



51st ANNUAL

Winter Refresher Course

for Family Medicine

March 11-12, 2021

Virtual Conference

Sponsored by The Medical College of Wisconsin
Department of Family & Community Medicine



knowledge changing life

SUMMARY

The Winter Refresher Course provides evidence-based updates for family physicians, nurse practitioners, physician assistants and other primary care clinicians who practice in a variety of settings and provide preventive, acute and chronic care in adult medicine, pediatrics, geriatrics, women's health, sports medicine and behavioral health.

OBJECTIVES

Attendees of the WRC will be able to:

- Apply evidence-based preventive and chronic disease management guidelines to patient care.
- Describe evidence-based recommendations designed to improve primary care systems and policies.
- Appropriately identify and consult outside professions for disease processes that require interprofessional diagnostic and treatment options to maximize patient outcomes.

EXHIBITORS

To exhibit at the Winter Refresher Course, please contact **Terri Walker at 414-955-4243 or DFCMEEvents@mcw.edu**. The Medical College of Wisconsin and Department of Family & Community Medicine appreciate the support provided by our exhibitors.

ACCREDITATION

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Medical College of Wisconsin designates this live activity for a maximum of *13.5 AMA PRA Category 1 Credits™* for physicians and 13.5 hours of participation for continuing education for allied health professionals. For nurse practitioners, this includes 5.5 hours of pharmacology-specific credit. Participants should claim only the credit commensurate with the extent of their participation in the activity.

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

COURSE PLANNING COMMITTEE

Joseph Gravel, Jr. MD, FAAFP Professor and Chair
Department of Family & Community Medicine

Sabrina Hofmeister, DO, FAAFP, Assistant Professor,
Vice Chair, Clinical Affairs,
Department of Family & Community Medicine

Linda N Meurer, MD, MPH, Professor,
Vice Chair, Academic Affairs,
Department of Family & Community Medicine

Holly Westog, MEd, Department Administrator
Department of Family & Community Medicine

Laura Johnson, Conference Coordinator

Amber Young, Conference Coordinator

Terri Walker, Conference and Exhibit Coordinator



GREEN

All syllabus material will be made available via our website. Downloading instructions will be sent to you prior to the meeting.



For current and additional information visit
<https://www.mcw.edu/Family-Medicine.htm>

Conference Schedule Day 1

Thursday, March 11, 2021

7:30 a.m.	Event opens: Sign on, Networking rooms available		
7:45 a.m.	Welcome and Introductions at 7:45am		<i>Joseph W. Gravel, Jr. MD</i>
8:00 a.m.	Plenary Session: One Year Later...COVID-19: Where We Have Been and Where We Are Now.		<i>Mary Beth Graham, MD</i>
8:55 a.m.			
9:00 a.m.	Early Childhood Development Screening	<i>John Meurer, MD, MBA</i>	HIV for the Primary Care Doc Transgender Care
9:55 a.m.			<i>John Hayes, DO Kevin Robertson, MD</i>
10:00 a.m.	Recent Pharmacy Updates: Asthma, COPD and more	<i>Brooke Foster, PharmD</i>	Shoulder Pain Meniscal Tear
10:55 a.m.			<i>Craig Young, MD Craig Young, MD</i>
11:00 a.m.	Office Identification of Arrhythmias	<i>Larry Duenk, MD</i>	Anxiety in Children Treatment for Menopause
11:55 a.m.			<i>Courtney Barry, PsyD Brooke Passolt, MD</i>
12:00 p.m.	Lunch Break Networking rooms, Exhibitors available		
1:25 p.m.	WAFP LEGISLATIVE UPDATE (1:00 P.M. – 1:25 P.M.)		<i>Brandon Wimer</i>
1:30 p.m.	Syncope and Near Syncope	<i>Larry Duenk, MD</i>	Rating Levels of Evidence in EBM
			<i>Lauren Bauer, MD, MPH</i>
2:00 p.m.	Atopic Dermatitis: Managing Topical Steroid Phobia	<i>Phillip Berce, PharmD</i>	Alternative Treatments for IBS Current Concepts in Concussion
2:55 p.m.			<i>Scott Cuthbert, DO Mathew Engmann, DO</i>
3:00 p.m.	Case Conference 2021: New Acute & Urgent Care Cases	<i>Larry Duenk, MD</i>	LIP Ultrasound and Fractures Family Centered C-section
3:55 p.m.			<i>Matthew Jenson, MD Abigail Miller, MD</i>
4:00 p.m.	Physician Burnout/Wellness	<i>Manal Soliman, MD</i>	Penicillin Allergy Obesity as Risk Factor for COVID
5:00 p.m.			<i>Trevor Argall, MD Alyssa Fairservice, MD</i>

