



**47TH ANNUAL
REFRESHER COURSE
IN FAMILY MEDICINE**

UPMC
LIFE CHANGING MEDICINE



MARCH 6-8, 2025



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The **47th Annual Family Medicine Refresher Course** conference provides quality continuing education to family physicians, primary care physicians, students, residents, fellows, nurses, physician assistants, nurse practitioners, pharmacists, and other healthcare professionals interested in primary care. This two-and-a-half-day event features continually changing topics and speakers, with an agenda developed by a multidisciplinary collaboration of expert faculty and practicing providers.

OBJECTIVES FOR THE COURSE

After completing the course, active participants will be able to

- A** Describe how health equity impacts patient outcomes
- B** Apply course content to improve patient care
- C** Investigate opportunities for interprofessional collaboration



FAMILY MEDICINE COURSE DIRECTORS AND COORDINATORS



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CONTINUING EDUCATION CREDIT

In support of improving patient care, 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 21.25 AMA PRA Category 1 Credit[s][™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Pharmacy (CPE)

This knowledge-based activity provides 18.6 contact hours of continuing pharmacy education credit.

Other Healthcare 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.

If you have any issues or concerns with your credits after the courses, please reach out to the CCEHS office at <https://cce.upmc.com/contact-us> or call 412-647-8232.

HOW TO RECEIVE YOUR CONTINUING EDUCATION CREDITS:

An email will be sent to you with instructions on how to claim your CME credit.

COURSE SCHEDULE THURSDAY, MARCH 6, 2025

6:15am	Registration, Continental Breakfast, Visit Exhibits	1:00pm	LGBTQIA+ Primary Care and Transgender and Gender Diverse Care – Steven Wolfe, DO, MPH, FAAFP, AAHIVS
6:55am	Opening Ceremony and Welcome – Tracey Conti, MD and Winfred Frazier, MD, MPH, FAAFP	1:30pm	Hepatitis C – Sanketh Proddatur, MD and Jason Fine, PharmD
7:00am	Racial Health Disparities – Stephanie Miller, MD and Kristina Johnson, MD	2:00pm	Question/Answer Panel
7:30am	Nutrition – Lindsay Nakaishi, MD, MPH, DipABLM	2:10pm	Break and Visit exhibits
8:00am	Question/Answer Panel	2:25pm	Breakout Session 3 (Choose a session B1-B5)
8:10am	Tick Borne Infection – Andrew Nowalk, MD, PhD	B1	POCUS and Joint Injections – Daniel DeFelice, DO and Ryan Wilson, DO
8:40am	Women’s Health USPSTF Update – Rowena Pingul-Ravano, MD, FAAFP	B2	Dermoscopy – Winfred Frazier, MD, MPH, FAAFP
9:10am	Question/Answer Panel	B3	Cognitive Impairment – Daniel Hedayati, MD
9:20am	Health Equity – Debra Bogen, MD, FAAFP, FABM	B4	Electrolyte Emergencies – Vikram Arora, MD
10:10am	Question/Answer Panel	B5	Epic Tips and Tricks – Rebecca Halvorsen, MD
10:20am	Break/Visit Exhibits	3:05pm	Transition Time
10:45am	Breakout Session 1 (Choose a session A1-A5)	3:10pm	Breakout Session 4 (Choose a session B1-B5)
A1	Artificial Intelligence – Kevin Kindler, MD	B1	POCUS and Joint Injections – Daniel DeFelice, DO and Ryan Wilson, DO
A2	Travel Medicine – MaryBrooke Burval, MD	B2	Dermoscopy – Winfred Frazier, MD, MPH, FAAFP
A3	Joint Exams – Daniel DeFelice, DO and Ryan Wilson, DO	B3	Cognitive Impairment – Daniel Hedayati, MD
A4	Lifestyle Medicine Patient Instructions – Natalie Gentile, MD and Maria Gioia, DO	B4	Electrolyte Emergencies – Vikram Arora, MD
A5	Point to Where it Hurts – Emily Pauley, PT, DPT and Makenzie Zeh, PT, DPT	B5	Epic Tips and Tricks – Rebecca Halvorsen, MD
11:25am	Transition Time	3:50pm	Break and Visit Exhibits
11:30am	Breakout Session 2 (Choose a session A1-A5)	4:00pm	Adult Immunization Update 2025 – Richard K. Zimmerman, MD, MPH, FAAFP, FIDSA
A1	Artificial Intelligence – Kevin Kindler, MD	4:30pm	Childhood Pearls: A Few Updates – Donald B. Middleton, MD
A2	Travel Medicine – MaryBrooke Burval, MD	5:00pm	Question/Answer Panel
A3	Joint Exams – Daniel DeFelice, DO and Ryan Wilson, DO	5:10pm	Special Announcement – Reception to Follow
A4	Lifestyle Medicine Patient Instructions – Natalie Gentile, MD and Maria Gioia, DO		
A5	Point to Where it Hurts – Emily Pauley, PT, DPT and Makenzie Zeh, PT, DPT		
12:10pm	Lunch and Visit Exhibits		<i>*Schedule is subject to change*</i>

