

Michigan Family Medicine Conference & Expo



MICHIGAN ACADEMY OF
FAMILY PHYSICIANS



FAMILY
MEDICINE
FOUNDATION
OF MICHIGAN

Celebrating **75** Years

**REGISTER BY
MAY 19
TO SAVE**

August 12-15, 2023
Grand Traverse Resort and Spa

You're Invited!

It is my pleasure as president of Family Medicine Foundation of Michigan to invite family physicians, family medicine residents, and medical students to the 2023 Michigan Family Medicine Conference & Expo, August 12–15, 2023. We are excited to host you at the Grand Traverse Resort and Spa.



CELEBRATING 75 YEARS

The conference theme, **Celebrating 75 Years**, honors the rich history of Michigan Academy of Family Physicians. Chartered in 1948, the Michigan chapter had 513 members in its first year and by 1950, membership had grown to more than 3,000 members. Since MAFP's founding, the U.S. healthcare system has undergone tremendous change, as has the practice of family medicine. One thing has remained the same, however; MAFP's steadfast dedication to its mission of supporting family physicians and their practices as they work to ensure high-quality, cost-effective, physician-led team-based healthcare for patients of all ages.

The conference's quality **continuing medical education program** includes extraordinary keynote, general, and breakout sessions covering a broad variety of timely clinical, practice management, and advocacy topics (see pages 5–13).

This year, the agenda includes three energizing keynote speakers including **Catherine Florio Pipas, MD, MPH**, professor and clinical practice at Dartmouth, co-chair of AAFP's Leading Physician Well-being Program; **Frank Domino, MD**, family physician at UMass Memorial Health; and American Academy of Family Physicians President **Tochi Iroku Malize, MD, MPH, MBA, FAAFP**.

Other highlights include the **Family Medicine Expo Welcome & Cocktail Reception** on Saturday, August 12, and the **Michigan Family Medicine Celebration Dinner & Awards** and our exclusive **Family Medicine Foundation of Michigan VIP Afterglow** on Monday, August 14.

COMMUNITY

The Michigan Family Medicine Conference & Expo offers a prime opportunity to build and strengthen relationships with colleagues; further your family medicine knowledge; celebrate personal and collective wins; recharge with family and friends; and explore the beautiful Grand Traverse Resort and Spa and popular Traverse City region—there is a lot to see and do (see page 14 for details)!

I am thrilled to be **Celebrating 75 Years** and look forward to connecting with you at the 2023 Michigan Family Medicine Conference & Expo in August.

Sincerely,

Mustafa "Mark" Hamed, MD, MBA, MPH, FAAFP
President, Family Medicine Foundation of Michigan

AAFP has reviewed 2023 Michigan Family Medicine Conference and Expo and deemed it acceptable for up to 30.50 In-Person, Live AAFP Prescribed credits. Term of Approval is from 08/12/2023 to 08/15/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME program and its complimentary on-demand package, accessible after the conference, include sessions on all topics required for medical licensure in Michigan.

AGENDA KEY

- CME** Continuing Medical Education credit(s)
- CME+** State-mandated Continuing Medical Education
- \$** Optional event requires pre-registration and payment of an additional fee

Schedule At-A-Glance

Subject to change.

SATURDAY, AUGUST 12

- 7:30 am - 6:30 pm Conference Registration & Information Desk Open
- 8 am - 12 pm **Knowledge Self-Assessment: Care of Children** (additional cost)
- 1 - 2 pm **Weaving Palliative Care into Primary Care**
- 2:15 - 3:15 pm **Mifepristone Provision in Primary Care: A Patient-Centered Approach to Spontaneous and Induced Abortion in the Post-Roe Era**
- 3:30 - 4:30 pm **KEYNOTE SESSION Caring for Me is Caring for You; Celebrating and Sustaining Well-Being**
Featuring Catherine Florio Pipas, MD, MPH
- 4:30 - 6:30 pm Family Medicine Welcome Expo & Cocktail Reception
Hosted by FMFM & MAFP Presidents

SUNDAY, AUGUST 13

- 6 am - 5 pm Conference Registration & Information Desk Open
- 6:30 - 7:30 am **BREAKOUT SESSIONS**
A: Continuous Glucose Monitors: Tips and Tricks for Type 2 Diabetes
B: Yoga for Physician Well-Being
- 7:30 - 8:30 am Expo Hall Open | Networking Breakfast
- 8:30 - 9:30 am **KEYNOTE SESSION Top 10 2023 Evidence-Based Medicine Updates**
Featuring Frank Domino, MD
- 9:45 - 10:45 am **BREAKOUT SESSIONS**
A: The Thought Model: Operating Instructions for Your Brain
B: Updates in Sports Medicine
- 10:45 - 11:15 am Expo Hall Coffee Break Experience with Exhibitors and Final Prize Drawings
- 11:15 am - 12:15 pm **BREAKOUT SESSIONS**
A: Updates in Kidney Disease for the Primary Care Physician
B: Occupational Medicine in Family Practice, You're Already Doing It!
- 12:15 - 1:15 pm Lunch on Your Own
- 1:15 - 2:15 pm **BREAKOUT SESSIONS**
A: Navigating and Surviving: Managing Patient Care Through a Mass Shooting
B: Osteoporosis and Osteopenia: Preventing and Treating Bad Breaks
- 2:25 - 3:25 pm **BREAKOUT SESSIONS**
A: Physician Wellness: Personal Health Improvement Plan Workshop
B: Skin Cancer: Prevention, Skin Examination, and Treatment Updates
- 3:30 - 5 pm **Advocacy in Your Academy**
- 6 - 8 pm **Michigan Family Medicine PAC Mixer** (additional cost)

Schedule At-A-Glance continues on page 4 >>>

Schedule At-A-Glance

Subject to change.

