

33rd Annual Jose I. Ricard Family Medicine and Sports Medicine Conference

November 8-10, 2019

3 Easy ways to register...

- 1- **ONLINE.** Register and pay by credit or debit card at www.fmfwwv.org
- 2- **PHONE.** Call us at 304-733-6485 Monday-Friday, 8:00 am-4:30 pm
- 3- **FAX OR MAIL.** Fax (304-733-6486) or Mail the registration form in this brochure.



Conference Hotel

Double Tree by Hilton
Huntington, West Virginia

Hotel Front Desk: (304) 525-1001
DISCOUNTED ROOM RATE: \$114

To book a discounted hotel room online: <http://group.doubletree.com/FamilyMedicineFoundation>



Family Medicine Foundation
of West Virginia
650 Main Street
Barboursville, WV 25504-1439



Family Medicine Foundation of West Virginia
33rd ANNUAL JOSÉ I. RICARD, MD
FAMILY MEDICINE & SPORTS MEDICINE CONFERENCE
November 8 - 10, 2019
DoubleTree by Hilton - Huntington, West Virginia

CONFERENCE ACCREDITATION

This live activity, the 33rd Annual José I. Ricard, MD Family Medicine & Sports Medicine Conference, with a beginning date of 11/7/2019, has been reviewed and is acceptable for up to 26.0 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. AAFP Prescribed credit is accepted by the **American Medical Association** as equivalent to AMA PRA Category 1 for the AMA Physicians Recognition Award. When applying for AMA PRA Prescribed hours, earned hours must be reported as Prescribed hours, not Category 1.

This continuing nursing education activity was approved by the **Ohio Nurses Association, an accredited approver by the **American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) Assigned ONA #22436**. Nurses are eligible for up to 27 contact hours including 15.5 advanced pharmacotherapy hours

Approved for 26.0 credits of AOA Category 2-A continuing education by the **American Osteopathic Association.

Accepted for **Physician Assistant CE credit.

*Approved by the **West Virginia Board of Examiners for Registered Professional Nurses**.
Provider # WV1996-0101RN.

The Sunday program is approved for 7.33 hours of continuing education by the **West Virginia Board of Chiropractic.

Approved for 3.0 hours by the **State of West Virginia Board of Examiners of Psychologists for 4 lectures on Friday & Saturday.

Approved for 24.0 contact hours by the **West Virginia Board of Physical Therapy. Approval # FMF-F19-01. Approval of this course does not necessarily imply that the West Virginia Board of Physical Therapy supports the views of the presenter or sponsor.

Approved for 27.0 Category-1 contact hours by the **Kentucky Physical Therapy Association. Approval # 32-19-KPTA.

This continuing education activity is pending approval for 27.0 hours of continuing education by the **Pennsylvania Board of Physical Therapy.

This continuing education activity is pending approval for 23.5 hours of continuing education by the **Ohio Physical Therapy Association.

Pending approval for 27.0 hours by the **Occupational Therapy (#150412) and **Athletic Trainers** (#150445) Sections of the **Ohio Occupational Therapy, Physical Therapy, Athletic Trainers Board**.

Pending approval for 26.0 hours by the **Board of Certification for Certified Athletic Trainers. Pending approval for Evidence Based Practice (EBP) hours.

Approved for 10.5 General Hours of CPE credit by the **West Virginia Board of Pharmacy.

The November 7, 2019 3-hour "Drug Diversion Training and Best Practice Prescribing of Controlled Substances" lecture is approved for an additional 3.00 hours.

SPONSORS: Family Medicine Foundation of West Virginia, Marshall University's Joan C. Edwards School of Medicine, Marshall Health - Family Medicine, Division of Sports Medicine

CONFERENCE OBJECTIVES: To provide regional health care professionals with an update on the diagnosis and treatment of commonly encountered medical problems. Conference attendees will review current clinical concepts in core areas of Family Medicine & Sports Medicine, acquire practical, clinical information helpful in the diagnosis, treatment, and management of medical problems, and enhance and advance knowledge, skills, and professional performance, furthering excellence in health care.



