Friday, March 27th

8:00-8:10am Introduction and Welcome  
James P. Nataro, MD, PhD, MBA, Chair, Dept of Pediatrics

8:10-9:05am Medication Management of Anxiety and Depression for Primary Care  
Jim Tucker, MD

9:05-9:50am Assessment and Management of Concussions on the Sidelines and in Your Office  
Siobhan Statuta, MD, CAQSM

9:50-10:00am Break

10:00-10:30am Eosinophilic Esophagitis: Recognition and Management  
Barrett Barnes, MD

10:30-11:35am McLemore Birdsong Lecture: Trauma Informed Care: Rethinking Management of “The Difficult Child”  
Sarah Robinson, LPC

11:35-11:50am Yoga for Pediatricians  
Ina Stephens, MD

11:50-12:25pm Top Ten (or so) Pediatric Articles of the Year  
Rachel Moon, MD

12:25-12:50pm Pediatricians Accessing Mental Health Resources in Real-Time: VMAP, A Dream Come True?  
Beth Ellen Davis, MD

12:50-1:15pm AAP, Virginia Chapter Presidential Address: Latest on Pediatric Advocacy in Virginia  
Sandy Chung, MD

1:15pm Adjourn

Saturday, March 28th

8:00-8:05am Welcome back and announcements  
Ann Kellams, MD, IBCLC; Vice Chair for Clinical Affairs, Conference Co-Chair

8:05-8:40am The 2nd Annual Dyan Aretakis Adolescent Medicine Lecture: Tackling Adolescent Obesity: A Practical Approach  
Julia Taylor, MD, MA

8:40-8:55am Yoga for Pediatricians  
Ina Stephens, MD

8:55-10:20am PEDIATRIC HOT TOPICS  
8:55 Infant GERD Stephen M. Borowitz, MD  
9:15 Pulmonology Deborah Froh, MD  
9:35 Cardiology Dan Schneider, MD and  
9:55 Telemedicine Karen S Rheuban, MD
10:20-11:00am  Annual Birdsong Pediatric Pearl Session: Wisdom for Pediatricians from 40 Years of Birdsong Pediatric Conference Chairs
   10:20  Greg Hayden, MD
   10:30  Nancy McDaniel, MD
   10:40  Peter Heymann, MD

11:00-11:10am  Break

11:10-12:30pm  Evidence-based Integrative Health Approaches to Pediatric Mental Health
   Ina Stephens, MD

12:30-1:10pm  A Simple Effective Approach to Treating Eczema
   Barrett Zlotoff, MD

1:10pm  Virginia Chapter AAP Raffle, Adjourn

Sunday, March 29th

8:00-8:05am  Welcome back and announcements
   Kenneth Norwood, M, Professor of Pediatrics, Conference Co-Chair

8:05-9:20am  What pediatricians need to know about COVID-19
   Debbie-Ann Shirley, MD and James Nataro, MD, PhD, MBA

9:20-9:30am  Break

9:30-10:35am  The 5th Annual J. Owen Hendley Memorial Lecture: PANDAS: the Real Deal
   James Nataro, MD, PhD, MBA

10:35-10:50am  Yoga for Pediatricians
   Ina Stephens, MD

10:50-12:50pm  Special Opioid Continuing Medical Education*
   *Attendance at this two-hour session meets the Virginia Board of Medicine Requirements for opioid education for licensed physicians
   Neonatal Opioid Withdrawal Syndrome (NOWS): Recognition, Diagnosis, Management and Follow-up
   - Santina Zanelli, MD and Eliza Holland, MD

12:50-1:00 pm  Raffle, Acknowledgements, Evaluations and Adjourn

Mark your calendars: We plan to convene the 41st McLeodere Birdsong Pediatric Conference at the Omni Charlottesville Hotel, April 16-18, 2021