COURSE SCHEDULE FRIDAY, MARCH 7, 2025

6:30am	Registration, Continental Breakfast, Visit Exhibits	12:10pm	Lunch and Visit Exhibits
6:55am	Opening Remarks – Barry Coutinho, MBBS	1:00pm	Update on Medical Cannabis for Chronic Pain – Cheryl Bernstein, MD
7:00am	Pediatric Hypertension – Brenda Mendizabal, MD	1:30pm	Dyslipidemia – Alexandria Taylor, PharmD, BCPS
7:30am	Diabetes – Scott Brown, DO	2:00pm	Question/Answer Panel
8:00am	Question/Answer Panel	2:10pm	Break and Visit Exhibits
8:10am	Long Covid – Frank C. Scurba, MD, FCCP	2:25pm	Breakout Session 3 (Choose a session D1-D5)
9:00am	Question/Answer Panel	D1	Physician Wellness – Caitlin Matthis, DO
9:10am	Break and Visit Exhibits	D2	Asthma: Current Practices – Raquel Zemtsov, MD
9:25am	GLP-1s – Sarah Winter, PharmD, BCACP and Nicole Likar, PharmD	D3	Save a Life: Emergency Medication Administration – Megan Baumgartner, PharmD, BCPS, Madeline Dillen, PharmD, BCPS, and Camryn Molnar, PharmD
9:55am	Menopause – Martin Johns, MD	D4	PrEP and PEP – Jesse Gordon, DO
10:25am	Question/Answer Panel	D5	Connective Tissue Disorders – Joseph DeFazio, DO
10:35am	Break and Visit Exhibits	3:05pm	Transition Time
10:45am	Breakout Session 1 (Choose a session C1-C5)	3:10pm	Breakout Session 4 (Choose a session D1-D5)
C1	Osteopathic Approach to Low Back Pain – Park Bateson, DO	D1	Physician Wellness – Caitlin Matthis, DO
C2	POCUS – James Liszewski, MD	D2	Asthma: Current Practices – Raquel Zemtsov, MD
C3	Cracking the Code on CGMs – A Practical Guide for Providers – Alexa Wardoclip, PharmD, BCPS, Lauren Fasth, PharmD, Devon Hess, PharmD, and Jason Fine, PharmD, BCPS	D3	Save a Life: Emergency Medication Administration – Megan Baumgartner, PharmD, BCPS, Madeline Dillen, PharmD, BCPS, and Camryn Molnar, PharmD
C4	PCPM- Family History and Pedigree Workshop – Kevin C. Lee, DO	D4	PrEP and PEP – Jesse Gordon, DO
C5	Primary Care Healthcare Investment – Barbara Kevish, MD	D5	Connective Tissue Disorders – Joseph DeFazio, DO
11:25am	Transition Time	3:50pm	Break and Visit Exhibits
11:30am	Breakout Session 2 (Choose a session C1-C5)	4:00pm	Pediatric Musculoskeletal Injuries – Marissa Stepler, MD
C1	Osteopathic Approach to Low Back Pain – Park Bateson, DO	4:30pm	Guideline Recommendations for Atrial Fibrillation and Cardiac Disease – Stephen A. Wilson, MD, MPH, FAAFP
C2	POCUS – James Liszewski, MD	5:00pm	Question/Answer Panel
C3	Cracking the Code on CGMs – A Practical Guide for Providers – Alexa Wardoclip, PharmD, BCPS, Lauren Fasth, PharmD, Devon Hess, PharmD, and Jason Fine, PharmD, BCPS	5:10pm	Adjournment
C4	PCPM- Family History and Pedigree Workshop – Kevin C. Lee, DO		<i>*Schedule is subject to change*</i>
C5	Primary Care Healthcare Investment – Barbara Kevish, MD		

COURSE SCHEDULE SATURDAY, MARCH 8, 2025

6:30am Registration, Continental Breakfast, Visit Exhibits	9:25am Question/Answer Panel
6:55am Opening Remarks – Heather Sakely, PharmD, BCPS, BCGP	9:35am Break and Visit Exhibits
7:00am Common Eye Problems – Evan Waxman, MD, PhD	9:50am Pulmonary Embolism – A Practical Approach – Richard Zou, MD
7:30am Primary Care Dermatology – Bridget Peterson, MD	10:20am Adult ADHD – Shinyi Chou, MD, PhD
8:00am Question/Answer Panel	10:50am MAT (Including Sublocade) – Alyssa Bruehlman, MD
8:10am Break and Visit Exhibits	11:20am Question/Answer Panel
8:25am HIV Update – Cara McAnaney, MD	11:35am Adjournment
8:55am Top 10 Scholarly Articles – Gregory Castelli, PharmD, FCCP, BCPS, BC-ADM, CDCES	<i>*Schedule is subject to change*</i>



