



& The UVA Department of Pediatrics present the

35th McLemore Birdsong Pediatric Conference

April 17-19, 2015 Wintergreen Resort, Virginia



Sponsored by the Office of Continuing Medical Education of the University of Virginia School of Medicine

Goals and Objectives

Through participating in the Birdsong Conference, participants have the opportunity to:

1. Review current issues in evaluation and management of celiac disease, concussion, anxiety in adolescents, and apparent life-threatening events in infants.
2. Apply current thinking in the management of peanut allergy and pediatric infectious diseases.
3. Understand and utilize the latest clinical practice guidelines for the evaluation and treatment of autism spectrum disorders and ADHD with co-morbidities.
4. Review the latest trends in pediatric dermatology, epigenetics, and promotion of lifestyle changes.
5. Increase awareness of child public health threats such as e-cigarette marketing to children and internet safety concerns and formulate strategies to overcome them.
6. Develop techniques to help their patients cope with difficult lifestyle changes, stress, anxiety, and transgender issues.

Special Needs

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908, or to uvacme@virginia.edu. Some of the conference venues used by the University of Virginia Office of Continuing Medical Education are registered historic properties and may not be fully ADA accessible. Please feel free to contact the facility if you have specific questions.

Confirmation & Cancellation Policy

Upon receipt of registration and payment, you will receive an email confirmation.

Registration fees will be refunded (less a \$50 administrative fee) for cancellations (emails and fax requests are acceptable) received in writing 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 CME activities if necessary. In this case, the entire registration fee will be refunded. All other expenses incurred in conjunction with this CME activity are the sole responsibility of the participant.

Disclosures

Disclosure of faculty financial affiliations

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the participant. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia.

The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

The University of Virginia School of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures prior to clinical use.

Attendance

The University of Virginia Office of Continuing Medical Education requires that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day. Participants are responsible for accurately tracking their actual participation at live events.

Contact Information

Pam MacIntyre, M.Ed, MSG Program Planner, Office of Continuing Medical Information (434) 982-4136 • (434) 982-1415 (fax) • pam2n@virginia.edu

Neonatal Resuscitation Program through UVA's Life Support Learning Center:

This course teaches an evidence-based approach to the resuscitation of the newborn to hospital staff including physicians. There is an online test that participants complete before the class, and a hands-on skills check and scenarios are done in class. Those that pass the course will receive an NRP card. Online test access will commence 3/15/15. See registration form for additional associated fees.

Where: University of Virginia Health System Grounds in Charlottesville, VA

When: Thursday, April 16th, 2pm-5pm

Space is limited and course offering is subject to a minimum enrollment.

Course registration will close April 1st, 2015

For questions, contact **Jon Howard at jhoward@virginia.edu**.

The University of Virginia School of Medicine designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™

Pediatric Advanced Life Support (PALS)

This provider course is designed to provide participants with the information needed to recognize infants and children at risk for cardiopulmonary arrest, strategies to prevent arrest, and the cognitive and psychomotor skills needed to resuscitate and stabilize those in respiratory failure, shock, or cardiopulmonary arrest. Participants are required to have a current CPR card. The following course card is accepted: American Heart Association-Healthcare Provider (HCP). BLS re-certification is available on the day of the course with online advance preparation. See registration form for additional associated fees.

Where: University of Virginia Health System Grounds in Charlottesville, VA

When: Thursday, April 16th, 8am-5pm

Space is limited and course offering is subject to a minimum enrollment

Course registration will close April 1st, 2015

For questions, contact **Kostas Alibertis at kja4m@virginia.edu**

The University of Virginia School of Medicine designates this live activity for a maximum of 8.5 AMA PRA Category 1 Credits™

Part II Maintenance of Certification Workshop

This year, we are excited to offer participants the opportunity to earn 10 Part II MOC credits in the form of a special Behavior and Development workshop for the general pediatrician. Participants will receive materials in advance in order to prepare, and the post-test will be performed and discussed as a group live under the direction of Dr. Ken Norwood, an expert in Child Development and Behavior. See registration form for additional associated fees.

Where: Wintergreen Resort

When: Sunday, April 19th, 12:20-2:20pm

The University of Virginia School of Medicine designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™



Family and Community Birdsong Lectures

This year, by popular request, we are excited to offer a session on Saturday that your families and guests are invited to attend. We have assembled three speakers who will be of interest to pediatricians, parents, school-aged children, AND members of the community. Topics include Pressing Child Health Issues at the state and national level, the Threat of E-cigarettes and how they are being marketed to children, and Internet Safety related to child predators and bullying. Please note on the registration form the number of guests that will be joining you.

