45th Annual Hal Wanger Family Medicine Conference

October 3-4, 2019

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. Texas
Saturday, October 5, 2019

www.ce.wvu.edu
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. 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 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/](http://medicine.hsc.wvu.edu/fammed/) (right click, select open hyperlink). To register online, please visit [https://www.eventbrite.com/e/wvu-family-medicine-45th-annual-hal-wanger-conference-registration-64228710803?aff=ebdshpsearchautocomplete](https://www.eventbrite.com/e/wvu-family-medicine-45th-annual-hal-wanger-conference-registration-64228710803?aff=ebdshpsearchautocomplete) (right click, select open hyperlink) Or call either (304) 285-1736/ (304) 581-1653. **Registration is requested by September 26, 2019.**

### Course Fees

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<th>Physicians</th>
<th>By 9/5</th>
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<td>Thursday only registration includes lectures, dinner/poster presentations, <em>optional pre-conference and/or evening workshop is an additional $25 and/or $50 fee</em></td>
<td>$225</td>
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|  - You got 99 Problems & Nutrition is Number 1!  
  - Understanding Hierarchical Condition Categories (HCCs). Why it is Important to me? | | |
| Thursday & Friday registration includes all of the above | $350 | $375 |

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

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  - Understanding Hierarchical Condition Categories (HCCs). Why it is Important to me? | | |
| Thursday & Friday registration includes all of the above | $265 | $285 |
Program and Objectives
Thursday, October 3, 2019

Pre-Conference Workshops

8:00-11:00am: **KSA: Hypertension**— G. Anne Cather, MD
Correctly answer 80% of the questions posed on the diagnosis and treatment of hypertension through group discussion

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 patients

9:00-11:00am: **Minor Surgery Skin Procedures in Family Medicine- A Review of Cryotherapy, Punch Biopsy & Shave Biopsy**– Erika Bodkins, MD
Describe indications for, contraindications to, and proper techniques for common skin procedures in Family Medicine

11:00-12:30pm  **Registration & Lunch**

12:30-12:45pm  **Welcome & Opening Remarks**

12:45-1:20pm  **Common Foot Problems** – Guy Monteleone, MD
Recognize the etiology, diagnosis, and treatment of the most commonly seen foot problems in a primary care setting

1:20-1:55pm  **Minimally Invasive Treatment for Pain** – Richard Vaglienti, MD
Select appropriate patients who would benefit from minimally invasive treatment for pain

1:55-2:30pm  **Psychological Impact of Pain and its Management** – Patrick Marshalek, MD
Guide patients through the current science regarding the psychological impact of pain and its management

2:30-3:00pm  **PM Break**

3:00-3:35pm  **Panel Discussion: Alternative Pain Management** – Richard Vaglienti, MD, Kendra Unger, MD, Ray Adams, PT ATC, Rick Gross, PhD & Joseph Selby, MD
Discuss treatment options for alternative chronic pain management

3:35-4:10pm  **Rheumatology Arthritis** – Amit Ladani, MD
Identify the appropriate diagnostic evaluations and treatment options for rheumatoid arthritis

4:10-4:45pm  **Kidney Stones** – Chad Morley, MD
Review diagnosis and appropriate management of kidney stones

4:45-6:00pm  **Dinner & Poster Presentations**

Concurrent Workshops

6:00-8:00pm: **Ultrasound** – Amy Moyers, MD & Joseph Minardi, MD (*workshop will take place in STEPS Center: free shuttle will be provided to & from the Holiday Inn*)
Select suitable patients for and successfully use the ultrasound in point-of-care ultrasound in the primary care office setting

6:00-8:00pm: **Beating Burnout: Building Physician Resilience Using the Four Pillars of Wellness** – Rosemarie Lorenzetti, MD, Madison Humerick, MD & Jonathan Deiches, PhD
Recognize the importance of building resilience and achieving a state of wellness as a primary care provider

**Friday, October 4, 2019**

7:00-7:30am  
**Registration & Breakfast**

7:30-7:45am  
**Welcome & Opening Remarks** – Clay Marsh, MD

7:45-8:00am  
**Announcements & Introductions**

8:00-9:00am  
**To Simulate...And Beyond! Toys or Educational Apogee?** – Dorian Williams, MD  
Appreciate the advances of simulated patient encounters and how this technology has innovated health care professional education

9:00-9:35am  
**Cardiovascular Effects of Diabetes Drugs** – Charles D. Ponte, PharmD  
Identify new treatment options for diabetes mellitus that lower cardiovascular disease risk

9:35-10:10am  
**HIV Education to Primary Health Care Practitioners: The U=U Campaign** – Carolyn Kidd, RN ACRN  
Recognize the importance of HIV education and treatment options as primary care physicians

10:10-10:25am  
**AM Break**

10:25-11:00am  
**Adolescent LGBTQ Issues** – Benjamin Silverberg, MD  
Discuss the current knowledge, attitudes, and unique challenges of caring for adolescents in the LGBTQ community

11:00-11:35am  
**When to use Antipsychotic Agents in Primary Care Treatment** – Walter Byrd, MD  
Select appropriate antipsychotic treatment regimens to utilize in primary care

11:35-12:10pm  
**Leading an End of Life Discussion** – Alvin Moss, MD  
Recognize the importance of leading end of life discussions and identify strategies to having a successful family discussion

