friday 5 - Discussing Childhood Overweight and Obesity with Parents: a Provider's Perspective***

*Primary Presenter:* Melissa Pavek, MD, PGY-3, North Memorial Family Medicine Residency, Department of Family Medicine and Community Health

*Co-Presenters:* Huiying Guo, MD University of Minnesota Medical School North Memorial Family Medicine Residency, Department of Family Medicine and Community Health

#### **Learning Objectives:**

- Understand the current climate of provider's perspectives in addressing childhood obesity in a primary care setting
- Discover opportunities to guide education of physicians in discussing childhood overweight and obesity

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*



***Friday 6 - The Wellness Journey: A multi-week small-group discussion series to improve wellness in a family medicine program***

*Primary Presenter:* Deepti Sood, MD, Resident Physician, Southern Illinois University at Decatur

*Co-Presenters:* Anuradha Ranganath, MD, Resident, PGY-2, Southern Illinois University Decatur Family Medicine Residency; Susan Klein, MD, Assistant Professor, Southern Illinois University Decatur Family Medicine Residency; Johnny C. Tenegra, MD, MS, Assistant Professor, Southern Illinois Decatur Family Medicine Residency

**Learning Objectives:**

- Execute a multi-week small-group wellness discussion series for all members of a residency program team.
- Identify ways to measure effectiveness of wellness interventions.
- Work around potential barriers to wellness education in a residency program.

***Friday 7 - Building Wellness Skills: Residents' Perspectives on a Wellness Program***

*Primary Presenter:* Shakellah Amini, MD, Resident, Advocate Christ Medical Center

*Co-Presenters:* Cynthia Ohata, MD, Attending Physician, Advocate Christ Medical Center; Geraldine Delos Santos, DO, Resident, Advocate Christ Medical Center

**Learning Objectives:**

- Articulate what aspects of this Wellness Program were most valued by residents
- Identify which specific activities and what kind of activities residents thought helped most to develop awareness and skills of Burnout and Wellness
- Describe how this program might structure its coming year based on this feedback

***Friday 8 - Recognizing the Prevalence of Osteopenia and Osteoporosis in Post-Menopausal African American Women in Community Hospital Setting***

*Primary Presenter:* Chudasama Meghana, MD, Family Medicine Resident, Jackson Park Hospital

*Co-Presenters:* Lakshmi Dodda, MD, Attending Faculty, Jackson Park Hospital, Family Medicine Residency Program; Al-Mirah Kabani, MS4, Medical Student, Saint James School of Medicine

**Learning Objectives:**

- An increase in physicians' knowledge, sensitivity, and competence in screening all patients with risk factors of osteoporosis in the African American population.
- An increase in the African American community's knowledge of the prevalence and existing risk for osteoporosis with increasing age.

***Friday 9 - An Inter-professional Education Workshop to Teach Inter-professional Education and Social Determinants of Health***

*Primary Presenter:* Sharon Smaga, MD, Professor Emeritus, SIU Carbondale

*Co-Presenters:* Erhime Badejo, MD, MSN, PGY-3, Family Medicine Resident, Southern Illinois University

**Learning Objectives:**

- Identify and practice the 4 inter-professional competencies (values/ethics for inter-professional practice, roles and responsibilities of other health professionals, inter-professional communication, and teams and teamwork)
- Identify a process to develop a case-based module to practice inter-professional collaboration in developing a comprehensive patient care plan

**\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\***

**Friday 10 - Creation of a Colposcopy Track in a Family Medicine Residency Program**

*Primary Presenter:* Jeanine Shah, MD, Faculty Instructor, Presence Saints Mary and Elizabeth Family Medicine

*Co-Presenter:* Xelenia Depena, MD, Presence Saints Mary and Elizabeth Family Medicine

**Learning Objectives:**

- Develop a procedure- based curriculum for procedures with scant volume.
- Improve resident confidence by developing a tangible skill set through a solid curriculum and vested faculty.
- Create an optimized system for tracking cervical pathology.

4:00 - 5:00 pm

**FR05 - Water Birth: Family-centered Birthing; Family-medicine Friendly**

**Room: Davis**

*Primary Presenter:* Kathleen Macken, MD, Director, United Family Medicine Residency, Allina Health Systems

*Co-Presenters:* Katie Guthrie, MD, Faculty, United Family Medicine Residency, Allina Health Systems

*Intended Audience:* All

**Learning Objectives:**

- Benefits and risks of water birth.
- Good candidates for water birth.
- Patient and physician(resident and staff) contract before the water birth in the event that complexities develop during labor.
- Hands-on experience with a water birth simulation.
- Patient, family and provider satisfaction with water births.

**FR06 - Overcoming Pitfalls of diabetic group visits in residency**

**Room: Hughes**

*Primary Presenter:* Maricela Castillo MacKenzie, MD, DMC Sinai Grace Family Medicine Residency Program

*Intended Audience:* All

**Learning Objectives:**

- Learn the usefulness of diabetic groups in underserved populations
- Identify the obstacles and available resources to implement diabetic group visits in the residency program

**FR07 - A Longitudinal Curriculum for Teaching Professionalism Through Story Telling**

**Room: Yeager**

*Primary Presenter:* Richard Feldman, MD, Program Director, Family Medicine Residency, Franciscan Health Indianapolis

*Co-Presenters:* Jacqueline Maxwell, Psy.D., HSPP, Assistant Director, Franciscan Health-Indianapolis, Family Medicine Residency Program

*Intended Audience:* All

**Learning Objectives:**

- Implement the curriculum into their residency programs tailoring the curriculum to meet the specific culture and needs of their residency program.

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

- Explain the power of teaching professionalism by example from the words and actions of family medicine's founding fathers.
- Describe, by use of the study guide, a strategy for a facilitator to guide the discussion for learners that may include: residents, faculty, medical students, nurses, and support staff.

***FR08 - Creating a Primary Care Focused NICU Rotation for Family Medicine Residents***

**Room: Earhart**

*Primary Presenter:* Meredith Hirshfeld, MD, Maternal Child Health Director, McGaw Family Medicine Residency

*Intended Audience:* F, P, R

**Learning Objectives:**

- Name common follow-up needs for “NICU graduates” in the outpatient setting
- Name common complications of prematurity that family physicians may encounter, including those that may remain relevant later in life
- Name key community resources for parents and families of high risk infants
- Discuss experiences through which residents can gain the necessary skills to provide primary care to these patients

\*\* Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

Saturday, October 7

9:00 - 10:00 am

**SA01 - Family Medicine's Role in Advocacy**

**Room: Garros**

*Primary Presenter: Gordana Krkic, CAE, Deputy Executive Vice President of External Affairs, Illinois Academy of Family Physicians*

*Intended Audience: All*

**Learning Objectives:**

- Orient participants in the basics of lobbying, with insights on how to focus your talking points on an issue, use personal anecdotes, and convey your medical expertise.
- Provide participants with tools to advocate on behalf of family medicine and their patients.
- Deliver ready references to help sustain good relations and long-term credibility with legislators and policy-makers.
- Convey the accurate value of primary care services.
- Role-play how family medicine can shape legislative outcomes.