MONDAY, AUGUST 14

6 am - 5:30 pm Conference Registration & Information Desk Open

6:30 - 7:30 am **BREAKOUT SESSIONS**

A: Population Health and Emerging New Models of Care

B: Address Your Stress: Using Mindful Stress Release for Physician and Patient Well-Being

7:30 - 8:30 am Networking Breakfast

8:30 - 9:30 am **KEYNOTE SESSION** **AAFP Update: Family Physicians Inspiring Positive Change**

Featuring Tochi Iroku-Malize, MD, MPH, MBA, FAAFP

9:30 - 10:30 am **BREAKOUT SESSIONS**

A: Breathtaking New Updates in Asthma Care

B: Healthcare Identification and Response to Intimate Partner Violence

10:45 - 11:45 am **BREAKOUT SESSIONS**

A: Changing the Equation: Racism in Medical Decision-Making

B: Documentation and Coding for the Future of Family Medicine

11:45 am - 1:45 pm MAFP Annual Meeting & Lunch

2 - 3 pm **BREAKOUT SESSIONS**

A: Building a Personal Brand for the 21st Century Physician

B: Latest in Type 2 Diabetes Management

3:10 - 4:10 pm **Pain Is Inevitable, Suffering Is Optional**

5 - 6 pm **Cocktail Reception**

6 - 8 pm **Michigan Family Medicine Celebration Dinner & Awards** (additional cost)

8:30 - 9:30 pm **Family Medicine Foundation of Michigan VIP Afterglow** (additional cost)

Hosted by Incoming FMFM & MAFP Presidents

TUESDAY, AUGUST 15

6 - 11 am Conference Registration & Information Desk Open

6 - 7:30 am Networking Breakfast

6:30 - 7:30 am **BREAKOUT SESSIONS**

A: Initial Approaches to Transgender Healthcare

B: Exercise as Medicine

7:40 - 8:40 am **Vaccine Hesitancy: What Do We Know and How Do We Address It?**

8:45 - 9:45 am **Pearls in Chronic and Complex Pain Treatment, Addiction Medicine, and More**

9:50 - 10:50 am **CLOSING SESSION: Adolescent Anxiety, Depression, and Suicide Risk**

10:50 am Conference Concludes

Agenda

Subject to change.

SATURDAY, AUGUST 12

7:30 am - 6:30 pm

Conference Registration & Information Desk Open

8 am - 12 pm **CME** **\$**

Knowledge Self-Assessment (KSA): Care of Children

This 60-question, facilitated Q&A discussion focuses on normal child growth and development, surveillance and prevention recommendations, congenital and hereditary illness, chronic illness, trauma, toxicity, infections, and behavioral health conditions for children ages newborn to 18 years old. | *David Walsworth, MD, FAAFP, Assistant Chair, Clinical Affairs and Associate Professor, Department of Family Medicine, Michigan State University College of Human Medicine (East Lansing, MI)* | **The AAFP has reviewed Care of Children KSA and deemed it acceptable for up to 8.00 Knowledge Self-Assessment, Live AAFP Prescribed credits. Term of Approval is from 08/12/2023 to 08/12/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.**

Discounted rate of
\$150 for conference
registrants

1 - 2 pm **CME+**

Weaving Palliative Care into Primary Care

Patient-centered medical homes proactively manage patient populations by coordinating care across various settings of care. Many of Michigan's PCMHs embed multidisciplinary teams to facilitate holistic symptom management, coordination of care, and advance care planning. Palliative care is about caring for patients with serious illness. It is not about the last six months of life, as many erroneously believe. | *Ewa Matuszewski, BA, CEO, Medical Network One (Rochester, MI) and Al Juocys, DO, CMO, Medical Network One (Rochester, MI)* | **Contributes toward the State of Michigan's medical ethics and pain and symptom management CME requirements for medical licensure.**

2:15 - 3:15 pm **CME+**

Mifepristone Provision in Primary Care: A Patient-Centered Approach to Spontaneous and Induced Abortion in the Post-Roe Era

This presentation will review the use of the gold-standard medical regimen of two medications, mifepristone and misoprostol, which are used in the same way for both missed miscarriage and induced abortion. Discussion will also focus on the legal changes in the State of Michigan and surrounding states in the past several years that have changed patient access to miscarriage and abortion care. A case study of bringing mifepristone and misoprostol prescribing to the family medicine clinics at Michigan Medicine will be explored, as well as the effects this had on the patients, faculty, and staff. | *Julie Prussack, MD, Assistant Professor, Michigan Medicine (Ann Arbor, MI)* | **Contributes toward the State of Michigan's medical ethics CME requirement for medical licensure.**

GRAND TRAVERSE RESORT AND SPA

100 Grand Traverse Village Blvd., Acme, MI 49610

DISCOUNTED ROOM RATES

Discounted Grand Traverse Resort and Spa lodging availability is limited to conference attendees only and offered on a first-come, first-served basis. The following discounted rates are for reservations made by July 12 or when our conference room block is full.

