

# 27<sup>th</sup> Annual MAFP Family Medicine Update

## Wednesday, April 3, 2019

1:00 – 5:00	<b>Pre-Conference Session – KSA (formerly SAM) Study Group: “Cerebral Vascular Disease” – Robin Pritham, MD</b> – (**If you wish to participate in this NOT as a part of your ABFM MOC, contact MAFP office for CME credit information**)
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## Thursday, April 4, 2019

8:00 – 11:00	<b>Physicians Health First – Jay Winner MD, FAAFP</b> – This opening session will discuss physician well-being & burnout, including an explanation of what the AAFP is doing to improve family physician well-being. Participants should come away from this session with strategies to address well-being & burnout issues as well as tools to develop a personalized plan to improve their personal & professional satisfaction. Numerous tools & resources available through the AAFP & other available sources will be made available.
11:05–11:50	<b>Pre-Operative Screening – Christina Freston DO</b> – This session will discuss cardiac screening & anticoagulation in the pre-operative patient; which medications to hold/continue pre-op.
11:50 – 1:00	<b>LUNCH &amp; NETWORKING</b>
1:05 – 1:50	<b>Conversations for Family Physicians &amp; Their Patients – Reproductive Health Care – Julia McDonald DO, MPH</b> – This session will discuss having open conversations with patients about reproductive life planning, engaging patients in patient-centered counseling about their reproductive life planning, including prescribing appropriate contraceptive options, emergency contraception; managing chronic medical conditions using evidence-based guidelines. Will also discuss & correct reproductive health myths. ( <i>This initiative is supported by an educational grant from the California Academy of Family Physicians Foundation</i> )
1:55 – 2:40	<b>The Older Driver – Ronald Blum MD, FAAFP</b> – This session will discuss how to go about assessing the older driver’s capability as well as screening for circumstances that may prevent safe driving function.
2:45 – 3:30	<b>Substance Abuse in Elders – Eileen Fingerman MD</b> – This session will identify the challenges/barriers to treating elders with addiction, differentiate late vs early onset addiction as well as provide an understanding of how many features of addiction are attributed to aging & vice versa.
3:30 – 3:40	<b>Break to change to Breakout Sessions</b>
3:40 – 5:10	<b>Concurrent Breakouts</b>
I	<b>USPSTF Recommendations – Kevin Miller MD</b> – During this session participants will discuss two specific questions – Why do USPSTF recommendations matter? Which ones matter the most?
II	<b>Introduction to Motivational Interviewing – Annie Derthick PhD</b> – This session will provide an understanding

of the core philosophy & core concepts of Motivational Interviewing. There will be opportunity for participants to practice the core microskills needed & identify at least one way they can apply what they have learned in their practice.



**5:45 – 8:00pm**  
**Reception w/cash Bar & Dinner**  
**Join your colleagues & guests for a relaxing reception & dinner with the music of Northern Maine’s own Paul LaPointe!**

## Friday, April 5, 2019

	<b>Physician Wellbeing – 2 choices for Early Bird Activity:</b>
6:15 – 7:15	<b>1 – Tai Chi for Wellness &amp; Stress Relief: An Introductory Experience – Susan Glick MA &amp; Bruce Glick PhD</b> – Learn basic principles of Tai Chi & Qigong practice; participate in seated Qigong breathing & movement as introductory exercise. <b>2 – 5K Fun Run/Walk/Bike – An energizing start to the day!</b> Meet in the lobby of the main hotel building
7:00 – 7:55	<b>Breakfast Available/Registration Open</b>
7:55 – 8:00	<b>Opening</b>
8:00 – 8:45	<b>Interesting Cases in Infectious Disease – Timothy Borelli DO</b> – This session will review treatment recommendations & recognition of common vector-borne diseases in Maine as well as review differential diagnosis of common lab abnormalities associated with vector borne diseases.
8:45 – 9:00	<b>Break to change to Breakout Sessions</b>
9:00 – 10:30	<b>CONCURRENT BREAKOUT SESSIONS:</b>
I	<b>12 Lead EKG Interpretation – John Raymond MS, PA-C, MHP</b> – Participants will identify 8 steps to interpreting 12 lead EKG’s as well as identify various types of MI’s & heart block.
II	<b>Alternative Treatments for Acute &amp; Chronic Pain – Stephen Z. Hull MD</b>
10:30-10:45	<b>Break to change to General Session</b>
10:45–11:30	<b>Legislative &amp; Advocacy Update, 129<sup>th</sup> Maine Legislative Session – Andrew MacLean JD, Maine Medical Association</b> – Mr. MacLean will update attendees on the status of key health care legislation in the current legislative session. Dr. Connolly will update members on MAFP’s involvement in this current session & suggest ways members can become more personally involved in advocacy now & in the future.
11:30 – 1:30	<b>LUNCH &amp; ANNUAL MEETING (including AAFP Fellowship Convocation, remarks by AAFP Board Chair – Michael Munger MD, FAAFP &amp; Installation of new MAFP President &amp; Board of Directors members)</b>

