### Head for the Hills, 2015

**October 9-10, 2015**

**Breaks, VA**

This program has been approved for up to **8.0 AMA PRA Category 1 Credits™**

#### Friday, October 9, 2015

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speakers</th>
<th>Learning Objectives:</th>
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<tbody>
<tr>
<td>7:00 - 7:50 AM</td>
<td>Breakfast and Registration</td>
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<td>7:50 – 8:00 AM</td>
<td>Welcome and Introductions</td>
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| **8:00 - 8:45 AM** | Curbside Consults, Warm Handoffs, Team Meetings; How to Define and Discuss Billing and Coding Practices | Joel Hornberger, MHS  
*Chief Strategy Officer*
*Cherokee Health Systems*
*Knoxville, TN*  
J. David Bull, PsyD  
*Behavioral Health Consultant*
*Licensed Clinical Psychologist*
*Cherokee Health Systems*
*Knoxville, TN* | • Discriminate Billing and Coding Challenges  
• Define and Discuss Practices and Paying |
| 8:45 -9:30 AM | Getting the Most from Federal and State Loan Repayment Programs: Guidance for Practitioners and Practice Sites | Justin Crow, MPA  
*HPSA Designations & GIS Manager, Office of Minority Health & Health Equity,*  
*Virginia Department of Health,*  
*Richmond, VA* | • Describe HPSA designations and the HPSA designation process  
• Ascertain eligibility for Loan Repayment Programs  
• Select the appropriate Loan Repayment Program with goals & eligibility  
• Navigate the HPSA and LRP landscape |
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| 9:30 - 10:15 AM | Anxious Kids – A Primary Care Approach - Meds & More                     | C. Allen Musil, Jr., MD  
*Medical Director*  
*Frontier Health Inc.*  
*Johnson City, TN* | - Name classes of medication commonly prescribed to treat childhood anxiety  
- Recognize common side effects of SSRI treatment in children  
- List two things a primary care provider can do when interacting with school systems, when treating a child/adolescent with school refusal 2nd to anxiety  
- Identify initiate medication in an anxious child |
| 10:15 - 10:30 AM | Break                                                                   |                                                                             |                                                                       |
| 10:30 - 11:15 AM | WIC                                                                     | Jessica Arney, MS, RD, LD  
*WIC Coordinator*  
*Virginia Department of Health*  
*Cumberland Plateau Health District*  
*Tazewell, VA* | - Identify patients who are eligible for the WIC program  
- Differentiate the WIC program from SNAP  
- Describe the services offered through the WIC program.  
- Give examples of the foods offered through WIC and what purpose they serve in a healthy diet |
| 11:15 - 12:15 PM | Opioid Abuse and Overdose: Recognition and Management                   | S. Hughes Melton, MD, MBA, FAAFP, DABAM  
*Co-Founder, C-Health, P.C.*  
*Lebanon, VA*  
*Physician, Russell County Medical Center, Lebanon, VA*  
*President, Melton Healthcare, Consultants, LLC, Lebanon, VA* | - Describe the process of lay administration of naloxone, including 'Good Samaritan' protection  
- Educate patients and caregivers about opioid overdose emergencies, including identifying causes and risk factors for overdose emergencies  
- Discuss the role of the prescriber in the provision of naloxone overdose kits to patients and caregivers  
- Demonstrate assembly of intranasal naloxone kit or naloxone autoinjector in a simulated opioid overdose |
<p>| 12:15 PM       | Lunch                                                                   |                                                                             |                                                                       |</p>
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| 8:00 - 8:45  | ICD-10 is Here, Now What??                | Debbie Poston, CPC RHC Programs Specialist AMS Software                     | • Describe the protocol for querying physicians  
• Understand the significance of thorough documentation  
• Identify coding challenges |
| 8:45 - 9:15  |                                        | Tim Martin, DDS Owner, Martin Dentistry and the Center for Dental Sleep Medicine Kingsport, TN | • Appreciate the value of an oral appliance as a tool for treating mild and moderate obstructive sleep apnea patients  
• Identify what specific oral anatomy sets the patient up for sleep apnea  
• Articulate appropriate indications for TMJ patient referrals  
• Explain whether antibiotic premedication is recommended before dental work for prosthetic joint patients  
• Detail the dental protocol for patients receiving head/neck radiation for cancer  
• Explain how bisphosphonates affect bone healing following tooth extractions |
| 9:15 - 9:45  | Inexpensive Prescription Medication “Cheap Meds” | Melody Counts, MD Interim Public Health Director Cumberland Plateau Health District Lebanon, VA | • Identify multiple sources of inexpensive prescription medication information for patients  
• Identify why providing such information is important to one’s medical practice |
| 9:45 - 10:30 | ADHD                                       | Roger A. Hofford, MD, FAAFP, CPE Associate Professor of Family Medicine Carilion Clinic Virginia Tech, Carilion School of Medicine Roanoke, VA | • Diagnosing ADHD  
• Have a better understanding of the latest treatment options/algorithms for ADHD  
• Better understanding of system issues as it relates to ADHD |
| 10:30—10:45 | Break                                      |                                                                            |                                                                                                                                                    |
| 10:45 - 12:15| How To Feed a Family On a Budget          | Kelley Pearson Owner and Chef, Second Story Cafe Big Stone Gap, VA           | • List key dietary considerations for planning a healthy, balanced diet  
• Identify lower cost food choices in preparing well balanced meals |
| 12:15 PM     | Lunch                                      |                                                                            |                                                                                                                                                    |
Conference Activity Director and Planning Committee