**SA02 - Screening Older Adults for Falls Risk and What to Do with Them (Best Practice for Falls Prevention, Part 1)**

**Room: Armstrong**

*Primary Presenter: Judith A. Dewane, PT, DSc, Doctor of Physical Therapy Program - Department of Orthopedics and Rehabilitation*

*Co-Presenters: Kristine M. Hallisy PT, DSc, Doctor of Physical Therapy Program, Department of Family Medicine and Community Health, University of WI-Madison*

*Intended Audience: All*

**Learning Objectives:**

- Differentiate levels of falls risk with in-clinic physical tests and measures
- Apply referral algorithm to categorize falls risk and refer to appropriate services within the falls intervention continuum
- Identify evidence-based community resources for falls risk remediation
- Refer to evidenced-based interventions for falls prevention

**SA03 - Resident Scholarship Made Simple: Publishing Peer-Reviewed Article Summaries in an Evidence-Based e-Newsletter**

**Room: Collins**

*Primary Presenter: Thomas Hilts, DO, FAFAP, Assistant Professor, Michigan State University*

*Intended Audience: F, P, R*

**Learning Objectives:**

- Identify and critically appraise a recent original research article that has clinical interest and the potential to change practice.
- Write a brief summary of the article following a prescribed format.
- Integrate the DRF project as an option for scholarly activity in their home institution, either as a writer, reviewer or both.

\*\* To assist attendees, the Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S - Students \*\*

**SA04 - Understanding the social determinants of health and community resources to care for medically complex and vulnerable urban patients.** Room: Crossfield

Primary Presenter: Stephen J. Warnick Jr., MD, Assistant Professor, University of Michigan Medical School

Co-Presenters: Erin Hendriks, MD, Assistant Professor, Wayne State University; Marcela Castillo-Mackenzie, MD, Assistant Professor, Wayne State University

Intended Audience: All

**Learning Objectives:**

- Identify clinical problems that disproportionately affect patients in urban environments using an interactive case-based discussion.
- Collaborate on methods to address urban health problems unique to your environment.
- Access a variety of resources to facilitate and improve care in urban and vulnerable populations.
- Create a list of common tools and community resources to use in the care of complicated urban patients

**SA05 - Putting your best foot forward on the interview trail: Mastering Behavioral Interviewing strategies for residency and job interviews** Room: Aldrin

Primary Presenter: Mark Deyo-Svendsen, MD, Vice Chair of Practice, Department of Family Medicine, Mayo Clinic

Co-Presenters: Terri Nordin, MD, Program Director and Assistant Professor, Mayo Clinic Family Medicine Residency – Eau Claire

Intended Audience: R, S

**Learning Objectives:**

- Identify behavioral interviewing style questions
- Compare and contrast behaviorally-based questions and answers in an interview compared to less-structured models
- Summarize the benefits of behavioral interviewing
- Prepare and communicate specific behavioral examples from personal experiences to answer interview questions
- Develop behavioral interviewing style questions to ask interviewers

**SA06 - Cracking the Glass Ceiling: Addressing the Gender Bias in Academic and Organizational Medicine** Room: Wright

Primary Presenter: Deborah Edberg, MD, Program Director, McGaw Northwestern Family Medicine Residency Program, Humboldt Park, Erie Family Health Center, Family Medicine

Co-Presenters: Santina Wheat, MD, MPH, Medical Director, Core Faculty, McGaw Northwestern Family Medicine Residency Program, Humboldt Park, Erie Family Health Center; Tricia Hern, MD, Vice President of Academic Affairs and Physician Leadership Education at Community Health Network in Indianapolis

Intended Audience: All

**Learning Objectives:**

- Describe gender bias and impact on medical education leadership
- Identify strategies and tools for recognizing and addressing bias in own institutions
- Participate in discussion that will lead to next steps in development of survey questions addressing gender bias

**SA07 - Urine Drug Testing “Trust but Verify”** Room: Yeager

Primary Presenter: Ramandeep Kaur, MD, Assistant Professor, Rush University Medical Center

Co-Presenters: Sean O'Mahony, MD, Associate Professor, Rush University Medical Center

Intended Audience: All

\*\* To assist attendees, the Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*



**Learning Objectives:**

- Urine drug testing types and their Interpretation.
- Opiate metabolism and drug-drug interaction.
- Application of these concepts to clinical monitoring of patients maintained on chronic opioid therapy.
- Limitation of Urine Drug Testing.

10:05 - 11:05 am

**SA08 - Toe Nail Removal Workshop****Room: Garros****\*\*Limited to the first 40 participants\*\****Primary Presenter:* Elizabeth Kirchoff, DO, Faculty, LaGrange Family Medicine Residency Program*Co-Presenters:* Nishant N. Patel, MD, MBA, Resident Physician, LaGrange Memorial Hospital*Intended Audience:* R, S**Learning Objectives:**

- Identify an ingrown toenail, paronychia and pyogenic granuloma.
- Identify anatomy for providing a digital block.
- Demonstrate the steps needed to remove an ingrown toenail.

**SA09 - Tai Chi as a Clinical and Community Strategy to Reduce Falls Risk (Best Practice for Falls Prevention, Part 2)****Room: Armstrong***Primary Presenter:* Kristine M Hallisy PT, DSc, Doctor of Physical Therapy Program, Department of Family Medicine and Community Health*Co-Presenters:* Judith A. Dewane PT, DSc, University of WI-Madison, Department of Orthopedics and Rehabilitation, Doctor of Physical Therapy Program*Intended Audience:* All**Learning Objectives:**

- Identify best practice exercise recommendations (8) for the prevention of falls in older adults.
- Analyze the merits of tai chi as an evidenced-based best practice tool for falls prevention.
- Describe an adapted model of tai chi – its components and guidelines for falls prevention.
- Perform select tai chi basic moves and analyze biomechanical and functional benefits of tai chi as it relates to falls prevention.

**SA10 - Getting the Match You Want: Applying to Family Medicine Residency Programs****Room: Collins***Primary Presenter:* Aria Arrizabalaga, MD, Community Health Network, Family Medicine East*Co-Presenters:* Evelyn Figueroa, MD; University of Illinois at Chicago; Sandra Peña, MD., Community Health Network Family Medicine Residency*Intended Audience:* S**Learning Objectives:**

- Identify characteristics important to them in a residency program.
- Consider characteristics programs are looking for in applicants.
- Plan application strategies for the NRMP.

