



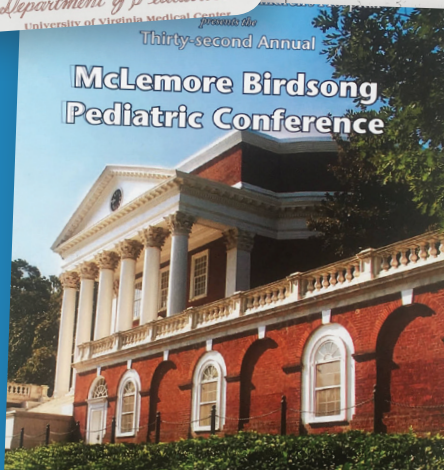
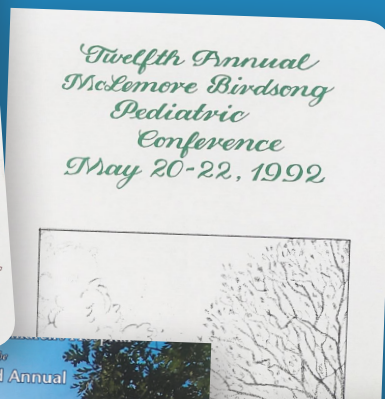
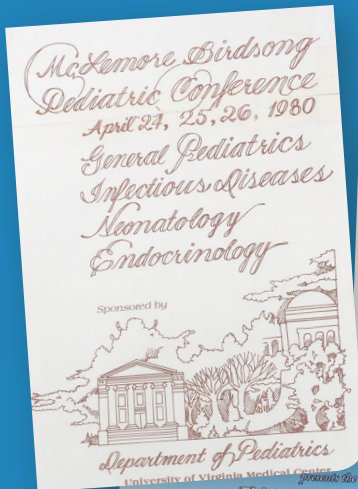
# UVA Children's

and The UVA Department of Pediatrics  
present the

**40 YEAR ANNIVERSARY**

of the McLemore  
Birdsong Pediatric  
Conference

40  
YEARS



## FEATURING THE LATEST IN:

- Anxiety and Depression, 'The Difficult Child'
- Concussions, Integrative Health, Eczema
- Neonatal Abstinence, PANDAS, & more!

# March 27-29, 2020

Omni Homestead Resort  
Hot Springs, Virginia

PROVIDED BY THE OFFICE OF CONTINUING MEDICAL EDUCATION  
OF THE UNIVERSITY OF VIRGINIA SCHOOL OF MEDICINE

# 2020 Birdsong Agenda

## Thursday, March 26

3:00-6:00pm **Conference Registration**  
The Omni Homestead Resort

## Friday, March 27

7:00-7:50am **Breakfast** in the Main Dining Room (\$25 + taxes/fees with coupon for guests of resort)  
**Coffee & Tea** available throughout meeting (exhibit area)

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

8:10-8:35am **Medication Management of Anxiety and Depression for Primary Care**  
Jim Tucker, MD

8:40-9:05am **Assessment and Management of Concussions on the Sidelines and in Your Office**  
Siobhan Statuata, MD, CAQSM

9:10-9:35am **Eosinophilic Esophagitis: Recognition and Management**  
Barrett Barnes, MD

9:40-9:50am **Yoga for Pediatricians**  
Ina Stephens, MD

9:50-10:35am **McLemore Birdsong Lecture: Pediatric Trauma Informed Care: Rethinking "The Difficult Child"**  
Sara Robinson, LPC

10:40-11:00am **Break** with refreshments (exhibit area)

11:00-11:25am **Top Ten (or so) Pediatric Articles of the Year**  
Rachel Moon, MD

11:25-11:40am **Pediatricians Accessing Mental Health Resources in Real-Time: VMAP, A Dream Come True?**  
Ellen Davis, MD, MPH

11:40-12:00pm **AAP, Virginia Chapter Presidential Address: The Latest from the Child Health Advocacy Front**  
Sandy Chung, MD; AAP VA Chapter President

12:00-12:10pm **Break** to move to workshops

12:10-1:00pm **Workshop #1**

1. Anxiety and Depression Medication Management Cases
2. Re-thinking the Difficult Child Case Discussions
3. Expand Your Role in Healthcare: How to Become a Child Advocate
4. ADHD in preschool-How to use VMAP in your practice
5. Concussion Assessment and Management
6. Pediatric GI Cases

1:00pm **Adjourn, lunch on own**



## Saturday, March 28

7:00-7:50am **Breakfast** in the Main Dining Room (\$25 + taxes/fees with coupon for guests of resort)  
**Coffee & Tea** available throughout the meeting (exhibit area)

8:00-8:10am **Welcome back and important announcements**  
Moderator: Ann Kellams, MD, IBCLC  
Vice Chair for Clinical Affairs, Conference Co-Chair