Pre-Conference Workshop

Thursday, November 7, 2019 6:00-9:15 p.m. (meal included)

“Drug Diversion Training and Best Practice Prescribing of Controlled Substances”

Please join the Family Medicine Foundation of West Virginia for a 3-hour “Drug Diversion Training and Best Practice Prescribing of Controlled Substances” lecture, to be held on **Thursday, November 7, 2019, from 6:00 pm – 9:15 pm at the DoubleTree by Hilton in Huntington, WV.**

Our lecturer will be **Tracy Hendershot, MD**, practicing physician with WVU Medicine’s Camden Clark Medical Center, Camden Clark Primary Care, in Parkersburg, WV.

This lecture will satisfy the CME/CE requirements set forth by the West Virginia Legislature and appropriate licensing boards for MDs, DOs, PAs, APRNs, pharmacists, RNs, and LPNs, including recently mandated Naloxone training. This program is required for each West Virginia licensee who “prescribes, administers, or dispenses a controlled substance.”

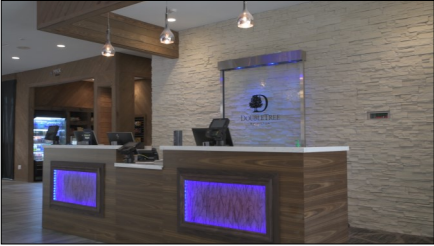
The cost of the lecture is an additional \$100.00.

Seating is limited; meal is included.

Learning Objectives:

- Drug diversion, including West Virginia statistics on prescription drug abuse, misuse, and resulting deaths;
- Epidemiology of chronic pain and misuse of opioids;
- Indications for opioids in chronic pain treatment, including general characteristics, toxicities, and drug interactions;
- Initiation and ongoing management of chronic pain patients, including treatment objectives/functional goals, monitoring and periodic review, referrals, consultations, informed consent, prescribing agreements, urine screens and pill counts, patient education on safe use and storage/disposal of opioids, discontinuation/termination due to lack of benefits or increased risks, and documentation and medical records;
- Examination of patient evaluation and risk assessment and related tools, with proper usage/administration of Naloxone;
- Identification of diversion and drug seeking tactics and behaviors;
- Best practice methods for working with drug seeking patients and diversion, including new online resources;
- Compliance with controlled substances laws and rules;
- Registration with and use of the West Virginia Controlled Substances Monitoring Program established in WV Code Chapter 60A, Article 9;
- Case study of a patient with chronic pain; and
- Compliance with state and federal laws.

The NEW DoubleTree by Hilton– you have to see it to believe it!



33rd Annual Jose I. Ricard Family Medicine and Sports Medicine Conference

November 7-10, 2019

Double Tree by Hilton, Huntington, West Virginia (hotel-304.525.1001)

PLEASE RETURN THIS CME REGISTRATION FORM TO:

By mail: FMFWV, 650 Main Street, Barboursville, WV 25504 By fax: 304-733-6486

Name (Please Print) Days Attending: Fri Sat Sun

Thursday, Nov. 7, will you attend the controlled substances lecture at an additional \$95? Yes

Profession If APRN or FNP, License# County

Mailing Address Guest Name

City, State, Zip Phone Fax

Email Address (we do not share email addresses)

Conference materials will be provided on a flash drive - If you need a notebook, please request one at the Registration Desk.

| Registration Fees | | Before Oct. 1st | After Oct.1st |
|---|-------------|-----------------|---------------|
| Thursday lecture (includes dinner) *Flat Fee | | \$100 | \$100 |
| Physician (MD/DO) | 3 Days | \$495 | \$580 |
| | 2 Days | \$465 | \$525 |
| | 1 Day | \$245 | \$300 |
| APRN, PT, PA, OT, & | 3 Days | \$355 | \$405 |
| Psychologist | 2 Days | \$255 | \$305 |
| | 1 Day | \$170 | \$190 |
| Pharm, RN, LPN, PTA | 3 Days | \$295 | \$345 |
| | 2 Days | \$250 | \$280 |
| | 1 Day | \$140 | \$170 |
| Chiropractic Physician | Sunday Only | \$190 | \$220 |
| Athletic Trainer | 3 Days | \$290 | \$320 |
| | 2 Days | \$240 | \$260 |
| | 1 Day | \$165 | \$175 |
| Resident, Med student, Student Trainer **Flat Fee | | \$75 | \$75 |

| | |
|---------------------------------|------|
| Thursday (additional \$100 fee) | 3.0 |
| Friday | 8.17 |
| Saturday | 8.66 |
| Sunday | 7.17 |
| Thursday, Fri, Sat, Sun | 27.0 |

www.fmfwv.org

There are no penalties for cancellation. A 100% refund will be given if notified by November 10, 2019.