Activity Director:

Melody Counts, MD, Public Health Director, Cumberland Plateau Health District, Lebanon, VA

Planning Committee:

Wendy Welch, PhD, Executive Director, Graduate Medical Education Consortium (GMEC), Wise, VA
Beth O’ Connor, Med, Executive Director, Virginia Rural Health Resource Center, Roanoke, VA
Marta Gouge, BS, CME Educational Planner, Office of Continuing Medical Education, Quillen College of Medicine, East Tennessee State University, Johnson City, TN

Accreditation:

**ACCME Accreditation:** The Quillen College of Medicine, East Tennessee State University, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**CME Credit:** Quillen College of Medicine, East Tennessee State University designates this live activity for a maximum of 8.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Joint Providership:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Joint Providership of Quillen College of Medicine at East Tennessee State University and the Southwest Virginia Graduate Medical Education Consortium (GMEC). Quillen College of Medicine is accredited by the ACCME to provide continuing medical Education for physicians.
**Disclosure Information:** Quillen College of Medicine, East Tennessee State University’s Office of Continuing Medical Education (OCME) holds the standard that its continuing medical education program should be free of commercial bias and conflict of interest. It is the policy of the OCME that each presenter and planning committee member of any CME activity must disclose any significant financial interest/arrangement or affiliation with corporate organizations whose products or services are being discussed in a presentation.

Each of the following speakers have completed a disclosure form indicating that they or members of their immediate family do not have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity:

**Participants with No Potential Conflicts of Interest**

<table>
<thead>
<tr>
<th>Activity Director</th>
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<tr>
<td>Melody Counts, MD, MHM</td>
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<tr>
<td>Jessica Arney, MS, RD, LD</td>
<td>None</td>
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<td>J. David Bull, PsyD</td>
<td>None</td>
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<tr>
<td>Justin Crow, MPA</td>
<td>None</td>
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<tr>
<td>Roger A. Hofford, MD, FAAFP, CPE</td>
<td>None</td>
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<tr>
<td>Timothy R. Martin, DDS</td>
<td>None</td>
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<tr>
<td>S. Hughes Melton, MD, FAAFP, CIME</td>
<td>None</td>
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<tr>
<td>Debbie Poston, CPC</td>
<td>None</td>
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<tr>
<td>Kelley Pearson</td>
<td>None</td>
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<td>Wendy Welch, PhD</td>
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Each of the following speakers and clinical planning committee members have completed a disclosure form indicating that they or members of their immediate family do have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity. All presentations have been peer reviewed, any potential conflicts of interest resolved, and each presentation has been found to be balanced, evidence-based, and free of commercial bias.

**Speaker**  
C. Allen Musil, MD  
**Disclosures**  
Speaker’s Bureau – Novartis

**Commercial Support Disclosure:** It is the policy of the Office of Continuing Medical Education at Quillen College of Medicine, East Tennessee State University to disclose all Commercial Supporters of this educational activity from which educational grants were received. This activity has received no commercial support.