Hotel Guestroom, King or Two Doubles:

\$279/night Fri. and Sat., \$269/night Sun. and Mon., + taxes and fees

Tower Guestroom, King or Two Queens:

\$359/night Fri. and Sat., \$349/night Sun. and Mon., + taxes and fees

RESERVE YOUR ROOM

To reserve your room at the discounted group rate, visit <https://bit.ly/GTR2023> or call 800.236.1577 and provide the group code MAFP823.

Check-in: Begins at 4 pm | **Check-out:** By 11 am

Reserve Your
Room
By July 12



Agenda

Subject to change.

SATURDAY, AUGUST 12 continued

3:30 - 4:30 pm | **KEYNOTE SESSION** **CME**

Caring for Me is Caring for You; Celebrating and Sustaining Well-Being

Well-being is critical to one's effectiveness as a clinician, educator, researcher, mentor, parent, spouse, and member of society. Burnout limits our well-being and is a growing crisis in healthcare. We must all have the time, tools, and permission to advance self-care and create support environments. Attendees will have the opportunity to participate in an interactive workshop where they will assess and apply recommendations and strategies to advance well-being. They will complete a personal needs assessment and create a plan for personal health improvement. Learnings will be shared and discussed.



***Catherine Florio Pipas, MD, MPH** is a professor of Community & Family Medicine at The Dartmouth Institute for Health Policy and Clinical Practice (TDI) and the Department of Medical Education at Geisel School of Medicine at Dartmouth. She serves as co-chair of the American Academy of Family Physicians Leading Physician Well-being Program and was appointed to the Administrative Board of the Association of American Medical Colleges Council of Faculty and Academic Societies. She is author of *A Doctor's Dozen: 12 Strategies for Personal Health and a Culture of Wellness*. Dr. Pipas is committed to improving health nationally and internationally and provides coaching and training across professions to promote healthy individuals and healthy organizations.*

4:30 - 6:30 pm

Family Medicine Welcome Expo & Cocktail Reception **Hosted by FMFM & MAFP Presidents**

Reunite with colleagues, meet new friends, and introduce yourself to supporters of family medicine. Light appetizers will be served, and a cash bar will be open. Enjoy music and Booth Bingo as you explore the exhibits!



Mustafa "Mark" Hamed, MD, MBA, MPH, FAFAP
2022-2023 FMFM President



Glenn Dregansky, DO, FAFAP
2022-2023 MAFP President

SUNDAY, AUGUST 13

6 am - 5 pm

Conference Registration & Information Desk Open

6:30 - 7:30 am | **BREAKOUT SESSIONS**

A: Continuous Glucose Monitors: Tips and Tricks for Type 2 Diabetes **CME**

In this practical presentation, we will review the basics for identifying which patients with type 2 diabetes will benefit from continuous glucose monitoring, how to use CGM to jumpstart healthy lifestyle changes and adjust medications, and important tips for billing, coding, and insurance coverage relevant to equity concerns for CGM. | *Kara Mizokami-Stout, MD, Assistant Professor, Michigan Medicine (Ann Arbor, MI) and Lauren Oshman, MD, MPH, Associate Professor, University of Michigan and Program Director, Michigan Collaborative for Type 2 Diabetes (Ann Arbor, MI)*

B: Yoga for Physician Well-Being **CME**

Yoga is the connection of breath with movement. Establishing strong mind-body connections offers many benefits. Using simple breathing and movement techniques, we will review these benefits and demonstrate a series of short, realistic practices for the average family physician to take with them into practice. | *Tessa Dake, MD, Family Physician and Certified Yoga Teacher, Covenant Medical Group (Saginaw, MI)*

Agenda

Subject to change.

SUNDAY, AUGUST 13 continued

7:30 - 8:30 am

Exhibit Hall Open | Networking Breakfast

Engage with sponsors and exhibitors who support the conference and family medicine in Michigan while enjoying breakfast and fueling up for the day.

8:30 - 9:30 am | **KEYNOTE SESSION**

Top 10 2023 Evidence-Based Medicine Updates **CME**

Family physician Frank Domino, MD is excited to share the latest clinical recommendations for your family medicine practice. His rapid-fire review of notable, recent research findings mixed with humor translates the best medical literature into care strategies to help you provide high-quality, evidence-based care.

Frank J. Domino, MD is a professor and the pre-doctoral education director for the Department of Family Medicine and Community Health at the University of Massachusetts Chan Medical School in Worcester, MA. He is the editor in chief of Lippincott, Williams and Wilkins' "5 Minute Clinical Consult" series and an author, podcaster, and blogger.



