Managing The Challenges of Clinical Practice

44th Refresher Course in Family Medicine

March 23-25, 2017

Marriott Pittsburgh City Center • Pittsburgh, PA

Zagat survey rates Pittsburgh #1 for restaurants in 2015.
Pittsburgh named on Travel + Leisure’s global and prestigious Best Places to Travel in 2016 list.

UPMC

Course Directors:

James C. Dewar, MD
Donald B. Middleton, MD
Heather Sakely, PharmD, BCPS

Sponsored by:
University of Pittsburgh School of Medicine
Department of Family Medicine
Center for Continuing Education in the Health Sciences

This two-and-a-half-day event, with continually changing topics, speakers, with an approach developed by a multidisciplinary collaboration of expert faculty and practicing providers, continues to yield a robust educational event “in our own backyard.”

SAM Study Group (Cerebral Vascular Disease)
Physicians who have entered the ABFM Maintenance of Certification cycle come together to complete the knowledge assessment section for the MC-FP SAM requirement.

In collaboration with regional teaching hospitals

COLLABORATING FAMILY MEDICINE GROUPS

- Forbes Hospital
- Heritage Valley Health
- Excela Health Latrobe Hospital Family Medicine Residency
- The University of Pittsburgh School of Medicine – Department of Medicine
- UPMC Mckeesport
- UPMC St. Margaret
- UPMC Shadyside
- UPMC Altoona
WHO SHOULD ATTEND?

This two and a half day continuing education activity is meant to attract family physicians, primary care physicians, residents, fellows, nurses, physician assistants, nurse practitioners, pharmacists, EMTs and other healthcare professionals interested in a refresher course developed by a collaboration of expert faculty and practicing physicians.

OBJECTIVES

At the end of this course the participant should be able to:

✓ Apply current updated knowledge relevant to problems commonly encountered in a clinical setting.
✓ Use medical resources rationally to maximize patient benefit
✓ Apply standard treatment modalities for management of acute and chronic diseases.
✓ Utilize national guidelines to approach commonly encountered clinical conditions.
✓ Understand and rationally apply new drug treatment regimens for chronic conditions in the office and hospital settings.

MEETING LOCATION/ACCOMMODATIONS/PARKING

The conference will be held in the Conference Center on the second floor of the Marriott Pittsburgh City Center hotel located at 112 Washington Place, Pittsburgh PA 15219.

The conference has contracted a limited number of hotel rooms at the Marriott Pittsburgh City Center (hotel) for conference attendees. You may book a room by calling the hotel at 1-888-456-6600 or (412) 471-4000 and asking for the 44th Refresher Course in Family Medicine room block in order to receive our reduced rates. The special reduced rate is $135 plus tax per night. These accommodations are not included in registration fee. If you experience any problems booking your room, please telephone Oana Nicola-Stephan at (412) 383-2366. Room availability cannot be guaranteed beyond the block or the contracted end date of 6:00 pm March 15, 2017.

Parking is on your own and facilities are available below the Marriott Pittsburgh City Center hotel.

CONTINUING EDUCATION CREDIT

CME — The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 20.25 AMA PRA Category 1 Credits™. Physicians should claim credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 2.0 continuing education units (CEU’s) which are equal to 20.25 contact hours.

Nursing — UPMC Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation

To receive 20.25 Contact Hour(s), the learner must attend the entire activity and complete the activity evaluation.

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

AOA — Application for AOA Category 2 credit has been filed with the American Osteopathic Association. Determination of credit is pending.

This activity is eligible for ACPE credit; see final CPE activity announcement for specific details.

SAM STUDY GROUP (SATURDAY ONLY)

The goal of the SAM study group is to work together to successfully complete the 60-question Knowledge Assessment in the SAM Cerebrovascular Disease module using group discussion and reference materials. Participants must provide registration data to the Refresher course staff to participate in the session: THIS MUST INCLUDE YOUR ABFM OR AAFP ID NUMBER.

✓ Participants are encouraged to bring a computer or tablet with internet access and/or a USB port.
✓ Participants will be provided electronic reference materials to use during the session.
✓ Participants may receive MC-FP credit and/or CME credit for participation in the SAM study group.
✓ Participants will only receive MC-FP credit if all of the following are true:
✓ You are currently eligible for and enrolled in the ABFM MC-FP process
✓ You have not completed your current MC-FP stage*
✓ You pay your MC-FP fees to the ABFM prior to completing the Clinical Simulation
✓ You attend and fully participate in the educational discussion for the entire session

