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# **44th Annual Hal Wanger Family Medicine Conference**

**September 20-21, 2018**

**Holiday Inn Morgantown  
1188 Pineview Drive  
Morgantown, WV 26505**

West Virginia University School of Medicine  
Department of Family Medicine

West Virginia University School of Nursing

WVU vs. Kansas State  
Saturday, September 22, 2018

[www.ce.wvu.edu](http://www.ce.wvu.edu)

# The Beginnings

Halvard Wanger, MD

In 1956, Dr. Halvard Wanger organized an extensive scientific assembly to celebrate the Eastern Panhandle Medical Association's 50th anniversary.

Participants praised the Potomac-Shenandoah Postgraduate Institute's outstanding speakers, who had been invited because senior students at medical colleges in the Eastern United States voted them best lecturers in their respective fields. This method for developing a roster of outstanding lecturers worked very well, and subsequent Institutes drew many participants.



Dr. John Traubert (center), enjoying his Hal Wanger apple with Dr. David Hunter (left) and Dr. William Wanger (right) at the 2nd Annual Hal Wanger Family Medicine Conference.

Dr. Wanger directed the annual Institute through 1974. When Dr. Wanger cancelled the Institute in 1975 because of health reasons, the West Virginia University Department of Family Medicine assumed responsibility for continuing the fall conference. Dr. John Traubert, then the newly appointed Chair of Family Medicine, assumed the role of course director for the newly named Hal Wanger Family Medicine Conference, held at West

Virginia University.

Since the original setting of the Postgraduate Institute was West Virginia's Eastern Panhandle, local orchards supplied apples for refreshments, a tradition that has been continued at West Virginia University.

Dr. Traubert considered Dr. Wanger the "founding father" of continuing medical education in West Virginia. This assessment is widely shared by medical peers throughout West Virginia. West Virginia University is proud to carry on the legacy begun by Dr. Hal Wanger, a leader and pioneer in continuing medical education.

Upon Dr. Traubert's retirement, the conference continued under the direction of Dr. James Arbogast and Dr. Anne Cather for 15 years. Now the conference has entered a new era under the leadership of Chairman, Dr. Dana King, Dr. Anne Cather, and Dr. Erika Bodkins.

## Registration Information

For conference and brochure details, please visit the WVU Family Medicine website at <http://medicine.hsc.wvu.edu/fammed/> (right click, select open hyperlink). To register online, please visit <https://wvufmhalwangerregistration2018.eventbrite.com> (right click, select open hyperlink) Or call either (304) 285-1733/ (304) 285-7089. Registration is requested by September 13, 2018.

### Course Fees

#### Physicians

#### After 8/24

Thursday only registration includes lectures, dinner/poster presentations, *(optional pre-conference and/or evening workshop is an additional \$25 fee)* \$225

Friday only registration includes breakfast, lectures & lunch(with 2 optional lunch discussions) \$225

- Nutrition Advice That Has Changed & Why
- Insurance Company Denials & How to Get Things Covered

Thursday & Friday registration includes all of the above \$365

**Other Health Care Providers: PA, NP, Nurses, WVU Retired Faculty & WVU Courtesy/Clinical Faculty**

### Course Fees

#### After 8/24

Thursday only registration includes lectures, dinner/poster presentations, *(optional pre-conference and/or evening workshop is an additional \$25 fee)* \$195

Friday only registration includes breakfast, lectures & lunch(with 2 optional lunch discussions) \$195

- Nutrition Advice That Has Changed & Why
- Insurance Company Denials & How to Get Things Covered

