

2019

Virginia Chapter Annual Meeting and Clinical Update



March 8–9, 2019

Omni Hotel

Charlottesville, Virginia

Fostering Excellence in Internal Medicine

This live activity has been designated for 12.5 CME credits and MOC points.



ACP[®]

American College of Physicians
Leading Internal Medicine, Improving Lives

Virginia
Chapter

Meeting Highlights

- New strategies for workup of chest pain, sexually transmitted diseases, and headache.
- Practical tips on foot and ankle problems and treating the “weekend warrior”.
- Hear the latest on fatty liver disease, C. Difficile, and prostate cancer screening.
- Another of our ever popular “Best Inpatient and Outpatient Papers of 2018”.
- Includes 2 hours of opioid education to satisfy Virginia Board of Medicine requirements.
- Learn the latest on ACP’s agenda to improve and reform American health care.

Dear Colleague,

Join me and your colleagues in internal medicine at the next Annual Meeting and Clinical Update of the Virginia Chapter of the American College of Physicians, being held Friday and Saturday, March 8–9, 2019, at the Omni Hotel in downtown Charlottesville.



The meeting is a great way for you to recharge, rewind, and reflect with your peers, chapter leaders, and great speakers. Connect with the Virginia Chapter’s rich source of knowledge content and networking by attending our premier meeting for general internists, subspecialty internists, hospitalists, allied health practitioners, residents, and medical students.

In addition to earning 12.5 CME credits and MOC points, this conference is about making personal contacts and getting involved in your chapter. You’ll engage with people who know your challenges and can help you find solutions. The opportunities available at this meeting will help you meet not only your needs as a physician, but also the needs of the patients you serve.

Again this year, we are offering 2 hours of CME on pain management and opioid prescribing that can be attended as a stand alone session. This session will fulfill the controlled substances CME requirements of the Virginia Board of Medicine.

To ensure your place at this invaluable meeting, register now by visiting us online at vachapter.acponline.org.

I look forward to seeing you in Charlottesville!

Sincerely,

William E. Fox, MD, FACP
ACP Governor, Virginia Chapter

Schedule at a Glance

Fostering Excellence in Internal Medicine

Friday, March 8, 2019

7:00 a.m.

Registration and Continental Breakfast

7:45

Welcome

William E. Fox, MD, FACP
ACP Governor, Virginia Chapter

Lisa Ellis, MD, MACP
Chair, ACP Virginia Chapter 2019 Annual Meeting

8:00

HIV at 38: A Memoir

Brian Wispelwey, MD

8:45

Outpatient Workup of Chest Pain in 2019

Mohit Basin, MD

9:30

“Take Home Tips”: Sexually Transmitted Infections

Michael F. Rein, MD, MACP

10:15

Break

Please visit the ACP display table and our exhibitors

10:45

The Expanding World of Fatty Liver Disease

Zobair M Younossi MD, MPH, FACG, AGAF, FAASLD

11:30

**Advocating for Patients, Advocating for Physicians:
ACP’s Agenda to Improve and Reform American
Health Care**

Robert Doherty

12:15 p.m.

Lunch and Town Hall Meeting

1:15

Challenging Cases in ADHD

Richard Merkel, MD

2:00

**“Know When to Hold Em, Know When to Send
‘Em”: Common Foot and Ankle Problems in
Primary Care**

Steven Neufeld, MD

2:45

Break

Be sure to visit the ACP Display table and our exhibitors

3:00

**A Clinical Triad Presentation on “Treating the
Weekend Warrior” featuring**

1. Orthopedics with “Twisted Ankles and Broken Toes”
2. Internist with “Oh, My Aching Back”
3. Dermatology with “Bee Stings, Bug Bites and Burns”

A “Clinical Triad” is a fast-paced session which highlights one clinical issue from three different experts. The overarching topic this year is “Treating the Weekend Warrior”. Experts will present some common cases seen in primary care clinics associated with weekend injuries and over-extension activity in orthopedics, dermatology and general internal medicine. Each speaker is allowed 20 minutes to enlighten us in their areas of expertise in this format.