Plenary Speaker 1: Mary Beth Graham, MD

Professor, Medicine & Surgery
Assoc. Chief, Infectious Disease
Medical College of Wisconsin
Medical Director of Infection
Prevention and Control for
Froedtert Hospital



One Year Later...COVID-19: Where We Have Been and Where We Are Now

Dr. Graham received her MD degree from Northwestern University, Internal Medicine residency at University of Washington and Infectious Diseases Fellowship at Washington University. Before joining MCW in 2002, she studied host immune response to influenza virus using a murine model. Her clinical interests include infections in immunocompromised hosts including HIV and transplant patients, orthopedic infections, and viral infections, including influenza, respiratory viruses, and novel coronaviruses. She has been the principal investigator for several clinical trials for COVID-19 therapeutics at FH/MCW.

Afternoon Highlights: 3 Options

1. Traditional clinical updates
2. Family medicine residents' focused evidence-based reviews (shaded above)

3. Buprenorphine Certification Workshop 1:00 p.m. to 5:00 p.m.

Attendees will learn to provide Medication Assisted Treatment (Buprenorphine, Naltrexone, and Methadone) for patients with opioid use disorder. Physicians must complete 8 hours of training to apply for a DEA waiver to prescribe Buprenorphine in an outpatient setting. This session provides 4 hours of live instruction, taught by **John Hayes, DO**, Assistant Professor of Family and Community Medicine, and a family and addiction medicine physician with extensive experience in caring for patients with opioid use disorder. Participants will receive a self-study PowerPoint to complete the rest of their training and can then apply for their Buprenorphine waiver. This training is supported by SAMHSA via the Providers Clinical Support System and the American Academy of Addiction Psychiatry.

Conference Schedule Day 2

Friday, March 12, 2021

7:30 a.m.	Event opens: Sign on, Networking rooms available			
7:45 a.m.	Welcome and Introductions at 7:45am		<i>Joseph W. Gravel, Jr. MD</i>	
8:00 a.m.	Plenary Session: The Impact of Racism on Children's Health			
8:55 a.m.	<i>Silvia Pereira-Smith, MD</i>			
9:00 a.m.	Health Behavior Change During COVID – Telehealth Connection	<i>Hernan Barenboim, PhD</i>	Urinary Incontinence Initial Workup	<i>Joan Neuner, MD</i>
9:55 a.m.			Contraceptive Update	<i>Jeremy Waldhart, MD</i>
10:00a.m.	Spirituality in Medicine	<i>Aaron Grace, PsyD and Heather Martens, PsyD</i>	Pediatric Rashes	<i>Leah Lalor, MD</i>
10:55 a.m.			Hidradenitis	<i>Gretchen Roth, MD</i>
11:00 a.m.	Pharmacy Update: Diabetes	<i>Nate Lamberton, PharmD</i>	Early Onset Type II Diabetes in Overweight Children	<i>Alvina Kansra, MD</i>
11:55 a.m.				
12:00 p.m.	Lunch Break Networking rooms, Exhibitors available			
1:25 p.m.	PRECEPTOR APPRECIATION ACTIVITY (1:00 P.M. – 1:25 P.M.)		<i>Leslie Ruffalo et al.</i>	
1:30 p.m.	Clinical Teaching Workshop – ABFM Clinical Preceptor Performance Improvement Initiative	<i>John Hayes, DO & Bryan Johnston, MD</i>	Geriatrics Update	<i>John Hickner, MD</i>
2:25 p.m.			A-fib and Anticoagulation	<i>Gary Ferenchick, MD</i>
2:30 p.m.	Nonpharmacologic Treatment of Insomnia	<i>A. Grace, PsyD, S. Griesbach, MD, R. Dao, MD</i>	Headache/Neurology Update	<i>John Hickner, MD</i>
3:25 p.m.			Hypertension Updates	<i>Gary Ferenchick, MD</i>
3:30 p.m.	CONFERENCE WRAP-UP			
4:00 p.m.				

