



20th Annual Pediatric Update

Pre-Conference:
Adolescent Medicine Update 2012

July 19-21, 2012

Frances C. Arrillaga Alumni Center, Stanford, CA

Presented by the Department of Pediatrics at Stanford University School of Medicine and Lucile Packard Children's Hospital at Stanford
Sponsored by Stanford University School of Medicine

A Continuing Medical
Education Activity



Lucile Packard
Children's Hospital
at Stanford



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SCHOOL OF MEDICINE

Stanford University Medical Center

Overview



Pre-Conference: Adolescent Medicine Update 2012 July 19, 2012

The pre-conference will focus on a wide variety of relevant topics and issues surrounding adolescent health – medical, emotional and social. The selected topics addressed have been identified by prospective learners as presenting challenges in clinical practice for which additional information and skills are needed to optimally meet the special healthcare needs of adolescents.

20th Annual Pediatric Update July 20-21, 2012

The ever-increasing amount of new biomedical information requires pediatric primary care practitioners to obtain comprehensive, up-to-date information on a wide range of clinical issues encountered in daily practice. The 20th Annual Pediatric Update will highlight recent advances in pediatrics in addition to presenting practical information on a variety of important clinical topics.

Lectures with question and answer sessions, seminars and workshops will afford participants the opportunity to discuss practice dilemmas with the expert faculty and colleagues.

Intended Audience

These activities are intended for pediatricians, family practice physicians, nurse practitioners, nurses and interested allied health professionals who provide care for children and adolescents.

July 19-21, 2012 Frances C. Arrillaga Alumni Center, Stanford, CA

Pre-Conference July 19, 2012

Adolescent Medicine Update 2012

Thursday, July 19, 2012: Agenda (subject to change)

- 7:00-8:00 Registration and Continental Breakfast
8:00-8:10 **Welcome and Introduction**
8:10-8:40 **Long Acting Reversible Contraception for Adolescents**
Paula Hillard, MD
8:40-8:50 **Q&A**
8:50-9:20 **Girls in Sports**
Jennifer Carlson, MD
9:20-9:30 **Q&A**
9:30-10:00 **Designer Drugs and Legal Highs**
Leslie Gee, MD
10:00-10:10 **Q&A**
10:10-10:30 Break
10:30-11:00 **OCP and EC Update: Not Just Contraception**
Sophia Yen, MD, MPH
11:00-11:10 **Q&A**
11:10-11:40 **Getting Down to the Bones: Optimizing Bone Health During Adolescence**
Neville H. Golden, MD
11:40-11:50 **Q&A**
11:50-12:20 **Adolescent Relationship Abuse**
Harise Stein, MD
12:20-12:30 **Q&A**
12:30-1:30 Lunch
1:30-3:00 **Concurrent Workshops (choose one)**
 - 1. Screening and Treatment of Depression in the Office – Lessons Learned from the HEARD Alliance**
Catherine Miller, MD; Meg Durbin, MD; Amy Heneghan, MD
 - 2. Examination of the Knee**
Sally Harris, MD, MPH
 - 3. Confidentiality and GLBT Youth**
Seth Ammerman, MD; Sidharth Mahapatra MD, PhD
 - 4. Eating Disorders in Tweens – What's Different about Them?**
Kara Fitzpatrick, PhD; Cynthia Kapphahn MD, MPH; Casey Keane-Miller, RD; Ann Sinha, MOT, OTR/L
3:00-3:20 Break
3:20-3:50 **Substance Abuse Screening**
Seth Ammerman, MD
3:50-4:00 **Q&A**
4:00-4:30 **Sexually Transmitted Infections Update**
Shelley Aggarwal, MD
4:30-4:40 **Q&A**
4:40-4:45 Wrap-up & Adjourn

Pre-Conference faculty members are from Stanford University School of Medicine and Lucile Packard Children's Hospital at Stanford unless otherwise indicated.