9:45 - 10:45 am | **BREAKOUT SESSIONS**

A: The Thought Model: Operating Instructions for Your Brain **CME**

Your brain is the most powerful tool you have when it comes to creating change in your life and carrying out your professional responsibilities more effectively. If your brain is a tool, the Thought Model is the operating instructions and gives a framework for how our minds work. By applying the Thought Model to any problem you face, you will discover the connection between the thoughts you choose and the results you create. Physicians can apply this awareness tool to gain a deeper understanding of their minds and use their thoughts to create ANY result of their choosing, a powerful skill to improve patient care and efficiency in your chosen profession of family medicine. | *Carrie Holland, MD, Life Coach, Fit Life with Carrie Holland (Byron Center, MI)*

B: Updates in Sports Medicine **CME**

This session provides high yield updates on pertinent sports medicine topics, including current research and practice management trends. You'll gain important concussion management strategies via earlier sub-symptoms threshold exercises. You'll also review consensus literature regarding cardiac screening in pre-participation exams as well as arising technologies in ultrasound-guided procedures. Finally, you'll evaluate the current uses, literature, and economic outcomes regarding platelet-rich plasma and stem cell injections. | *Nicholas Moore, MD, FAAFP, Medical Director, Motor City Orthopedics & Sports Medicine (Novi, MI)*

10:45 - 11:15 am

Expo Hall Coffee Break Experience with Exhibitors and Final Prize Drawings

DATES TO REMEMBER

May 19 Conference registration early-bird rates close

June 21 Annual Meeting resolutions due to MAFP

July 12 Last day to reserve a discounted room at Grand Traverse Resort and Spa

August 12 KSA: Care of Children

August 14 Annual Meeting (free to members)



Agenda

Subject to change.

SUNDAY, AUGUST 13 continued

11:15 am - 12:15 pm | **BREAKOUT SESSIONS**

A: Updates in Kidney Disease for the Primary Care Physician **CME**

Examine a practical approach for the primary care clinician to detect and manage Chronic Kidney Disease and its complications. This session will focus on novel agents (which currently are not being optimally considered) in addressing CKD progression and CV risk reduction. We will explore best practices for the near future, including use of SGLT2 inhibitors, and discuss implications of the new race-free egFR equation and effect on CKD diagnosis. | *Snigdha Reddy, MD, Senior Staff Physician and Nephrologist, Henry Ford Health (Detroit, MI)*

B: Occupational Medicine in Family Practice, You're Already Doing It! **CME**

Family physicians perform a significant number of occupational medicine services in the United States. In fact, up to 25% of all workers' compensation visits are handled by family physicians, depending on state law and patient preference, yet there is not widespread training in OM and the unique issues and challenges it presents. This session will focus on causation, the importance of early return to work, and how to write meaningful and clear work restrictions to benefit both employer and patient. We will also discuss safety implications of treatments and/or conditions, fitness for duty principles, and the relationship with HIPAA, ADA, and other regulations. Plus, learn how performing OM services can provide a significant boost to a practice. | *Michael Berneking, MD, FAAFP, FACOEM, FAASM, Medical Director, Bronson ProHealth (Kalamazoo, MI)*

12:15 - 1:15 pm

Lunch on Your Own

Enjoy lunch on your own or with new friends and colleagues. On-property options include The Grille (at the golf course), Jack's Taproom, Sweetwater American Bistro, Grand Lobby Bar, or a quick grab-and-go at the Marketplace. For more information, visit grandtraverseresort.com/dining/overview.

1:15 - 2:15 pm | **BREAKOUT SESSIONS**

A: Navigating and Surviving: Managing Patient Care Through a Mass Shooting **CME**

How do family physicians balance their patients' mental and physical well-being and their own wellness in a time of unimaginable crisis? During this session, you will hear from a family physician as she shares how she managed to prioritize her patients and herself during an unimaginable crisis in the moments, days, and months after a mass shooting. | *Rachel Klamo, DO, FAAFP, Chief of Family Medicine, Ascension Providence Rochester Hospital, Ascension Medical Group (Oxford, MI)*

B: Osteoporosis and Osteopenia: Preventing and Treating Bad Breaks **CME**

Osteopenia, osteoporosis, and osteoporotic fractures affect one in two women and one in five men. Women endure more osteoporotic fractures than heart attacks, strokes, and breast cancer cases combined. Simple studies can screen for osteopenia and several medications are approved to prevent and treat osteoporosis and the fractures that are all too common. We will explore screening and treatment recommendations, including nutrition, exercise, and medications. | *David Walsworth, MD, FAAFP, Assistant Chair of Clinical Affairs and Associate Professor, Department of Family Medicine, Michigan State University College of Human Medicine (East Lansing, MI)*

Agenda

Subject to change.

SUNDAY, AUGUST 13 continued

2:25 - 3:25 pm | **BREAKOUT SESSIONS**

A: Physician Wellness: Personal Health Improvement Plan Workshop CME

This session is a follow-up to the plenary lecture on physician wellness, a key component of delivering high quality patient care, carrying out professional responsibilities effectively and efficiently, and supporting physicians to advance family medicine. This interactive workshop will help you formulate your own personal health improvement plan, utilizing the concept of quality improvement. Discussion will focus on how to formulate a personal health improvement plan, using the concept of root cause analysis, SMART goals, and PDSA cycle (Plan-Do-Study-Act). | *Sahoko Little, MD, PhD, Clinical Assistant Professor, University of Michigan (Ann Arbor, MI) and Elizabeth Albright, DO, Clinical Assistant Professor, Ambulatory Health Informatics Provider University of Michigan Health-West, and Team Physician for Grand Valley State University, Grand Rapids Griffins and Allendale High School (Grand Rapids, MI)*