Plenary Speaker 2:

Silvia Pereira-Smith, MD

Assistant Professor,
Developmental-Behavioral
Pediatrics, Medical University
of South Carolina (MUSC)

Presentation Title: The Impact of Racism on Children's Health

Dr. Silvia Pereira-Smith completed training in General Pediatrics at Winthrop University Hospital in NY, then pursued further training in Developmental-Behavioral Pediatrics at the Medical University of South Carolina in Charleston. As a board-certified Developmental-Behavioral Pediatrician at MUSC, Dr. Pereira provides evaluation and ongoing care for children with autism spectrum disorder, ADHD, and other learning and behavioral conditions, especially for those whom English is not their first language. She is trilingual in English, Spanish, and Portuguese. Dr. Pereira actively participates in various research projects related to neurodevelopmental disorders, and in national work that disseminates training of racism and its impact on child health.



Morning Highlights: 3 Options

1. Traditional clinical updates (55 minutes)
2. Brief clinical updates (25 minutes)

3. Workshop - Race Matters: Addressing Racism as a Health Issue 9:00 a.m. to 12:00 noon

Through didactics, small group breakouts, personal stories from presenters and insights from a community panel, participants will learn and discuss how racism influences health, explore implicit biases and their impact on the way we interact with and advocate for patients, describe the role that providers have in addressing racism as a health issue in clinical settings and discuss some of the challenges and barriers faced when doing so.

Faculty: *Camille Garrison, MD; Veneshia McKinney, MD; Bryan Johnston, MD, Rebecca Lundh, MD, panel guests*

Registration and Fees

REGISTRATION

To register, visit: https://wrc2021fammed_mcw.eventbrite.com

Online registration is required for receiving meeting materials, log-in information and CE credit. The deadline for claiming your credit is **June 10, 2021**.

Questions: Contact DFCMEvents@mcw.edu

FEES

Registration fees are discounted by \$25 if paid on or before **February 12, 2021**.

Fees are as follows:

	On or before February 12	After February 12
Practicing Physicians	\$175	\$200
NP/PA/Retired Physicians	\$125	\$150
Resident/Fellow/Student	\$50	\$75
Daily registration	\$100/day	\$125/day

* **Workshops** Workshops are offered at no additional cost. Please sign up for these when registering online.

PLEASE NOTE: There is a 7.72% non-refundable processing fee for all registrations. No refunds will be provided for cancellations after February 28, 2021.

CONTINUING EDUCATION CREDITS

To claim Continuing Education Credits, please visit http://ocpe.mcw.edu/family_medicine

If you do not already have an EthosCE account, select "Create Account" in the upper right-hand corner and enter the required information. You will need to access this account after the conference to complete a course evaluation and print your CE certificate.

Join the Teaching Faculty for the Family Medicine Clerkship!

Third-year medical students actively participate in patient care four days a week (4-week rotation) in a family physician's office.

Here are the details:

- The student will be seeing patients with you 6 or 7 half-days a week, every day but Tuesday.
- Students are only expected to see 2-3 patients each half day session (50 patients a month) or more.
- You are welcome to share them with any other Family Medicine Providers at your site!
- We ask that preceptors allow students to first see patients independently, then precept with you after they meet and examine the patient. No shadowing.
- You will complete a mid-clerkship assessment, H&P observation form, and end-of clerkship assessment.
- Many of our preceptors have successfully incorporated students into telemedicine patient encounters. We're happy to teach you how to do it!

Here are the perks:

- The opportunity to **influence a future physician** early in their early career (when making specialty choices).
- Students are trained to **"add value" to your practice**. Let them do some work for you!
- Receive an **MCW clinical faculty appointment** (we need a 1-page application, a CV, and your license)
- ABFM allows you to claim **60 CME hours every 3 years** for just teaching medical students
- The FM Clerkship is offering a preceptor performance improvement program that will **meet Maintenance of Certification** requirements for ABFM recertification
- **MCW library access** (free access to major medical journals, easily accessible via a smartphone or tablet)
- A subscription to **TeachingPhysician.org**, an excellent guide on clinical teaching, feedback, and expectations

Interested? Contact Stephanie Shaw (sshaw@mcw.edu) for more information or to start the appointment process.

Questions? Contact John Hayes DO, Clerkship Director: JRHayes@mcw.edu

Click here for our Informational Brochure: <https://tinyurl.com/yy164tng> .

