



24th Annual Pediatric Update

Pre-Conference:

Stanford Children's Health Sports Medicine

July 14-16, 2016

The Frances C. Arrillaga Alumni Center, Stanford, CA

Presented by the Department of Pediatrics at the Stanford University School of Medicine and Lucile Packard Children's Hospital Stanford. Sponsored by the Stanford University School of Medicine.



A Continuing Medical Education Activity



Overview

Pre-Conference:
Stanford Children's Health Sports Medicine
July 14, 2016

STATEMENT OF NEED

The Pre-Conference will focus on gaps in medical knowledge related to pediatric and adolescent sports medicine. This course will present plenary and optional (non-CME) hands-on skill sessions to provide the learner with strategies to treat or refer children and adolescents affected by bone health, female triad, back and extremity pain and injury, hip issues and concussion.

TARGET AUDIENCE

This activity is intended for pediatricians, family physicians, primary care physicians, nurse practitioners, nurses and interested allied health professionals who provide care for children and adolescents.

24th Annual Pediatric Update
July 15-16, 2016

STATEMENT OF NEED

The ever-increasing amount of new biomedical information requires pediatric and family primary care practitioners to obtain comprehensive, up-to-date information on a wide range of clinical issues encountered in daily practice. The 24th Annual Pediatric Update will highlight recent advances in pediatrics as well as present practical information on such topics as:

- Infectious diseases and vaccination guidelines
- Food allergy desensitization
- Cardiac murmurs
- Sleep issues
- Healthcare for sexual minority, transgender and non-conforming youth
- Computer vision syndrome
- Wellness/mindfulness for both the patient and the practitioner

This course will consist of lectures with Q&A sessions, practice pearls workshops and breakout sessions.

TARGET AUDIENCE

This activity is intended for pediatricians, family physicians, primary care physicians, nurse practitioners, nurses and interested allied health professionals who provide care for children and adolescents.

July 14-16, 2016 The Frances C. Arrillaga Alumni Center, Stanford, CA

Additional Information

Accreditation and Designation of Credits Pre-Conference: Stanford Children's Health Sports Medicine

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Stanford University School of Medicine designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)*[™] (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

Accreditation and Designation of Credits 24th Annual Pediatric Update

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Stanford University School of Medicine designates this live activity for a maximum of 10.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)*[™] (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

Faculty Disclosure

The Stanford University School of Medicine adheres to the Accreditation Council for Continuing Medical Education (ACCME) Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.

Conference Location

The Frances C. Arrillaga Alumni Center is located on the Stanford campus at 326 Galvez Street, at the intersection of Campus Drive and Galvez Street. For an interactive campus map visit <http://ucomm.stanford.edu/map/>.

Conference parking will be available in the Galvez Lot (L-96) on Thursday, July 14, and Friday, July 15. One week before the conference, parking information and a parking code will be emailed to all registered attendees. The parking code allows for an \$8 conference rate at the Galvez Lot only. Parking will be available in the Galvez Lot on Saturday at no charge.

Conference Materials

The syllabus will be transmitted electronically prior to the course. Access to the materials will be emailed to all registrants the week before the conference. Optional purchase of a printed syllabus is available for an additional \$50 for one conference and \$75 for both conferences.

Special Needs

Lucile Packard Children's Hospital Stanford is committed to making its activities accessible to all individuals. If you have needs that require special accommodations, including dietary concerns, please call the CME office at (650) 498-6757 before June 27, 2016.

Accommodations

Excellent family accommodations are available with special conference rates at the Sheraton Palo Alto Hotel located within a five minute drive of the conference location. The Sheraton Palo Alto Hotel is located at 625 El Camino Real, Palo Alto, CA 94301. Please ask for the 24th Annual Pediatric Update \$259 conference rate. A 14% occupancy tax and a California tourism tax of 0.195% will be charged per room night. A Convention and Visitors Bureau Tourism fee of \$0.84 will be charged per room night. These taxes are not included in the room rate and are subject to change without notice. The Sheraton offers valet parking for \$19/day, or self-parking for \$14/day.

For reservations call 1-800-325-3535 or 650-328-2800.

Rooms will be guaranteed at the special rate until June 29, 2016. Thereafter, the Sheraton will provide rooms on a space available basis and the group rate will no longer be guaranteed.

For additional lodging options, please visit <http://visit.stanford.edu/plan/lodging.html>.

About Lucile Packard Children's Hospital Stanford

Lucile Packard Children's Hospital Stanford is devoted entirely to the care of children and expectant mothers. Providing pediatric and obstetric medical and surgical services and associated with the Stanford University School of Medicine, Packard Children's offers patients locally, regionally and nationally a full range of health care programs and services – from preventive and routine care – to the diagnosis and treatment of serious illness and injury.