Thursday & Friday registration includes all of the above \$285

**Program and Objectives**  
**Thursday, September 20, 2018**

**Pre-Conference Workshops**

- 9:00-11:00am: **Dermoscopy** – Josh Cusick-Lewis, MD, MPH  
Better evaluate pigment within skin lesions by skin microscopy to help determine diagnosis and treatment
- 9:00-11:00am: **Acupuncture** – Kendra Unger, MD, Martin Gallagher, MD, DC & Jason Oreskovich, DO  
Recognize the value of and when to use acupuncture as a treatment modality in pain patients
- 11:00-12:30pm **Registration & Lunch**
- 12:30-12:45pm **Welcome & Opening Remarks** – Clay Marsh, MD
- 12:45-1:20pm **Adrenal Endocrine Disorders**– Jessica Perini, MD  
Identify the underlying causes of some common adrenal diseases and how to properly diagnose and treat them
- 1:20-1:55pm **Therapeutic Conundrums-What Would Dr. Ponte Do?** – Charles Ponte, PharmD  
Participate in a discussion of some challenging medication choices in a variety of disease states
- 1:55-2:30pm **Acute Stroke Care** – Muhammad Alvi, MD  
Identify initial steps in treating a patient with a stroke
- 2:30-3:00pm **PM Break**
- 3:00-3:35pm **Murmurs in Children** – Alex Verhoeven, MD  
Review innocent versus concerning murmurs and how to further evaluate them
- 3:35-4:10pm **Integrating Mental Health into Primary Care** – Barbara Cubic, PhD  
Recognize the importance of mental health care in primary care and incorporate new expertise into your practice
- 4:10-4:45pm **Chronic Heart Failure Management** – George Sokos, DO, FACC  
Discuss utilization of Guideline Directed Medical Therapy (GDMT) in chronic heart failure
- 4:45-6:00pm **Dinner & Poster Presentations**

**Concurrent Workshops**

- 6:00-8:00pm: **Nexplanon Training** – Carl Shrader, MD, PhD  
Select suitable patients for and successfully use the Nexplanon device in contraceptive management
- 6:00-8:00pm: **Technology and Cardiology** – Partho Sengupta, MD  
Name indications for newer cardiac diagnosis and management tests and devices in patient management
- 6:00-9:00pm: **KSA: Heart Failure** – G. Anne Cather, MD  
Correctly answer 80% of the questions posed on the diagnosis and treatment of heart failure through group discussion

**Friday, September 21, 2018**

7:00-7:45am	<b>Registration &amp; Breakfast</b>
7:45-8:00am	<b>Welcome &amp; Opening Remarks</b>
8:00-9:00am	<b>Critical Issues in the Care of Teen Mothers</b> – Tammy Chang, MD, MPH, MS List the main social factors that affect teen mothers’ health and recognize options to help reduce their negative impact
9:00-9:35am	<b>Co-Management of Patients in the Modern Therapeutic Age- A Multidisciplinary Approach to Treatment and Management of Women with Cancer</b> – Valerie Galvan-Turner, MD Recognize your role as well as others involved in the diagnosis, treatment and care of female cancer patients
9:35-10:10am	<b>Update on Medical Cannabis in West Virginia</b> – Alexander Macia, Esq. Define current WV laws regarding integration of medical cannabis into medical practice
10:10-10:25am	<b>AM Break</b>
10:25-11:00am	<b>Addiction: Medication Assisted Treatment in Primary Care</b> – Matthew Christiansen, MD, MPH Guide your patients through an evidence based discussion on the current science of opioid addiction treatment
11:00-11:35am	<b>Panel Discussion: Opioids &amp; Cannabis</b> – Alexander Macia, Esq., Matthew Christiansen, MD, MPH, Walter Byrd, MD & Joseph Selby, MD Participate in a broad discussion of current knowledge, attitudes and legalities of medical cannabis and opioid addiction treatment
11:35-12:10pm	<b>Treatment of Anxiety</b> – Walter Byrd, MD Select appropriate treatment modalities to reduce anxiety in your patient
12:10-1:15pm	<b>Lunch</b>
12:10-1:15pm	<b><u>Lunch &amp; Learn Table Top Discussions:</u></b>  1. <b>Nutrition Advice That Has Changed &amp; Why</b> – Melody Phillips, MD & Judy Siebart, RD, LDN Incorporate updated evidence based recommendations for nutrient when counseling your patients  2. <b>Insurance Company Denials &amp; How To Get Things Covered</b> – Brian King, MHA, MBA & Mary Ellen Wildasin, CPC Avoid common insurance denials when requesting medication or procedures
1:15-1:50pm	<b>Common Childhood Exanthems</b> – Zachary Zinn, MD Compare the appearances of various pediatric rashes
1:50-2:25pm	<b>Management of Type 1 Diabetes</b> – Timothy Jackson, MD Review the etiology, monitoring, medication administration and complications of Type 1 diabetes
2:25-3:00pm	<b>Non-Surgical Treatment of OSA</b> – Steven Coutras, MD, FACS Appropriately select patients who would benefit from non-surgical treatments of their OSA
3:00-3:25pm	<b>PM Break</b>
3:25-4:00pm	<b>Geriatric Medicine (Dementia Medicines)</b> – Megan Elavsky, PharmD Explain medication options currently available for dementia and recognize important side effects
4:00-4:35pm	<b>Spinal Myelopathy</b> – Shari Cui, MD State the typical signs and symptoms and causes of spinal myelopathies