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**SA11 - Maximizing Empathy with 3 "Ms": Mnemonics, Mindfulness, and Medical Improv**

**Room: Crossfield**

*Primary Presenter:* Thomas Hahn, MD, University of Wisconsin, Department of Family Medicine and Community Health

*Co-Presenters:* Julia Yates, LCSW, Psychotherapist, Behavioral Health Coordinator, University of Wisconsin Madison, Department of Family and Community Health

*Intended Audience: All*

**Learning Objectives:**

- Use the NURSES mnemonic to help improve empathy in patient care.
- Explore empathy through mindfulness by practicing mindfulness meditation and focusing on nonverbal communication.
- Gain insights into how we perceive others' emotions by participating in medical improvisation.

**SA12 - Human Trafficking: A Modern Day Slavery**

**Room: Aldrin**

*Primary Presenter:* Jolyne N. Kaar, MD, Faculty Physician, UICOMP-Peoria Family Medicine Residency

*Intended Audience: All*

**Learning Objectives:**

- List various risk factors and red flags that a patient may be involved in DMST
- Feel equipped to start a conversation with patients who have identified as sex trafficking victims, in a trauma-sensitive manner and explain to them what is involved in a medical evaluation
- Point potential victims to the correct legal authorities and give resources on the local and national levels

**SA13 - Regenerative Medicine: Changing the Game in the Treatment of Orthopedic Injuries**

**Room: Wright**

*Primary Presenter:* Trevor Bullock, DO, Physician, NorthShore University HealthSystem

*Intended Audience: All*

**Learning Objectives:**

- Explain the basic principles behind the science of treatments with platelet-rich plasma and bone marrow concentrate injections for various orthopedic problems
- Learn about current research regarding treatment with stem cells in orthopedics
- Identify which patients would be ideal candidates for treatment

**SA14 - Networking 101: Investing in Your Social Capital**

**Room: Yeager**

*Primary Presenter:* Marcus D. Rushing, MD, MS, Resident Physician, PGY-2, Northwestern McGaw

*Intended Audience: R, S*

**Learning Objectives:**

- Be introduced to the importance of networking
- Be given tools for successful networking
- Craft a mission statement
- Practice effective networking practice

11:10 - 12:10 pm

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**SA15 - Mental Health First Aid for Family Physicians: An Overview****Room: Garros**

*Primary Presenter:* Raj Shah, Associate Professor, Family Medicine and Rush Alzheimer's Disease Center, Rush Medical College, Rush Graduate College, Chair, Mental Health Working Group, Public Health Committee, Illinois Academy of Family Physicians

*Co-Presenters:* Ruth Fiedler, EdD, PMHCNS-BC, CNE, Associate Professor, Community, Systems, and Mental Health Nursing, Rush University College of Nursing

*Intended Audience:* All

**Learning Objectives:**

- List at least three of the most common mental health disorders faced by diverse community members seeking care from family physicians in the Midwest.
- Describe the key training components in a mental health first aid program.
- Articulate the role that family physicians can take in supporting health professional and lay person training in mental health first aid.

**SA16 - The Successful Job Search: From Preparation to Closing the Deal****Room: Armstrong**

*Primary Presenter:* Melissa W. Halcomb, MS, Physician Recruiter – Outreach Specialist, Riverside Medical Center

*Co-Presenters:* Donna Shelby, Director of Recruitment, Citizens Memorial Hospital; Camille Slone, BS, Physician Recruiter, Riverside Medical Center

*Intended Audience:* P, R, S

**Learning Objectives:**

- Identify the components of a well written curriculum vitae (CV)
- Evaluate their needs and wants to determine the direction of their career search strategy.
- Distinguish between the different types of offers (verbal, written, contract) and examine common terms used in employment contracts.

**SA17 - Applying Motivational Interviewing to Contraceptive Choice****Room: Collins**

*Primary Presenter:* Lauren Oshman, MD, MPH, Clinical Assistant Professor, Pritzker School of Medicine, The University of Chicago

*Co-Presenters:* Erin Hendriks, MD, Assistant Professor, Wayne State University; Stephen Warnick, Jr., MD, Assistant Professor, University of Michigan Medical School

*Intended Audience:* All

**Learning Objectives:**

- Assess patient motivation to prevent unintended pregnancy.
- List common reasons for ambivalence in contraception use.
- Compare and contrast the informed choice method, shared decision making, and motivational interviewing as applied to contraceptive counseling.
- Demonstrate the spirit of motivational interviewing (compassion, collaboration, evocation and acceptance) in a case-based contraceptive counseling discussion.

**SA18 - Scoliosis: Screening, Referral, and Treatment****Room: Crossfield**

*Primary Presenter:* David Roberts, MD, Clinician Educator, Pritzker School of Medicine, University of Chicago

*Intended Audience:* All

**Learning Objectives:**

- Detail current guidelines for scoliosis screening
- Perform a physical exam screening for scoliosis & properly detect the condition
- Recognize when to refer for specialist evaluation

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**SA19 - Healing The Healer: Achieving Wellness in Medical Education**

**Room: Aldrin**

*Primary Presenter:* Kristina Dakis, MD, Family Medicine Resident, University of Illinois at Chicago

*Co-Presenters:* Brittani Jackson, MD, Chief Resident of Family Medicine, University of Illinois at Chicago

*Intended Audience:* R, S

**Learning Objectives:**

- Identify examples from their own medical training in which wellness was neglected
- Discuss the impact of wellness on academic success, clinical performance, and professional growth
- Analyze barriers to maintaining well-being during medical education and methods for overcoming these barriers
- Develop an action plan to enhance their own wellness during medical education and to advocate for systemic change

**SA20 - Is Type 2 Diabetes Reversible? The Answer May Surprise You**

**Room: Yeager**

*Primary Presenter:* Tony Hampton, MD, MBA, CPE, Advocate Operating System Medical Director, Advocate Healthcare Illinois

*Intended Audience:* All

**Learning Objectives:**

- Explain why there is a diabetes epidemic
- Explain why medications don't get to the root cause of diabetes which is why diabetes continues to be a progressive disease but should not
- Understand that dietary fat was not conclusively linked to health problems
- Understand that low carbohydrate diets are more effective than low fat, low-calorie diets for weight loss in people with insulin resistance
- Describe a simple approach to help your patients make needed dietary interventions

12:15 – 1:45 pm

**PL02 – Lunch & Plenary - #FMRevolution Today**

**Room: Grand Ballroom**

*Presented by:* Renee Crichlow, MD, Associate Program Director, University of Minnesota North Memorial Family Medicine Residency

