



22nd Annual Frontiers in Pediatrics

December 6-8, 2019
Francis Marion Hotel
Charleston, South Carolina

Presented by the
Medical University of South Carolina
Department of Pediatrics
Office of Continuing Medical Education

If you can't attend, please pass this along to a colleague or friend!



Course Description

The Division of General Pediatrics, MUSC - Department of Pediatrics, is pleased to present a three-day Continuing Medical Education Course designed to meet the needs of pediatric primary care practitioners, including Pediatricians, Family Physicians, and Nurse Practitioners. The course is organized to allow extensive discussion with presenters by limiting pure lecture presentations.

Learning Objectives: At the completion of this conference you should be able to achieve the objectives listed under each topic. The conference will be presented in lecture format with question and answer sessions. Small group workshops will be held on Saturday afternoon.

Credit Designation

The Medical University of South Carolina designates this live activity for a maximum of **16.0 AMA PRA Category 1 Credit(s)TM**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for Continuing Medical Education credits has been filed with the American Academy of Family Physicians. Determination of credits is pending.

Nurses: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for **16.0 AMA PRA Category 1 Credit(s)TM**.

PLEASE NOTE: You now receive your CME and CEU credits online! After the conference, you will be emailed instructions and a link to claim your credit online and print your credit certificate. On the registration form, please provide the email address that you actively use to ensure that you receive these important emails.

Accreditation

The Medical University of South Carolina is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for Physicians.

Disclosure Statement

In accordance with the ACCME Essentials and Standards, anyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interest in the healthcare industry. This information will be made available to participants at the beginning of the activity. Speakers who incorporate information about off label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

Americans with Disabilities Act

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at (843) 876-1925 or attach a note to your registration.

Online Syllabus

In our efforts to "go green", we are offering a **reduced registration (\$40 off the registration fee)** if you choose to access the electronic conference syllabus online. Information will be emailed to you the week prior to the conference so that you may download a copy, and have access to the online version during and following the conference. By choosing this option, you can select the reduced conference registration fee marked on the online and paper registration. However, you will not receive a printed syllabus book. If you would like the printed syllabus, select the full registration fee.





Conference Director

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 Perelman School of Medicine at the
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Ramin Eskandari, M.D.
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Tracy W. Halasz, MSN, APRN, CPNP, PMHS
 Foster Care Support Clinic
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 Associate Professor
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Sarah H. Mennito, M.D.
 Associate Professor
 Department of Pediatrics and Internal
 Medicine

Michelle Meglin, M.D.
 Assistant Professor
 Department of OB/GYN

Robert F. Murphy, M.D.
 Assistant Professor
 Department of Orthopaedics and
 Physical Medicine
 Chief, Pediatric Orthopaedics

Harris S. Slone, M.D.
 Assistant Professor
 Department of Orthopaedic Surgery
 MUSC Health Sports Medicine

Elizabeth M. Wallis, M.D., MSHP
 Assistant Professor
 Director, Division of Adolescent Medicine
 Department of Pediatrics

C. Wayne Weart, Pharm.D., BCPS, FASHP, FAPhA
 Professor Emeritus Department of Clinical
 Pharmacy and Outcome Sciences
 Professor of Family Medicine
 SC College of Pharmacy - MUSC Campus

Kelli W. Williams, M.D., MPH
 Assistant Professor of Allergy and
 Immunology
 Department of Pediatrics



Twenty-Second Annual **Frontiers in Pediatrics**

Course Schedule

At the end of each presentation, learners should be better able to fulfill the respective objectives stated.

Friday, December 6

7:15 **Registration and Breakfast**

7:55 **Welcome**

8:00 **Primary Care Pediatric Dermatology Tips and Tricks, *Albert C. Yan, M.D.***

Review important features and clinical associations of congenital melanocytic nevi, port wine stains, hemangiomas and epidermal nevi; Review current treatment options for molluscum contagiosum, warts, acne and atopic dermatitis.

9:00 **Clinical Conundrums of Pediatric Food Allergy, *Kelli W. Williams, M.D., MPH***

Review risk factors for the development of food allergy in children; Identify which risk factors are modifiable and may prevent the development of food allergy; Explain the mechanism, indications for, risks, benefits and limitations of allergy testing.

10:00 **Break**

10:30 **Abnormal Uterine Bleeding and Dysmenorrhea in Adolescents, *Michelle Meglin, M.D.***

Diagnose abnormal uterine bleeding and dysmenorrhea in adolescents; Perform initial evaluation of abnormal uterine bleeding and identify patients who should be evaluated for a bleeding disorder; Initiate treatment for abnormal uterine bleeding and dysmenorrhea; Identify patients who would benefit from referral to gynecology.