Lunchtime highlights:

CME Content will take a pause from 12-1:30 PM during which time you can:

- Take a lunch break
- **Visit our Exhibitors** – compete* for a **FREE REGISTRATION for Winter Refresher 2022!**
- Enter a breakout room to network with friends
- Attend a Special (optional) concurrent event from 1-1:25
- Take a walk and refresh
- **Visit more exhibitors!**

*Attendees who visit the highest number of exhibitors will be entered into a raffle – details to follow.

THURSDAY

1-1:25 PM

WAFP Legislative Update



Learn what issues the WAFP is currently tackling on your behalf to promote excellence in healthcare, enhance the family medicine practice environment, and achieve better health outcomes for the people of Wisconsin.

Presented by **Brandon Wimmer**,
Deputy Executive Director,
Wisconsin Academy of Family
Physicians

FRIDAY

1-1:25 PM

Preceptor Appreciation Event

ALL WELCOME!

Join us in a breakout room during our lunch/exhibitor break to hear updates about our medical education programs & hear from our students. We are all grateful for your teaching and support.

**Special Performance by
Chordae Harmonae**

MCW's student á capella group



Winter Refresher Course Exhibitors

<p>Amgen Bennett Selking Executive Biopharmaceutical Representative Bselking@amgen.com</p>	<p>AstraZeneca Diabetes Respiratory Daisy Christian Executive Sales Specialist Daisy.christian@astrazeneca.com http://astrazeneca-us.com/</p>	<p>Children's Wisconsin Elizabeth Malten Events Specialist Marketing emalten@chw.org</p>
<p>Health Partners Diane Collins Manager, Primary Care Recruitment and Float Pool Diane.m.collins@healthpartners.com</p>	<p>Merck Sarah Kemper Executive Customer Representative Merck Vaccines Greater Midwest MWN-WI sarah.kemper@merck.com</p>	<p>Pfizer David Grimm District Business Manager David.grimm@pfizer.com Steven Weber and Lisa Mack Steven.f.weber@pfizer.com Lisa.mack@pfizer.com</p>
<p>Rogers Behavioral Health Jean Corrao National Outreach Representative jean.corrao@rogersbh.org</p>	<p>ThedaCare Bry Kertscher Physician & Adv. Practice Clinician Recruiter bry.kertscher@thedacare.org</p>	<p>Pfizer Breakthroughs that change patients' lives® Autumn Kilker Senior Territory Manager Pfizer Biopharmaceuticals - Internal Med autumn.kilker@pfizer.com</p>
<p>Wisconsin Academy of Family Physicians (WAFP) Brandon Wimmer Deputy Executive Director brandon@wafp.org www.wafp.org</p>	<p>Find the breakout rooms button in your zoom menu. Move between rooms freely 12-1:30.</p>	<p>Dept of Family & Community Medicine Joseph Gravel, Jr. MD, FAAFP, Chair Learn about volunteer teaching opportunities, fellowship & faculty positions.</p>

Winter Refresher Course Instructors

Medical College of Wisconsin Faculty

Hernan Barenboim, PhD
Assistant Professor
Family and Community Medicine

Larry Duenk, MD
Associate Professor
Family and Community Medicine

Aaron Grace, PsyD
Assistant Clinical Professor,
Family and Community Medicine

Bryan Johnston, MD
Assistant Professor
Family and Community Medicine

Rebecca Lundh, MD
Assistant Professor
Family and Community Medicine

John Meurer, MD, MBA
Professor, Pediatrics and Director,
Institute for Health and Equity

Kevin Robertson, MD
Assistant Professor, Family Medicine
& Medicine - Infectious Disease

Jeremy Waldhart, MD
Assistant Professor
Family and Community Medicine

Courtney Barry, PsyD, MS
Assistant Professor,
Psychiatry and Behavioral Medicine

Brooke Foster, PharmD
Assistant Professor, Clinical Sciences,
School of Pharmacy

Simon Griesbach, MD
Assistant Clinical Professor
Family and Community Medicine

Alvina Kansra, MD
Associate Professor
Pediatrics - Endocrinology

Heather Martens, PsyD
Assistant Professor
Family and Community Medicine

Joan Neuner, MD, MPH
Professor
General Internal Medicine

Gretchen Roth, MD
Assistant Professor
Dermatology

Craig Young, MD
Professor, Family and Community
Medicine & Orthopedic Surgery

Lauren Bauer, MD, MPH
Academic Fellow and Instructor
Family and Community Medicine