4:35-5:10pm	<b>Microscopic Hematuria</b> – Chad Morley, MD Develop a working algorithm to evaluate for hematuria and understand when referral is indicated
5:10-5:15pm	<b>Adjourned</b>

### **Conference Overview and Target Audience:**

This year's conference will present an array of outstanding lectures on a variety of topics of interest to family physicians, nurses and other healthcare providers. Our WVU School of Medicine faculty will discuss primary care topics including treatment of anxiety, critical issues in the care of teen mothers, murmurs in children, geriatric medicines, updates on medical cannabis in West Virginia, and others. In addition, there will be evening workshops on technology and cardiology, Nexplanon training, and a KSA Workshop on heart failure. The included agenda lists each topic, the lecturer and expected learning objectives.

### **KSA:**

This simplifies the MC-FP Part II requirement by conveniently fulfilling the knowledge portion of the "Heart Failure" KSA as a group. We will complete the 60 core competency questions. To complete the entire KSA and earn CME, you will also need to complete a clinical simulation separately on the ABFM website (separate fee).

A minimum enrollment of five people is required or the KSA may be cancelled.

### **Registration:**

To join us for the 44th Annual Hal Wanger Family Medicine Conference, please complete the registration form found at the Family Medicine website <http://medicine.hsc.wvu.edu/fammed/>. Deadline to register is September 13, 2018.

### **Cancellations:**

Important: If you are unable to attend the conference after you have registered, you must notify us in writing by September 13, 2018, to receive a refund. No refunds for conference fees will be made after September 13, 2018. A \$25 fee will be charged for all cancelled registrations after September 13, 2018. We reserve the right to cancel individual sessions or the entire conference. In the event of a conference cancellation, a full tuition refund will be made.

### **Location:**

The Holiday Inn Morgantown is located on 1188 Pineview Drive, Morgantown, WV 26505.

### **Lodging:**

For your convenience, a block of hotel rooms with a discounted rate have been reserved at Holiday Inn Morgantown for Wednesday, September 19, 2018 through Sunday, September 23, 2018. All reservations should be made no later than Saturday, August 25, 2018 to obtain the discounted rate. After this date, rooms will be available on a space and rate availability basis only. You can contact Holiday Inn Morgantown at 304-241-6649 to make your reservation. Be sure to reference the group code "Hal Wanger" for the discounted rate.

### **Additional Information:**

In case of an emergency during the conference please call the WVU Medicine Administration at 304-581-1653; or if you need additional information call the Department of Family Medicine at 304-581-1640 or log onto the Family Medicine website: <http://medicine.hsc.wvu.edu/fammed/>

West Virginia University is an Equal Opportunity/Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color or national origin. Inquiries may be directed to the Executive Officer for Social Justice, 105 Stewart Hall, Office of the President, 304-293-5496.

### **Disclosure Statement**

In accordance with the ACCME requirements on disclosure, all those in a position to control content have indicated that they do not have any relevant interests to disclose.

### **Course Credit (at Press Time):**

Credit hours reflect the entire program. Credit hours are subject to change depending on participation in the pre-conference and/or evening workshops.

The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 16.75 *AMA PRA Category 1 Credits*.<sup>™</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**This Live activity, 44th Annual Hal Wanger Family Medicine Conference, with a beginning date of 09/20/2018, has been reviewed and is acceptable for up to 17.00 prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.**

**Please note that the session titled Acupuncture has *credit pending*. The session titled Nexplanon Training will not receive CME credit.**

This continuing education activity has been provided by the West Virginia University School of Nursing for 20 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislature Rule §19CSR11-4 under provider number WV1996-0120RN.