11:30 **Trending Skin Issues Among Teens and Tweens Popularized by Social Media, *Albert C. Yan, M.D.***

Review the mechanisms that cause social media-associated behaviors that can result in skin injury; Recognize skin injury patterns associated with social media-associated skin challenges.

12:30 **Lunch on your own**

1:45 **Pediatric New Drug Update 2019, *C. Wayne Weart, Pharm.D.***

Discuss the FDA Warnings and label changes that relate to medication safety and how this information should be applied in the selection and monitoring of evidence-based pharmacotherapy to achieve better patient related outcomes; Describe the current information concerning newly FDA approved medications (pharmacology, pharmacokinetics, efficacy and safety data, drug interactions, dosing, monitoring and cost) in the selection of evidence-based pharmacotherapy; Compare and contrast these selected newer agents to the existing therapies and be able to recommend an appropriate medication regimen for a specific patient.

2:45 **Screening Adolescents for Substance Abuse, *Sarah Bradford, M.D.***

Discuss the importance of screening for substance use for adolescent patients; Perform SBIRT (Screening Brief Intervention and Referral to Treatment); Use the FRAFFT screening tool in a primary care office setting.

3:45 **Break**

4:15 **Pediatric Concussions - We've Come So Far, Yet Understand So Little, *Ramin Eskandari, M.D.***

Implement management of pediatric patients with mild head injury and concussion based on the newest consensus guidelines; Recount the history of concussion management and why it has evolved; Anticipate some upcoming changes and novel technologies which could help us learn more about pediatric concussion.

5:15 pm **Adjourn**





Twenty-Second Annual Frontiers in Pediatrics

Course Schedule Continued

At the end of each presentation, learners should be better able to fulfill the respective objectives stated.

Saturday, December 7

- 7:30 **Registration and Breakfast**
- 7:55 **Welcome**
- 8:00 **Outpatient Antibiotic Stewardship: Rationale and Best Practices for Common Infections, *Matthew Kronman, M.D.***
Explain the reason for antibiotic stewardship programs; Define how outpatient antibiotic stewardship can be tracked and monitored; Describe optimal antibiotic selection for common outpatient conditions.
- 9:00 **Insomnia Impacts and Treatment Options, *Eric M. Matheson, M.D.***
Explain the potential health impact associated with chronic insomnia; Outline the key components of cognitive behavior therapy for chronic insomnia; Counsel patients on supplemental activities that may improve sleep quality; Identify adjunct medications that may be considered safe to use for treatment of insomnia that does not respond to CBT and other nonpharmacologic techniques.
- 10:00 **Break**
- 10:30 **Outpatient Antibiotic Stewardship: Effective Strategies for Success, *Matthew Kronman, M.D.***
Describe delayed antibiotic prescribing techniques; Institute behavioral nudges to improve antibiotic prescribing; Describe communications best practices to optimize antibiotic prescribing.
- 11:30 **Be a Multi-Disciplinary Obesity Treatment Program of One, *Joseph Skelton, M.D.***
Recall how to safely address weight with children, adolescents, and parents, including: appropriate language and preferred terminology; safe approaches to pediatric weight management; and measuring progress; Recognize the lesser known aspects of family-based weight management in children: developmental stages, communication within families, difficult in-clinic interactions, parent modeling of behaviors, setting achievable goals together
- 12:30 **Lunch on your Own**
- 2:00 **Optional Workshops**
- 4:15 **Adjourn** (adjourn 5:00 pm for Sports Medicine)

Please see following page for
Saturday Afternoon Workshop options!

Sunday, December 8

- 7:30 **Registration and Breakfast**
- 7:55 **Welcome**
- 8:00 **Common Pediatric and Adolescent Spine Conditions, *Robert F. Murphy, M.D.***
Describe the pediatric spine exam using orthopaedic nomenclature; Perform a screening neurologic exam; Review the presentation of scoliosis and back pain; Identify which patients may benefit from screening imaging; Identify which patients may benefit from pediatric orthopaedic referral.
- 9:00 **CBD Oil: Current Uses, Supporting Science, and Where We Are Headed, *Emma Carter, M.D.***
Discuss the history of CBD oil and the science behind it; Identify the current uses of CBD oil; Describe the Future indications of CBD oil.
- 10:00 **The Yin and Yang of Nicotine Vaping, *K. Michael Cummings, Ph.D., MPH***
Identify the evolving nicotine vaping marketplace in the United States; Identify who is using nicotine vaping products and reasons for use; Outline possible safety and health concerns for children and adults exposed to nicotine vaping products; Discuss how nicotine vaping products are being regulated by federal, state, and local jurisdictions.
- 11:00 **Adjourn until 2020**



Saturday Afternoon Workshops

1-HOUR WORKSHOPS - Choose Two. Session 1: 2:00-3:00 pm; Session 2: 3:15-4:15 pm.