Fees include registration, materials, breakfast, lunch, and breaks.

Pay by credit card or make checks payable to:

Family Medicine Foundation of WV
650 Main Street
Barboursville, WV 25504

Phone: 304-733-6485 Fax:304-733-6486

Credit Card Information:

Mastercard Visa American Express Discover

Card Number: Security Code: Exp. Date:

Cardholder’s Name (PRINT): Signature:

FACULTY
(in alphabetical order)

Lauri Andress, PhD, JD
West Virginia University
Morgantown, WV

Rolando Cunanan, MD
Advanced Wound Care Center,
Somerset Hospital
Somerset, PA

Greg Elkins, MD
Lincoln County Primary Care
Hamlin, WV

Julian Espiritu Jr., MD
CAMC
Charleston, WV

**Janelle Fitzgerald-Kratzenberg, MSN,
APRN, FNP-C**
Cabell Huntington Hospital
Chesapeake, OH

Scott Fridkin, MD
CDC & Emory University
Atlanta, GA

Zach Hansen, MD
Valley Health System
Huntington, WV

Tracy Hendershot, MD
WVU Medicine – Camden Clark Primary Care
Parkersburg, WV

Joe Leaman, MS, ATC
Mountain River Physical Therapy
Parkersburg, WV

Dan Martin, EdD, ATC/R
Director, Master of Science in Athletic Training
West Virginia Wesleyan College
Buckhannon, WV

Scott Mitchell, MD
Cabell Huntington Hospital
Huntington, WV

Cindy Pinson, MD, CMD
Cabell Huntington Hospital
Huntington, WV

Louis Profeta, MD
St. Vincent Hospital and Health Services
Indianapolis, IN

Robert Powell, PhD, CDE, CEP
Director, Cardiometabolic Exercise
Center and Lab
Marshall University
Huntington, WV

Carlos Rueda, MD
St. Mary's Medical Center
Huntington, WV

Aaron Sciascia, PhD, ATC, PES
Eastern Kentucky University
Richmond, KY

Sarah Stevens, PsyD
Huntington Internal Medicine Group
(HIMG)
Huntington, WV

Sherri Young, DO
Kanawha County Health Department
Charleston, WV

Shauna Wade, MOT, OTR/L
St. Mary's Medical Center
Huntington, WV

Robert Walker, MD, MS
Marshall Health – Center for Healthy
Aging
Barboursville, WV

Mathew Weimer, MD
Valley Health System
Milton, WV

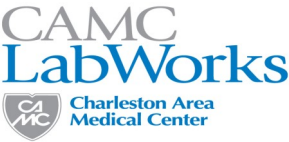
CONFLICT/DISCLOSURES

There is no conflict of interest for anyone with the ability to control the content of this activity.

Unless listed, speakers have disclosed they have no financial interest, arrangement, or affiliation with any commercial organization, and will not be discussing any products which they had a role in developing. These speakers have also disclosed that they will not discuss any off-label use or unapproved or investigational use of any product.

CORPORATE CONTRIBUTORS

The Family Medicine Foundation of West Virginia would like to acknowledge the following organizations for their generous contributions as corporate contributors:



Mountain Health Network



Creating a higher level of care.



**33rd Annual Jose I. Ricard Family Medicine and Sports Medicine Conference
Agenda**

Friday, November 8, 2019

Morning Sessions

7:00 am Complimentary Blood Drawing and Chemistry Profile
2nd Floor, Upper Mezzanine Courtesy, CAMC LabWorks

7:00 am Registration / Breakfast / Exhibit Visitation – 2nd Floor

7:50 “Welcome & Conference Overview”
Robert B. Walker, MD, MS, CIME
Program Chairman / Vice Chancellor of Health Sciences
West Virginia Higher Education Policy Commission

7:55 am “Overview of Morning Topics”
Moderator – TBD
Family Practice Resident
Marshall University, Joan C. Edwards School of Medicine

8:00 am “West Virginia Division of Immunization Services
Update ”
Sherri Young, DO, FAAFP
Charleston, WV