Neville H. Golden, MD

The Marron and Mary Elizabeth Kendrick Professor in Pediatrics Chief, Adolescent Medicine
Course Director

Shelley Aggarwal, MD

Clinical Instructor of Pediatrics (Adolescent Medicine)

Seth D. Ammerman, MD

Clinical Professor of Pediatrics (Adolescent Medicine)
Medical Director, Adolescent Health Van

Jennifer L. Carlson, MD

Clinical Assistant Professor of Pediatrics (Adolescent Medicine)

Meg Durbin, MD

Internist and Pediatrician
Regional Medical Director, Managed Care
Palo Alto Medical Foundation
HEARD Alliance Co-Founder

Kathleen Kara Fitzpatrick, PhD

Instructor of Psychiatry and Behavioral Sciences

Leslie Gee, MD

Clinical Instructor of Pediatrics (Adolescent Medicine)

Sally S. Harris, MD, MPH

Pediatric and Adolescent Medicine Specialist
Palo Alto Medical Foundation

Amy M. Heneghan, MD

Pediatrician
Palo Alto Medical Foundation
Adjunct Associate Professor of Pediatrics
Case Western Reserve School of Medicine

Paula J. Hillard, MD

Professor of Obstetrics and Gynecology
Chief, Gynecologic Specialties

Cynthia J. Kapphahn, MD, MPH

Clinical Associate Professor of Pediatrics (Adolescent Medicine)
Medical Director, Eating Disorders Program and Comprehensive Care Unit

Casey Keane-Miller, RD

Dietitian

Sidarth Mahapatra, MD, PhD

Pediatric Critical Care Medicine Fellow

Catherine A. Miller, MD

Clinical Assistant Professor (Adolescent Medicine)

Anne Sinha, MOT, OTR/L

Occupational Therapist

Harise Stein, MD

Adjunct Clinical Assistant Professor of Obstetrics and Gynecology

Sophia Yen, MD, MPH

Clinical Assistant Professor of Pediatrics (Adolescent Medicine)

Pre-Conference Course Objectives

- Evaluate and apply current screening, diagnosis and/or treatment strategies for adolescent patients presenting with the following selected diseases, disorders and issues in order to improve quality of care: mood disorders, depression, substance abuse, sexually transmitted infections, knee injury, and eating disorders
- Assess the medical and psychosocial problems of sexual minority youth and describe the importance of obtaining a confidential sexual history during a health care visit for an adolescent
- Utilize strategies for recognition and management of suspected intimate partner violence
- Compare the various contraceptive options available for adolescent patients seeking contraception
- Evaluate strategies for improving the skeletal health of adolescents
- Differentiate eating disorders in tweens from the traditional eating disorders seen in older adolescents and evaluate strategies for managing these younger patients

20th Annual Pediatric Update July 20-21, 2012

20th Annual Pediatric Update: Agenda (subject to change)

Friday, July 20, 2012

- 7:00-8:00 Registration and Continental Breakfast
- 8:00-8:10 **Welcome**
Moderator: Hugh O'Brodovich, MD, FRCP(C)
- 8:10-8:50 **Vaccine Update 2012**
Yvonne A. Maldonado, MD
- 8:50-9:00 **Q&A**
- 9:00-9:30 **Stridor: What Every Pediatric Practitioner Should Know**
Anna H. Messner, MD
- 9:30-9:40 **Q&A**
- 9:40-10:10 **Office Management of Asymptomatic Proteinuria**
Steven R. Alexander, MD
- 10:10-10:20 **Q&A**
- 10:20-10:40 Break
- 10:40-11:10 **Chronic Abdominal Pain in Children**
Kenneth L. Cox, MD
- 11:10-11:20 **Q&A**
- 11:20-11:50 **Thyroid Dysfunction in Children**
Tandy Aye, MD
- 11:50-12:00 **Q&A**
- 12:00-1:00 Lunch
- 1:00-2:00 **Concurrent Session I (choose one)**
- 1. Complementary & Alternative Interventions for Pediatric Pain Management**
Sandy Sentivany-Collins, RN, MS, CNS
 - 2. Myriad of Functions of Vitamin D**
Sejal H. Shah, MD
 - 3. A Rheumatologic Approach to Limp in Children**
Tzielan Lee, MD
 - 4. An Update on Pediatric Mood Disorders**
Manpreet K. Singh, MD, MS
- 2:00-2:15 Break
- 2:15-3:15 **Concurrent Session II (choose one)**
- 5. Acne Management: Simplified!**
Latanya T. Benjamin, MD
 - 6. Genetic Testing for the Primary Care Provider: Its Role in the Care of Children with Autism Spectrum and Other Developmental Disorders**
Jon A. Bernstein, MD, PhD
 - 7. Failure to Thrive**
Kathleen Cox, CPNP, MS
 - 8. Children's Feet: The Sole of the Matter**
James G. Gamble, MD, PhD
- 3:15-3:30 Break

3:30-5:00

Concurrent Session III (choose one)

