



# UPMC Cole

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Presents the 23<sup>rd</sup> Annual...

## **Pediatric Update for Primary Care Providers**

Friday October 4, 2019  
8 A.M. – 4 P.M.

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UPMC Cole Wellness Center  
1001 East Second Street  
Coudersport, PA 16915

## COURSE DESCRIPTION

This conference is designed to update the primary care practitioner on developments in pediatric health care. It is designed for pediatricians, family practitioners, emergency room physicians, nurse practitioners and physician assistants who work with children.

## OBJECTIVES

**At the conclusion of this program, the participants should be able to:**

- Recognize the various presentations of anxiety disorders in children and adolescents. Identify the role of the primary care provider and other clinicians in managing childhood anxiety disorders. Discuss treatment options including their relative efficacies.
  - Review definitions related to substance use and substance use disorders. Understand typical adolescent development and why adolescents are particularly vulnerable to developing substance use disorders. Examine current epidemiology of substance use in teens. Identify strategies to talk to teens about substance use. Understand how to implement routine screening and brief interventions into clinical practice for adolescent patients.
- Understand the reasons for the reemergence of vaccine preventable diseases in the US over the past decade. Review the science that confirms the benefits and safety of our current immunization schedule. Identify strategies that primary care providers can use to improve immunization rates in vaccine hesitant families.
  - Review the appropriate evaluation of ADHD in children and adolescents including the use of rating scales. Define the role of stimulants and other medications in the treatment of ADHD. Discuss strategies for managing adolescents with ADHD as they transition into adulthood.
  - Review common pediatric headache syndromes along the spectrum from serious to benign. Discuss appropriate evaluation including the judicious use of imaging. Recommend treatment strategies including headache hygiene as well as abortive and prophylactic medications.
  - Describe disorders of puberty, including delayed puberty, precocious puberty, and premature adrenarche. Review the appropriate evaluation of these disorders and recognize when referral is appropriate. Formulate a plan of observation or treatment as determined by results of the evaluation.

## DISCLAIMER STATEMENT

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

## FACULTY DISCLOSURE

No members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.

## CME ACCREDITATION & DESIGNATION

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physicians

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 6.25 contact hours.

### Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### Other health care professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

## FACULTY

### **Amy Collins, MD Fellow**

Division of Adolescent and Young Adult Medicine Children's Hospital of Pittsburgh  
Pittsburgh, PA

### **Nadia Dominguez Molina, MD**

Division of Neurology  
Children's Hospital of Pittsburgh  
Pittsburgh, PA

### **Abigail Schlesinger, MD Associate Professor of Psychiatry**

Division of Behavioral Sciences  
Children's Hospital of Pittsburgh  
Pittsburgh, PA

### **J. Deanna Wilson, MD, MPH Assistant Professor of Medicine and Pediatrics**

Division of General Internal Medicine  
Children's Hospital of Pittsburgh  
Pittsburgh, PA

### **Jennifer Vodzak, MD Assistant Professor of Pediatrics**

Pediatric Infectious Diseases  
Geisinger Medical Center

# University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences

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**This is not your official certificate.**

### How to receive your continuing education credit?

<https://cce.upmc.com/pediatric-update-conference>

**This activity is approved for the following credit: AMA PRA Category 1 Credit™, ANCC, and AAPA Category 1 CME Credit. Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.**

The UPMC Center for Continuing Education in the Health Sciences (CCEHS) continuing education learning portal, <http://cce.upmc.com>, is used to register, claim and track your continuing education credits. Certificates will be available to download and stored for future reference.

To receive credit, login and complete the course evaluation and/or claim credit on the CCEHS Learning Portal, <http://cce.upmc.com>. The activity is accessible in your Pending Activities. If you are a new user, click Register to create a new account. To answer common questions or for step by step instructions please visit the FAQs available on the CCEHS Learning Portal.

## **SCHEDULE**

8:00 A.M. — 8:30 A.M.

**Registration, Continental Breakfast, and Welcome**

Mary Ann Rigas, M.D.

8:30 A.M. — 9:30 A.M.

**Migraine Headache for the Primary Care Provider**

Nadia Dominquez Molina, MD  
Children's Hospital of Pittsburgh

9:30 A.M. — 10:30 A.M.

**Disorders of Puberty**

Amy Collins, MD  
Children's Hospital of Pittsburgh

10:30 A.M. — 10:45 A.M.

**Break**

10:45 A.M. — 11:45 A.M.

**Re-emergence of Vaccine Preventable Diseases**

Jennifer Vodzak, MD  
Geisinger Medical Center

11:45 P.M. — 12:30 P.M.

**Lunch**

12:30 P.M. — 1:30 P.M.

**Evaluation and Management of ADHD**

Abigail Schlesinger, MD  
Children's Hospital of Pittsburgh

1:30 P.M. — 2:30 P.M.

**Anxiety Disorders in Children and Adolescents**

Abigail Schlesinger, MD  
Children's Hospital of Pittsburgh

2:30 P.M. — 2:45 P.M.

**Break**

2:45 P.M. — 3:45 P.M.

**Screening for and Managing Adolescent Substance Use in Primary Care**

J. Deanna Wilson, MD  
Children's Hospital of Pittsburgh

3:45 P.M.—4:00 P.M.

**Final Q & A**

MaryAnn Rigas, M.D.

4:00 P.M. **Adjourn**