**Learning Objectives:**

- Understand the social circumstances in which the specialty Family Medicine arose
- Discuss the framework of current healthcare challenges through the lens of the social determinants of health
- Express both the challenges and possibilities of Family Physicians being instrumental in addressing systemic issues these times of change

1:45 – 2:15 pm

**PS02 - Poster Session II**

*Saturday 1 - Review of Clinic Documentation of Advance Care Directives/POLST forms*

*Primary Presenter:* Lucas Labine, MS4, Medical Student, University of Minnesota

**Learning Objectives:**

- Explain how Advance Care Planning can be beneficial to patients
- Identify how many patients in a community clinic have Advance Care Directives (ACD) or POLST forms in the electronic health record
- Apply these findings to encourage further ACD compliance in the outpatient setting

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**Saturday 2 - Qualitative Needs Assessment on Cervical and Breast Cancer Screening in North Minneapolis**

Primary Presenter: Caitlin Fujisawa, MPH, MS4, Medical Student, University of Minnesota

**Learning Objectives:**

- Design a qualitative needs assessment targeting a health concern in question
- Investigate barriers and motivators for women's health concerns in their community
- Recognize importance of community partnership in addressing health concerns

**Saturday 3 - Implementation of Advance Care Planning in a Rural Healthcare System**

Primary Presenter: Danielle Francen, MS4, Medical Student, University of Minnesota

**Learning Objectives:**

- Provide general information about advance care planning (ACP)
- Outline suggested methods for successful implementation of ACP in a rural setting
- Share progress after implementation of ACP protocols in a rural healthcare system

**Saturday 4 - Lakewood Health System Community Healthcare Needs Assessment Regarding Obesity**

Primary Presenter: Kyle Lau, MS2, Second Year Medical Student, University of Minnesota School of Medicine, Duluth Campus

**Learning Objectives:**

- Develop methods to identify a community's concerning health priority.
- Integrate local resources and organizations with healthcare services to address community health needs.

**Saturday 5 - Developing a Comprehensive Referral Network and Web Application Tool to Increase Social Services Access in Rural Northern Michigan**

Primary Presenter: Margaret Walker, MS2, Feinberg School of Medicine, Northwestern University

**Learning Objectives:**

- Assess barriers to social services referrals in rural Northern Michigan.
- Integrate internet-based resources for self-referral into a social services referral network.
- Compare and contrast available social service resources within urban and rural areas.

**Saturday 6 - Cancer diagnosis: how it affects depression and depression management in a family medicine clinic**

Primary Presenter: Rachel Atherton, BA, MS4, Family Medicine, University of Iowa Carver College of Medicine

Co-Presenters: Maresi Berry-Stoelzle, MD, PhD, Clinical Assistant Professor, Family Medicine, University of Iowa

**Learning Objective:**

State why screening for depression in cancer is important, how to screen for depression, and what the results of screening were in our clinic.

**Saturday 7 - Direct clinical observation and teaching significantly improve medical students' weight history taking skills and knowledge of weight management**

Primary Presenter: Ivy Huang, MS4, Medical Student, Northwestern University, Feinberg School of Medicine

Co-Presenters: Nathan Kong, MS3, Medical Student, Northwestern University, Feinberg School of Medicine; Elizabeth Nguyen, MS3, Medical Student, Northwestern University, Feinberg School of Medicine; Neeharika Nandam, MS4, Medical Student, Northwestern University, Feinberg School of Medicine; Rosanne Vasiloff, MD, Health System Clinician, Northwestern University, Feinberg School of Medicine

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**Learning Objectives:**

- Recall the deficits that students have with weight counseling in live clinical encounters
- List different short interventions that can improve student ability to practice weight counseling

**Saturday 8 - Tobacco Cessation Initiative: Interdisciplinary Counseling for Hospitalized Smokers**

*Primary Presenter:* Zoe Gordon, MPH, MS4, Student, Rush Medical College

*Co-Presenters:* Marcel Bertsch-Gout, M2, Rush Medical College; Ray W Urban, M2, Rush Medical College; Georges Compagnon, M2, Rush Medical College

**Learning Objectives:**

- Evaluate and quantify the smoking cessation training in graduate medical education curriculums.
- Propose a program to train future medical professionals in tobacco cessation counseling which provides free counseling services to hospitalized smokers.

**Saturday 9 - Food Doctors: Bridging the Urban Nutritional Gap with Third Graders**

*Primary Presenter:* Paul Otto, MS2, Medical College of Wisconsin

*Co-Presenters:* Eric Bobel, MS2, Medical College of Wisconsin

**Learning Objectives:**

- Work with schools to create age appropriate lessons about healthy diets.
- Incorporate healthy, simple recipes as alternatives to common snacks or meals.
- Integrate cultural references into lessons as a way to meet students within their environments.

2:15 - 3:15 pm

**SA21 - Basic Procedural Skill Training for IUD and Endometrial Aspiration biopsy using Anatomic Models**

**Room:** Garros

*Primary Presenter:* Katie Guthrie, MD, Faculty, United Family Medicine Residency, Allina Health Systems

*Co-Presenters:* Kathleen Macken, MD, Director, United Family Medicine Residency, Allina Health Systems; Kelsey Leonardsmith, MD, United Family Medicine Residency

*Intended Audience:* P, R, S

**Learning Objectives:**

- List the indications/contraindications for use of IUDs
- Be able to list the sequential steps for the insertion of IUDs using an anatomic model
- Demonstrate the technique of endometrial biopsy using the same model
- Demonstrate specific techniques to address common difficulties encountered in each of these procedures
- If time permits, paracervical block technique will be reviewed.

**SA22 - An Integrative Approach to Headache: Pills, Potions and Osteopathic Notions**

**Room:** Armstrong

*Primary Presenter:* Mark Robinson, DO, Aurora Family Medicine Residency Program

*Co-Presenters:* Shelly Crane, DO, Family Physician, Aurora Family Medicine Residency Program; Will Lehmann, MD, MPH, Program Director, Aurora Family Medicine - Milwaukee

*Intended Audience:* R, S

**Learning Objectives:**

- Identify common prescription and over the counter medications for the treatment of tension and migraine headaches.

