12th Annual Pediatric and Adolescent Sports Medicine Update for Primary Care

June 14, 2018
8 a.m. to 4 p.m.
Brickhouse Auditorium
Children's Hospital of The King's Daughters
601 Children's Lane • Norfolk, VA 23507

7 AMA PRA Category I Credit(s)™

ACGME Competencies:
Patient Care | Medical Knowledge | Professionalism
Practice-Based Learning & Improvement

Discounted fees for VA-AAP, VATA and VPTA members

Register online at CHKD.org/CMEregistration
Overall Objective
This conference will review current approaches to evaluating, diagnosing and managing injuries in the pediatric and adolescent athlete. After attending this conference, healthcare professionals who are caring for young athletes will be able to discuss the most current information as well as apply hands-on techniques.

Target Audience
Pediatric & Adolescent Sports Medicine Update has been designed to inform pediatricians, family practitioners, internists, emergency medicine physicians, physician assistants, nurse practitioners, physical therapists and certified athletic trainers.

Educational Formats
- Lectures
- Hands-on workshops
- Case-based presentations
- Interactive discussions
- Lunch with the experts

CME Credit
Children’s Hospital of The King’s Daughters is accredited by the Medical Society of Virginia to provide continuing medical education for physicians.

Children’s Hospital of The King’s Daughters designates this live activity for a maximum of 7 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education Credit
Children’s Hospital of The King’s Daughters is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.

Travel Information
Children’s Hospital of The King’s Daughters is located near downtown Norfolk. From Interstate 64, take the I-264 West exit to Downtown Norfolk and look for the Children’s Hospital direction sign just before Exit 11-B (Brambleton Ave.). Take 11-B and travel West on Brambleton two miles to Colley Avenue; turn right on Colley, then left at the second traffic light to Olney Road. CHKD is on the corner of Children’s Lane and Olney. Parking is on the left.

Special Services
If special arrangements are required for an individual with a disability, contact Rosalind Jenkins at (757) 668-8942 at least 15 days prior to the conference.

Discounted Fees for VA-AAP, VATA and VPTA Members
Registration is $68 for VA-AAP members and $58 for VATA and VPTA members, if registered by Tuesday, May 15.

Cancellation Deadline
Cancellations must be received in writing by June 8 in order to receive a refund. All cancellations are subject to a $25 cancellation fee.

Faculty
Visiting Faculty
Avery D. Faigenbaum, EdD, FACSM, FNSCA
Professor, Department of Health and Exercise Science, The College of New Jersey

Kathleen McCauley, JD
Moran-Reeves-Conn, Attorneys at Law, Richmond, VA

Lisa Vaughan-Meer, CMT, ERYT-500
Owner and Principal, Brute Yogi, Norfolk, VA

CHKD/EVMS Faculty
Joel Brenner, MD, MPH, Course Director
Medical Director, Sports Medicine Program, CHKD

Medical Director, Sports Medicine and Adolescent Medicine Specialist, CSG/CHKD
Associate Professor of Pediatrics, EVMS

Alexandra Laramée, LCSW
Manager, Behavioral Health Program, CHKD

Tyler Miller, LPTA, CSCS, CES
Sports Medicine Physical Therapy Assistant, CHKD

John Sinacori, MD
Otolaryngologist, CHKD
Assistant Professor of Pediatrics, EVMS

Sara Stites, DPT, ATC
Sports Medicine Physical Therapist, CHK

Michael Strunc, MD
Sleep Medicine Specialist and Neurologist, CSG/CHKD
Assistant Professor of Pediatrics, EVMS
Conference Agenda

7:30 a.m.  Registration and Continental Breakfast
8:00  The Pediatric Inactivity Triad: A risky PIT – Avery Faigenbaum, EdD
9:00  Transition from Grand Rounds
9:10  Welcome and Opening Comments – Joel Brenner, MD, MPH
9:15  Social Media, Sports Medicine and the Law – Kathleen McCauley, JD
10:00  Q & A
10:05  Sleep and Sports Performance – Michael Strunc, MD
10:35  Q & A
10:40  “Shake Your Bones”
10:45  Yoga & Mindfulness – Finding strength in stillness – Lisa Vaughan-Meer, CMT
11:10  Q & A
11:15  Practical Sports Medicine Apps – Dr. Brenner
11:25  Break with Exhibitors
11:40  Workshop #1
12:40  Lunch and Panel – Youth Sports Medicine Dilemmas
     (Cases and questions submitted by audience) – Moderator: Dr. Brenner
     1:10  There’s no “I” in Team: How well-informed coaches and treatment providers impacted an athlete’s recovery from anorexia nervosa – Alexandra Laramee, LCSW
     1:50  Q & A
2:00  Workshop #2
3:00  Anne McKim Memorial Lecture – Youth Resistance Training: From science to practice – Avery Faigenbaum, EdD
4:00 p.m.  Closing Remarks and Adjourn

Workshop #1  11:40 a.m. – 12:40 p.m.
1A MD/ATC/PT  Insomnia 101: When your body is tired but your brain is not - Michael Strunc, MD
1B MD/ATC/PT  Hot Issues in Sports Law (bring your questions) - Kathleen McCauley, JD
1C MD/ATC/PT  Practice Makes Perfect: Building confidence in talking to athletes about mental health topics and suicide - Alexandra Laramee, LCSW

Workshop #2  2:00 p.m. – 2:50 p.m.
2A MD/ATC/PT  Compete - Restore - Repeat: Sports massage for young athletes - Lisa Vaughan-Meer, CMT
2B MD/ATC/PT  Vocal Fold Dysfunction vs. Paradoxical Vocal Fold Motion - John Sinacori, MD
2C ATC/PT  *Lower Extremity Functional Testing: A review of evidence and implementation for RTS - Sara Stites, DPT, ATC, and Tyler Miller, LPTA

*Wear comfortable attire for workshop participation/examination.
Complete and mail this form or register online at CHKD.org/CMEregistration.

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Registration Information
Registration is $85 for physicians and $65 for other healthcare professionals and should be received by June 5. This fee includes conference materials, continental breakfast, coffee breaks and lunch. Registration will be confirmed by email upon receipt of payment.

Registration Fee (check one)
☐ $85 Physician ☐ $65 Other Professionals ☐ $50 Students

Member Discounts by May 15 (affiliations will be verified):
☐ $68 VA-AAP Member (member # _______________)
☐ $58 VATA Member (member # _______________)
☐ $58 VPTA Member (member # _______________)

Name/Degree (Please print clearly or type)

Daytime phone       Fax

Organization

Address

City      State  Zip

Course registrations will be confirmed via email only. If you would like to receive a confirmation/receipt, please provide your email address below.

Email

Please make your workshop selections by filling in the corresponding letter below. Please list both your first and second choice, respectively.

Workshop #1 - 11:40 a.m. 1st Choice ___ 2nd Choice ___
Workshop #2 - 2 p.m. 1st Choice ___ 2nd Choice ___

☐ Check here if you prefer a vegetarian lunch.

Method of payment (please do not send cash)
☐ Check (payable to Children's Hospital of The King's Daughters)

Credit Card: ☐ Visa ☐ MasterCard ☐ Amex

Name on Card

Account Number Exp. Date SIC Code

Signature

Send this form with payment and address questions concerning registration to:
Sylvette Houston-Lockhart
Children's Hospital of The King's Daughters
601 Children's Lane
Norfolk, VA 23507
Phone (757) 668-8565
Email: Sylvette.Houston-Lockhart@CHKD.org

Register online at CHKD.org/CMEregistration