Note: Physician guests must be registered for the conference if they wish to receive CME credit for attending this session.

Thursday, April 16th

8:00am-5:00pm **Pediatric Advanced Life Support (PALS)**

UVA Life Support Learning Center,
pre-registration and additional fee required

2:00-5:00pm **Neonatal Resuscitation Program**

UVA Life Support Learning Center,
pre-registration and additional fee required

3:00-6:00pm Conference Registration
Main Lobby, Wintergreen Resort

Friday, April 17th

7:15am Registration (Exhibit Area)

7:30-7:50am **Yoga for General Health** (comfortable clothing and/or layers recommended)
Ina Stephens, MD

7:50am Continental Breakfast, serving begins at 7:30am

8:00-8:10am Introduction and Welcome
Moderator: James P. Nataro, MD, PhD, MBA

8:10-8:45am **Aches, Pains & Gluten—Could It Be celiac?**
Barrett Barnes, MD

8:45-9:20am **The Anxious Teen: Strategies for a Busy Practice**
Anne Ranney, MD

9:20-9:55am **Hot Topics in Pediatric Infectious Disease**
Ron Turner, MD

9:55-10:10am Break and Refreshments (Exhibit Area)

10:10-10:45am **Update on Pediatric Rashes**
Barbara B. Wilson, MD

10:45-11:20am **What You Need to Know About Concussion Management**
Mike Jaffee, MD

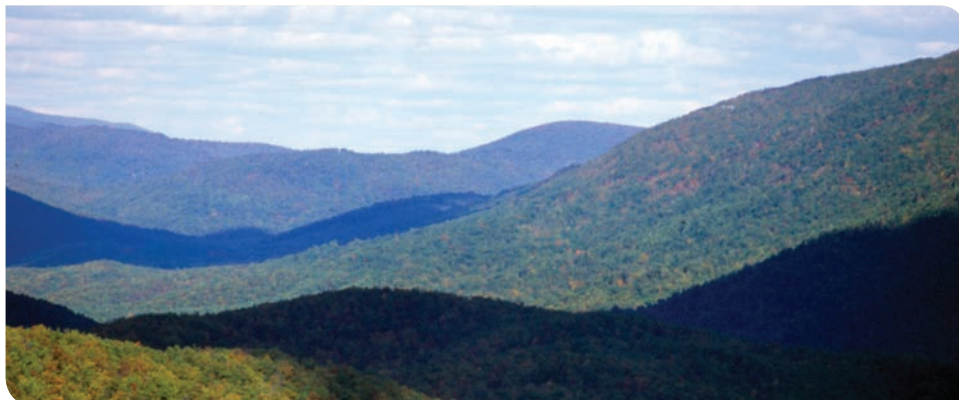
11:20-12:10pm **Keynote Address:**
Sorting Out the Autism Spectrum in Your Office
Susan Hyman, MD

12:25-1:15pm **Workshop #1** with Lunch
1. Coping With the Anxious Teen in a Busy Office Practice
2. Aches, Pains & Gluten—Could It Be Celiac?
3. Pediatric Infectious Disease Puzzlers
4. Office Concussion Management
5. Could it be Autism? Sorting Out the Spectrum

1:00-1:15pm Panel Discussion

1:15pm Adjourn

2-5pm **"Blue Ridge and Brews" Tour,**
Bus to Veritas Vineyard and Blue Mountain Brewery



Saturday, April 18th

- 7:30-7:50am **Yoga for Anxiety & Stress Reduction** (comfortable clothing and/or layers recommended)
Ruth Goldeen, Occupational Therapist
- 7:50am Continental Breakfast, serving begins at 7:30am
- 8:00-8:25am **10 Interesting Pediatric Articles From This Year**
with Continental Breakfast
Martha Hellems, MD
- 8:25-8:50am **My Baby Turned Blue! ALTE Evaluation and Management**
Lisa Hainstock, MD
- 8:50-9:20am **Transgender: A Pediatrician's Journey Toward Understanding**
Christine Burt-Solorzano, MD
- 9:25-10:15am **Workshop #2**
6. Coping With the Anxious Teen in a Busy Office Practice
7. Aches, Pains & Gluten—Could It Be Celiac?
8. Disorders of Gender Identity—Recognition and Management
9. Child Health Advocacy—Tackling Problems One Doctor at a Time
10. Could It Be Autism? Sorting Out the Spectrum
11. Management of the Spine in Children
- 10:15-10:40am Break with Refreshments
Sponsored by the AAP, Virginia Chapter