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- Identify various integrative medicine modalities that are effective in treatment of headaches, including but not limited to: essential oils, herbs and supplements, mind/body techniques, and lifestyle modifications.
- Identify musculoskeletal components as a cause for headaches.
- Perform basic osteopathic treatment techniques to treat musculoskeletal problems associated with headaches, including sub-occipital release, soft tissue/deep articulation, and diaphragmatic release

**SA23 - Evidence-Based Management of Opioid Use Disorder**

**Room: Collins**

*Primary Presenter:* Ryan Golden, MD, Resident, Northwestern

*Co-Presenters:* Beth Dunlap, MD, Northwestern

*Intended Audience:* All

**Learning Objectives:**

- Encourage Medically Assisted Treatment (MAT) as a superior method to withdrawal in treating opioid addiction and compare the different modalities of MAT.
- Highlight essential resources available to the family medicine physician to manage this patient population including state monitoring programs.
- Discuss an approach to appropriately and compassionately treating acute pain in patients with significant opioid tolerance.
- Review techniques for maintaining trust and rapport with these patients while treating a socially stigmatized medical condition.

**SA24 - A New Approach to Caring for Adults with Down Syndrome**

**Room: Crossfield**

*Primary Presenter:* Brian Chicoine, MD, Medical Director, Adult Down Syndrome Center, Faculty, Advocate Lutheran General Hospital Family Medicine Residency

*Intended Audience:* All

**Learning Objectives:**

- Screen and treat adults with Down syndrome based on their unique health care needs
- Include patients with Down syndrome in the promotion of their own health
- Utilize videos as a teaching tool for physicians, trainees, and individuals with Down syndrome

**SA25 - New Concussion Guidelines – Recognize, Remove & Prevent**

**Room: Aldrin**

*Primary Presenter:* Hallie Labrador, MD, MS, Clinician Educator, NorthShore University HealthSystem, Pritzker School of Medicine, University of Chicago

*Intended Audience:* All

**Learning Objectives:**

- Cite the most current evidence-based research in support of the diagnosis, treatment and management of sports-related concussion and head injury
- Identify the types of competition and demographics most likely to incur a concussion
- Identify the pathophysiological processes that occur with concussion or other head injury
- Recognize the signs and symptoms of a concussion, differentiating between concussion and other head injuries
- Note the various products and techniques to prevent or reduce the risk of injury

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**SA26 - Greasing the Pipeline: Leadership Models for Effectively Recruiting Under-represented Students into Healthcare**

**Room: Wright**

*Primary Presenter:* Marcus Rushing, MD, Resident Physician, PGY-2, Northwestern McGaw

*Co-Presenters:* Mary Eguia, MD, Resident Physician, Northwestern McGaw

*Intended Audience:* All

**Learning Objectives:**

- Learn about a Mentorship program with high school and college students.
- Be introduced to leadership skills and building bridges between High Schools and healthcare professions.
- Learn about the obstacles and challenges in implementing these mentoring programs

**SA27 - An Update on Immunizations for the Lifespan**

**Room: Yeager**

*Primary Presenter:* Mark Lisby, MD, Associate Director, FMRP Community Healthy Network - Indianapolis

*Co-Presenters:* Lisa Robertson, MPH, Executive Director, Indiana Immunization Coalition

*Intended Audience:* All

**Learning Objectives:**

- Explain recent dosage changes associated with the HPV vaccine.
- Explain recent vaccine recommendations /changes associated with the Pneumococcal vaccine.
- Explain recent updated guidelines regarding the Meningitis B vaccine.
- Explain recent updates related to the birth dose of Hepatitis B vaccine.

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Sunday, October 8

**8:45 – 9:45 am PL03 – Plenary Session - The Future of the #FMRevolution Grand Ballroom**

Antoinette “Toni” Lullo, DO, Core Faculty, Adventist Hinsdale Family Medicine Residency  
Javette C. Orgain, MD, MPH, FAAFP, Associate Professor of Clinical Family Medicine at UIHSS Mile Square Health Center & Medical Director/Consultant for the Village of Park Forest Health Department and a practicing physician for a hospice/palliative care program  
Risheet Patel, MD, Family Physician/Owner, Fishers Direct Family Care;  
Abbas Hyderi, MD, MPH - Associate Dean for Curriculum, University of Illinois College of Medicine at Chicago  
Robert Friedel, MD Student, University of Illinois at Rockford, Delegate to ISMS-MSS and AMA-MSS and policy co-author

**Session Description:**

Join our panel of experts as they discuss why we need a revolution, what inspires them, and how we can problem solve in the future. The panel will discuss the possibilities they see in the future of family medicine. The panelists will cover different aspects of family medicine include international, government, practice style, professional advancement, and student issues.

**9:45 – 10:15 am PS03 - Poster Session III**

**Sunday 1 - Mapping Patient Populations: Looking for "Hot Spotter Neighborhoods and Exploring Outreach Opportunities**

*Primary Presenter:* Geraldine Malana, DO, MPH, PGY3, McGaw Northwestern University Family Medicine Residency at Humboldt Park

**Learning Objectives:**

- Learn about mapping patient populations within neighborhood blocks by chronic diseases.
- Identify "hot spotter" neighborhood blocks by chronic disease types.
- Explore out-research strategies and resource allocation for hot spotter neighborhoods

**Sunday 2 - Transitions of Care Curriculum: Helping Family Medicine (FM) physicians learn the best fit Post-acute Care Setting for patients' needs**

*Primary Presenter:* May Soliz, MD, Fellow, University of Chicago NorthShore

**Learning Objectives:**

- Name the different types of Post-acute care settings.
- Compare the services available.
- Feel confident in your discharge location selection.

**Sunday 3 - Loperamide induced Torsades de Pointes**

*Primary Presenter:* Supriya Gupta, MD, SIU Family Medicine Residency Program  
*Co-Presenters:* Sachin Goel, MD, Cardiologist, Prairie Cardiovascular Consultants

**Learning Objectives:**

- Recognize long QTc and Torsades de points by EKG.
- Recognize abuse of over the counter Loperamide as a potential cause of long QTc and torsades de pointes, which can lead to cardiac arrest.
- Make clinicians aware of potential abuse of Loperamide by opioid seekers and addicts for euphoric effects and/or prevention of opioid withdrawal, with potential cardiotoxic effects.

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**Sunday 4 - Coping with hidden resident fatigue**

*Primary Presenter:* Shadia Yeihey, MD, Annapolis Family Medicine Residency

*Co-Presenters:* Mariam Saleh, MD, Annapolis Family Medicine Residency; Melissa Jennings, MD, Annapolis Family Medicine Residency

**Learning Objectives:**

- Help participants assess the degree to which resident fatigue is unrecognized within the culture of medical education.
- Demonstrate measures of resident fatigue to allow further study.
- Discuss recommendations for developing a valid measure of resident fatigue.