- 9. Neurological Examination: Confidently Going Beyond "Non-focal"**
Donald M. Olson, MD
- 10. Managing Behavior Issues in Autism**
Lynne C. Huffman, MD
- 11. Enhancing Your Cardiac Physical Exam & ECG Reading Skills**
Daniel Bernstein, MD
- 12. The Complete Blood Count: Integrating Laboratory and Clinical Data and Use of Point of Care Diagnostic Technologies for Patient Care**
Sharon M. Geaghan, MD and
Harvey J. Cohen, MD, PhD

Saturday, July 21, 2012

- 7:15-8:00 Continental Breakfast
- 8:00-8:10 **Announcements**
Moderator: William A. Kennedy, II, MD, FAAP
- 8:10-8:40 **Therapy Resistant Asthma in Children**
John D. Mark, MD
- 8:40-8:50 **Q&A**
- 8:50-9:20 **Cross Your Eyes and Dot Your T's: The Ins and Outs of Strabismus**
Deborah M. Alcorn, MD
- 9:20-9:30 **Q&A**
- 9:30-10:00 **Childhood Obesity: Practical Tips to Promote Healthful Behaviors**
Thomas N. Robinson, MD, MPH
- 10:00-10:10 **Q&A**
- 10:10-10:30 Break
- 10:30-11:00 **Recognizing, Managing and Treating Muscular Dystrophy**
John W. Day, MD, PhD
- 11:00-11:10 **Q&A**
- 11:10-11:40 **Jaundice Management**
Vinod K. Bhutani, MD, FAAP
- 11:40-11:50 **Q&A**
- 11:50-12:20 **The New ADHD Guidelines**
Glen R. Elliott, PhD, MD
- 12:20-12:30 **Q&A**
- 12:30 Adjourn

20th Annual Pediatric Update Faculty

Faculty members are from Stanford University School of Medicine and Lucile Packard Children's Hospital at Stanford.

Kenneth L. Cox, MD

Professor of Pediatrics
Chief Medical Officer, Lucile Packard Children's Hospital
Chief, Division of Pediatric Gastroenterology, Nutrition and Hepatology
Senior Associate Dean of Pediatric and Obstetric Clinical Affairs
Course Director

Deborah M. Alcorn, MD

Associate Professor of Ophthalmology and Pediatrics
Chief, Pediatric Ophthalmology and Strabismus

Steven R. Alexander, MD

Professor and Chief, Pediatric Nephrology
Medical Director, Spectrum Operations, Training and Compliance
Bernard Newcomb Distinguished Packard Fellow

Tandy Aye, MD

Assistant Professor of Pediatrics (Endocrinology)

Latanya T. Benjamin, MD

Clinical Assistant Professor of Dermatology and Pediatrics
Interim Director and Service Chief, Pediatric Dermatology

Daniel Bernstein, MD

Alfred Woodley Salter and Mabel G. Salter Endowed Professor in Pediatrics

Jon A. Bernstein, MD, PhD

Clinical Assistant Professor of Pediatrics (Medical Genetics)

Vinod (Vinny) K. Bhutani, MD, FAAP

Professor of Pediatrics (Neonatal-Developmental Medicine)

Harvey J. Cohen, MD, PhD

Deborah E. Addicott – John A. Kriewall and Elizabeth A. Haehl Family Professor of Pediatrics

Kathleen Cox, CPNP, MS

Pediatric Nurse Practitioner in Gastroenterology

John W. Day, MD, PhD

Acting Professor, Neurology, Pediatrics & Pathology
Director, Neuromuscular Division and Clinics

Glen R. Elliott, PhD, MD

Chief Psychiatrist and Medical Director, Children's Health Council
Clinical Professor (Affiliated), Department of Psychiatry and Behavioral Sciences
Associate Director of Training in Child and Adolescent Psychiatry, Stanford School of Medicine
Emeritus Professor of Clinical Psychiatry, University of California, San Francisco

James G. Gamble, MD, PhD

Professor of Orthopedic Surgery

Sharon M. Geaghan, MD

Associate Professor of Pathology and Pediatrics

Lynne C. Huffman, MD

Associate Professor of Pediatrics (General Pediatrics) and Psychiatry & Behavioral Science

William A. Kennedy, II, MD, FAAP

Associate Professor of Urology
Associate Chief, Division of Pediatric Urology

Tzielan Lee, MD

Clinical Associate Professor of Pediatrics (Rheumatology)

