

Women's Health Conference

Friday, February 24, 2017
The Education Center at Eastern AHEC
Greenville, North Carolina

Jointly Provided by:

The Department of Family Medicine, Department of Obstetrics and Gynecology, Office of Continuing Medical Education of the Brody School of Medicine of East Carolina University and UNC Eshelman School of Pharmacy in association with Eastern Area Health Education Center.

The 2017 Brody School of Medicine Women's Health Conference, now in its 19th year, enables clinicians to engage in a discussion addressing the most clinically important topics relevant to women's health across the lifespan.

Studies show that women make up to 90 percent of the health care decisions for themselves and their families. The number of women aged 45 and older has increased significantly in the last ten years. In order to meet the health care demands of an aging population that traditionally experiences higher incidences of illnesses, we must work together to raise awareness about health promotion.

This conference is designed to empower healthcare providers to assist women in making informed decisions about health, well-being and personal safety. The agenda is designed to provide camaraderie and instruction for physicians, midwives, nurse practitioners, pharmacists and physician assistants with a broad range of topics relevant to women's health. Faculty of the highest caliber will challenge you to reach out to women - your patients, your colleagues, as well as to professional associations, state leadership, and health care advocacy organizations on the health issues of importance to your community, thereby creating tomorrow's success stories for women's health.

Content of educational objectives will be met through didactic presentations with ample time for questions and answers, as well as informal exchange and networking. A comprehensive online course syllabus is provided to all registrants.

Upon completion of this knowledge-based conference, participants should have a greater understanding of strategies to integrate into practice new developments in the following:

Back to Basics: Screening and Treatment for the Common Psychiatric Disorders During the Well Woman Exam

- ✎ Examine diagnostic criteria for psychiatric problems likely seen during the well woman exam
- ✎ Explore questionnaires and screening tests for major psychiatric disorders
- ✎ Discuss general treatment options for women with common psychiatric disorders

Polycystic Ovary Syndrome (PCOS): An Update on Diagnosis, Symptoms, Management and Long Term Sequelae

- ✎ Discuss the pathophysiology and diagnosis of PCOS
- ✎ Discuss the symptoms and complications of PCOS and treatment regimens
- ✎ Discuss the long term consequences of the disease and preventive strategies

S.T.O.P Right There! How to PrEP Your Patients Against HIV

- ✎ Identify safe Sexual practices for HIV-discordant couples
- ✎ List appropriate lab Testing during PrEP therapy
- ✎ Describe at least 3 Other interventions to reduce HIV risk behaviors
- ✎ Discuss appropriate use of Pharmacologic regimens available in the U.S.

2017 Update: Health Concerns of Women Who Served

- ☞ Identify gender differences in the risk, evaluation, and management of health concerns common among female veterans
- ☞ Discuss the unique healthcare needs of women veterans and evidence-based recommendations for meeting their needs

Thyroid Dysfunction in Women

- ☞ Discuss normal thyroid physiology and changes in thyroid hormone physiology during pregnancy
- ☞ Discuss the diagnosis and treatment of hypothyroidism
- ☞ Discuss the diagnosis and treatment of hyperthyroidism
- ☞ Discuss the evaluation of thyroid nodules in women

Gynecologic Care of Transgender and Same Sex Couples

- ☞ Identify common gynecological health care concerns among lesbian and transgender patients in the primary care setting
- ☞ Describe best practices for culturally responsive and affirming health history, screening and physical exam

Wellness for the Senior Woman

- ☞ Explore avoiding the 7 deadly “syms” of aging
- ☞ Discuss preventive care that makes sense for senior women

Physical Therapy for Women’s Health Issues

- ☞ Identify types of conditions that are treated by a Women’s Health Physical Therapist
- ☞ Describe treatment techniques employed by a well-trained Women’s Health Physical Therapist
- ☞ Identify key characteristics of specific pelvic conditions and how they can be improved with musculoskeletal intervention

Target Audience

This conference has been designed to meet the continuing medical education needs of Physicians, Nurse Practitioners, Physician Assistants, Midwives, Pharmacists and other team members involved in the management of women’s health.



