

# 2023 Winter Family Medicine Update

January 18-21, 2024

Holiday Inn Executive Center - Columbia, Missouri

## Preliminary Program\*

\*Sessions may be moved to different dates/times in final schedule



2024 Winter Family Medicine Update

# Conference Information

## Educational Objectives

- Learn, review, and update clinical and technical knowledge.
- Compare and relate medical knowledge and skills with those of peers and experts.
- Discuss new information in the different areas of medicine and how that information will impact the care of your patients.
- Gain insight into the distinctive osteopathic approach to the practice of medicine.
- Diagnose and treat illness as well as develop a plan for the prevention and/or therapeutic management of the various disorders presented.

## Accreditation Statement

The MSACOFPP is an accredited sponsor by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The MSACOFPP designates this program for a maximum of 27 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

## CME Attestation and Reporting

1. Attendees will complete individual and overall evaluations and attestations via a secure website. Attestations are required to award proper CME credit. Without completed attestation, NO CME credit will be awarded. It will be the responsibility of the physician to honestly complete the on-line evaluation and attestation.
2. CME credits will be reported to the AOA by the Missouri Society of the American College of Osteopathic Family Physicians.

## Attendance Policy

To preserve the integrity of our registration process, please wear your name badge while attending all parts of the conference. Those who attend virtually will be required to sign in to view the sessions.

## Sustainability

Bring your laptop or tablet! Participants may download or view meeting materials from the meeting platform during the CME sessions.

## Grievance Policy

All grievances should be in writing and specify the nature of the grievance. Initially, all grievances should be directed to the MSACOFPP Convention Committee and the Executive Director. All grievances will receive an initial response in writing within 30 days of receipt. The MSACOFPP will resolve the grievance, if possible. If the participant does not receive a satisfactory response, they must then submit a complaint in writing to the Council on Continuing Medical Education, American Osteopathic Association, 142 East Ontario Street, Chicago, Illinois 60611.

## Hotel Information

Holiday Inn Executive Center  
2200 Interstate 70 Drive SW Columbia, MO.

A block of rooms has been reserved for this program at a group rate of \$119 plus tax, per room, per night. The block will be held until December 27, 2023.

To make hotel reservations scan the QR code or call the hotel directly at 573-445-8531. See the hotel website for cancellation details and hotel amenities.



# Preliminary Program and Schedule

## Thursday January 18, 2024

6:30 – 7:30 a.m. Breakfast

7:15 a.m. Call to order and announcements

7:30 – 8:30 a.m. **Insomnia**

Gracia Nabhane, MD

8:30 – 9:30 a.m. **The oral cavity, no longer a mystery. Oral health and the ties to overall health, what to look for in the mouth besides the tonsils.**

Jacqueline Miller, DDS, MS, MPH

9:30 – 9:45 a.m. Break

9:45 – 10:45 a.m.

**Food Allergy testing for children**

Whitney Cline, DO

10:45 – 11:45 a.m.

**Obesity Treatment: 2024 and beyond**

Kara Mayes, MD

11:45 – 1:00 p.m. Lunch

1:00 – 2:00 p.m. **Diabetes: CGM**

Nicole Ducharme, DO

2:00 – 3:00 p.m. **Diabetes: cost-effective treatment**

Nicole Ducharme, DO

3 – 3:15 p.m. Break

3:15 – 4:15 p.m. **Adult ADHD: diagnosis and treatment** Amanda Klass, DO

4:15 – 5:15 p.m. **Depression treatment update** Amanda Klass, DO

DINNER ON YOUR OWN

## Friday January 19, 2024

6:30 – 7:30 am Yoga! - 6:30 – 8:30 a.m. Breakfast

8:30 – 9:30 a.m. **Hypertension: comorbidities and remote ambulatory monitoring**