Yvonne A. Maldonado, MD

Professor of Pediatrics and Health Research and Policy
Chief, Pediatric Infectious Diseases

John D. Mark, MD

Clinical Professor of Pediatrics (Pulmonary Medicine)
Medical Director, Case Management and Complex Care

Anna H. Messner, MD

Professor of Otolaryngology (Head & Neck Surgery) and Pediatrics
Vice-Chair, Department of Otolaryngology (Head & Neck Surgery)

Hugh O'Brodovich, MD, FRCP(C)

Arline and Pete Harman Professor
Chairman, Department of Pediatrics
Adalyn Jay Physician-In-Chief

Donald M. Olson, MD

Associate Professor of Neurology and Pediatrics
Director, Pediatric Epilepsy Program

Thomas N. Robinson, MD, MPH

Irving Schulman, MD Endowed Professor in Child Health
Professor of Pediatrics and of Medicine
Director, Center for Healthy Weight

Sandy Sentivany-Collins, RN, MS, CNS

Pediatric Pain Management Service

Sejal Shah, MD

Postdoctoral Medical Fellow, Pediatrics (Endocrinology)

Manpreet K. Singh, MD, MS

Assistant Professor of Psychiatry and Behavioral Sciences (Child Psychiatry)
Co-Director, Pediatric Mood Disorders Clinic

20th Annual Pediatric Update Course Objectives

- Evaluate and apply current screening, diagnosis and/or treatment strategies for pediatric patients presenting with the following selected diseases and disorders in order to improve the quality of care:
mood disorders, obesity, abdominal pain, thyroid dysfunction, acne, foot problems, ADHD, jaundice, asthma, limp, failure to thrive, stridor, proteinuria, genetic disorders, strabismus, muscular dystrophy
- Apply enhanced knowledge and/or skills in the following to optimize pediatric clinical practice:
interpreting the CBC, cardiac screening and ECG interpretation, managing behavior in autism, neurological examination, and vaccine recommendations
- Recognize the myriad of functions of vitamin D
- Assess techniques to improve pediatric pain management with complementary and alternative interventions

Additional Information

Accreditation and Designation of Credits

Pre-Conference: Adolescent Medicine Update 2012

Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Stanford University School of Medicine 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.

Nurses: The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)™* (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

20th Annual Pediatric Update

Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

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Nurses: The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)™* (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

Faculty Disclosure

Stanford University School of Medicine adheres to the Accreditation Council for Continuing Medical Education (ACCME) Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.

Conference Location

The Frances C. Arrillaga Alumni Center is located on the Stanford campus at 326 Galvez Street, at the intersection of Campus Drive and Galvez Street. For an interactive campus map visit <http://ucomm.stanford.edu/map/>. Galvez Field event parking is available and free for attendees on Thursday, July 19 and Friday, July 20 (entrance is from Campus Drive East). Parking is available on weekends at no charge in any permit spot (A or C).

Special Needs

Lucile Packard Children's Hospital is committed to making its activities accessible to all individuals. If you have needs that require special accommodations, including dietary concerns, please call the continuing medical education office at (650) 497-8554 before June 29, 2012.

Accommodations

Excellent family accommodations are available with special conference rates at the Sheraton Palo Alto Hotel located within a five minute drive of the conference location. The Sheraton Palo Alto Hotel is located at 625 El Camino Real, Palo Alto, CA 94301. Please ask for the 20th Annual Pediatric Update/Lucile Packard Children's Hospital \$172 conference rate. Occupancy tax is 12% and a California tourism tax of 0.07% will be charged per room night. A Convention and Visitors Bureau Tourism fee of \$0.84 will be charged per room night. These taxes are not included in the room rate and are subject to change without notice. The Sheraton offers valet parking for \$15 per day or self-parking for \$10 per day.

For reservations call 1-800-325-3535 or (650) 328-2800.

Rooms will be guaranteed at the special rate until June 25, 2012 (subject to availability). Thereafter, the Sheraton will provide rooms on a space available basis and the group rate will no longer be guaranteed.

About Lucile Packard Children's Hospital

Lucile Packard Children's Hospital at Stanford is devoted entirely to the care of children and expectant mothers. Providing pediatric and obstetric medical and surgical services and associated with the Stanford University School of Medicine, Packard Children's offers patients locally, regionally and nationally a full range of health care programs and services – from preventive and routine care – to the diagnosis and treatment of serious illness and injury.