8:10-8:40am **The 2<sup>nd</sup> Annual Dyan Aretakis Adolescent Medicine Lecture: Tackling Adolescent Obesity: A Practical Approach**  
Julia Taylor, MD, MA

8:45-8:55am **Yoga for Pediatricians**  
Ina Stephens, MD

8:55-9:55am **PEDIATRIC HOT TOPICS: Telemedicine, Infant GERD, Cardiology, and Pulmonology**  
Karen S. Rheuban, MD, Stephen M. Borowitz, MD, Dan Schneider, MD, and Deborah Froh, MD

10:00-10:30am **Annual Birdsong Pediatric Pearl Session: Wisdom for Pediatricians from 40 Years of Birdsong Pediatric Conference Chairs**

10:30-10:50am **Break** with refreshments  
*Sponsored by the AAP, Virginia Chapter*

10:50-11:40am **Workshop #2**

7. Managing Adolescent Obesity
8. Pediatric Cardiology Cases
9. Pediatric GI Cases
10. Integrative Approaches to Pediatric Mental Health
11. Dry Skin Conundrums
12. Ask the Expert: Pediatric Pulmonology

11:40-11:50am **Break** to return to ballroom

11:50-1:00pm **ANNUAL FAMILY AND COMMUNITY SESSION**  
*pre-registration required for any guests attending*

11:50-12:00pm **AAP, Virginia Chapter Raffle**  
James P. Nataro, MD, PhD, MBA

12:00-12:25pm **Evidence-based Integrative Health Approaches to Pediatric Mental Health**  
Ina Stephens, MD

12:30-12:55pm **A Simple Effective Approach to Treating Eczema**  
Barrett Zlotoff, MD

1:00pm **Adjourn, lunch on own**

6:00-9:00pm **40<sup>th</sup> Anniversary McLemore Birdsong Celebration Banquet—Food, Drink, and Live Music by The Boomerangs!**  
*All are welcome. Advance purchase of tickets is required for program attendees and guests.*





## Saturday Night Live Music by The Boomerangs!

### Sunday, March 29

7:00-8:00am **Breakfast** in the Main Dining Room (\$25 + taxes/fees with coupon for guests of resort)  
**Coffee & Tea** available throughout the meeting (exhibit area)

8:00-8:50am **Workshop #3**  
13. Integrative Approaches to Pediatric Mental Health  
14. Frenotomy Workshop  
15. Infectious Disease Cases  
16. Dry Skin Conundrums  
17. Cases in Developmental Pediatrics

9:00-9:10am **Welcome back and important announcements**  
Moderator: Kenneth Norwood, MD  
Professor of Pediatrics, Conference Co-Chair

9:10-9:20am **Yoga for Pediatricians**  
Ina Stephens, MD

9:20-9:45am **The Tongue Tie Dilemma**  
Stephen V. Early, MD

9:50-10:25am **THE 5TH ANNUAL J. OWEN HENDLEY MEMORIAL LECTURE: PANDAS the Real Deal**  
James P. Nataro, MD, PhD, MBA

10:25-10:45am **Break** with refreshments

10:45-12:45pm **SPECIAL OPIOID CONTINUING 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, formerly NAS): Recognition, Diagnosis, Management and Follow-up**  
Eliza Holland, MD and Santina Zanelli, MD

12:50-1:00 pm **Wrap-up, raffle, acknowledgements, evaluations**

1:00pm **Adjourn**, lunch on own



### Accreditation & 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 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, as an accredited provider,

awards **14 hours of participation** (consistent with the designated number of **AMA PRA Category 1 Credit(s)™**) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine maintains a record of participation for six (6) years.

Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 14 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's re-

## OBJECTIVES

**As a result of participation in the conference, attendees will be able to:**

- Understand and give evidence based advice on controversial topics including the "tongue tied" child and Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection (PANDAS)
- Apply current thinking in the diagnosis and management of pediatric concussion, eosinophilic esophagitis, and eczema.
- Learn how to use integrative medicine and trauma informed care to address children's physical and mental health needs.
- Utilize the latest clinical guidelines for the management of adolescent obesity and the pharmacologic management child and adolescent anxiety and depression.
- Discuss the latest trends in child health advocacy and the past year's pediatric literature.
- Learn about the Virginia Mental Health Access Program and in office parent behavior management training in the diagnosis and management of preschool children with suspected ADHD.
- Satisfy the licensing requirement for 2 hours of opioid training while learning about the clinical management of neonatal abstinence syndrome in the nursery, inpatient unit, and primary care medical home.

## Conference Registration

Register and pay online at [www.cmevillage.com](http://www.cmevillage.com), "Learning Portal." Early Bird Discount available through **2/15/20**. Online registration closes on **3/18/20**. Early Bird pricing shown in parentheses.