PROGRAM (subject to change)

7:00 - 8:00	Registration & Continental Breakfast
8:00 - 8:10	Welcome and Opening Remarks Moderator: Charles M. Chan, MD
8:10 - 8:35	Early Sport Specialization and Burnout Charles M. Chan, MD
8:35 - 9:00	Bone Health, Nutrition, and the Female Triad Jennifer Carlson, MD
9:00 - 9:15	Q&A
9:15 - 9:40	Managing Back Pain in the Growing Athlete Kali Tileston, MD
9:40 - 10:05	Hip Problems in Children and Adolescents Stephanie Pun, MD
10:05 - 10:20	Q&A
10:20 - 10:35	Break
10:35 - 11:00	Shoulder Instability and Elbow Pain in the Growing Athlete Scott Hoffinger, MD
11:00 - 11:25	ACL Tears, Patellar Instability, and Assessment of Pediatric Knee Pain James Gamble, MD
11:25 - 11:40	Q&A
11:40 - 12:15	Physical Exam All Faculty
12:15 - 1:15	Lunch: Demo Exams All Faculty
1:15 - 1:45	Difficult Cases Panel 4-6 Cases: Ask the Expert All Faculty
1:45 - 2:00	Q&A
2:00 - 2:25	In-Office Management of Sport Related Concussion Christine R. Boyd, MD
2:25 - 2:50	Kinematics in Sports: A Look at Motion Analysis Jeffrey Young, MD
2:50 - 3:05	Q&A
3:05 - 3:20	Break
3:20 - 3:45	Foot and Ankle Injuries: When to Boot and When to Refer Ariel Palanca, MD
3:45 - 4:10	Applying Physical Therapy for Sports Performance and Injury Prevention Molly Taylor, PT
4:10 - 4:25	Q&A
4:25 - 4:30	Closing Remarks: Evaluation and Adjourn

4:30 - 4:40

4:40 - 5:10

Break

Optional: Hands-On Session (Not for CME Credit)

Shoulder Exam

Charles M. Chan, MD

Hip Exam

Stephanie Pun, MD

Spine Exam

Kali Tileston, MD

Additional Considerations in Adolescent Sports

Christine R. Boyd, MD

Test your physical exam skills stations

-Shoulder Injury

-Knee Injury

FACULTY

Charles M. Chan, MD

Clinical Assistant Professor of Orthopaedic Surgery
Course Director

Christine R. Boyd, MD

Clinical Assistant Professor of Orthopaedic Surgery

Jennifer Carlson, MD

Clinical Associate Professor of Pediatrics – Adolescent Medicine

James Gamble, MD

Professor of Orthopaedic Surgery

Scott Hoffinger, MD

Clinical Associate Professor of Orthopaedic Surgery

Ariel Palanca, MD

Clinical Assistant Professor of Orthopaedic Surgery

Stephanie Pun, MD

Clinical Assistant Professor of Orthopaedic Surgery

Molly Taylor, PT

Physical Therapist

Lucile Packard Children's Hospital Stanford

Kali Tileston, MD

Clinical Assistant Professor of Orthopaedic Surgery

Jeffrey Young, MD

Clinical Assistant Professor of Orthopaedic Surgery

Pre-Conference faculty members are from the Stanford University School of Medicine and Lucile Packard Children's Hospital Stanford

Pre-Conference Course Objectives

- Differentiate between injuries in child and adolescent athletes that can be examined and treated in the office setting versus those that should be referred to a sports injury specialist
- Identify and manage or refer concussions in the office setting
- Screen, diagnose and treat children and adolescents who sustain injuries related to early specialization, overtraining or burnout in their sport
- Formulate a strategy to counsel parents/caregivers and patients on the injury risks of early specialization, over-training and burnout in youth sports

PROGRAM (subject to change):