Steven Neufeld MD—Orthopedics

Alan Dow MD FACP—Internal Medicine

Kimberly Salkey MD FACP—Dermatology



Schedule at a Glance

4:00

Clinical Pearls in Dermatology

Kimberley Salkey, MD

4:30

Best Papers of 2018 That Changed My Practice

Alan Dow, MD, FACP

Jon Sweet, MD, FACP

5:30

Adjourn

Awards Reception

Join us for a wine/appetizer reception where the Chapter's 2019 Laureate, Paul Florentino Volunteerism, Early Career Physician, and Community Teaching awards will be presented.

Saturday, March 9, 2019

7:00 a.m.

Early Career Physician and Advancement to

Fellowship Breakfast

General Breakfast

7:30

Update in Prostate Cancer Screening

Andrew Wolf, MD, FACP

8:15

"Let's Get Moving: The Approach to *C. difficile* in 2019"

Gonzalo Bearmon, MD, MPH, FACP, FSHEA, FIDSA

9:00

"Understanding Osteoporosis: What's New?"

Andrea Singer, MD, FACP, CCD

9:45

Multiple Small Feedings of the Mind: Headache

Catherine Ham, MD

10:15

Break

Please visit the ACP display table and our exhibitors

10:45

Special Opioid Session

The Opioid Crisis Is a Wicked Problem

Jonathan Lee, MD, FACP

Opioid Primer

Andrew Chapman, MD

12:45 p.m.

Adjourn



Meeting Information

Faculty

Gonzalo Bearman, MD, MPH, FACP, FSHEA, FIDSA, Richard P. Wenzel Professor of Medicine, Chair, Division of Infectious Diseases, Hospital Epidemiologist, Virginia Commonwealth University, Richmond

Mohit Bhasin, MD, Director, Cardiovascular Associates, LTD Clinic for the Aorta; Co-Director, Pediatric Cardiovascular MRI and CT, Children's Hospital of the King's Daughters; President, CINVA, Assistant Professor of Cardiovascular Diseases and Radiology, Eastern Virginia Medical School, Norfolk

Andrew W. Chapman, MD, Assistant Professor of Medicine, Department of Anesthesiology, Virginia Commonwealth University, Richmond

Robert Doherty, Senior Vice President, Governmental Affairs and Public Policy, American College of Physicians, Washington, DC

Alan Dow, MD, FACP, Assistant Vice President of Health Sciences for Interprofessional Education & Collaborative Care, Seymour and Ruth Perlin Professor of Medicine and Health Administration, Virginia Commonwealth University, Richmond

Lisa Ellis, MD, MACP, Associate Professor, Internal Medicine and OB/GYN, Virginia Commonwealth University Health; Chief Medical Officer, Medical College of Virginia Physicians and VCU Health Ambulatory, Richmond

William E. Fox, MD, FACP, Governor, ACP Virginia Chapter; Private Practice, Charlottesville

Catherine Ham, MD, Assistant Clinical Professor, Department of Neurology; Director, VCU Neuroscience, Orthopedics and Wellness Center, Richmond

Jonathan Lee, MD, FACP, Medical Director, The Farley Center, Williamsburg

Simon Lehtinen, MD, FACP, Assistant Professor, Department of Medicine, University of Virginia Health System University Physicians, Charlottesville

Sorin Cristian Laza, MD, MHA, FHM, FACP, Hospitalist and Chief of Medicine, Sentara Martha Jefferson Hospital, Charlottesville

Richard L. Merkel, MD, Associate Professor of Psychiatric Medicine, University of Virginia, Charlottesville

Steven Neufeld, MD, Orthopaedic Foot & Ankle Center, Centers for Advanced Orthopaedics, Falls Church

Michael F. Rein, MD, MACP, Professor Emeritus, Department of Medicine, University of Virginia Health System, Charlottesville