Registration

20th Annual Pediatric Update and Pre-Conference
July 19-21, 2012

Please Type or Print

Name _____ Degree/Specialty _____

Street Address _____

City _____ State _____ Zip _____

Business Phone _____ Fax _____

Email Address _____

Hospital/Professional Affiliation _____

Medical/Nursing License # (required for credit) _____

Include me on your mailing list for future educational activities

Meal Preference: Regular Vegetarian

Payment for Course Registration: (Check appropriate charge)

PRE-CONFERENCE registration fee includes course materials, continental breakfast and lunch on Thursday, July 19th.

	Postmarked/Faxed by 5/18/12	Postmarked/Faxed 5/19/12 - 7/5/12
Physician	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275
Nurse/Allied Health Professional	<input type="checkbox"/> \$175	<input type="checkbox"/> \$200

20TH ANNUAL PEDIATRIC UPDATE registration fee includes course materials, continental breakfast and lunch on Friday, July 20th and continental breakfast on Saturday, July 21st.

	Postmarked/Faxed by 5/18/12	Postmarked/Faxed 5/19/12 - 7/5/12
Physician	<input type="checkbox"/> \$425	<input type="checkbox"/> \$475
Nurse/Allied Health Professional	<input type="checkbox"/> \$325	<input type="checkbox"/> \$350

Register for Both Conferences and Save!

PRE-CONFERENCE AND 20TH ANNUAL PEDIATRIC UPDATE

	Postmarked/Faxed by 5/18/12	Postmarked/Faxed 5/19/12 - 7/5/12
Physician	<input type="checkbox"/> \$575	<input type="checkbox"/> \$675
Nurse/Allied Health Professional	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500

Concurrent Session Choices: Priority for concurrent sessions will be in order of receipt of registration application. Please register early so your choices can be accommodated. Thursday and Friday afternoon concurrent sessions are listed in the agenda. Indicate by number your choice for each session.

Pre-Conference, July 19

Workshop: 1:30 - 3:00 (1-4) _____ 1st Choice _____ 2nd Choice (if 1st choice is full)

20th Annual Pediatric Update, July 20

Session I: 1:00 - 2:00 (1-4) _____ 1st Choice _____ 2nd Choice (if 1st choice is full)

Session II: 2:15 - 3:15 (5-8) _____ 1st Choice _____ 2nd Choice (if 1st choice is full)

Session III: 3:30 - 5:00 (9-12) _____ 1st Choice _____ 2nd Choice (if 1st choice is full)

Type of Payment:

Check made payable to Stanford University (LPCH CME)

Credit Card (Visa, MC and Amex only, circle one)

Card Number _____ Expiration Date _____

Printed Name (as appears on card) _____

Cardholder's Signature _____

Please register online at www.cme.lpch.org OR complete this form and fax or mail with payment to:

Stanford Center for CME
1070 Arastradero, Suite 230, MC: 5753, Palo Alto, CA 94304
Phone: (650) 497-8554 • Fax: (650) 497-8585 • Email: lpchcme@lpch.org
Contact: Deborah Lee, Manager, CME



Lucile Packard
Children's Hospital
at Stanford

www.lpch.org

Please register by completing this application form or by registering online at www.cme.lpch.org. Applications must be completed online, faxed or postmarked by July 5, 2012. Registration will re-open onsite on the day of the conference if space is available. An additional \$100 onsite registration fee will be added to all onsite conference registrations. All registrations are confirmed in writing. If you do not receive written confirmation, call (650) 497-8554 or email lpchcme@lpch.org. Please note that until you have received written confirmation, you are not officially registered for the conference.

Cancellation and Refund Policy

Registration fees, less a \$50 administrative charge, are refundable if written cancellation is received prior to July 5, 2012. No refunds will be given for cancellations received after this date or for conference non-attendance. We reserve the right to cancel or postpone any activity if necessary. In such case, full refund of registration fees will be given. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.



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Tell a colleague; to register online go to www.cme.lpch.org

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Stanford University Medical Center

For information on
upcoming Pediatric CME
activities visit:
www.cme-lpch.org



A Continuing Medical
Education Activity

Stanford University
Stanford University School of Medicine
Stanford Center for Continuing
Medical Education
1070 Arstradero Road, Suite 230
Palo Alto, CA 94304
(650) 497-8554

July 19-21, 2012
Frances C. Arrillaga Alumni Center, Stanford, CA

Pre-Conference:
Adolescent Medicine Update 2012

20th Annual Pediatric Update

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