B: Skin Cancer: Prevention, Skin Examination, and Treatment Updates CME

Gather valuable and up-to-date information on important topics related to skin cancer. Learn how to perform a screening skin examination to detect cancerous and precancerous skin lesions, make recommendations to reduce the likelihood of additional cancerous and precancerous skin lesions, choose at least two appropriate treatments for precancerous skin lesions, and understand the benefits and limits of teledermatology. | *Daniel Stulberg, MD, FAFAP, Professor and Chair of the Department of Family & Community Medicine, Western Michigan University, Homer Stryker M.D. School of Medicine (Kalamazoo, MI)*

3:30 - 5 pm

Advocacy in Your Academy CME

Get an all-encompassing update on legislative and regulatory changes in Michigan, highlighting changes of the past year, MAFP's key role in the adoption of these changes, and happenings within the Michigan Board of Medicine and Michigan Board of Osteopathic Medicine and Surgery. Finally, we will look at bills that have been introduced during the current legislative session and evaluate the impact they could have on family medicine while discussing the work being done at the professional lobbying level and how grassroots efforts fit into effective messaging. | *Jessica Heselschwerdt, MD, Advocacy Committee Chair, Michigan Academy of Family Physicians, Beaumont Family Medicine (Sterling Heights, MI) and Matt Black, Director of Government Relations, Michigan Academy of Family Physicians (Okemos, MI)*

6 - 8 pm

Michigan Family Medicine PAC Mixer \$ *One ticket per \$150 contribution*

Mix and mingle with your peers, colleagues, and friends as you support the Michigan Family Medicine Political Action Committee and enjoy appetizers and drinks. Space is limited, so secure your place early.



FAMILY MEDICINE PAC

Look for opportunities throughout the conference to support your PAC—100% of our fundraising proceeds benefit this voluntary political action committee. It is only through MAFP member contributions that FMPAC can strengthen the voice of family medicine in the State Legislature and amplify your Academy's work to ensure state policies and laws protect patients, the practice of family medicine, and the specialty.

Agenda

Subject to change.

MONDAY, AUGUST 14

6 am - 5:30 pm

Conference Registration & Information Desk Open

6:30 - 7:30 am | **BREAKOUT SESSIONS**

A: Population Health and Emerging New Models of Care CME

Improving the health of the population through managing clinical outcomes has emerged as fundamental to the development of new payment models. In this session, we will discuss the principles of managing populations to achieve optimal clinical outcomes and maximum reimbursement starting by reviewing the economics of the value equation, population health, and integrated practice units. We will end with a preview of healthcare in 2030 and provide strategies for preparing for the many changes to come. | *Michael S. Kobernick, MD, MS-HAS, MS-PopH, FAAFP, Senior Medical Director, Blue Cross Blue Shield of Michigan (Huntington Woods, MI)*

B: Address Your Stress: Using Mindful Stress Release for Physician and Patient Well-Being CME

Dedicate some time to understand mindfulness, review the science behind stress, and become familiar with common mindful meditation practices. Learn more about heart rate variability as a biofeedback mechanism to help gauge stress management and develop an understanding of common practices for releasing stress, such as guided meditation and deep breathing techniques. *Zhiling Trowbridge, MD, Medical Director, Integrative Wellness Grand Rapids (Grand Rapids, MI)*

7:30 - 8:30 am

Networking Breakfast

Nourish your body and soul with a delicious and energizing breakfast as you connect with colleagues and friends.

8:30 - 9:30 am | **KEYNOTE SESSION** CME

AAFP Update: Family Physicians Inspiring Positive Change

Discover American Academy of Family Physicians' plans for ongoing advocacy on behalf of family physicians and patients to inspire positive change as it continues to transform healthcare in the United States with the goal of achieving optimal health for all. Learn about your professional association's strategic priorities and advocacy work regarding payment reform, practice transformation, reducing administrative burden, and preserving physician well-being.

Tochi Iroku-Malize, MD, MPH, MBA, FAAFP, a family physician in Long Island, New York, is president of the American Academy of Family Physicians. She is the founding chair and a professor of family medicine for the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell in Hempstead, New York, and senior vice president and chair of the family medicine service line for Northwell Health. In this role, she oversees four family medicine residency programs, three fellowships, with nearly 100 residents, 380 medical students and 500 family physicians spread across 23 hospitals.



Register Today!

Agenda

Subject to change.

MONDAY, AUGUST 14 continued

9:30 - 10:30 am | BREAKOUT SESSIONS

A: Breathtaking New Updates in Asthma Care CME

There has been a paradigm shift in our understanding of the implications of using short-acting beta-agonists in asthma care. As a result, significant changes in practice are needed to embrace these new treatment approaches. During this session we will discuss how to implement the new guidelines into clinical practice. | *Njira Lugogo, MD, Associate Professor, Internal Medicine, University of Michigan (Ann Arbor, MI)*

B: Healthcare Identification and Response to Intimate Partner Violence CME+

Intimate partner violence is a pervasive health problem with significant health consequences that family physicians are key to addressing. Through a review of simulated physician-patient encounters, you will learn practical clinical and interviewing skills for identifying and responding to IPV in your practice. We will also discuss prevalence, associated health conditions, documentation, and patient outcomes. | *Vijay Singh, MD, MPH, MS, FAAFP, Clinical Associate Professor, University of Michigan Medical School (Ann Arbor, MI)* | **Contributes toward the State of Michigan's medical ethics CME requirement for medical licensure.**