Camille Garrison, MD
Associate Professor
Family and Community Medicine

John Hayes, DO
Assistant Professor
Family and Community Medicine

Leah Lalor, MD
Assistant Professor
Dermatology

Veneshia McKinney, MD
Assistant Professor
Family and Community Medicine

Brooke Passolt, MD
Assistant Professor
Family and Community Medicine

Manal Soliman, MD
Associate Professor
Family and Community Medicine

Guest Faculty

Gary Ferenchick, MD
Professor, Internal Medicine
Michigan State University

John Hickner, MD, MSc
Editor-in-Chief,
Journal of Family Practice

Nathan Lambertson, PharmD, BCPS
Primary Care Pharmacist
Plattsburg, NY – Veterans Clinic

Family Medicine Residents and Medical Student

Trevor Argall, MD
Waukesha Memorial Hospital

Richard. Dao, MD
Waukesha Memorial Hospital

Abigail Miller, MD
Waukesha Memorial Hospital

Phillip Berce, PharmD, M2
Medical College of Wisconsin

Mathew Engmann, DO
Ascension-Columbia St. Mary's

Matthew Jensen, MD
Ascension-Columbia St. Mary's

Scott Cuthbert, DO
Ascension-Columbia St. Mary's

Alyssa Fairservice, MD
Ascension-All Saints

Thank you to all of our Instructors
for sharing your time, talents and expertise with us!

ZOOM TECH TIPS

Our 2021 Winter Refresher Course will be held virtually, using the **Zoom** platform.

A link to the meeting will be sent via email and through a calendar invite.
Course materials, including handouts/slides will be shared prior to the meeting.

All attendees are invited to join the meeting after 7:30 AM, to be ready for a 7:45 start, for opening comments and an introduction of our first plenary session. If you are new to zoom, please give yourself time to troubleshoot connection issues.

You will only need the one link for both days, unless you have registered for one of the workshops, which will have unique Zoom links.

Concurrent sessions will be held in two breakout rooms. You will be able to move freely between the two breakouts or return to the main room with any questions for our staff.

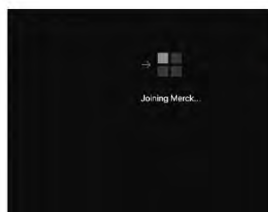
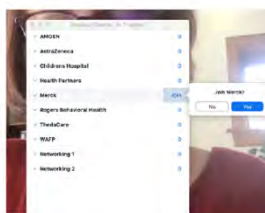
Here are some Tips to make your Zoom experience successful

1. If you are new to zoom, see: <https://support.zoom.us/hc/en-us> tutorials.
2. Use a computer with microphone and a camera, so you can interact with others. You may test your audio and video before entering. You may have to give permission for zoom to access your camera and microphone.
3. Keep yourself muted unless actively speaking.
4. Use “Chat” to pose questions during a talk, or to send direct messages to other participants.
5. If possible, connect through an internet cable. If using wifi, try to minimize use of other wifi devices to ensure adequate bandwidth.
6. If connectivity is poor – disable your video camera. If still dropping, try calling in for audio, and listen in by phone.

Winter Refresher Course 2021

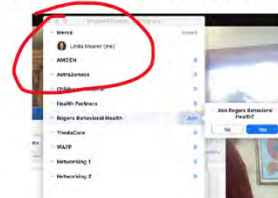
How will the Breakouts work?

From the main Zoom meeting, the Host will open the breakouts. Participants will see a Breakout Rooms option in the menu. (see picture 1). When you click on this, a list of breakout rooms will pop up showing the number of people in the room at that moment, and their names listed below each breakout room. By hovering over the number, the work 'Join' will appear, and you can join the breakout.



By clicking on the breakout icon again, you see that I am now listed under Merck. Everyone who is in a breakout will be listed under the appropriate breakout name.

I can now move to any other room by clicking on 'Join' again.



Or, I can click on Leave Room to go back to the main Zoom meeting, where there will be staff to answer questions and troubleshoot if needed.

Note – for main concurrent sessions, there will be two rooms – Room A and Room B – corresponding to the left and right columns, respectively, in your program.