## Conference Speakers:

Muhammad Alvi, MD  
Assistant Professor  
Medical Director, Stroke  
Dept. of Neurology  
Morgantown, WV

Walter Byrd, MD  
Associate Professor  
Medical Director, CRC Psychiatric Intensive Care  
Dept. of Behavioral Medicine & Psychiatry  
Morgantown, WV

G. Anne Cather, MD  
Professor, Family Medicine  
Dept. of Emergency Medicine/Family Medicine  
Morgantown, WV

Tammy Chang, MD, MPH, MS  
Assistant Professor  
Dept. of Family Medicine  
Ann Arbor, MI

Matthew Christiansen, MD, MPH  
Assistant Professor  
Medical Director, Ebenezer Medical Outreach  
Dept. of Family & Community Health  
Huntington, WV

Steven Coutras, MD, FACS  
Assistant Professor  
Dept. of Otolaryngology  
Section of Pulmonary Critical Care & Sleep Medicine  
Morgantown, WV

Barbara Cubic, PhD  
Professor  
Dept. of Psychiatry & Behavioral Sciences  
Dept. of Family & Community Medicine  
Norfolk, VA

Shari Cui, MD  
Assistant Professor  
Dept. of Orthopaedic Surgery  
Morgantown, WV

Joshua Cusick-Lewis, MD, MPH  
Assistant Professor  
Dept. of Family Medicine  
Charleston, WV

Megan Elavsky, PharmD  
Assistant Professor  
Clinical Pharmacy and Family Medicine  
Dept. of Family Medicine  
Morgantown, WV

Martin Gallagher, MD, DC  
Associate Professor  
Medical Director, Integrative Medicine at Medical  
Wellness Associates  
Jeannette, PA

Valerie Galvan Turner, MD  
Assistant Professor  
Division of Gynecologic Oncology  
Dept. of Obstetrics & Gynecology  
Morgantown, WV

Timothy Jackson, MD  
Professor  
Section Chief, Endocrinology & Metabolism  
Director, Diabetes Care  
Morgantown, WV

Brian King, MHA, MBA  
Director, Patient Financial Services/Revenue Cycle  
Operations  
Morgantown, WV

Alexander Macia, Esq  
Co-Chair, Deliberate Intent Practice Group  
Co-Chair, OSHA & MSHA Practice Group  
Spilman Thomas & Battle, PLLC  
Charleston, WV

Chad Morley, MD  
Assistant Professor  
Director, Minimally Invasive Urology & Stone Disease  
Dept. of Urology  
Morgantown, WV

Jason Oreskovich, DO  
Assistant Professor  
Dept. of Family Medicine  
Morgantown, WV

Jessica Perini, MD, MS  
Assistant Professor  
Dept. of Internal Medicine  
Section of Endocrinology  
Morgantown, WV

Melody Phillips, MD  
Assistant Professor  
Dept. of Family Medicine  
Morgantown, WV

Charles D. Ponte, PharmD  
Professor  
Clinical Pharmacy and Family Medicine  
Dept. of Family Medicine  
Morgantown, WV



Partho Sengupta, MD  
Professor & Chair  
Director, Cardiovascular Imaging  
Chief, Division of Cardiology  
WVU Heart & Vascular Institute  
Morgantown, WV

Joseph Selby, MD  
Professor  
Dept. of Family Medicine  
Morgantown, WV

Carl Shrader, MD, PhD  
Associate Professor  
Residency Director  
Dept. of Family Medicine  
Morgantown, WV

Judy Siebart, RD, LDN  
Dietician  
Dept. of Family Medicine  
Morgantown, WV

George Sokos, DO, FACC  
Associate Professor  
Medical Director, Advanced Heart Failure  
WVU Heart & Vascular Institute  
Morgantown, WV

Kendra Unger, MD  
Associate Professor  
Dept. of Family Medicine  
Morgantown, WV

Alex Verhoeven, MD  
Assistant Professor  
Dept. of Pediatrics  
Section of Pediatric Cardiology  
Morgantown, WV

Mary Ellen Wildasin, CPC  
Manager, Patient Financial Services/Revenue Cycle  
Operations  
Morgantown, WV

Zachary Zinn, MD  
Assistant Professor  
Director, Vascular Anomalies Clinic-WVU  
Dept. of Medicine  
Section of Dermatology  
Morgantown, WV