- Physicians ..... (\$495) \$545
- VA Chapter, AAP Members ..... (\$395) \$445  
[www.virginiapediatrics.org](http://www.virginiapediatrics.org)
- Other Health Care, Residents, Fellows ..... (\$345) \$395
- One Day Session ..... \$275
- One Day VA Chapter, AAP Members ..... \$225
- 40th Anniversary Dinner Gala ..... \$50/person  
(Pre-order of gala tickets is required for attendees and their guests.)
- Hard Copy of Syllabus ..... \$60  
(pre-order required)

Registration fee includes online syllabus and refreshments during sessions. Syllabus can be accessed at [www.cmevillage.com](http://www.cmevillage.com), by clicking the "Syllabus" tab.

Walk-in registration subject to additional \$100 late fee.

## CONTACT INFORMATION

Elizabeth Patterson, MEd  
CME Program Manager, Office of Continuing Medical Education  
(434) 982-3687 | [epatterson@virginia.edu](mailto:epatterson@virginia.edu)

sponsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This program is pending accreditation by the National Association of Pediatric Nurse Practitioners (NAPNP) for NAPNP 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.

UVA 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.



# 2020 Birdsong Faculty

*"I learn more at Birdsong that helps my practice than I do at national meetings!"*  
—Former Attendee

## 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."

Standard rooms are available for \$165 + taxes/fees, not including meals. It is recommended that you make dinner reservations in advance of your stay. Vouchers for the sumptuous breakfast buffet in the Main Dining Room are available for \$25 + taxes/fees per person per day to Birdsong guests of the resort.

Parking is complimentary for overnight and daytime guests.

**Room block prices guaranteed through Thursday, March 5, 2020.**

## 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 Omni 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, picnic at the breathtaking Falling Spring, enjoy trout-fishing in the beauty of Douthat State Park, or canoe at Lake Moomaw.

## GUEST & FEATURED FACULTY

**Sandy L. Chung, MD, FAAP, FACH**  
President, AAP-Virginia Chapter

**Sara P. Robinson, LPC**  
Director of Child and Family Outpatient and Crisis Services, Region Ten

**Siobahn M. Statuta, MD, CAQSM**  
Director, Primary Care Sports Medicine Fellowship; Assistant Professor, Family Medicine and Physical Medicine & Rehabilitation; Team Physician, UVA Sports Medicine

**Jim Tucker, MD**  
Bonner-Lowry Professor, UVA Psychiatry & Neurobehavioral Sciences

**Barrett Zlotoff, MD**  
Associate Professor of Dermatology

## UVA PEDIATRIC FACULTY

**Barrett Barnes, MD**  
Associate Professor, Gastroenterology

**Stephen M. Borowitz, MD**  
Professor, Gastroenterology

**Ellen Davis, MD, MPH**  
Professor, Developmental-Behavioral Pediatrics

**Stephen V. Early, MD**  
Associate Professor, Otolaryngology

**Deborah K. Froh, MD**  
Associate Professor, Pediatric Respiratory Medicine; Director, Cystic Fibrosis Center

**Leigh Grossman, MD**  
Professor Emeritus, Infectious Disease  
Associate Dean for International Programs

**Gregory F. Hayden, MD**  
Professor Emeritus, General Pediatrics

**Eliza Holland, MD**  
Assistant Professor, General Pediatrics

**Nancy L. McDaniel, MD**  
Professor Emeritus, Cardiology

**Rachel Moon, MD**  
Harrison Distinguished Teaching Professor of Pediatrics; Division Head, General Pediatrics

**James P. Nataro, MD, PhD, MBA**  
Benjamin Armistead Shepherd Professor and Chair

**Karen S. Rheuban MD**  
Professor of Pediatrics  
Senior Associate Dean for CME and External Affairs, Director, UVA Center for Telehealth

**Daniel Schneider, MD**  
Associate Professor, Cardiology  
Director, Pediatric Cardiovascular Noninvasive Lab

**Haley F. Stephens, PhD**  
Assistant Professor, Developmental-Behavioral Pediatrics

**Ina Stephens, MD**  
Associate Professor, Infectious Disease

**Julia F. Taylor, MD, MA**  
Assistant Professor, Adolescent Medicine

**Santina Zanelli, MD**  
Associate Professor, Neonatology

## PLANNING COMMITTEE

**Bebe Moore**  
Program Coordinator  
UVA Office of Continuing Medical Education

**Janie Nowicki**  
Medical Education Assistant, UVA  
Department of Pediatrics

**Elizabeth Patterson, MEd**  
CME Program Manager  
UVA Office of Continuing Medical Education

## COURSE DIRECTORS

**Ann Kellams, MD, IBCLC**  
Professor of Pediatrics  
Vice Chair for Clinical Affairs

**Kenneth Norwood, MD**  
Professor of  
Developmental  
Pediatrics

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Virginia Chapter