8:50 am “Palliative Care ”
Scott Mitchell, MD
Huntington, WV

9:40 Refreshment Break / Exhibit Visitation – 2nd Floor

10:00 am “Chronic Disease – When to Transition from Palliative
Care to Hospice”
Janelle Fitzgerald-Kratzenberg, MSN, APRN, FNP-C
Chesapeake, OH

11:00 “The Talk”- Get Comfortable with Advanced Care
Planning Conversations”
Cindy Pinson, MD, CMD
Huntington, WV

12:00 pm Lunch Break / Exhibit Visitation – 2nd Floor
Joseph T. Skaggs, MD Memorial Luncheon
Sponsored by CAMC



Afternoon Sessions

12:45 pm “Welcome”
Steve Williams
Mayor of Huntington, WV

12:50 pm “Overview of Afternoon Topics”
Moderator – TBD
Family Practice Resident
West Virginia University Family Medicine

1:00 pm “High Risk Meds in Elderly”
Cindy Pinson, MD
Huntington, WV

1:50 “Heart Disease and Cholesterol Management”
Julian Espiritu Jr., MD
Charleston, WV

2:40 Refreshment Break / Exhibit Visitation – 2nd Floor

3:00pm “Concussion Protocol”
Greg Elkins, MD
Hamlin, WV

3:50 Refreshment Break / Exhibit Visitation – 2nd Floor

4:00 “Diabetes Management”
Mathew Weimer, MD
Milton, WV

5:00 Audience Question & Answer Session

5:50 Adjournment



Discover Huntington, a place that's redefining travel. In H-Town, you'll find Appalachian craftsmanship, Southern hospitality, unique flavor and so much more.

We're partnering with the City of Huntington to provide events and opportunities during our conference!

Check our website, Facebook & Instagram as we release more details about concerts, a Huntington crawl and free spouse events.

Did you know that we now accept credit card payment?

It's easy to register online today and pay by credit card.
You can still receive a FULL refund if you cancel before November 10, 2019.

33rd Annual Jose I. Ricard Family Medicine and Sports Medicine Conference
Agenda

Saturday, November 9, 2019

Morning Sessions

7:00 am Complimentary Blood Drawing and Chemistry Profile
2nd Floor, Upper Mezzanine Courtesy, CAMC LabWorks

7:00 am Registration / Breakfast / Exhibit Visitation – 2nd Floor

7:50 “Welcome”
Stephen M. Petrany, MD
Chairman, Family Medicine
Marshall Health
Huntington, WV

7:55 “Overview of Morning Topics”
Moderator – TBD
Family Practice Resident
Wheeling Family Practice Residency Program
Wheeling, WV

8:00 “ProAct”
Zach Hansen, MD
Huntington, WV

8:50 “Advanced Heart Failure”
Carlos Rueda, MD
Huntington, WV

9:40 Refreshment Break / Exhibit Visitation – 2nd Floor

10:00 “Antibiotic resistance and next generation prevention
strategies for the front lines”
Dr. Scott Fridkin
Atlanta, GA

11:00 “Social Determinants of Health in West Virginia”
Lauri Andress, PhD, JD
Morgantown, WV

12:00 pm Lunch Buffet/ Exhibit Visitation
Foyer Area and Grand Ballroom-2nd Floor

Lunch sponsored by:



Afternoon Sessions

12:55 pm “Overview of Afternoon Topics”
Moderator – TBD
Family Practice Resident
Clarksburg Family Practice Residency Program
Clarksburg, WV

1:00 “Your Kid and My Kid Will Never Play Professional
Sports”
Louis Profeta, MD
Indianapolis, IN

2:00 “A Sunday Talk on Sex, Drugs, Drinking, and Dying
with the Frat Boys”
Louis Profeta, MD
Indianapolis, IN

2:50 Refreshment Break / Exhibit Visitation – 2nd Floor

Veterans Mental Health Update
New licensees and license renewals for RNs, LPNs, APRNs, nurse midwives, psychologists, social workers, and professional counselors are required to complete two (2) hours of continuing education for each reporting period on mental health conditions common to veterans and family members of veterans. The following lectures will satisfy that requirement. The FMFWV is honored to support veterans, as Monday, November 11, 2019 is Veterans Day.