**Sunday 5 - Acute Fatty Liver of Pregnancy: A Case Report and Literature Review**

*Primary Presenter:* Teresa Sharma, MD, PGY-3, St. Vincent Family Medicine Residency

*Co-Presenters:* Samuel O Tytler, MD, Combined IM/FM PGY-3, St. Vincent Hospital Indianapolis

**Learning Objectives:**

- Identify common liver disorders associated with pregnancy
- Explain basic etiology of acute fatty liver of pregnancy (AFLP)
- Order appropriate initial testing as well as basic molecular testing
- Discuss current management guidelines of AFLP

**Sunday 6 - Refugees in Milwaukee; Understanding their demographic and health related characteristics**

*Primary Presenter:* Fabiana Kotovicz, MD, Faculty, Aurora Family Medicine Residency Program

**Learning Objectives:**

- Identify the sociodemographic and health related characteristics of incoming refugee populations at Aurora St. Luke's Family Practice and Aurora Sinai Family Care clinics.
- Develop educational materials for refugee patients that aim to address the health and social needs, as identified by chart review, of refugee populations.
- Develop educational materials and an improved work flow for providers that aim to address health and social needs of refugee populations.

**Sunday 7 - Perceived Barriers to Higher Education and Medical Education in Rural Michigan**

*Primary Presenter:* Hope Bauer, MS4, Medical Student, Michigan State University, College of Human Medicine

*Co-Presenters:* Carter Anderson, MS4, Medical Student, Michigan State, College of Human Medicine; Andrea Wendling, MD, FAAFP, Director – Rural Community Health Program, Michigan State University, College of Human Medicine

**Learning Objective:**

Identify barriers associated with rural students entering healthcare fields

**Sunday 8 - Power to Quit II: A Randomized Clinical Trial To Enhance Smoking and Alcohol Cessation Among Homeless Adults**

*Primary Presenter:* Thulasee Jose, MD, Health Promotion Office, Ontario Ministry of Health and Long Term Care

**Learning Objectives:**

- Design randomized clinical trial to enhance smoking and alcohol cessation in homeless population

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- Understand the practical knowledge about conducting clinical trial in homeless population with community collaboration
- Integrate tobacco cessation intervention in homeless participants who also abuse alcohol
- Using cognitive behavioral therapy and motivational counseling for smoking cessation intervention in homeless participants

**Sunday 9 - It's Not Lupus....But This Time it Is**

*Primary Presenter:* Angela Puthenveetil, MD, Resident Physician, Memorial Hospital of South Bend

**Learning Objective:**

Take away knowledge about diagnosing an atypical case of SLE

**Sunday 10 - Medical Care of High School Football in Chicago: a 13-year follow-up study**

*Primary Presenter:* Kyle Wieschhaus, BSK, MS1, Loyola University Stritch School of Medicine

*Co-Presenters:* Nathaniel Jones, MD, Assistant Professor, Department of Orthopedics and Family Medicine, Loyola University Medical Center

**Learning Objectives:**

- Highlight the current state of medical coverage in the Chicago public high school (CPS) athletics system, specifically football.
- Assess who is available for medical problems at CPS varsity football games.
- Assess who is available for medical problems at CPS varsity football practices.
- Raise awareness for the need of generalized increase in medical coverage for high school athletics.

**10:15 - 11:15 am**

**SU01 - Life Calculus: Deriving functional meaning through work-life integration (no math skills required!)**

**Room: Yeager**

*Primary Presenter:* Terri Nordin, MD, Program Director and Assistant Professor, Mayo Clinic Family Medicine Residency – Eau Claire

*Co-Presenters:* Mark Deyo-Svendsen, MD, Vice Chair of Practice, Department of Family Medicine, Mayo Clinic

*Intended Audience:* All

**Learning Objectives:**

- Compare and contrast the concepts of work and life balance, dynamic equilibrium, and integration
- Discuss the elements of personal strategic planning and how that can facilitate work-life integration that feels healthy to you
- Develop at least three SMART goals that will help you begin implementing your personal strategic plan

**SU02 - Perineum Repair Workshop**

**Room: Davis**

**\*\*Limited to the first 40 participants\*\***

*Primary Presenter:* Alap Shah, MD, Associate Program Director, Adventist LaGrange Family Medicine Residency

*Co-Presenters:* Helena Keag, MD, Adventist LaGrange Family Medicine Residency; Nicholas Yunez, MD, Adventist LaGrange Family Medicine Residency

*Intended Audience:* R, S

**Learning Objectives:**

- More accurately visualize post vaginal delivery perineum repair

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- Improve fundamental suturing techniques for perineum repair
- Improve their confidence during the post delivery period.

### **SU03 - Transition from Resident to Attending**

**Room: Wright**

*Primary Presenter:* Katherine Turner, MD, Faculty, Carle Family Medicine Residency

*Co-Presenters:* Brandyn Mason, DO, Faculty, Carle Family Medicine Residency

*Intended Audience:* F, R, S

#### **Learning Objectives:**

- Discuss changing roles between resident physicians and attending physicians
- Describe common difficulties encountered in the transition between resident and attending
- Identify strategies to ease this transition

### **SU04 - What Students Need to Know to Make a Choice About Family Medicine**

**Room: Hughes**

*Primary Presenter:* Lynne Lillie, MD, FAAFP, Senior Associate Consultant, Department of Family Medicine & Assistant Professor of Family Medicine, Mayo Clinic; Member Board of Trustees, American Academy of Family Physicians Foundation

*Co-Presenter:* Ashley Bentley, MBA, Student Interest Strategist, American Academy of Family Physicians

*Intended Audience:* S

#### **Learning Objectives:**

- Define family medicine, including key attributes of family physicians, practice scope, and role within the health care system
- Make decisions about their own medical training and career path by understanding the opportunities in family medicine
- Discern myths about family medicine encountered during medical school, including myths about scope of practice issues related to other health professionals

### **SU05 - “Self-Care for Healthcare”**

**Room: Earhart**

*Primary Presenter:* Sonia Oyola, MD, Director Family Medicine Clerkship, Pritzker School of Medicine, University of Chicago

*Co-Presenters:* Kohar Jones, MD, Medical Director, Heartland Outreach

*Intended Audience:* All

#### **Learning Objectives:**

- Identify their own levels of burnout and workplace contributors
- List and describe various steps and techniques, including Mind Body Medicine, that can prevent and address the impact of difficult clinical situations in order to create a personal plan for preventing and managing difficult clinical interactions based on your personal experience and the steps/techniques reviewed today
- Practice a meditation exercise to alleviate stress, promote a calmer state and augment your resilience

### **SU06 - Office Based Manual Vacuum Aspiration for Uterine Evacuation aka: Papaya Workshop**

**Room: Armstrong**

**\*\*Limited to the first 40 participants\*\***

*Primary Presenter:* Kristie Monast, MS Ed, Executive Director, Midwest Access Project

*Co-Presenters:* Kristina Dakis, MD, Resident Physician, University of Illinois at Chicago; Tabatha Wells, MD, Assistant Professor University of Illinois at Chicago