12:10-1:15pm  
**Lunch**

12:10-1:15pm  
**Lunch & Learn Table Top Discussions:**

1. **You got 99 Problems and Nutrition is Number 1!** – Melody Phillips, MD & Judy Siebart, RD, LDN  
   Incorporate updated evidence based recommendations for nutrition when counseling your patients

2. **Understanding the Hierarchical Condition Categories (HCCs). Why it is Important to me?** – Cathy Glover, RHIT  
   Avoid losing reimbursement potential by reviewing and understanding the important utilizing hierarchical condition categories

1:15-1:50pm  
**Integrating Exercise into Primary Care** – Dave Harshbarger, MS CWP, Sandra Cotton, DNP APRN & Kristin Grogg, MPH PhD student  
Incorporate updated evidence based recommendations for exercise when counseling patients in the primary care office

1:50-2:25pm  
**Migraine Therapy** – Kristina Lopez, MD  
Identify appropriate diagnostic criteria and treatment strategies for migraine headaches

2:25-3:00pm  
**Hypertension Update** – Jason Peklinsky, MD  
Identify the recent changes in recommendations for hypertension diagnosis and management

3:00-3:25pm  
**PM Break**
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 leading an end of life discussion, common foot problems, hyperlipidemia update, a panel discussion on alternative pain management, and others. In addition, there will be preconference workshops on minor surgery skin procedures in Family Medicine, acupuncture, and a KSA workshop on hypertension. The conference will also feature evening workshops on ultrasound and beating burnout: building physician resilience using the four pillars of wellness. 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 "Hypertension" 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:


Cancellations:

Important: If you are unable to attend the conference after you have registered, you must notify us in writing by September 26, 2019, to receive a refund. No refunds for conference fees will be made after September 26, 2019. A $25 fee will be charged for all cancelled registrations after September 26, 2019. 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, October 2, through Sunday, October 6, 2019. All reservations should be made no
later than Monday, September 9, 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 Conference” for the discounted rate.

Additional Information:

In case of an emergency during the conference please email the WVU Medicine Administration at
ambyers@wvumedicine.org; 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

It is the policy of the WVU School of Medicine Office of CME to ensure balance, independence, objectivity, and
scientific rigor in all its educational activities. All faculty/authors/planners participating in our programs are
expected to disclose any relevant relationships they may have with commercial companies. For this conference, Dr.
Minardi has disclosed that he receives reimbursement for time and travel as a speaker for GE Healthcare. All others
have indicated that they have no relevant interests to disclose.

These relationships, along with the educational content of this program, will be reviewed and any potential conflicts
of interest will be resolved to the satisfaction of the WVU School of Medicine Office of CME prior to the activity. If a
conflict cannot be resolved, the person involved will be removed from control of content or the content will not be
presented as part of the educational program.

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™. Physicians
should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, 45th Annual Hal Wanger Family Medicine Conference, with a beginning date of 10/03/2019,
has been reviewed and is acceptable for up to 24.00 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.

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:

Raymond Adams, PT ATC  
Physical Therapist  
HealthWorks Rehab & Fitness  
Morgantown, WV

Erika Bodkins, MD  
Assistant Professor  
Dept. of Family Medicine  
Morgantown, WV

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

G. Anne Cather, MD  
Retired Professor, Per Diem Clinician  
Dept. of Community Practice  
Morgantown, WV

Sandra Cotton, DNP APRN  
SN Associate Professor, SON  
Clinical Assistant Professor, SOM  
Morgantown, WV

Jonathan Deiches, PhD  
Psychologist, Assistant Professor  
WVU Medicine Center for Diabetes & Metabolic Health  
University Behavioral Medicine & Psychiatry  
Martinsburg, 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, Medical Wellness Associates  
Jeannette, PA

Cathy Glover, RHIT  
Clinical Documentation Improvement Specialist  
Health Information Management  
Morgantown, WV

Kristin Grogg, MPH  
PhD student in Clinical & Translational Sciences  
Pre-Health Professional Development Program Coordinator  
Morgantown, WV

Richard Gross, PhD  
Associate Professor  
Dept. of Behavioral Medicine & Psychiatry  
Morgantown, WV

David Harshbarger, MS  
Wellness Manager for WVU Medicine & Health Sciences Campus  
Morgantown, WV

Madison Humerick, MD CCMS  
Assistant Professor  
Dept. of Family Medicine, Eastern Division  
Harpers Ferry, WV

Carolyn Kidd, RN ACRN  
Clinical Nurse Educator, MidAtlantic AIDS Education Training Center  
Nurse Clinician, WVU Positive Health Clinic  
Morgantown, WV

Amit Ladani, MD  
Assistant Professor  
Dept. of Medicine, Division of Rheumatology  
Morgantown, WV

Kristina Lopez, MD  
Assistant Professor  
Dept. of Neurology  
Morgantown, WV

Rosemarie Lorenzetti, MD MPH  
Professor & Associate Dean Student Services  
Dept. of Family Medicine, Eastern Division  
Harpers Ferry, WV

Patrick Marshalek, MD  
Psychiatrist, Associate Professor  
Dept. of Behavioral Medicine & Psychiatry  
Morgantown, WV

Joseph Minardi, MD  
Associate Professor, Dept. of Emergency Medicine & Medical Education  
Chief, Division of Emergency Ultrasound  
Morgantown, WV

Guy Monteleone, MD  
Associate Professor, Dept. of Family Medicine  
Director, Division of Sports Medicine  
Director, Motion Analysis Center  
Morgantown, WV

Chad Morley, MD  
Assistant Professor  
Director, Minimally Invasive Urology & Stone Disease