10:45 - 11:45 am | BREAKOUT SESSIONS

A: Changing the Equation: Racism in Medical Decision-Making CME+

Race is used in many measurements and algorithms in medicine, some of which clinicians are unaware. This session will highlight some of those uses and the and how they impact health disparities and present alternatives. | *Kari Beth Watts, DO, Assistant Professor, Western Michigan University Homer Stryker M.D. School of Medicine (Kalamazoo, MI) and Kristi VanDerKolk, MD, Program Director and Assistant Professor, Western Michigan University Homer Stryker M.D. School of Medicine (Kalamazoo, MI)* | **Contributes toward the State of Michigan's implicit bias CME requirement for medical licensure.**

B: Documentation and Coding for the Future of Family Medicine CME

The landscape of healthcare payment is moving rapidly toward pay for performance and value-based purchasing. While providing competent, compassionate, and comprehensive care is universal and timeless, the skills required to succeed in these new payment models are very different from those of fee for service. We will explore these new models and the skills they require. | *David Walsworth, MD, FAAFP, Assistant Chair of Clinical Affairs and Associate Professor, Department of Family Medicine, Michigan State University College of Human Medicine (East Lansing, MI)*

11:45 am - 1:45 pm

MAFP Annual Meeting & Lunch

Help shape the future of your profession and have your voice heard! Lunch will be served while you discuss and vote on bylaws changes and resolutions, hear presentations on the state of the Academy, and elect new officers and directors of the MAFP Board. AAFP President Tochi Iroku Malize, MD, MPH, MBA, FAAFP will then install the MAFP Board of Directors and confer Michigan's newest AAFP Fellows.

For a "how to" on writing and submitting resolutions to be voted on at the Annual Meeting, visit mafp.com/mafp-annual-meeting. All MAFP members in good standing are eligible to submit resolutions (due to MAFP by June 21) and vote during the meeting.

Agenda

Subject to change.

MONDAY, AUGUST 14 continued

2 - 3 pm | BREAKOUT SESSIONS

A: Building a Personal Brand for the 21st Century Physician **CME**

Many physicians currently shy away from social media and even traditional media interviews. However, having a social media and traditional media presence can significantly help family physicians grow their own personal brand. This, in turn, can help physicians connect with current patients and attract new patients to their practice. Having a strong personal brand can also help family physicians communicate relevant health information with the broader community and maintain career longevity.

Paul Thomas, MD, Family Physician and Owner, Plum Health DPC (Detroit, MI)

B: Latest in Type 2 Diabetes Management **CME**

This case-based session will focus on how to incorporate both type 2 diabetes medication management and lifestyle changes into the practice of family medicine. We will discuss the newest clinical guideline updates and how to integrate them in the primary care setting. Finally, we will identify the additional benefits that can be gained from current diabetes medications.

Leigh Morrison, MD, Assistant Professor, Michigan Medicine (Ann Arbor, MI) and Jonathan Gabison, MD, Assistant Professor, Michigan Medicine (Ann Arbor, MI)

3:10 - 4:10 pm

Pain Is Inevitable, Suffering Is Optional **CME+**

While the current reimbursement system limits the availability of multidisciplinary approaches to pain involving psychologists, physical therapists, occupational therapists, and medical providers, family physicians can play an important role in educating and helping patients best manage chronic pain. During this interactive session we will discuss the modern biopsychosocial models of pain, including how language matters, and we will review the evidence for pharmacologic and non-pharmacologic treatments of chronic pain. *Philip Baty, MD, Family Physician, Mary Free Bed (Grand Rapids, MI)* | **Contributes toward the State of Michigan's pain and symptom management CME requirement for medical licensure.**

Join Us - Monday August 14!

5 - 6 pm

Cocktail Reception

Informally socialize with colleagues to kick off a night of celebration. Attendees registered for the Michigan Family Medicine Celebration Dinner & Awards will receive one beverage ticket. Cash bar will be open.

6 - 8 pm **\$**

Michigan Family Medicine Celebration Dinner & Awards

Enjoy a special dinner as we recognize the 2023 "Academy" Awards winners. We will also thank the outgoing MAFP and FMFM presidents for their leadership and welcome the incoming leaders as they step into their presidential seats.

\$150 per conference registrant and adult guest; \$50 per child guest 6-12 years; free for children 5 years and under.

8:30 - 9:30 pm **\$**

Family Medicine Foundation of Michigan VIP Afterglow

This exclusive event is a "thank you" to supporters for donations they have made to Family Medicine Foundation of Michigan between July 11, 2022, and August 14, 2023, to help advance the specialty in Michigan. Cocktails will be served. To donate, visit mafp.com/foundation.

One ticket per \$275 donation to FMFM.

Hosted by:



Beena Nagappala, MD, MPH
MAFP President-elect



Srikar Reddy, MD, FAAFP
FMFM Incoming President

Agenda

Subject to change.

TUESDAY, AUGUST 15

6 - 11 am

Conference Registration & Information Desk Open

6 - 7:30 am

Networking Breakfast

Enjoy good food—and food for thought—as this breakfast provides an opportunity to connect with colleagues.