*Intended Audience:* R, S

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**Learning Objectives:**

- Describe clinical situations where use of a manual vacuum aspirator would be medically appropriate
- Explain steps to a uterine evacuation procedure
- Demonstrate use of a manual vacuum aspirator

**11:15 - 11:30 am**

***SU07 - Transitions of Care Curriculum: Helping Family Medicine physicians learn the best fit post-acute care setting for patients' needs***

**Room: Earhart**

*Primary Presenter:* May Soliz, MD, Fellow, University of Chicago NorthShore

*Intended Audience:* All

**Learning Objective:**

Discover the best fit post-acute care setting for patients' needs

***SU08 - Ageism in Family Medicine***

**Room: Hughes**

*Primary Presenter:* Ande Williams, MS, Clinical Psychology Graduate Student (Psy D), Indiana State University

*Co-Presenters:* Amber Cadick, PhD, HSPP, Union Hospital Family Medicine Residency

*Intended Audience:* All

**Learning Objectives:**

- Explain how to assess ageism in family medicine.
- Define ageism.
- Explain how ageism impacts health care.

***SU09 - Evaluation of physician satisfaction of a standardized inter-professional care model for chronic pain in family medicine residency clinics***

**Room: Davis**

*Primary Presenter:* Andrew H Slattengren, DO, Assistant Professor, University of Minnesota Medical School, North Memorial Family Medicine Residency Program

*Co-Presenters:* Eva Pesch, MD, Family Physician, HealthEast Care System; Helen Thomas, MD, Family Medicine Physician, NorthPoint Health and Wellness; Megan Keuler, MD, MPH, Family Medicine PGY3, University of Minnesota North Memorial Residency Program

*Intended Audience:* All

**Learning Objectives:**

- Explain how one family medicine clinic changed its practice to address the needs of patients with chronic non-malignant pain.
- Describe how resident and faculty physician feelings toward chronic pain management changed after implementation of an inter-professional care management model for patients with chronic pain.
- Implement evidence-based care for chronic pain in their clinical settings.

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**SU10 - Discussing Fertility Awareness Based Methods of Family Planning: The Patient Experience**

**Room: Yeager**

*Primary Presenter:* Stephanie Pickthorn, MS3, University of Minnesota Medical School

*Co-Presenters:* Mary Kim, MS1, Georgetown University, School of Medicine; Marguerite Duane, MD, MHA, FAAFP, FACTS Executive Director, Adjunct Associate Professor, Georgetown University

*Intended Audience:* All

**Learning Objectives:**

- Understand the current patient experience in conversations with clinicians about Fertility Awareness Based Methods
- Utilize simple strategies to effectively communicate about Fertility Awareness Based Methods with patients

**11:35 am - 12:30 pm**

**SU11 - Perinatal Mood and Anxiety Disorders in a Primary Health Care Setting**

**Room: Earhart**

*Primary Presenter:* Rachel Magin, MS, Behavioral Health Student, Valley Professionals Community Health Center

*Co-Presenters:* Amanda A Williams, MD, Resident Physician, Union Hospital Family Medicine Residency Program

*Intended Audience:* P, R, S

**Learning Objectives:**

- Identify individuals who are at risk for Perinatal Mood and Anxiety Disorders.
- Describe the symptoms of several different Perinatal Mood and Anxiety Disorders.
- List the next steps that should be taken after a patient is identified as potentially having a Perinatal Mood or Anxiety Disorder.

**11:35 - 11:50 am**

**SU12 - Advanced reproductive health procedures: Training the workforce we need**

**Room: Hughes**

*Primary Presenter:* Ariel Leifer, MD, Assistant Professor, University of Illinois at Chicago

*Co-Presenters:* Amy Arealis, MD, University of Illinois at Chicago

*Intended Audience:* All

**Learning Objectives:**

- Recognize women's need for diverse reproductive healthcare particularly in underserved communities
- Compare the procedures our graduates are vs. are not providing in the community and what barriers they face
- Discuss strategies for effective procedure training career mentorship during medical school and residency

**SU13 - Building the Wellness Toolbox: skills and exercises for Wellness for Life**

**Room: Yeager**

*Primary Presenter:* Cynthia Ohata, MD, Faculty Attending, Advocate Christ Family Medicine Residency

*Co-Presenters:* Barbara Barnell, DO, Advocate Christ Medical Center, Family Medicine Department, Family Medicine Residency; Valerie Rygiel, DO, PGY3, Chief Resident, Advocate Christ Family Medicine Residency Program

*Intended Audience:* F, R, S

**Learning Objectives:**

- Describe the key components of a basic Wellness Program and basic resources to list for residents
- Articulate the rationale behind a skills-based Wellness Program
- Identify specific skills/task/strategy sets to develop as targets for Wellness activities

\*\* To assist attendees, the Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*



**11:55 - 12:10 pm**

**SU14 - Making Nutrition Counseling Meaningful: Evaluation of a Nutrition Curriculum** Room: Hughes

*Primary Presenter:* Jacob Smith, MD, Resident Physician, McGaw Northwestern University Family Medicine

*Co-Presenters:* Anuj K Shah, MD, MPH, Clinical Instructor of Family and Community Medicine, Associate Program Director, Family Medicine Residency, Erie Family Health Center-Humboldt Park

*Intended Audience:* All

**Learning Objectives:**

- Understand the importance of nutrition training for physicians.
- Describe three educational activities to teach nutrition and counseling.
- Identify three outcomes from the nutrition curriculum for residents and physicians.

**SU15 - Potential Opportunities and Support for Resident Education in Fertility Awareness Based Methods**

Room: Davis

*Primary Presenter:* Brianna Wynne, MD, Family Medicine Resident, Community Memorial Hospital – Medical College of Wisconsin Affiliated Hospitals

*Co-Presenters:* Lauren Weasler, MD, Resident Physician, Medical College of Wisconsin Affiliated Hospitals; Marguerite Duane, MD, MHA, FAAFP, FACTS Executive Director – Adjunct Associate Professor, Georgetown University

*Intended Audience:* F, R, S

**Learning Objectives:**

- Define what fertility awareness based methods (FABM) of family planning are.
- Identify residency programs that offer opportunities and/or support for residents interested in learning more about these methods.

