

## Course Directors

### **Ann L. Kellams, MD, IBCLC**

Associate Professor; School of Medicine Healer's Art Faculty  
Medical Director, Well Newborn and Breastfeeding Medicine

### **Kenneth Norwood, MD**

Professor, Developmental Pediatrics



### **About The Omni Homestead Resort**

The Omni Homestead Resort is one of America's most storied resorts, offering unparalleled hospitality and southern charm in a 2,000-acre setting within the Allegheny Mountains of southwestern Virginia. Renowned for its natural healing springs, The Omni Homestead Resort is distinguished by 483 luxurious guest rooms and suites, a wide array of fine and casual dining choices, and more than 30 recreational amenities. The resort offers an expansive, luxurious spa and two championship golf courses, a beautiful Equestrian Center, a top-rated Shooting Club; fly-fishing; archery; falconry; off-road Segway tours; a new 18-hole miniature golf course, and a wealth of other recreational attractions for adults and children. The Homestead became part of Omni Hotels & Resorts in 2013, and celebrated its 250th anniversary in 2016.

### **How to Make Reservations**

Reservations may be made directly online or toll-free at 1-800-838-1766. Be sure to use the group code "**Birdsong**". A voucher for the sumptuous breakfast buffet in the Main Dining Room is available for \$25 per person per day to Birdsong guests of the resort. It is recommended that you make dinner reservations in advance of your stay.

Standard rooms \$154, not including breakfast (\$25 with voucher). Self-parking is free for guests. **Room block prices guaranteed through Thursday, February 8th, 2018**

### **Resort Activities**

There's something for everyone - heated indoor pools, spa and fitness center, golf, tennis, the KidsClub, and more. Lawn games, a daily history tour, nightly classic or family-friendly movies, campfires, and afternoon tea in the Great Hall are all complimentary. Visit the Homestead's website for more information or to register for additional activities or KidsClub and babysitting services.

### **Nearby Attractions**

Go antiquing, catch a concert at the Garth Newel Music Center, soak in the historic Jefferson Pools, picnic at the breath-taking Falling Spring, enjoy trout-fishing in the beauty of Douthat State Park, or canoe at Lake Moomaw.

## Birdsong 2018 Faculty

### **Guest Faculty**

#### **Bitia Arabshahi, MD, FAAP**

Chief, Section of Rheumatology, Inova Children's Hospital

#### **Sam Bartle, MD**

President, American Academy of Pediatrics, Virginia Chapter

#### **Marcia L. Buck, PharmD, FCCP, FPPAG, BCPPS**

Professor of Pediatrics; Clinical Pharmacy Coordinator, UVA Children's Hospital

#### **Bryce Kellams, MD**

Family Medicine Physician, Sentara Martha Jefferson Hospital, UVA School of Medicine Healer's Art Faculty

#### **Nora G. Kern, MD**

Assistant Professor, Department of Urology, UVA

#### **Colleen A. Kraft, MD, FAAP**

2018 National AAP President  
Associate Professor of Pediatrics, University of Cincinnati School of Medicine; Medical Director, Health Network by Cincinnati Children's

#### **Leigh Ann Lather, MD, FAAP**

Assistant Professor, Orthopaedic Surgery, UVA

#### **Michelle M. Macias, MD, FAAP**

Professor of Pediatrics; Chief, Division of Developmental-Behavioral Pediatrics, Medical University of South Carolina

#### **Tiffany Williams, DDS, MSD**

Assistant Professor of Pediatric Dentistry at VCU School of Dentistry; Diplomate of the American Board of Pediatric Dentistry

### **UVA Pediatric Faculty**

#### **Dyan Aretakis, FNP, MSN, PNP**

Project Director, Teen and Young Adult Health Center

#### **Stephen Borowitz, MD**

Professor of Pediatrics; Division Head, Division of Pediatric Gastroenterology, Hepatology and Nutrition;  
Medical Director Children's Hospital Battle Building

#### **Peter Heymann, MD**

Professor of Pediatrics; Division of Pediatric Allergy, Immunology and Respiratory Medicine

#### **Rachel Y. Moon, MD**

Professor of Pediatrics; Division Head of General Pediatrics

#### **James Nataro, MD, PhD, MBA**

Benjamin Armistead Shepherd Professor and Chair, Department of Pediatrics

#### **Ina Stephens, MD**

Associate Professor of Pediatric Infectious Diseases

#### **Steven L. Zeichner, MD, PhD**

McLemore Birdsong Professor, Departments of Pediatrics & Microbiology, Immunology, and Cancer Biology;  
Division Head of Pediatric Infectious Diseases