Family & Community Birdsong Lectures - In honor of the 35th Annual Conference:

pre-registration required for family members attending

- 10:40-11:30am **Child Predators and Bullying,
What Pediatricians Need to Know About Internet Safety**
Nancy Healey, U.S. District Attorney
- 11:30am-12:20pm **E-cigarettes--The Latest Threat, Marketing to Children**
Amy Barkly, Tobacco Free Kids
- 12:20-1:00pm **Today's Pressing Child Health Issues**
Barbara Kahler, MD, President, AAP Virginia Chapter
- 1:00-1:15pm Panel Discussion

- 1:15pm Adjourn, (lunch on own)
- 3:00-4:00pm **Family Zumba Session!**
Families welcome. Sign-up list located at registration table
- 5:00-7:00pm **UVA Alumni Reunion Reception**
pre-registration required

OUR VISION To be the leading authority, advocate and voice for the health of Virginia's children and for the profession of pediatrics.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Virginia Chapter

OUR MISSION The mission of the Virginia Chapter, American Academy of Pediatrics and The Virginia Pediatric Society is the attainment of optimal health, safety and well-being of Virginia's children and promotion of pediatricians as the best qualified of all health professionals to provide child health care.

Sunday, April 19th

- 7:30–7:50am **Yoga for Children with Special Needs** (comfortable clothing and/or layers recommended)
Ruth Goldeen, Occupational Therapist
- 7:50am Continental Breakfast, serving begins at 7:30am
- 8:00–8:50am **Workshop # 3**
- 12. **Child Health Advocacy—One Doctor at a Time**
 - 13. **Is This a Syndrome? Pediatric Genetics Cases**
 - 14. **Motivational Interviewing—Using the Strategy for Behavior Change**
 - 15. **Is It a Food allergy? Cases From the Front-line**
 - 16. **ADHD and Co-Morbidities—Is It Just Attention?**
 - 17. **Pediatrician’s Role in Breastfeeding Support—What We Didn’t Learn in Medical School**
- 9:00–9:30am **Oh Nuts! Peanut Allergy Recognition, Diagnosis, and Management**
Julia Wisniewski, MD
- 9:30–10:05am **Epigenetics—Say What? What Pediatricians Need to Know**
Jennifer Humberson, MD
- 10:05–10:30am **Motivational Interviewing: An Effective Strategy for Everyday Use to Promote Lifestyle Changes**
Susan Cluett, and Angie Hasseman
- 10:30–11:00am Poster Session with Refreshments (Exhibit Area)

- 11:00–11:45am **Featured Guest Speaker: Why Not Just One Bottle? The Truths About Exclusive Breastfeeding**
Lori Feldman-Winter, MD

- 11:45–12:15pm **Is it Just Attention? Diagnosing ADHD and Co-Morbidities**
Kenneth Norwood, MD
- 12:20pm–1:15pm **Workshop #4**
- 18. **Pediatrician’s Role in Breastfeeding Support—What We Didn’t Learn in Medical School**
 - 19. **Motivational Interviewing—Using the Strategy for Behavior Change**
 - 20. **Is It a Food Allergy? Cases From the Front-line**
 - 21. **Pediatric Genetics Cases—When to Suspect and Refer**
 - 22. **Behavioral and Developmental Part II MOC workshop**
Note, this workshop is 2 hours long
Requires pre-registration, pre-work, and an additional fee
- 1:15 pm Raffle and Adjourn



FEATURED / VISITING FACULTY

Susan Hyman, MD

Associate Professor of Pediatrics and
Division Chief of Neurodevelopmental and Behavioral Pediatrics, University of Rochester
Chair of the AAP Committee on Autism

Nancy Healey, JD

Assistant U.S. District Attorney
Coordinator, Project Safe Childhood

Lori Feldman-Winter, MD, MPH

Faculty Chair, National Institute for Children's Health Quality
Best Fed Beginnings Project funded by Centers for Disease Control and Prevention