KEYNOTE SPEAKERS



Debra Bogen, MD, FAFP, FABM

Debra Bogen, MD is the Secretary of Health for the Commonwealth of Pennsylvania. Prior to joining the Commonwealth, Dr. Bogen was the Director of the Allegheny County Health Department, where she and her staff stayed on top of the pandemic and provided consistent, measured and common-sense information to the public while working closely with many stakeholders in the county. Dr. Bogen earned her medical degree from the University of Colorado School of Medicine and completed both her pediatric residency and general academic pediatrics fellowship at Johns Hopkins Hospital. She was one of the founders of the Mid-Atlantic Mothers' Milk Bank and served as the organization's Volunteer Medical Director until assuming her role at the state.



Frank C. Scirba, MD, FCCP

Frank Scirba, MD, specializes in pulmonology and is certified by the American Board of Internal Medicine. He completed his fellowship at the University of Pittsburgh School of Medicine and medical degree at the University of Chicago. Dr. Scirba specializes in treating patients with emphysema and chronic obstructive pulmonary disease (COPD).



Barbara Kevish, MD

Barbara Kevish, MD, specializes in family medicine and is certified in family medicine by the American Board of Family Medicine. She is Assistant Vice President of the Physician Network and Payment Innovations at the UPMC Health Plan. Dr. Kevish received her medical degree from the University of Pittsburgh School of Medicine and completed her residency at UPMC St. Margaret. Dr. Kevish's clinical interests include preventive care, diabetes, women's health, and adolescent medicine.



Richard K. Zimmerman, MD, MPH, FAFP, FIDSA

Dr. Richard K. Zimmerman is a preventive medicine physician in Pittsburgh, Pennsylvania. He received his medical degree from Ohio State University College of Medicine and completed his residency at Grant Medical Center. He serves on the CDC's Advisory Committee on Immunization Practices (ACIP). He has authored more than 300 publications on immunizations and vaccine-preventable diseases.



Donald B. Middleton, MD

Donald B. Middleton, MD is a graduate of the University of Rochester School of Medicine. He completed residencies in both Internal Medicine and Pediatrics at the University of North Carolina and is board certified in both specialties. He is actively involved with numerous educational efforts of the AAFP and the American Board of Family Practice and is a perennial speaker at numerous regional, national, and international educational programs. His major areas of clinical interest include immunizations, well-child care, arthritis, infectious diseases, and neurologic problems including seizures and attention deficit disorder.



Stephen A. Wilson, MD, MPH, FAFP

Dr. Stephen A. Wilson is a family physician and the Chief of Family Medicine at Boston Medical College, and the Chair of the Department of Family Medicine at Boston University Chobanian & Avedisian School of Medicine. Dr. Wilson has published more than 85 peer-reviewed publications, and numerous book chapters, handbooks, and letters to the editor. Dr. Wilson received his medical and public health degrees from University of Pittsburgh. He has served on the United States Health Resources and Services Administration's Advisory Committee on Training in Primary Care Medicine and Dentistry, and in multiple roles for the Society of Teachers of Family Medicine.



SPEAKER DISCLOSURES

Faculty Disclosure Statement:

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following information was disclosed:

- a. Natalie Gentile is a consultant for Kenvue (formerly Johnson and Johnson), and is a consultant for allergic rhinitis products.
- b. Maria Gioia has grant/research support with RK Mellon Foundation
- c. Donald Middleton is a member of CE Speakers' Bureau with Merck and Pfizer, and is a consultant with Sanofi Pasteur, Vaxcyte, Dynavax, GlaxoSmithKline, Pfizer, and Moderna
- d. Frank Sciorba is a consultant with Sanofi/Regeneron, AstraZeneca, and GlaxoSmithKline (GSK). He also receives grant/research support from Sanofi/Regeneron, AstraZeneca, Verona Pharma, Nuaira, Gala Therapeutics, Pulmonx, NIH, AHRQ, COPD Foundation
- e. Richard Zimmerman receives grant/research support from Sanofi Pasteur initiated grant, CDC, and NIH.
- f. Richard Zou is a consultant for Verona Pharma PLC – Physician Advisory Board, and receives grant/research support from CHEST Foundation Research Grant in COPD.

No other 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.

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 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 balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgement 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. The Center for Continuing Education and the sponsoring department do not certify that through participation in the program participants are competent to perform certain procedures or skills.

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