3:00 “Depression / Anxiety”
Sarah Stevens, PsyD
Huntington, WV

4:00 “PTSD, Substance Use, TBI, and Suicide Prevention”
Sarah Stevens, PsyD
Huntington, WV

5:00 Audience Question & Answer Session

6:00 Adjournment

33rd Annual Jose I. Ricard Family Medicine and Sports Medicine Conference
Agenda

Sunday, November 10, 2019

Morning Sessions

7:00 am Complimentary Blood Drawing and Chemistry Profile
2nd Floor, Upper Mezzanine Courtesy, CAMC LabWorks

7:00 am Registration / Breakfast / Exhibit Visitation – 2nd Floor

7:55 am “Overview of Morning Topics”
Moderator – TBD
Marshall Sports Medicine Resident
Marshall University, Joan C. Edwards School of Medicine

8:00 “Clinical Taping Techniques”
Joe Leaman, MS, ATC
Parkersburg, WV

8:50 “Pelvic Floor Therapy: An Introduction to Pelvic Floor
Dysfunction and Rehabilitation”
Shauna Wade, MOT, OTR/L
Huntington, WV

9:40 Refreshment Break / Exhibit Visitation – 2nd Floor

10:00 “Wound Care in Primary Care”
Rolando Cunanan, MD
Somerset, PA

11:00 “The Effectiveness of Joint Mobilizations for Shoulder
Pain”
Aaron Sciascia, PhD, ATC, PES
Richmond, KY

12:05 pm Lunch Buffet/ Exhibit Visitation – 2nd Floor
Foyer Area and Grand Ballroom

PAUL W. AMBROSE, MD
SPORTS MEDICINE PROGRAM



Afternoon Sessions

12:50 pm “Overview of Afternoon Topics”
Moderator-TBD
Marshall Sports Medicine Resident
Marshall University, Joan C. Edwards School of Medicine
Huntington, WV

1:00 “Fitness & Nutrition in Young Athletes”
Troy Smith, Heisman Trophy Winner
Columbus, OH

1:50 “Clinical Update on Concussions”
Greg Elkins, MD & Dan Martin, EdD, ATC/R
Hamlin, WV

2:40 “Modeling Physical Activity Assessment as a Vital Sign to
Health in the Clinical Practice Settings”
Robert Powell, PhD, CDE, CEP
Huntington, WV

3:30 Question & Answer / Evaluation Session

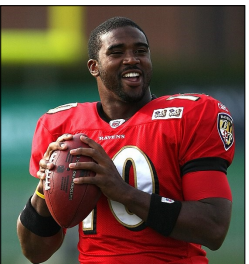
4:30 Adjournment

4:35 Door Prize Drawing for CME Registrants
Mezzanine – 2nd Floor
You must be present to win.

TROY SMITH, *Heisman Trophy winner*

Troy Smith is a former quarterback who played in the NFL and CFL. He played college football at Ohio State, was recognized as an All-American, and won the Heisman Trophy in 2006. He was drafted by the Baltimore Ravens in the fifth round of the 2007 NFL Draft, and also played for the NFL's San Francisco 49ers, the UFL's Omaha Nighthawks, and the CFL's Montreal Alouettes. Smith received an athletic scholarship to attend Ohio State University, where he played for coach Jim Tressel's Ohio State Buckeyes football team from 2003 to 2006. He entered his sophomore season as the backup quarterback to Justin Zwick, but took over as the starter when Zwick was injured halfway through the 2004 season against the Iowa Hawkeyes. Smith won four of the five games he started in 2004, including a victory over the archrival Michigan Wolverines. With Smith at quarterback, Ohio State lost only two games in the 2005 regular season, and in only one of those was Smith the starter. Smith's 2005 stats included 2,282 passing yards with 16 touchdowns and four interceptions. This led to a passer rating of 162.66, the fourth-highest of the season. He rushed for 611 yards and 11 touchdowns on 136 carries. In January 2006, he was named the Offensive MVP of the Fiesta Bowl, after leading the Buckeyes to a 34-20 win over the Notre Dame Fighting Irish. Smith went on to win the 2006 Heisman Trophy and played in the 2007 Tostitos BCS National Championship Game against the Florida Gators.

Smith, himself a father of two children, has advocated for passage of the FIT Kids Act. The act would require school districts to report on students' physical activity and to give health and nutritional information to children.



Prizes given to attendees everyday!

HD Flat Screen TV, Whitewater Rafting Trip Package, Golf Package, Blenko Glass, and many more great prizes!