### **Planning Committee**

#### **Ann L. Kellams, MD, IBCLC**

#### **Kenneth Norwood, MD**

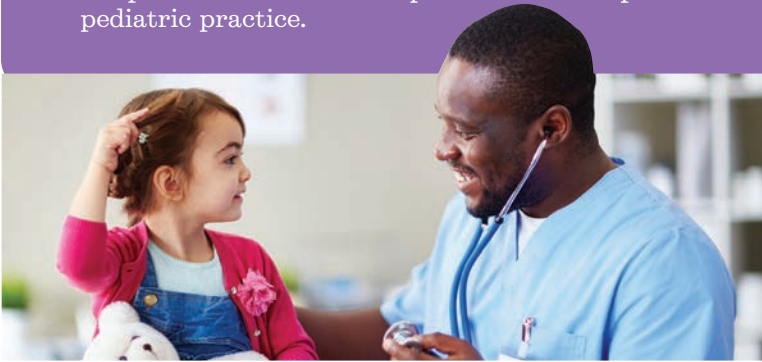
#### **Elizabeth K. Patterson, MEd**

**Reception Honoring UVA Pediatric Alumni  
and 2018 Birdsong Faculty  
Saturday, March 10th 5-6pm**

## Objectives

After participating in the Birdsong Pediatrics Conference, attendees should be able to:

- Describe current issues in screening and management of common sexually transmitted infections, adolescent substance use and abuse, and childhood developmental concerns.
- Apply current thinking in the management of childhood asthma, oral health, constipation, and recurrent abdominal complaints.
- Utilize the latest clinical guidelines for the diagnosis and treatment or referrals for ADHD, common childhood rheumatologic and orthopedic complaints, and tick and mosquito-borne illnesses.
- Discuss the latest highlights and trends in child health advocacy, burnout prevention, and the past year's pediatric literature.
- Identify child public health issues being addressed at the national, state, and local levels.
- Develop techniques to cope with issues related to opioid use and learn helpful tricks and tips for pediatric practice.



## Conference Registration

Register online at [www.cmevillage.com](http://www.cmevillage.com). Payment is required with registration. **Early Bird Discount available through 2/8/18. Registration closes on 3/1/18.** Early Bird pricing shown in parentheses.

- Physicians . . . . . (\$485) \$535
- VA Chapter, AAP Members . . . . . (\$385) \$435  
[www.virginiapediatrics.org](http://www.virginiapediatrics.org)
- Other Health Care, Residents, Fellows . . . (\$335) \$385
- One Day Session . . . . . \$270
- One Day VA Chapter, AAP Members . . . \$220
- Maintenance of Certification Workshop . . . \$55  
(pre-registration required)
- Hard Copy of Syllabus . . . . . \$50  
(pre-order required)
- Walk-in registration additional late fee . . \$50

Registration fee includes online syllabus and refreshments during sessions.

### ABP Maintenance of Certification Workshop Part 2

This year, we are again excited to offer participants the opportunity to earn 10 MOC Part 2 credits in the form of a special Developmental-Behavioral Pediatrics workshop for pediatricians under the direction of Dr. Ken Norwood, an expert in child development and behavior. Preregistration, preparatory work, and an additional \$55 fee are required. Additional **2 AMA PRA Category 1 Credits™** awarded. Box lunch included in fee.

## Accreditation and Designation Statements

The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Virginia School of Medicine designates this live activity for a maximum of **14.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine awards 14.5 hours of participation (equivalent to **AMA Category 1 Credits™**) to each non-physician participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

This live activity, the 38th McLemore Birdsong Pediatric Conference, with a beginning date of 03/09/2018, has been reviewed and is acceptable for up to 15.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is pending accreditation by the National Association of Pediatric Nurse Practitioners (NAPNAP) for NAPNAP CE contact hours.

## Cancellation Policy

Upon receipt of registration and payment, you will receive an email confirmation and EPay receipt. Registration fees will be refunded (less a \$50 administrative fee) for written email cancellations received a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations made within 13 days of the activity.

The University of Virginia School of Medicine reserves the right to cancel CE activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CE activity are the sole responsibility of the participant.

# American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Virginia Chapter



## Contact Information

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# BIRDSONG 2018 AGENDA

## Friday, March 9th

- 7:00-7:45am Breakfast in Main Dining Room for Guests of Resort. Coffee and Tea available throughout the meeting
- 7:45-7:50am **Introduction and Welcome**  
Moderator: James P. Nataro, MD, PhD, MBA
- 7:50-8:20am **Sexually-Transmitted Infection Screening in the Office: The Ins and Outs**  
Dyan Aretakis, FNP, MSN, PNP
- 8:20-8:50am **The Importance of Meaning: Caring for Ourselves so We Can Keep Caring for Others**  
Ann Kellams, MD, IBCLC; Bryce Kellams, MD
- 8:50-9:00am Yoga Break  
Ina Stephens, MD
- 9:00-9:30am **Management of Constipation Across the Age Spectrum**  
Stephen Borowitz, MD
- 9:30-10:00am **Pediatric Urology for Primary Care**  
Nora Kern, MD
- 10:00-10:20am Break with Refreshments (Exhibit Area)
- 10:20-11:10am **Recurrent or Cyclical Vomiting: Diagnosis and Management**  
Stephen Borowitz, MD
- 11:10-11:40am **Adolescent Substance Abuse Screening: Keeping Up with the Constantly Changing Landscape**  
Dyan Aretakis, FNP, MSN, PNP
- 11:40-12:10pm **Combatting Caries: The Most Common Chronic Disease in Children**  
Tiffany Williams, DDS, MSD
- 12:10-12:20pm Break to move to Workshops