6:30 - 7:30 am | BREAKOUT SESSIONS

A: Initial Approaches to Transgender Healthcare CME+

This session is designed as an early introduction for family physicians to the care of transgender and gender diverse patients. We will focus on appropriate terminology, hormonal and preventive healthcare, and application to individual patient care. *Kristi VanDerKolk, MD, Program Director and Assistant Professor, Western Michigan University Homer Stryker M.D. School of Medicine (Kalamazoo, MI) | [Contributes toward the State of Michigan's implicit bias CME requirement for medical licensure.](#)*

B: Exercise as Medicine CME

Physical activity/exercise is undoubtedly the most important tool we have as primary care physicians to both prevent and treat most diseases. We are at the forefront to inform our patients on the importance of exercise as well as provide them with the necessary tools to take charge of their health. By assessing every patient's level of physical activity, family physicians can effectively provide feedback and guidance on why and how this can be optimized on an individualized basis. In doing so we can provide an individualized prescription to empower our patients, without even having to visit the pharmacy. | *Garrett Roe, MD, Clinical Instructor, Michigan Medicine (Ann Arbor, MI)*

7:40 - 8:40 am

Vaccine Hesitancy: What Do We Know and How Do We Address It? CME

The scope of vaccine hesitancy spans individual, community, state, national, and global levels. This will be the basis for our discussion, as will what we know about the differences between urban and rural populations in relationship to vaccine hesitancy. Plus, learn motivational interviewing techniques that may be helpful in addressing vaccine hesitancy amongst your own patients. *Robin O'Meara, MD, FAAFP, Program Director, Corwell Health West (Grand Rapids, MI) and Lauren Snyder, MD, Associate Program Director, Corewell Health West (Grand Rapids, MI)*

8:45 - 9:45 am

Pearls in Chronic and Complex Pain Treatment, Addiction Medicine, and More CME+

In this practical and interactive session, learn experts' best practices for managing chronic and complex pain, addiction, and opioid use disorder. Learning will begin with the differences between chronic and complex pain, followed by different treatment modalities in pain management. Finally, presenters will identify and share pearls in treatment and management of addiction and opioid use disorder. | *Kim Yu, MD, FAAFP, Regional Medical Director, Aledade (Bethesda, MD) | [Contributes toward the State of Michigan's pain and symptom management CME requirement for medical licensure.](#)*

9:50 - 10:50 am | CLOSING SESSION

Adolescent Anxiety, Depression, and Suicide Risk CME

Attend this session to discuss, through case studies, the assessment and management of anxiety, depression, self-harm, and suicide risk in youth, facilitated by a child and adolescent psychiatrist who works with the statewide MC3 program. | *Joanna Quigley, MD, Associate Professor of Psychiatry and Pediatrics, Medical Director, Child & Adolescent Ambulatory Psychiatry and Addiction Treatment Services University of Michigan (Ann Arbor, MI)*

Grand Traverse Resort and Spa

Activities & Amenities

Escape the rigors of everyday life, disconnecting and discovering the bounty of somewhere new, somewhere miles away from ordinary. Satisfy all your senses.

SPLASH!

With two indoor pools, one outdoor pool, an indoor water playground, a private beach on Lake Michigan's Grand Traverse Bay, as well as watercraft rentals and three hot tubs, the resort is perfect for water lovers and families.

THWACK!

Enjoy three different golf courses, The Bear, The Wolverine, and Spruce Run, each offering varying levels of challenge. Practice on the expansive putting green and driving range or sign up for The Golf Academy. Don't forget to check out The Grille restaurant for lunch or dinner and outdoor seating overlooking #18 on The Bear.

AHHH...

The Spa Grand Traverse believes in bringing the natural beauty of Northern Michigan to each relaxing, rejuvenating experience. Treatments such as massage, skin care, nail care, and hair artistry feature natural products to help restore your vitality and renew your senses.

YUM

With seasonal menus taking advantage of fresh local produce, you have access to some of the best dining in the region at Grand Traverse Resort and Spa. Aerie Restaurant and Lounge is located on the 16th floor of the tower and offers panoramic views of Grand Traverse Bay. The Grill (at the golf Clubhouse) offers outdoor dining, Jack's Taproom offers craft beer and upscale pub fare, Sweetwater American Bistro is great for families, grab your favorite beverage at the Grand Lobby Bar, or you can pick up a quick coffee and snack to go at Marketplace.

GET MOVING

Fitness and well-being are important. The 100,000-square-foot Health Club provides access to a comprehensive fitness and activity facility, including five indoor tennis courts!

FUN FOR THE FAMILY

No one will be bored in the Den featuring an arcade, bowling, virtual reality, axe throwing, and an escape room.

RETAIL THERAPY

After a sugar rush at Whirligigs Candy & More, explore the stores in the Tower Gallery of Shops. You'll find enticing merchandise, from clothing for children and adults to local gifts, logo wear, toys, and more.

TAKE YOUR CHANCES

Visit one or both nearby casinos, Turtle Creek and Leelanau Sands. The resort offers a complimentary shuttle to Turtle Creek.



Learn more about the region and activities: traversecity.com/things-to-do/top-activities/.