Amy Barkley

Director Campaign for Tobacco-Free Kids, Mid-Atlantic Region

Barbara Kahler, MD

President, American Academy of Pediatrics, Virginia Chapter

Michael S. Jaffee, MD

Associate Professor, Neurology, University of Virginia, UVA Brain Injury & Sports Concussion Clinic

UVA FACULTY

Barrett H. Barnes, MD

Associate Professor, Gastroenterology

Susan Bryce Cluett, CRNT Program

Director,
Children's Fitness Center

Christine Burt-Solorzano, MD

Assistant Professor, Endocrinology

Howard Goodkin, MD, PhD

Professor, Pediatrics and Neurology

Ruth A. Goldeen, Occupational Therapist,

OTR/L, M.Ed., RYT
UVA Children's Hospital
Therapy Services

Lisa M. Hainstock, MD

Assistant Professor, General Pediatrics

Angie Hasemann, RD, CSP

Dietician, Children's Fitness Clinic

Kristen C. Heinan, MD

Assistant Professor, Neurology

Martha Hellems, MD, MS

Associate Professor, Dept. of Pediatrics

Jennifer B. Humberson, MD

Assistant Professor, Pediatric Genetics

James P. Nataro, MD, PhD, MBA

Chair, Professor

Kenneth Norwood, MD

Associate Professor,
Developmental Pediatrics

Anne Ranney, MD

Associate Professor, General Pediatrics

Anuj Singla, MD

Clinical Instructor, Orthopedics

Ina Stephens, MD

Associate Professor, General Pediatrics

Ron Turner, MD

Professor,
Pediatric Infectious Diseases

Barbara B. Wilson, MD

Associate Professor, Dermatology

Julia Wisniewski, MD

Assistant Professor, Pediatric Respiratory
Medicine, Allergy, and Immunology

CONFERENCE CHAIRS

Ann L. Kellams, MD, IBCLC

Associate Professor, General Pediatrics

Kenneth Norwood, MD

Associate Professor, Developmental
Pediatrics

“Relevant to my community practice”

Accreditation and Designation Statement

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 **16 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity. This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 16 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics. This Live activity, 35th Annual McLemore Birdsong Pediatric Conference, with a beginning date of 04/17/2015, has been reviewed and is acceptable for up to 14.50 Prescribed credit(s) by the American Academy of Family Physicians.

Hours of Participation Statement

The University of Virginia School of Medicine awards 16 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 permanent record of participation for six (6) years. Conference: 16 hours. PALS: additional 8 hours. NRP: additional 3 hours. Part II MOC workshop: additional 3 hours.

The Wintergreen Resort

Wintergreen is an easy and beautiful commute southwest of Charlottesville and a spectacular get-away destination for couples or families. This four-season mountain retreat on the eastern slopes of the Blue Ridge Mountains features swimming, golf, tennis, spa services and other outdoor activities, and is just minutes from the Blue Ridge Parkway. For more information about activities available at Wintergreen, visit:

www.wintergreenresort.com

For those wishing to stay at Wintergreen there are several options: Studios, Lodge Rooms and 2 and 3 Bedroom Condominiums. Condominiums may be located near the Conference Center and Mountain Inn or in the Devil's Knob area convenient to the Fitness and Aquatics Center, Spa, and Devils Knob Tennis Center and Golf Course.

Reservations may be made directly through Wintergreen's toll-free number, **(855) 421-4218**. Ask for Group Reservations Department, Monday through Friday, 9am-5pm. The room block expires a month before the conference begins. Room rates below do not include associated taxes and fees.

Room Rates:

Studios/Lodge Rooms: \$124.00 per night

2 Bedroom Condo: \$199.00 per night

3 Bedroom Condo: \$297.00 per night.

CHILD CARE INFORMATION

Activities include arts and crafts, story time, hiking, spending time on the playground etc.

Registration Information:

Reservations will need to be made directly with the University, see registration form. There's a minimum of 15 children per day required. Payment for childcare may be made directly to Wintergreen on the day of the event by credit card, cash or room charge. A birth certificate and copy of your child's immunization record is required.

Age requirement: 2.5 – 12

Cost: \$48.00 per child per day to include lunch and childcare from 8am-1:15pm.