Kimberly Salkey, MD, Associate Professor, Department of Dermatology, Virginia Commonwealth University, Richmond

Andrea J. Singer, MD, FACP, CCD, Director, Women's Primary Care; Director, Bone Densitometry, Department of Obstetrics and Gynecology, MedStar Georgetown University Hospital, Washington, DC

Jon M. Sweet, MD, FACP, Associate Professor of Medicine, Virginia Tech Carilion School of Medicine, Roanoke

Eileen West, MD, FACP, Medical Director, Inova Women's Comprehensive Health Center, Falls Church; Associate Professor of Medicine, Virginia Commonwealth University, Richmond

Brian Wispelwey, MD, William S. Jordan Jr. Professor of Epidemiology in Medicine, David A. Harrison Distinguished Educator, Professor of Medicine, University of Virginia, Charlottesville

Andrew Wolf, MD, FACP, Associate Professor of Medicine, University of Virginia School of Medicine, Charlottesville

Zobair M. Younossi, MD, MPH, FAGC, AGAF, FAASLD, Chairman, Department of Medicine, Professor of Medicine, Inova Fairfax Hospital, Falls Church

Program Committee

Lisa Ellis, MD, MACP—Chair

William E. Fox, MD, FACP—Co-Chair

Sorin Laza, MD, FACP

Simon Lehtinen, MD, FACP

Eileen West MD, FACP

Meeting Information

Resident/Fellow Members' and Medical Students' Activities

Our Medical Student program will be held on Saturday, March 9, 2019, at the Omni Hotel. This is an all-day event with speakers, abstract presentations, residency panels, and a "Medical Jeopardy" competition. The charge for medical students to attend this program is \$25, which will be refunded upon checking in at the registration desk at the meeting. We invite students to attend both days.

Please indicate on the registration form which days you will be attending (both Friday and Saturday or just Saturday). To ensure an accurate count for our meals and breaks, please sign up for the ones you will be attending. Lunch on Saturday will be provided for medical student program attendees.

Medical Early Career Physicians' Activities

The Early Career Physicians (defined as 16 years or less out of medical school) will be getting together for a social on Friday evening following the awards reception (place TBD). Please indicate on the registration form if you would like to attend this event.

Learning Objectives

At the conclusion of this activity, the participant will be able to:

- Apply updated knowledge of managing headache, sexually transmitted diseases and osteoporosis in clinical practice.
- Improve clinical practice by incorporating major new developments in treating common foot and ankle problems and dermatology issues in primary practice.
- Understand recent advances in NASH, prostate cancer screening, the workup of chest pain, and managing *C. difficile*.
- Diagnose and manage "weekend warrior" injuries and chronic pain and opioid use.



Who should attend?

- General internists
- Subspecialty internists
- Family practitioners
- Fellows in subspecialty training
- Hospitalists
- Allied health practitioners
- Residents
- Medical students interested in internal medicine

CME Accreditation and MOC Points

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Physicians designates this live activity for a maximum of **12.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 12.5 medical knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credit claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Additional Information

Hotel Accommodations

We have reserved a block of rooms at the following rates until January 20, 2019. When making your reservation, be sure to mention that you will be attending the ACP Virginia Chapter meeting. The rooms are available on a first-come, first-served basis, so make your reservation as early as possible by **calling 1-800-THE-OMNI (843-6664) and refer to "ACP" as the Group.**

Single/Double: \$187

Omni Hotel
212 McIntire Ridge Road
Charlottesville, VA 22903

Visit us online for details on hotel reservations, directions, parking, and areas of interest at www.omnihotels.com/hotels/charlottesville?utm_source=GMBlisting&utm_medium=organic.



Additional Fees

All registrations must be received by March 1, 2019, or a late registration fee of \$20 will be added. This includes on-site registrations. Save money by registering now!