1:30 – 3:00	<b>Panel Discussion: “Opioid Use Disorder Treatment in the Family Medicine Setting” – Panel: Susan Cheff MD, Heather O’Keefe PMH-NP, Samuela Manages MD, FAAFP, Sam Zager MD, MPhil, FAAFP; Moderator: Frank Bellino MD, FAAFP</b> – Opioid use disorder is rampant throughout the country & Maine has been hit especially hard. Despite the clear benefits & efficacy of Buprenorphine-naloxone for the treatment of opioid use disorder (Medication Assisted Treatment – MAT), most physicians in Maine do not use this tool. MAFP has sponsored training for the waiver to prescribe MAT, yet only one the participants in those sessions proceeded to participate in the next stage & to obtain their certificate. This panel discussion will share ways family doctors have incorporated MAT into their practices, & foster a broader discussion about how we can further address the opioid crisis.
3:00 – 3:15	<b>Break</b>
3:15 – 4:00	<b>Integrative Family Medicine Approach to Mental Health – Todd Kitchens DO</b> – This session will provide an overview of the role that inflammation plays in the development of mental health disorder; when & when not to refer to an Integrative Medicine (IM) specialist, as well as outline specific integrative interventions accessible to patients & non-IM specialist providers.
4:05 – 4:50	<b>“Top Ten Updates in Family Medicine Evidence Based Medicine” – Patrick Connolly MD</b>
4:50pm	<b>Wrap-up &amp; Adjourn</b>

## Saturday, April 6, 2019

	<b>**This session is FREE for MAFP Members**</b>
8:00 – 12:00 (registration & breakfast begins at 7:30)	<b>Post-Conference Workshop: Opioid Education – Elisabeth Fowlie Mock MD, MPH, FAAFP</b> – <b>Topics covered:</b> <ul style="list-style-type: none"> <li>• Opioid Use Disorder &amp; Medication Assisted Recovery: Caring for Our Communities</li> <li>• Co-prescribing</li> <li>• Opioid Clinical Update</li> </ul> <i>**This program has been developed by the Maine Independent Clinical Information Service (MICIS) &amp; meets the Maine State Board of Licensure Renewal Requirements for Opioid CME**</i>



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## 27<sup>th</sup> Annual Family Medicine Update April 3 – 6, 2019

### CME Planned by Family Physicians for Family Physicians

April 3<sup>th</sup> – 1:00 – 5:00pm  
Pre-Conference Session – ABFM KSA Study Group  
“Cerebral Vascular Disease”

April 4<sup>th</sup> & 5<sup>th</sup> – All Day  
MAFP 27<sup>th</sup> Annual Family Medicine Update  
CME Sessions

April 4<sup>th</sup> – 5:45-8:00pm  
Reception & Dinner with  
live music – come enjoy  
visiting  
over  
dinner  
with



colleagues & guests as Maine’s own  
Paul LaPointe takes us on a  
“musical trip back in time” with  
Classic Pop Hits of the late 1950’s through the  
1980’s



April 5<sup>th</sup> – 11:30 – 1:30pm  
Luncheon & MAFP’s Annual Business Meeting

April 6<sup>th</sup> – 8:00 – 12:00pm  
Post-Conference Session – Opioid Education



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Register on line (through link) with credit card  
payment at: [maineafp.org/cme](http://maineafp.org/cme) or with a check using  
the enclosed printed registration form

### General Information:

The 27th Annual MAFP Family Medicine Update is presented by the Maine Academy of Family Physicians to provide ongoing quality education for family physicians through didactic lectures & breakout sessions on practical subjects.

### The Conference Location:

Atlantic Oceanside Hotel, Bar Harbor, Maine

### Overnight Rooms:

The MAFP has reserved a block of rooms at the **Atlantic Oceanside** at the special rate of \$119/single or double. For other rates (suites, etc), please call the hotel directly. Rates are valid April 3-6, 2019. These **room rates are guaranteed to be available only until March 3<sup>rd</sup>**, after that call hotel for availability.

Please make your own hotel reservation directly with the **Atlantic Oceanside** by calling: 800-336-2463 - REFERENCE GROUP NAME “**Maine Academy of Family Physicians**” – Group ID# 65194.

Special rates must be requested at the time of reservation.

On-Line Registration: [www.aobarharbor.com](http://www.aobarharbor.com)

### Registration Refund Policy:

A full refund less a \$45 administrative fee will be issued to prepaid registrants unable to attend when requested in writing. Refund requests must be in writing.

**\*\*Request Deadline – postmarked or emailed by March 27<sup>th</sup>\***

### Child Care:

The MAFP discourages bringing children into educational events because it could be a distraction to the attendees' learning experience. Please make arrangements for your own individual childcare. Children & adult guests are welcome at the Celebration on Thursday evening – see registration form for guest ticket prices.

### Special Accommodations:

If you have any physical or other dietary requirements that may require accommodations in order to fully participate in this activity, please call the MAFP office **before March 1st**.

If you need further information please contact:

Maine Academy of Family Physicians

PO Box 424, Hartland, ME 04943

Phone: 207-938-5005

Email: [maineafp@tdstelme.net](mailto:maineafp@tdstelme.net)

### CME Accreditation:

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.** (Please call MAFP office for more information)

### MAFP Planning Committee:

Silwana Sidorczuk, MD, FAAFP, Chair, Madawaska

Frank Bellino, MD, FAAFP, Portland

Susan Cheff MD, Orono

Judy Chamberlain, MD, FAAFP, Brunswick

Martha Stewart, DO, Houlton

Deborah Halbach, MAFP Exec. Director

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ADDRESS SERVICE REQUESTED