Preliminary count due to **Wintergreen by March 15, 2015**

Cancellation Policy:

Outside of 48 hours	No Charge
24-48 Hours	25% Scheduling Fee
Less than 24 hours	Charge Full Payment

Wintergreen Resort also maintains a baby sitter list that can be obtained by calling (434) 325-2200



Around Charlottesville

Charlottesville has many attractions including Monticello, home of Thomas Jefferson, area vineyards, hiking in the Blue Ridge Mountains, UVA athletic events, many fine restaurants and shopping opportunities. For more information, visit

www.pursuecharlottesville.com, and www.virginiasports.com.

Blue Ridge Brews and Views Tour: Friday, April 17th from 2-5pm

Join us for bus tours to beautiful Rockfish Gap to taste at Veritas Vineyard (www.veritaswines.com) and Blue Mountain Brewery (www.bluemountainbrewery.com).

Note: Pre-registration and an additional fee are required. Fee covers bus tour, individuals are responsible for tasting fees and/or purchases at the venues. Space is limited.

UVA Alumni Reception: Saturday, April 18th from 5-7pm

Former UVA medical students, residents, and fellows are invited to join us for a reception at the Wintergreen Lodge. **Note:** RSVP is required

Yoga and Zumba! See conference schedule for more details

Course Registration
35th McLemore Birdsong Pediatric Conference
April 17-19, 2015, Wintergreen Resort

*Online registration is available for this conference at www.cmevillage.com
 Pre-registration for this conference will close on March 24th.*

Mr. Ms. Mrs. Dr. First: _____ MI _____ Last: _____
 Credentials (MD/NP/etc): _____ Specialty: _____
 Affiliation/Business/Organization: _____
 Primary Address / _____ This is: home work
 Street: _____
 City: _____ State/Province: _____ Zip: _____
 Country: _____ Phone: _____ Fax: _____

Email: _____
 Birthdate: ____/____/____ (required for tracking CME/CEU Credits)
 Are you an employee of the University of Virginia? Yes No
 Are you a resident physician? Yes No Are you a fellow? Yes No
 Are you UVA Alumni? If yes: (circle) medical, resident, fellow; class of ____ (yr)
 Will you be attending the Alumni Reception? Yes No _____ # attending
 Are you a Virginia AAP Member? Yes No
 Will you have guests joining you for the family/community session Sat, April 18th? ____ number attending

Do you require special assistance because of a disability, or have any dietary restrictions? If so please describe: _____
 If you are signing up for childcare, circle which days **F S S** and number of children _____. Payment is made directly to Wintergreen on the day of the event.

Fees: circle those that apply

	Prior to Mar 1	Effective Mar 1
• Physicians	\$450	\$495
• VA Chapter, AAP Members	\$350	\$395
• Residents, Fellows, Nurse Practitioners	\$300	\$350
• One Day Session	\$225	\$225
• Hard Copy of Syllabus	\$30	\$30
• One Day VA Chapter, AAP Members	\$175	\$175
• NRP Course	Non-UVA \$150	UVA Employee \$20
• PALS Course	Non-UVA \$175	UVA Employee Free
• BLS Recertification	Non-UVA \$60	UVA Employee Free
• Maintenance of Certification Workshop	\$50.00	\$50.00
• Blue Ridge Brews and Views Tour	_____ attending @ \$20 per person (tasting fees not included)	
	Total _____	

Registration fee includes online syllabus, three breakfasts, one lunch, and three breaks.

Payment is required with registration. An exception is made for institutional checks; however, these must be received at least 4 days prior to the scheduled CME activity. ***If payment is not received by deadline, you will NOT be registered for the conference.***

You will receive written confirmation (by email) upon receipt of your payment.

Check or money order made payable to "UVA-CME". Please indicate 'Birdsong' on your check.
 Charge payment to: Visa Mastercard Am. Express Discover
 Card No.: _____ Exp Date ____/____/____
 Signature: _____

Daily Workshops. Please select below:

Friday, April 17: 1 2 3 4 5
 Saturday, April 18: 6 7 8 9 10 11
 Sunday, April 19: 12 13 14 15 16 17
 Sunday, April 19: 18 19 20 21 22*

* #22 Maintenance of Certification workshop, 2 hours, requires additional fee.

Send Registrations to:

Bebe Moore, Registrar, Birdsong, 2015
 Office of Continuing Medical Education, P.O. Box 800711
 University of Virginia School of Medicine, McKim Hall, Charlottesville, VA 22908
 Tel: (434) 924-5310, Fax: (434) 243-6393 MIRS Tel: 1-800-552-3723