Friday, July 15, 2016		
7:00 - 8:00	Registration & Continental Breakfast	8:00 - 8:10
8:00 - 8:10	Welcome Morning Moderator: Kenneth L. Cox, MD	8:10 - 8:35
8:10 - 9:10	Doing School.....How We are Creating a Generation of Stressed-Out, Materialistic and Mis-Educated Students Denise Pope, PhD	8:35 - 8:50
9:10 - 9:25	Q&A	8:50 - 9:15
9:25 - 10:10	Vaccine Update 2016 Yvonne A. Maldonado, MD	9:15 - 9:30
10:10 - 10:25	Q&A	9:30 - 9:55
10:25 - 10:45	Break	9:55 - 10:10
10:45 - 11:10	Allergy Desensitization Using Food Whitney M. Block, MSN, CPNP, FNP-BC	10:10 - 10:30
11:10 - 11:25	Q&A	10:30 - 10:55
11:25 - 11:35	Transfer to Workshops	10:55 - 11:10
11:35 - 12:35	PRACTICE PEARLS WORKSHOPS (choose one)	11:10 - 11:35
	Concurrent Session I (choose one)	11:35 - 11:50
	1 Mastering Cardiac Murmurs Daniel Bernstein, MD	11:50 - 12:00
	2 Utilizing the Benefits of Mindfulness for Yourself and Your Patient: An Evidence-Based Approach Shelley Aggarwal, MD, MS	
	3 Cases in Pediatric Neurology Susy Jeng, MD	
12:35 - 1:35	Lunch Afternoon Moderator: Dennis Lund, MD	
1:35 - 2:00	Management of Abnormal Uterine Bleeding Paula J. Adams Hillard, MD	
2:00 - 2:15	Q&A	
2:15 - 3:15	Concurrent Session II (choose one)	
	4 Healthcare for Sexual Minority, Transgender and Non-Conforming Youth Seth Ammerman, MD	
	5 Picky Eating, Binging, Food Aversion Kathleen Kara Fitzpatrick, PhD	
	6 "H-EYE Tech": Vision in the 21st Century Deborah M. Alcorn, MD	
3:15 - 3:30	Break	
3:30 - 4:30	Concurrent Session III (choose one)	
	7 Healthcare for Sexual Minority, Transgender and Non-Conforming Youth Seth Ammerman, MD	
	8 Picky Eating, Binging, Food Aversion Kathleen Kara Fitzpatrick, PhD	
	9 "H-EYE Tech": Vision in the 21st Century Deborah M. Alcorn, MD	
4:30	Adjourn	

Saturday, July 16, 2016

Announcements Moderator: William A. Kennedy, II, MD, FAAP
Mystery Diseases Jon Bernstein, MD
Q&A
#UTI: What's Trending? William A. Kennedy, II, MD, FAAP
Q&A
Hot Topics in Infectious Disease Hayley Gans, MD
Q&A
Break
Sleep in the Child and Adolescent Sumit Bhargava, MD
Q&A
Gut Microbiota Therapies Ann Ming Yeh, MD
Q&A
Evaluation and Adjourn

24th Annual Update Pediatric Faculty July 15 – 16, 2016

Kenneth L. Cox, MD

Professor of Pediatrics (Gastroenterology)
Senior Associate Dean for Pediatrics and Obstetrics Clinical Affairs
Course Director

Shelley Aggarwal, MD, MS

Clinical Assistant Professor of Pediatrics (Adolescent Medicine)

Deborah M. Alcorn, MD

Associate Professor of Ophthalmology and Pediatrics

Seth Ammerman, MD

Clinical Professor of Pediatrics (Adolescent Medicine)

Daniel Bernstein, MD

Alfred Woodley Salter and Mabel G. Salter
Endowed Professor in Pediatrics (Cardiology)

Jon Bernstein, MD

Assistant Professor of Pediatrics (Genetics)

Sumit Bhargava, MD

Clinical Associate Professor of Pediatrics (Pulmonary Medicine)

Whitney M. Block, MSN, CPNP, FNP-BC

Sean N. Parker Center for Allergy Research at Stanford University
Lead Study Coordinator, FARE Center of Excellence

Kathleen Kara Fitzpatrick, PhD

Clinical Assistant Professor of Psychiatry and Behavioral Sciences –
Child and Adolescent Psychiatry

Hayley Gans, MD

Clinical Associate Professor of Pediatrics (Infectious Diseases)

Paula J. Adams Hillard, MD

Professor of Obstetrics and Gynecology

Susy Jeng, MD

Clinical Assistant Professor of Neurology & Neurological Sciences

William A. Kennedy, II, MD, FAAP

Professor of Urology
Chief, Division of Pediatric Urology
Associate Chief Medical Officer, Lucile Packard Children's
Hospital Stanford

Dennis P. Lund, MD

Professor of Surgery (Pediatric Surgery)
Associate Dean for Pediatrics and Obstetrics
Chief Medical Officer, Lucile Packard Children's Hospital Stanford

Yvonne A. Maldonado, MD

Professor of Pediatrics (Infectious Diseases) and of Health Research
and Policy

Denise Pope, PhD

Senior Lecturer
Stanford University Graduate School of Education

Ann Ming Yeh, MD

Clinical Assistant Professor of Pediatrics (Gastroenterology)

All faculty members are from the Stanford University School of
Medicine and Lucile Packard Children's Hospital Stanford

24th Annual Pediatric Update Course Objectives

- Utilize clinical guidelines in the treatment of:
 - UTI
 - Food allergy
 - Infectious diseases including influenza and emerging infections such as the Zika virus
 - Neurologic conditions such as seizures, tics and tremors and headaches
 - Cardiac murmurs
- Formalize treatment strategies or referral for children and adolescents with sleep issues including insomnia, daytime sleepiness and nightmares
- Formulate a strategy for assessment, management and/or referral of the adolescent with functional physical symptoms or risk-taking behavior due to extreme stress
- Develop a strategy to assess and manage healthcare issues of the transgender adolescent or sexual minority youth



Registration

24TH ANNUAL PEDIATRIC UPDATE AND PRE-CONFERENCE

JULY 14-16, 2016

Please register by completing this application form or by registering online at www.cme.stanfordchildrens.org. Applications must be completed online or postmarked by July 1, 2016.