AGENDA - WOMEN'S HEALTH CONFERENCE

February 24, 2017 The Education Center at Eastern AHEC

7:45 Registration/Breakfast Buffet

Moderator: *Emily Bray, MD*

8:15 Overview/Introductory Remarks

8:30 Back to Basics: Screening and Treatment for the Common Psychiatric Disorders During the Well Woman Exam

Michael Lang, MD

9:20 Polycystic Ovary Syndrome (PCOS): An Update on Diagnosis, Symptoms, Management and Long Term Sequelae

Clifford Calvin Hayslip, MD

10:10 Break

10:25 S.T.O.P Right There! How to PrEP Your Patients Against HIV

Robert Aaron Lambert, MD

11:15 2017 Update: Health Concerns of Women Who Served

Karen Goldstein, MD

12:05 Lunch

Moderator: *Sarah E. Smith, MD*

1:00 Thyroid Dysfunction in Women

Anjana Harnoor, MD

1:50 Gynecologic Care of Transgender and Same Sex Couples

Taiwona "Tai" L. Elliott, DO

2:40 Break

2:55 Wellness for the Senior Woman

Janice Daughtery, MD

3:45 Physical Therapy for Women's Health Issues

Allyson Daughtery, PT, CLT, CFm

4:35 Questions and Answers/Discussion

4:45 Adjourn

Registrations may be completed online at www.ecu.edu/cme.

FACULTY

Program Directors

Sarah E. Smith, MD
Clinical Associate Professor
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Emily Bray, MD
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Guest Faculty

Allyson Daughtery, PT, CLT, CFm
Avila Physical Therapy for Women's Health, Inc.
Greenville, NC

Taiwona "Tai" L. Elliott, DO
Faculty Physician
Womack Family Medicine Residency
Fort Bragg NC

Karen Goldstein, MD, MPH
Medical Director, Durham VA Comprehensive
Women's Health Clinic
Research Associate, VA Women's Health Practice
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Instructor, National VA Women's Health
Mini-Residency

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Brody School of Medicine of East Carolina University and UNC Eshelman School of Pharmacy. The Brody School of Medicine of East Carolina University is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT

The Brody School of Medicine of East Carolina University designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EASTERN AHEC CONTACT HOURS: Certificates reflecting 7.0 contact hours of education will be awarded at the completion of the program.

C50593

Registrations may be completed online at www.ecu.edu/cme.

Brody School of Medicine Faculty

Janice E. Daughtery, MD, FAAFP, DABIHM
Associate Professor
Interim Director-Division of Geriatric Medicine
Department of Family Medicine

Anjana Harnoor, MD
Clinical Assistant Professor
Division of Endocrinology

Clifford Calvin Hayslip, MD
Professor and Chair
Department of Obstetrics & Gynecology

Michael Lang, MD, FACP, DFAPA
Clinical Associate Professor
Departments of Psychiatry and Internal Medicine

Robert Aaron Lambert, MD, FAAP
Education Faculty
Director of Maternity Care
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Concord, NC

PHARMACISTS: This program, ACPE# 0046-9999-17-077-L01-P will provide 6.25 contact hours of continuing pharmacy education credit and ACPE# 0046-9999-17-078-L02-P will provide .75 contact hours of continuing pharmacy education credit for the HIV session for full participation in the program. To receive CE credit, attendance must be acknowledged at the registration desk upon arrival at the program. Participants must attend the entire session to receive CE credit. Statements of credit can be viewed and printed from CPE Monitor.



The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

This activity, Women's Health Conference, with a beginning date of February 24, 2017, has *been submitted to the AAFP for consideration of approval.*

REGISTRATION INFORMATION

PRE-REGISTRATION IS REQUIRED Advance payment of fee is necessary to guarantee space. Registration fee includes educational sessions, breaks, lunch, and online handouts. Payment can be made by check, or by credit card. Registrations may be completed online at <http://www.ecu.edu/cs-dhs/cme> (Symposia, Conferences, & Workshops) or by FAX 252.744.5229. Checks should be made payable to The Office of CME.

REGISTRATION FEE

\$ 125.00 MD/DO/PharmD/other Doctorates
\$ 75.00 NP/PA/ other Healthcare Professionals
\$ 50.00 Residents and students

Handouts will be available online. A letter of confirmation including links for the handouts and directions to the education center will be emailed prior to the program date. Please be sure that we have a current email address for you upon registration so that you will receive all follow-up course information. Hard copy handouts will not be available.

The program evaluation will be sent within 72 hours following the program to the email address on your registration form. Once the evaluation has been completed, your online certificate will be available.

You may make any changes to your contact information by visiting MyAHEC at <http://my.ncahec.net>. MyAHEC will allow you to set up an account to update personal information at any time as well as track your credit record. If you need additional information please contact us by emailing mcarthura@ecu.edu or by phone at 252.744.5208.

CANCELATION POLICY: To be eligible for a refund, cancelations **MUST** be emailed to easternahec@ecu.edu at least one week in advance of the activity. No refunds will be given for cancelations less than one week prior to the activity. For continuing professional development activities canceled more than one week prior to continuing professional development activity,

- A \$35.00 fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.



AMERICANS WITH DISABILITIES ACT

Individuals requesting accommodations under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at (252) 737-1016 (V or TTY)