Walter Coats, DO

9:30 – 10:30 a.m. **Low Testosterone**

Gregory McLennan, MD

10:30 – 10:45 a.m. Break

10:45 – 11:45 a.m. **NAFLD and NASH updates**

Jhony Doumit, DO

11:45 – 12:45 Lunch

12:45 – 1:45 pm **Vision/eye development: what's normal?**

Cheryl Davidson, OD

1:45 – 2:45 p.m. **Hyperlipidemia update**

Michael Missler, DO

1:45 – 2:45 p.m. **CONCURRENT SESSION**

**OMT in the Clinic**

James Starrett, DO

2:45 – 3:00 p.m. Break

3:00 – 4:00 p.m. **Cost effective wound care**

Stephanie Sandberg, DO

3:00 – 4:00 p.m. **CONCURRENT SESSION**

**OMT and Sports Injuries**

Rachel Sachs, DO

4:00 – 5:00 p.m. **Heart Health: stress tests & calcium scans**

Diana Westerfield, DO

4:00 – 5:00 p.m. **CONCURRENT SESSION**

**OMT & pregnancy: post and peripartum**

Jessica Richter, DO, MPH and James Starrett, DO

5:00 – 7:00 pm Happy Hour with Exhibitors

7:00 – 9:00 p.m. Young Physicians Social

DINNER ON YOUR OWN

# Preliminary Program and Schedule

## Saturday January 20, 2024

6:30 – 7:30 a.m. Breakfast

7:30 – 8:30 a.m. **Advance Planning**

David Mehr, MD

8:30 – 9:30 a.m. **Cognitive Impairment**

David Mehr, MD

9:30 – 10:00 a.m. Break in exhibit hall

10:00 – 11:00 a.m. **Orthopedic review**

Charles Orth, DO

11:00 a.m. – Noon - Membership Meeting

Noon – 1:30 pm Lunch and Dessert in Exhibit Hall

1:30 – 2:30 p.m. **Peds Boot Camp: What FM docs see a lot of and how to manage**

Anna Esparham, MD

2:30 – 3:30 p.m. **Supplements and evidence behind them: good, bad and ugly**

Anna Esparham, MD

3:30 – 4:30 p.m.

**Integrative Medicine: Acupuncture**

Chelsey Stull, DO

4:30 – 5:30 p.m. **HRT Updates (postmenopausal)**

Jennifer Groner, DO

5:30 – 7:00 p.m. President's Social

7:00 – 9:00 pm Movie Night

DINNER ON YOUR OWN

## Sunday January 21, 2024

6:30 – 7:30 a.m. Breakfast

7:30 – 8:30 a.m. **SUD and interaction with other meds**

Elizabeth Bowman, DO

8:30 – 9:30 a.m. **Artificial Intelligence and the future of medicine**

Ian Fawks, DO, FACOFP

9:30 – 11:30 p.m. Brunch hosted by COM Student

Chapter Presidents and final prize drawing

# Non-CME Events and Schedule

## Students and Residents

### Poster Contest!

Posters selected by the Convention and Education Committee will be featured on Friday from 9 a.m. to 5 p.m. Awards will be given at the membership meeting on Saturday.

**Saturday January 20, 2024**

7:30 – 8:30 am – Family Medicine Panel

8:30 – 9:30 a.m. – Mission Trips

9:30 – 10:00 am - EXHIBIT HALL OPEN

10:00 – 11 am – head to the main CME hall for this CME  
TOPIC – Orthopedic Review

11:00 – Noon – Membership meeting

Noon – 1:30 – Lunch and Dessert in Exhibit Hall

1:30 – 3:30 Ultrasound guided injections workshop

7:00 – 9 p.m. Young Physicians Social - For students, residents, and physicians in practice less than five years. Join your colleagues for some networking and noshing!

## Special Events



### Exhibit Hall



The exhibit hall will be open Friday evening and through lunch on Saturday. Be sure to take time to visit with the vendors. You could win prizes!



**Yoga** sponsored by  
the Women Physicians Committee!  
Friday 6:30 – 7:30 am



Get your Friday morning started with mind, body, and spirit balance!

### Membership Meeting

During the annual Membership Meeting on Saturday, we will vote on new Board members, meet new DiRenna Scholars, announce the student and resident poster contest winners, recognize Society award recipients, and hear from the ACOFP. You should not miss this meeting!



### President's Social

5:30 – 7 pm



Join Dr. Richter and the Society Board members for a drink before you head to dinner or the movie!

New this year - Movie Night!

Sponsored by the Women in Medicine Committee

Saturday 7:00 – 9:00 pm

Bring your kids and your spouse and get comfy. We'll have snacks and a great family movie everyone will enjoy!

# Registration Information

## IN PERSON ATTENDANCE

Those who register for and attend the conference in person will have access to all the CME presentations (up to 27 credit hours) as well as all additional non-cme activities taking place over the course of the conference. That includes the exhibit hall, president's reception, student and resident poster and research contests, and yoga.

In person attendees will have until March 3, 2024 to complete their session surveys and attestations.

Please read through the registration options carefully before you finalize your purchase.

This year attendees may purchase a GUEST REGISTRATION for their spouse or significant other. The cost is \$200 and will include the following meals: breakfast on Thursday, Friday, Saturday, and Sunday mornings; lunch on Thursday, Friday, and Saturday; happy hour in the exhibit hall Friday evening, and either the president's social or another social event on Saturday evening.

## VIRTUAL ATTENDANCE

Those who register to attend virtually will have live access to all the CME presentations with the ability to ask questions of the presenters via a chat function. Access to the recorded sessions will also be made available until March 3, 2024. All session surveys and attestations must be completed by March 3, 2024.

Information on how to access the CME presentations and app, including log in information, will be sent to you about a week before the conference begins.