Registration will re-open onsite on the day of the conference if space is available. An additional \$100 onsite registration fee will be added to all onsite conference registrations.

All registrations are confirmed in writing. If you do not receive written confirmation, call (650) 498-6757 or email

lpchcme@stanfordchildrens.org. Please note that until you have received written confirmation, you are not officially registered for the conference.

Cancellation and Refund Policy

Registration fees, less a \$50 administrative charge, are refundable if written cancellation is received prior to July 1, 2016. No refunds will be given for cancellations received after this date or for conference non-attendance. We reserve the right to cancel or postpone any activity if necessary. In such case, full refund of registration fees will be given. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

REGISTRATION FORM

24th Annual Pediatric Update and Pre-Conference

July 14-16, 2016

The Frances C. Arrillaga Alumni Center

326 Galvez Street, Stanford, CA 94305

PLEASE TYPE OR PRINT:

Name _____

Specialty/Degree _____

Street Address _____

City _____ State _____ Zip _____

Business Phone _____ Fax _____

Email Address _____

Hospital/Professional Affiliation _____

Medical License # _____

Special Needs _____

Include me on your mailing list for future educational activities.

Meal Preference: Regular Vegetarian

PAYMENT FOR COURSE REGISTRATION: (Check appropriate charge)

Pre-Conference — registration fee includes tuition, continental breakfast and lunch on Thursday, July 14.

	Registration Received by: 5/29/16	5/30/16 – 7/1/16
Physicians	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275
NP/Nurse/Allied Health Professional	<input type="checkbox"/> \$175	<input type="checkbox"/> \$200
Optional Syllabus	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50

24th Annual Pediatric Update — registration fee includes tuition, continental breakfast and lunch on Friday, July 15, and continental breakfast on Saturday, July 16.

	Registration Received by: 5/29/16	5/30/16 – 7/1/16
Physicians	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500
NP/Nurse/Allied Health Professional	<input type="checkbox"/> \$350	<input type="checkbox"/> \$375
Optional Syllabus	<input type="checkbox"/> \$50	<input type="checkbox"/> \$50

Register for Both Conferences and Save!

Pre-Conference and 24th Annual Pediatric Update

	Registration Received by: 5/29/16	5/30/16 – 7/1/16
Physicians	<input type="checkbox"/> \$600	<input type="checkbox"/> \$700
NP/Nurse/Allied Health Professional	<input type="checkbox"/> \$475	<input type="checkbox"/> \$525
Optional Syllabi	<input type="checkbox"/> \$75	<input type="checkbox"/> \$75

Breakout Session Choices: Priority for concurrent sessions will be in order of receipt of registration application. Please register early, so your choices can be accommodated. Friday afternoon concurrent sessions are listed in the agenda. Indicate by number your choice for each session.

24th Annual Pediatric Update, July 15

Session I: 11:35 – 12:35 (1-3) ___ 1st Choice ___ 2nd Choice (if 1st choice is full)

Session II: 2:15 – 3:15 (4-6) ___ 1st Choice ___ 2nd Choice (if 1st choice is full)

Session III: 3:30 – 4:30 (7-9) ___ 1st Choice ___ 2nd Choice (if 1st choice is full)

PAYMENT OPTIONS:

Credit Card (Amex, Visa and MC only) — Register online at www.cme.stanfordchildrens.org

Check made payable to Stanford Children's Health CME

Please register and pay by credit card online OR complete this form and mail with a check to:
Stanford Children's Health CME

725 Welch Rd, MC 5517, Palo Alto, CA 94304

Tel: (650) 498-6757 • Fax: (650) 497-5738 • Email: lpchcme@stanfordchildrens.org

Contact: Marifin Besona, CME Coordinator

Lucile Packard Children's Hospital
Continuing Medical Education
725 Welch Road
Palo Alto, CA 94304-1601

(650) 498-6757
www.cme.stanfordchildrens.org

A Continuing Medical Education Activity

For information on upcoming Pediatric
CME activities visit:
www.cme.stanfordchildrens.org

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