### 12:20-1:20pm **Workshop #1**

1. Fluoride Varnish: How to incorporate it into your practice
2. Asthma Management: Practical Cases for the Pediatrician
3. Hands-on Orthopedics
4. Pediatric Gastroenterology Cases
5. Pediatric Urology Cases
6. STI and Substance Abuse Screening Case Discussions

- 1:20pm Adjourn, Lunch on own
- 1:30-3:30pm **Developmental Pediatrics, MOC Pt 2**  
Kenneth Norwood, MD  
*Pre-registration, Additional Fee, and Pre-work required, Box lunch included in fee*

## Saturday, March 10th

- 7:00-7:45am Breakfast in Main Dining Room for Guests of Resort. Coffee and Tea available throughout the meeting
- 7:45-7:50am **Welcome Back and Important Announcements**  
Moderator: Ann Kellams, MD, IBCLC
- 7:50-8:20am **Top Ten Pediatric Articles of the Year**  
Rachel Moon, MD
- 8:20-8:50am **Early Childhood Wheezing: The Latest in Preventing and Treating Asthma**  
Peter Heymann, MD
- 8:50-9:00am Yoga Break  
Ina Stephens, MD
- 9:00-9:30am **The 3rd Annual J. Owen Hendley Memorial Lecture: Fever, Rash, and "We have just been to...": Work-up of Tick and Mosquito-borne Illnesses**  
Steven Zeichner, MD, PhD

- 9:30-10:20am **Keynote Address: New AAP Primary Care Developmental Screening Guidelines**  
Michelle Macias, MD, FAAP

- 10:20-10:40am Break with Refreshments, Sponsored by the AAP, Virginia Chapter

### 10:40-11:30am **Workshop #2**

7. Pediatric Asthma Cases
8. Putting Developmental Screening into Practice
9. Fluoride Varnish: How to incorporate it into your practice and how to do it
10. STI and Substance Abuse Screening Case Discussions
11. Hands-on Orthopedics
12. Pediatric Infectious Disease Cases

- 11:30-11:40am Break to return to ballroom

### 11:40 -1:20pm **Annual Family and Community Session**

- 11:40-11:50am **Introduction and AAP, Virginia Chapter Raffle**  
James Nataro, MD, PhD, MBA & Sam Bartle, VA AAP Chapter President

- 11:50-12:50pm **McLemore Birdsong Lecture: Adventures in Child Health 2018--an Update from the AAP**  
Colleen A. Kraft, MD, FAAP, Current President, AAP

- 12:50-1:20pm **Medical Management of ADHD**  
Michelle Macias, MD, FAAP

- 1:20pm Adjourn, Lunch on own

- 5:00-6:00pm **Reception Honoring UVA Pediatric Alumni and 2018 Birdsong Faculty**

## Sunday, March 11th

- 7:00-8:00am Breakfast in Main Dining Room for Guests of Resort Coffee and Tea available throughout the meeting

### 8:00-9:00am **Workshop # 3**

13. Pediatric Infectious Disease Cases
14. Putting Developmental Screening into Practice
15. Medical Yoga for the Health Professional
16. Health Care Advocacy for Children in 2018
17. Rheumatology: Common Pediatric Presentations and Work-Up

- 9:00-9:10am **Welcome Back and Important Announcements**  
Moderator: Kenneth Norwood, MD

- 9:10-9:20am Yoga Break  
Ina Stephens, MD

- 9:20-10:20am **Pediatric Rheumatology for Primary Care**  
Bita Arabshahi, MD, FAAP

- 10:20-10:50am Break with Refreshments

- 10:50-11:50am **Neonatal Abstinence Syndrome, and Pain and Opioid Management in Children and Adolescents\***  
Marcia Buck, PharmD, FCCP, FPPAG, BCPPS

- 11:50-12:50pm **Opioid Case Discussions\***  
Marcia Buck, PharmD, FCCP, FPPAG, BCPPS  
*\*Attendance at both these plenary sessions is required to fulfill mandatory opioid educational hours for the Virginia Board of Medicine*

- 12:50-1:00pm **Wrap-up, Raffle, Acknowledgements, Evaluations**

- 1:00pm Adjourn, Lunch on own