General Conference Information

REGISTRATION RATES

The full conference registration rate (page 16) includes:

- Access to all CME sessions
- Complimentary on-demand CME package, accessible after the conference
- On-site and on-demand sessions include CME required by the State of Michigan for licensure
- Admission to the Expo Hall
- Drinks and appetizers at the Family Medicine Welcome Expo & Cocktail Reception on Saturday, August 12
- Expo Hall breakfast and coffee break experience with exhibitors on Sunday, August 13
- Breakfast with networking time on Monday, August 14 and Tuesday, August 15
- Lunch during the MAFP Annual Meeting on Monday, August 14

GUEST REGISTRATION

All guests of attendees must register to participate in any ticketed events (pricing included in agenda descriptions). Payment due during online registration.

PAYMENT

Payment is required to process your registration. Payment by MasterCard, Visa, American Express, or Discover is accepted.

REGISTRATION CONFIRMATION

Once your registration has been processed, you will receive a registration confirmation email and a payment confirmation email from info@mafp.com. If you do not receive these emails within 24 hours after registering, contact Sarah Pinder at spinder@mafp.com. To help ensure you receive email from MAFP, add info@mafp.com to your safe sender's list.

CONFERENCE CANCELLATION/REFUND

Cancellation and refund requests must be submitted in writing to info@mafp.com. An administrative fee of \$50 will be deducted from all cancellations and refunds. The final date for refunds is **July 12**.

CONFERENCE MATERIALS

Hard copy materials will not be printed. All conference information will be included on the conference app, accessible for downloading in Google Play or Apple App Store. More information on downloading the conference app will be sent to you prior to the conference. You are encouraged to bring a laptop, tablet, or other mobile device to the conference and download the conference app prior to attending the conference.

DIETARY & ACCESSIBILITY NEEDS

If you have special dietary requirements, food allergies, and/or accessibility needs, please indicate them when registering for the conference.

CONFERENCE ATTIRE

Conference attire is business casual. Cocktail or business formal attire is appropriate for the Michigan Family Medicine Celebration Dinner & Awards on Monday evening, August 14.

CONSENT

Registration and attendance at MAFP / Family Medicine Foundation of Michigan events constitutes consent for MAFP to use and distribute (both now and in the future) your image or voice in photographs, videotapes, electronic reproductions, and audio tapes of such events and activities.



EXPO HALL

While at the conference, you will have more than three hours to meet with exhibitors to learn about their products, services, and/or resources.

Representatives attend our annual conference in support of Michigan family physicians and the family medicine specialty. When you visit the Expo Hall on August 12 & 13, be sure to thank the exhibitors for their support.

Organizations are already committing to sponsor and/or exhibit. Please share the opportunity with partnering companies and organizations and invite them to visit mafp.com for information and rates—and for the most up-to-date list of sponsors and exhibitors, continually being updated between now and the conference.

QUESTIONS? Contact Sarah Pinder, MAFP Director of Member Engagement, at spinder@mafp.com or 517.664.9083.

Conference Registration

Register Today!

REGISTER ONLINE:
mafp.com/events

This conference is intended for family physicians, family medicine residents, and medical students.



Scan for more info

Can't attend the full conference? Customize to your schedule—one and multi-day rates are available

Full Conference Rate:
 Sat 8/12 - Tues 8/15

Early
 by 5/19

Regular
 5/20-8/12

AAFP/MAFP MEMBER

FAMILY PHYSICIAN MEMBER		
Full Conference Rate	\$550	\$600
Daily Rate	\$150/Sat; \$225/day	\$175/Sat; \$250/day
LIFE MEMBER		
Full Conference Rate	\$475	\$525
Daily Rate	\$100/Sat; \$175/day	\$125/Sat; \$200/day
RESIDENT / STUDENT / TRANSITIONAL MEMBER		
Full Conference Rate	\$275	\$325
Daily Rate	\$90/Sat; \$170/day	\$115/Sat; \$195/day

NON-MEMBER

FAMILY PHYSICIAN NON-MEMBER		
Full Conference Rate	\$675	\$725
Daily Rate	\$225/Sat; \$300/day	\$250/Sat; \$325/day
STUDENT / RESIDENT/ TRANSITIONAL NON-MEMBER		
Full Conference Rate	\$300	\$350
Daily Rate	\$125/Sat; \$200/day	\$150/Sat; \$225/day

(AAFP / MAFP membership is FREE for all students—apply for membership at mafp.com/membership)

Student & Resident Event Scholarships

SPONSOR A STUDENT / RESIDENT OR APPLY FOR A SCHOLARSHIP!

Family Medicine Foundation of Michigan's Student & Resident Event Scholarship Fund—funded 100% by donations—makes it possible for student and resident members of MAFP to attend the Michigan Family Medicine Conference & Expo to learn, network, and explore family medicine.

A scholarship covers the early-bird registration fee its included sessions and events. Each donor is matched with a student/resident, whom they will have the opportunity to meet during the conference. Unused donations are reserved for scholarships for other Family Medicine Foundation of Michigan events, such as the Michigan Future of Family Medicine Student Conference held in the fall.

Indicate your donation when you register for the conference or go to mafp.com/foundation. Every \$275 donation earns one entry ticket to the exclusive Family Medicine Foundation of Michigan VIP Afterglow on Monday evening, August 14.

To apply for a scholarship, email dlawrence@mafp.com. Scholarships are awarded on a first-come, first-served basis, and the number of scholarships available is dependent on the donations received.