

# PRIMARY CARE SKILLS & PROCEDURES *Review*



Saturday, September 24th, 2022



8:00am - 3:30pm

Allegheny County Medical Society  
850 Ridge Avenue  
Pittsburgh, PA 15212

## Cost

Attending Physicians (\$195.00)  
MD/DO/MBBS

Residents (\$115.00)

MD/DO/MBBS and currently enrolled in an internship or residency  
training program

Medical Students (\$115.00)

Currently enrolled in a medical school that offers an MD or DO degree.

## The Lineup

**8:00 am Registration and light  
breakfast**

**8:30 am Welcome and overview**  
*Kirsten Lin, MD*

**9:00 am Simple laceration repair**  
(hands-on)  
*Sharon Goldstein, MD*

**10:45 am Lifestyle medicine and  
yoga** (full participation encouraged!)  
*Natalie Gentile, MD*

**12:00 pm Lunch**

**12:45 pm Joint injections** (hands-on)  
*Mike Wong, MD*

**2:15 pm Splinting** (hands-on)  
*Mike Wong, MD*

**2:45 pm Sphenopalatine ganglion  
block**  
*Charles Lin, MD*

**3:30 pm Adjournment**

**5 minute exercise "hacks" will be incorporated  
throughout the day. Participants are encouraged  
to wear athletic clothing.**

*This activity is approved for the following credit: AMA PRA Category 1  
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.*

## **Title and Location**

Primary Care Skills & Procedures Review

September 24, 2022

Allegheny County Medical Society

850 Ridge Ave, Pittsburgh, PA 15212

## **Overview and/or learning objectives**

The primary care setting is equipped to handle the majority of patient care needs. Primary care physicians can add value to their practices by becoming proficient in various procedures. Patients will benefit when these procedures are performed by their primary care physicians, with whom they are already familiar, because they avoid costly specialist visits and hospital facilities fees.

Participants in this program will learn the relevant anatomy, physiology, and equipment required to perform basic laceration repair, [which] joint injections, and sphenopalatine ganglion block, taught by specialists who perform these procedures on a regular basis. Opportunities for hands-on training will be provided.

Given the importance of supporting physician wellbeing, we will intersperse “exercise hacks” throughout the day that can be incorporated into a physician’s busy schedule.

## **AGENDA**

8:00 am to 8:30 am Registration and light breakfast

8:30 - 8:50am Welcome and overview of program - Kirsten Lin MD

8:50-9:00am Fast Fitness (exercise activity) - Natalie Gentile MD

9:00-10:30am Laceration repair (lecture + hands-on) - Sharon Goldstein MD

10:30-10:45am Break

10:45am-12:00pm Lifestyle Medicine for Physicians, includes a 30min yoga flow - Natalie Gentile MD

12:00-12:45pm Lunch

12:45-1:45pm Joint injection (knee?)- Mike Wong MD

1:45-2:00pm Fast Fitness (exercise activity) - Natalie Gentile MD

2:00-2:15pm Break

2:15-2:45pm Splinting (ankle sprain?) - Mike Wong MD

2:45-3:15pm SPG block - Charles Lin MD

3:15-3:30pm Wrap-up/Adjournment

### **Faculty listing**

- Name/Credentials, Academic title (or other appropriate title), Institutional affiliation, City and State

#### **Kirsten Lin, MD - Organizer**

Family Medicine  
Family Matters Direct Primary Care  
Allison Park, PA

#### **Natalie Gentile, MD - Organizer/Presenter**

Family Medicine and Lifestyle Medicine  
Family Matters Direct Primary Care  
Allison Park, PA

#### **Sharon L. Goldstein, MD, FACS – Presenter**

Excelsa Health Westmoreland Hospital  
Excelsa Latrobe Area Hospital  
Irwin, PA

#### **Michael Wong, DO – Presenter**

Sports Medicine, Family Medicine  
PT Family Medicine  
Jeanette, PA

#### **Charles Lin, MD- Presenter**

Assistant Professor  
Department of Anesthesiology and Perioperative Medicine  
UPMC Passavant  
Pittsburgh, PA

### **Accreditation and credit designation**

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and Allegheny County Medical Society. The University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## Physician (CME)

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

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 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 companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

## **Disclaimer Statement**

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