**Mission Statement**

The mission of the Office of Continuing Medical Education at the James H. Quillen College of Medicine is to provide lifelong learning opportunities that meet the needs of faculty, community physicians and other health professionals. In addition, the Office of CME is committed to excellence and dedicated to the improvement of healthcare in Northeast Tennessee and the surrounding Appalachian Region.
Mark your calendar for these upcoming events:

6th Annual Regional Healthcare Symposium
Friday, October 16 and Saturday, October 17
MeadowView Marriott Executive Conference Center
Kingsport, TN

**When:** October 16 – 17, 2015

**Where:** MeadowView Conference Resort & Convention Center, 1901 MeadowView Parkway, Kingsport Tennessee

**Target Audience:** Primary Care Physicians (Including Internal, Family Medicine, OB-GYN Specialists, and Pediatricians), APNs and PAs, Nurses, Physical Therapists, Pharmacists, and Other Healthcare Providers.

**Topics Include:**
- Update on the Health status of the East TN/SW VA Region
- Population Health of the Region
- Transitional Health Care: Playbook for the Continuum of Care
- Chronic Pain Guidelines
- Updates on CHF and COPD
- TBI/Concussion
- Falls
- End of Life Issues
- Orthopedic Diagnosis & Treatment of Shoulder Problems
- Inflammatory Arthritis
When: October 17, 2015
Where: Southwest VA Higher Education Center, Abingdon, VA
Target Audience: Family Medicine Physicians, Internal Medicine Physicians, Advanced Practice Nurses, and Physician Assistants
Topics Include: Valvular Heart Disease, Arrhythmias, Anti-Coagulation & Anti-platelet Therapies, PV
**When:** October 29, 2015  
**Where:** LewisGale Medical Center Education Center Auditorium, Salem, VA  
**Target Audience:** Internal Medicine Physicians, Family Medicine Physicians, OB/GYN Physicians, Surgeons, Pediatricians, Psychiatrists, Emergency Medicine Physicians, Advanced Practice Nurses, Physician Assistants, Dentists, Pharmacists  
**Topics Include:** Assessing Patients for Treatment with ER/LA Opioid Analgesic Therapy, Initiating Therapy, Modifying Dosing, and Discontinuing Use of ER/LA Opioid Analgesics, Managing Therapy with ER/LA Opioid Analgesics, Counseling Patients and Caregivers About the Safe Use of ER/LA Opioid Analgesics, General Drug Information for ER/LA Opioid Analgesic Products, Specific Drug Information for ER/LA Opioid Analgesic Products
Pediatric Echocardiography Conference
For the Sonographer

- **When:** November 7, 2015
- **Where:** Johnson City Medical Center, Niswongers Children’s Hospital, Johnson City, TN
- **Target Audience:** Sonographers, Physicians, Cardiologists, Nurses and students
- **Topics Include:** Pediatric Echo Basics and Common Findings, Complex Congenital Heart Defects from Baby to Adults, PDA: What do we need to know?, Essentials to Fetal Echo, Sonographer Approach to Ultrasound Physics, Complex Congenital Cases, Hands-On Scanning
- **When:** November 10, 2015
- **Where:** Provision Learning and Innovation Center
  Knoxville, TN
- **Target Audience:** OB/GYN Physicians, Advanced Practice Nurses, Physician Assistants, Nurses, and Practice Office Managers
- **Topics Include:** Overview of the Disease of Addiction, Prevalence of Smoking, Alcohol and Drug Problems, What is SBIRT? SBIRT Screening, SBIRT Brief Intervention, SBIRT Referrals-Treatment Options, Implementation, Sustainability
- **When:** November 13, 2015 7:15 a.m. – 4:30 p.m.
- **Where:** Millennium Centre, Johnson City, Tennessee
- **Target Audience:** Family Medicine Physicians, Internal Medicine Physicians, OB/GYN Physicians, Pediatricians, Psychiatrists, Surgeons, Emergency Medicine Providers, Advanced Practice Nurses, Physician Assistants, Pharmacists, Psychologists, Nurses, Medical and Nursing Students, and Physical Therapists
- **Topics Include:** Misconceptions in Prescribing for Chronic Pain
  - Maximum dosages and De-escalating - How to
  - Drug Screening
  - Medical THC
  - Adjuvant Medications and Co-Prescribing with Opioids
When:  March 3-4, 2016
Where:  Millennium Centre, Johnson City, Tennessee
Target Audience:  Family Medicine Physicians, Internal Medicine Physicians, OB/GYN Physicians, Psychiatrists, Advanced Practice Nurses, Physician Assistants, Pharmacists, Psychologists, Nurses, and Medical and Nursing Students.
Topics Include:  Revisiting Dementia, Mild Cognitive Impairment, Depression, Anxiety, Delirium, Symptom Control
FOR MORE INFORMATION

on these or other upcoming CME programs, or to register for any activity, please contact our office at 423-439-8027 or visit our website at http://www.etsu.edu/cme