Workshop 1: Transitions of Care: Developing a Practice Plan

Sarah H. Mennito, M.D. and Shannon Leung, M.D., MPH

Learning Objectives: Initiate transition of care discussions with adolescents and their families; Institute processes within their practice to formalize transitions of care to adult medicine; Prepare an adolescent for transfer of care to an adult provider

Workshop 2: Trauma, Stress and ACEs: What Do I Need to Know to Actually Help My Patients?

Elizabeth M. Wallis, M.D., MSHP and Tracy W. Halasz, MSN, APRN, CPNP, PMHS

Learning Objectives: Identify symptoms of trauma and PTSD and overlap with other psychiatric diagnoses; Express confidence in screening for trauma; Recall the evidence-based treatments available for trauma and PTSD and how to access these treatments for patients.

2-HOUR WORKSHOPS - Choose One. Saturday, 2:00-4:00 pm. *You may not attend any other workshops.*

Workshop 3: Pediatric Obesity in Primary Care: The Brenner FIT® Method

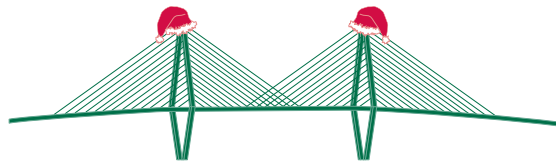
Joseph A. Skelton, M.D., MS and Melissa Moses, RD, MS

Learning Objectives: Explain why restrictive and pressuring feeding approaches do not work; Explain Satter's Division of Responsibility model and how to apply the model; Identify techniques for meal planning with patients and families, including the balanced plate and discussion of cooking techniques

Workshop 4: Evaluation and Treatment of Common Pediatric Injuries. LIMIT 60 PEOPLE.

Harris S. Slone, MD; Alec O DeCastro, MD; Michael J. Barr, PT, DPT, MSR

Learning Objectives: Describe mechanisms of injury and clinical presentation for common pediatric sports related injuries of the ankle, knee, back and shoulder; Demonstrate examination techniques to support the diagnosis of common pediatric sports related injuries of the ankle, knee, back and shoulder; Determine what imaging studies should be ordered and when to refer to a sports med/orthopaedic surgeon or to physical therapy; Through review of specific case reports, formulate an appropriate initial management and treatment plan for common pediatric sports related injuries of the ankle, knee, back and shoulder; Discuss and review new clinical practice guidelines for high blood pressure in children and adolescent athletes, including applying guidelines to pre-participation sports physicals and well-child care



Holiday Magic in Historic Charleston

Holiday Festival of Lights

November 15, 2019 - January 1, 2020

James Island County Park

The journey begins with a magical drive along 3 miles of forest paths aglow with light sculptured art. With over 600 displays located throughout the park, the Holiday Festival of Lights is a magical sight to see!

As you drive, surprises spring from behind every bend...a shrimp boat afloat on the horizon...a towering oak reaching skyward with boughs illuminated against the night sky.

Local history looms larger than life with a Charleston Row House and Old Man Winter showers oaks with his icy breath.

Travel down memory lane, where storybook sea creatures and glittering dinosaurs rise up out of the dark...and mittened children hurl electric snowballs.

You'll soon find a myriad of themes as you wind your way through the park.



Registration Fees

Register by September 30, 2019 for the Early Bird Rate!

	Early Bird (on or before 9/30)	Full Rate (on or after 10/1)	Limited Availability! On-Site
Physician in Practice (with Printed Syllabus)	\$535	\$585	N/A
Physician in Practice (with Online Syllabus)	\$495	\$545	\$595
Retired, Resident, NP, RN, PA, Other (with Printed Syllabus)	\$460	\$510	N/A
Retired, Resident, NP, RN, PA, Other (with Online Syllabus)	\$420	\$470	\$520

The fee includes continental breakfasts, coffee breaks, access to online course syllabus and/or printed course syllabus and credit processing.
Note: Those who opt for an online syllabus only will save \$40.00!

Please make your check payable to Medical University of South Carolina and mail with the registration form included in this brochure to:
Elizabeth Gossen, MUSC Office of CME, 96 Jonathan Lucas Street HE 221A, MSC 754, Charleston, SC 29425

Pre-registrations will be accepted until December 2, 2019 or until conference capacity is reached. After December 2, you must call the MUSC Office of CME at 843-876-1925 to see if space is still available. If space is still available, you must register on-site, at an increased registration rate.