Satisfaction Guarantee

The College offers a satisfaction guarantee for all of its courses. If meeting attendees are not satisfied with their experience at a chapter meeting, they may write and request a refund of their registration fee.

Contact Us



BY INTERNET

(Credit Card only)
Visit us on the Web
www.acponline.org/chapters



BY MAIL

Make check or money order payable to ACP.
AC002
American College of Physicians
190 N. Independence Mall West
Philadelphia, PA 19106-1572



BY FAX

(Credit Cards only)
215-351-2799



BY PHONE

Call 800-ACP-1915, or
215-351-2600
(M–F, 9 a.m.–5 p.m. ET)

Virginia Chapter Registration Form

CMB

Charlottesville, Virginia • March 8–9, 2019

RM1968

ACP # (found on mailing label)

Name

☐ MD ☐ DO ☐ OTHER

Address

City

State

ZIP

Daytime Phone

Fax

E-mail

☐ Please check here to indicate a permanent change to your preferred address for all College mailings.

☐ Please exclude me from receiving mailings from the meeting exhibitors.



☐ Check here if you are disabled and require assistance. Please notify the Virginia Chapter in writing before your course. We'll be glad to help.

Registration Fees

Check one category that best applies. Registration fee includes continental breakfast, lunch, all scientific sessions and materials, and CME documentation.

Categories	Register by 3/1/19	After 3/1/19
<input type="checkbox"/> ACP Member	\$325	\$345
<input type="checkbox"/> ACP Resident/Fellow in Training Member *	\$25 (Refundable at Meeting)	\$25 (Refundable at meeting)
<input type="checkbox"/> ACP Medical Student Member *	\$25 (Refundable at Meeting)	\$25 (Refundable at meeting)
<input type="checkbox"/> Nonmember Physician	\$380	\$400
<input type="checkbox"/> Nonmember Resident *	\$25 (Refundable at Meeting)	\$25 (Refundable at meeting)
<input type="checkbox"/> Nonmember Medical Student**	\$25 (Refundable at Meeting)	\$25 (Refundable at meeting)
<input type="checkbox"/> Nonmember Allied Health Professional	\$350	\$370
RM1968A		
<input type="checkbox"/> Opioid Session Only—Saturday, March 9, 2019 (Included in full meeting registration; complete if attending opioid session only.)	\$65	\$65

*Member/Non-Member Resident, Fellows-in-Training and Students: This meeting registration is free. **The registration fee will be returned to you upon registration check-in at the meeting. If you are a no-show, this money will be forfeited.**

**Nonmember Students: This meeting registration is free for ACP Medical Student Members. [Join Now!](#)

Please note: Members whose dues were not paid for the current fiscal year will receive the nonmember registration rate.

To help us go “green” we are making our presentations available online only on the Chapter Web site.

Please indicate your attendance at the following:

- ☐ BR-01—Continental Breakfast
March 8, 2019
7:00–8:00 a.m.
- ☐ LN-01—Lunch
March 8, 2019
12:15–1:15 p.m.
- ☐ AR-01—Awards Reception
March 8, 2019
5:30–6:45 p.m.
- ☐ ECP-01—Early Career Physician Social
(<16 years out of medical school)
March 8, 2019
7:00 p.m.
- ☐ ECPBR-02—ECP Fellowship Breakfast
March 9, 2019
7:00–7:30 a.m.
- ☐ BR-02—Breakfast
March 9, 2019
7:00–7:30 a.m.
- ☐ MSP-01—Medical Student Program
March 9, 2019
9:00–4:00 p.m.

Please select one of the below if you have a food restriction:

- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten free

If you require special assistance, please tell us how we can help.

Payment Options

- ☐ Check enclosed.
(Payable to **ACP**. Must remit in U.S. funds drawn on a U.S. bank.)

- ☐ Charge to: ☐  ☐  ☐  ☐ 

Card # _____

Exp. Date ____/____/____ Security Code _____
MM/YY (3- or 4-digit number found on front or back of card)

Signature: _____

Grand Total \$ _____