**SU16 - Reducing Costs and Improving Care for High Utilizing Complex Patients Through Outpatient Interdisciplinary Care Teams**

Room: Yeager

*Primary Presenter:* Natalie Pagoria MD, MBA, Advocate Lutheran General Family Medicine Residency

*Co-Presenters:* Ellen Osetek, RN, Advocate Lutheran General Family Medicine Nasset Outpatient Clinic; Jason Howell, MD, Advocate Lutheran General Family Medicine Residency

*Intended Audience:* All

**Learning Objectives:**

- Describe key components of successful interdisciplinary care teams and their integration into the practice environment.
- Analyze the true “cost of care” for medically complex high utilizers.
- Identify patients within their own practice who may benefit from multidisciplinary team care.
- Apply interdisciplinary care team principles within their own organization or individual practice of medicine.

**SU17 - Newborn with a Bloated Belly**

Room: Hughes

*Primary Presenter:* Timothy Damrow, DO, PGY-3, Adventist LaGrange Hospital Family Medicine Residency

*Co-Presenters:* Jennifer Swoyer, DO, Program Director, Adventist LaGrange Hospital Family Medicine Residency

*Intended Audience:* F, P, R

**Learning Objectives:**

\*\* To assist attendees, the Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

- Identify concerning abdominal physical findings in the newborn period.
- Identify differential diagnoses for abdominal distension in the newborn.
- List the course of actions that should be taken in the event a critical newborn abdominal exam is identified.

### ***SU18 - The Female Cycle as the Fifth Vital Sign***

**Room: Davis**

*Primary Presenter:* Peter Danis, MD, Mercy Family Medicine Residency and St Louis University School of Medicine

*Co-Presenters:* Marguerite Duane, MD, MHA, FAFAP, FACTS Executive Director, Adjunct Associate Professor, Georgetown University; Brianna Wynne, MD, Family Medicine Resident, Community Memorial Hospital – Medical College of Wisconsin Affiliated Hospitals

*Intended Audience:* P, R, S

#### **Learning Objectives:**

- Define the normal menstrual cycle.
- Describe important hormonal events in the cycle and the resulting physiologic changes.
- Highlight the key external observations or biomarkers that women can learn to chart to better understand their fertility cycle.
- Review a variety of fertility charts and discuss specific observations that may indicate a potential underlying health issue.
- State other opportunities to learn how to address women's health issues using fertility charts.

### ***SU19 - Improving the Hospital Transition Process: Optimizing Medication Reconciliation & Hospital Follow-Up***

**Room: Yeager**

*Primary Presenter:* John Kreckman, MD, Assistant Professor, SIU School of Medicine, Director SIUFCM Hospital Services/CMO SIUFCM Springfield

*Co-Presenters:* Namrata Singhi, MD, PGY-3, Family Medicine, Southern Illinois University

*Intended Audience:* All

#### **Learning Objectives:**

- Implement and manage their own process improvement project
- Design an effective process with the critical components of ownership, accountability and feedback
- Establish a control process to sustain and further improve their result

\*\* To assist attendees, the Intended Audience is indicated for each session: F - Faculty, P - Physicians, R - Residents, S – Students \*\*

## NOTES

## NOTES

# Save the

7th Annual

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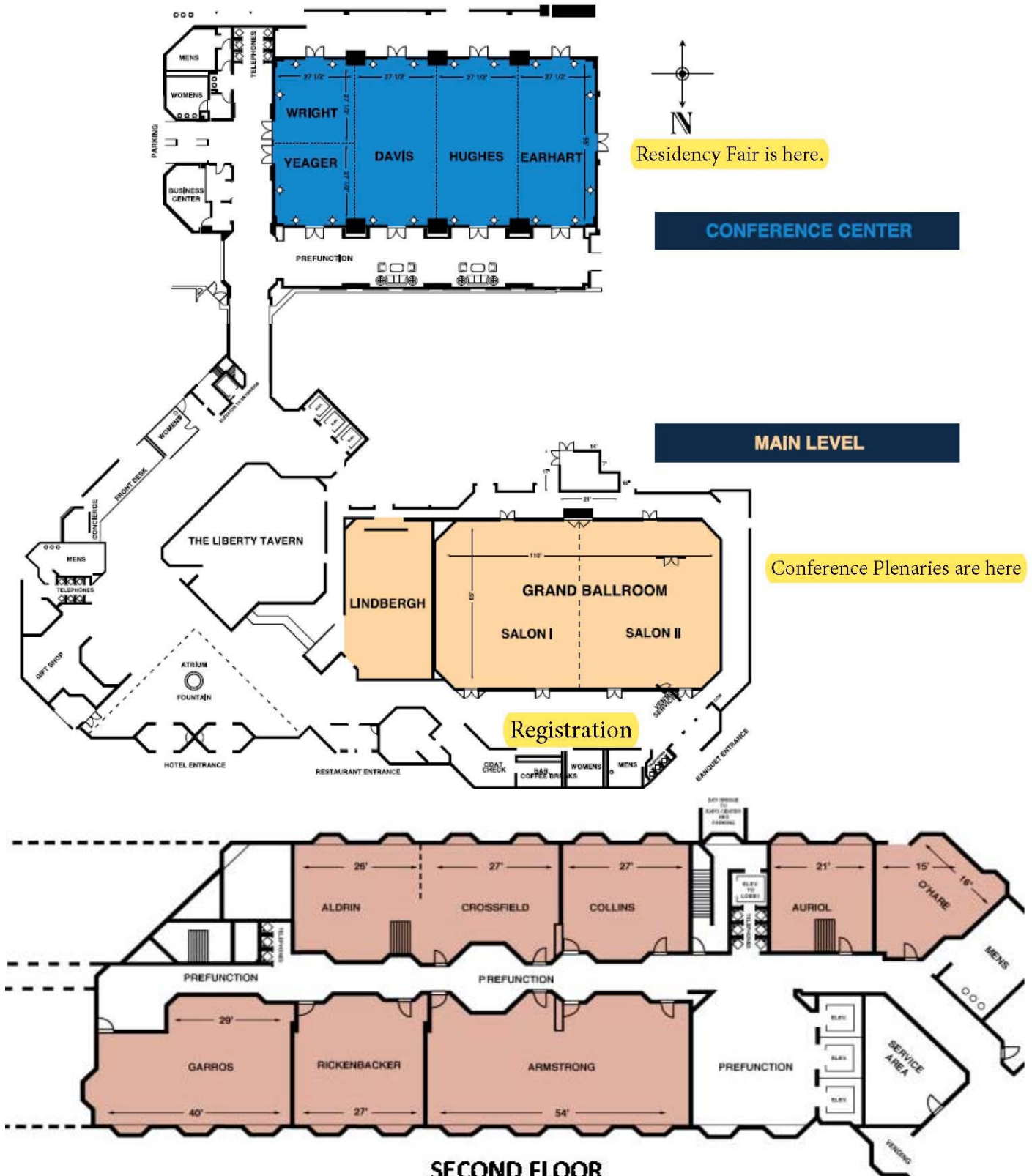
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