Cancellations

A refund will be made upon written request prior to **November 6, 2019**; however, \$100.00 will be retained for administrative costs. No refunds will be made after November 6, 2019. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for cancelled programs. The Medical University of South Carolina cannot be responsible for reimbursement of airline or other transportation fares, hotel or rental car charges, including penalties. ***By registering for this conference, you acknowledge and agree to this cancellation policy.***

Hotel Information

The Francis Marion Hotel
387 King Street, Charleston, SC 29403

The Francis Marion Hotel, historic Charleston's landmark full service hotel, is in the heart of Charleston's historic district. Located at the newly restored Marion Square, the Francis Marion Hotel is only a few blocks from the Charleston Visitor Center, South Carolina Aquarium, restaurants, boutiques, galleries, museums, antique shops and night life. The hotel offers valet parking, spa, concierge, retail shops and the Swamp Fox Restaurant & Bar.

Special group rates start at **\$179.00**, plus tax, per night. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until Monday, November 4, 2019 however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservation as soon as possible. Reservations can be made by calling the hotel directly at 843-722-0600 or 877-756-2121 and identifying yourself as being a participant in this meeting, or by following the online directions below.

Link for online reservations:

<https://reservations.travelclick.com/76320?groupID=2393020>

Online Booking Code:

FRONTIERS19

Parking: Valet parking at the hotel is available at \$25.00 plus tax, per day and can be added to your guest folio. In addition, self-parking is available at \$20.00 per day (cash). Rates are subject to change without notice.



Registration Form

22nd Annual Frontiers in Pediatrics

December 6-8, 2019 - Francis Marion Hotel • Historic Charleston, SC

By completing this form, you agree to the cancellation policy outlined in the brochure.

Last Name (please print clearly) _____ First Name _____ Middle Initial _____
☐ MD ☐ DO ☐ NP ☐ PA ☐ Other (specify) _____

Email (Please provide your active email address to ensure proper receipt of all CME credit documentation) _____

Address _____

City _____ State _____ Zip _____

Office Telephone _____ Office Fax _____ ID Number (last four digits of your SSN) _____

☐ I do NOT want my name included on the list of participants that will be handed out at the conference.

What is your primary medical specialty? (Check ONE)

☐ Pediatrics ☐ Family Medicine ☐ Other (specify) _____

Saturday Afternoon Workshops (No additional charge)

Please Choose **Option 1 (two 1-hour workshops)** or **Option 2 (one 2-hour workshop)** for Saturday Afternoon

☐ Option 1: (Select Two 1-Hour Workshops)

Workshop 1: 2:00-3:00 pm (select one)

☐ Transitions of Care: Developing a Practice Plan

☐ Trauma, Stress & ACEs: What Do I Need to Know to Actually Help My Patients?

Workshop 2: 3:15-4:15 pm (select one)

☐ Transitions of Care: Developing a Practice Plan

☐ Trauma, Stress & ACEs: What Do I Need to Know to Actually Help My Patients?

☐ Option 2: (Select One 2-hour workshop)

Workshop 3: 2:00-4:00 pm

☐ Pediatric Obesity in Primary Care: The Brenner FIT® Method

Workshop 4: 2:00-4:00 pm

☐ Evaluation and Treatment of Common Pediatric Injuries, *Limit 60 People*

Please check your tuition category:

	Early Bird (on or before 9/30)	Full Rate (on or after 10/1)	Limited Availability! On-Site
<input type="checkbox"/> Physician in Practice (with Printed Syllabus)	<input type="checkbox"/> \$535	<input type="checkbox"/> \$585	N/A
<input type="checkbox"/> Physician in Practice (with Online Syllabus)	<input type="checkbox"/> \$495	<input type="checkbox"/> \$545	<input type="checkbox"/> \$595
<input type="checkbox"/> Retired, Resident, NP, RN, PA, Other (with Printed Syllabus)	<input type="checkbox"/> \$460	<input type="checkbox"/> \$510	N/A
<input type="checkbox"/> Retired, Resident, NP, RN, PA, Other (with Online Syllabus)	<input type="checkbox"/> \$420	<input type="checkbox"/> \$470	<input type="checkbox"/> \$520

The fee includes continental breakfasts, coffee breaks, access to online course syllabus and credit processing. Please note: Those that choose not to order a printed conference syllabus will save \$40.00 off of their conference registration fee!

Payment must accompany registration.

☐ Check Payable to **Medical University of South Carolina**

☐ Master Card ☐ Visa ☐ American Express ☐ Discover

Cardholder's Name _____

Card Number _____

Expiration Date _____

Please use ONE of these methods to register (do not mail if previously faxed or telephoned):

• **Mail** registration form with check or credit card information to Elizabeth Gossen, MUSC - Office of CME, 96 Jonathan Lucas Street HE 221A, MSC 754, Charleston, SC, 29425 • **Telephone:** (843) 876-1925 - Registration by credit card only • **Fax:** (843) 876-1931 - Registration by credit card only • **Online:** Please visit <https://tinyurl.com/2019-Frontiers-Registration>