* Participants will receive CME credit only if they pay their ABFM fees and complete the clinical simulation.
**Course Schedule – Thursday, March 23, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Registration/Continental Breakfast and Visit Exhibits</td>
</tr>
<tr>
<td>7:10 AM</td>
<td>Opening Comments and Welcome</td>
</tr>
<tr>
<td></td>
<td>James Dewar, MD</td>
</tr>
<tr>
<td>7:15 AM</td>
<td>Preconception and Prenatal Med Use: Helping Moms Make Safer Choices</td>
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<tr>
<td></td>
<td>Karen Moyer, MD</td>
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<tr>
<td>7:45 AM</td>
<td>STI Update including PrEP</td>
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<tr>
<td></td>
<td>Gordon Liu, MD</td>
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<tr>
<td>8:15 AM</td>
<td>Program Director Pearls: Some Old, Some New, and Borrowed Too</td>
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<tr>
<td></td>
<td>James Dewar, MD; Donald Middleton, MD; Heather Sakely, PharmD</td>
</tr>
<tr>
<td>8:45 AM</td>
<td>Question and Answer Panel</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Break and Visit Exhibits</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>Tense Tummies and Sore Bellies in Kids</td>
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<tr>
<td></td>
<td>Stephanie Dewar, MD</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Rational Prescribing for Common Pediatric Infections</td>
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<tr>
<td></td>
<td>Andrew Nowalk, MD</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Question and Answer Panel</td>
</tr>
<tr>
<td>11:00 AM</td>
<td><strong>BREAKOUT SESSIONS</strong> (Please select two; sessions A–E repeat at 11:50 AM)</td>
</tr>
<tr>
<td></td>
<td>A. EKG Workshop</td>
</tr>
<tr>
<td></td>
<td>Jared Magnani, MD</td>
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<tr>
<td></td>
<td>B. Smoking Cessation: It's OK to Be a Quitter in This Office</td>
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<tr>
<td></td>
<td>Esa Davis, MD</td>
</tr>
<tr>
<td></td>
<td>C. Family Medicine Board Review with TrueLearn</td>
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<tr>
<td></td>
<td>Martin Johns, MD; Maria Balestrino, MD; Megan Magovern, MD</td>
</tr>
<tr>
<td></td>
<td>D. Adult Immunization Update</td>
</tr>
<tr>
<td></td>
<td>Richard Zimmerman, MD; Donald Middleton, MD</td>
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<tr>
<td></td>
<td>E. Practical Hip Exam in Adults</td>
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<tr>
<td></td>
<td>Kelley Anderson, MD</td>
</tr>
<tr>
<td>11:50 AM</td>
<td><strong>BREAKOUT SESSIONS</strong> (repeat of 11:00 AM Sessions)</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Lunch and Visit Exhibits</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>The Statin Intolerant Patient</td>
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<tr>
<td></td>
<td>Amy Haver, PharmD</td>
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<tr>
<td></td>
<td>(*) denotes topics that receive ACPE accreditation</td>
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<tr>
<td></td>
<td>(+) denotes topics that meet Patient Safety/Risk Management criteria</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:30 PM</td>
<td>Bone Health in Women: Getting Strong and Staying Strong</td>
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<tr>
<td></td>
<td>Jeannette South-Paul, MD</td>
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<tr>
<td>2:00 PM</td>
<td>Let's not sugarcoat it: Update on Pharmacologic Management of Type II DM</td>
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<tr>
<td></td>
<td>Greg Castelli, PharmD</td>
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<tr>
<td>2:30 PM</td>
<td>ADHD and TiPS</td>
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<tr>
<td></td>
<td>Justin Schreiber, MD</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Question and Answer Panel</td>
</tr>
<tr>
<td>3:15 pm</td>
<td>Break and Visit Exhibits</td>
</tr>
<tr>
<td>3:30 PM</td>
<td><strong>BREAKOUT SESSIONS</strong> (Please select two; sessions F–I repeat at 4:20 PM)</td>
</tr>
<tr>
<td></td>
<td>F. Newer Anticoagulants and Guidelines for Their Use</td>
</tr>
<tr>
<td></td>
<td>Dan Dicola, MD</td>
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<tr>
<td></td>
<td>G. Wound Repair Workshop: Stitches in Time</td>
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<tr>
<td></td>
<td>Teichi Takedai, MD; Suzan Skef</td>
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<tr>
<td></td>
<td>H. Management of Pulmonary Hypertension</td>
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<tr>
<td></td>
<td>Mark Gladwin, MD</td>
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<tr>
<td></td>
<td>I. Childhood Immunization Update</td>
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<tr>
<td></td>
<td>Richard Zimmerman, MD; Donald Middleton, MD</td>
</tr>
<tr>
<td></td>
<td>J. Genetic Testing in Primary Care</td>
</tr>
<tr>
<td></td>
<td>Mylynda, Massart, MD</td>
</tr>
<tr>
<td></td>
<td>(till 6pm with dinner – TBD)</td>
</tr>
<tr>
<td>4:20 PM</td>
<td><strong>BREAKOUT SESSIONS</strong> (repeat of 3:30 PM Sessions except J)</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Thursday Adjournment</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Pittsburgh Pillars of Family Medicine Fund Reception</td>
</tr>
</tbody>
</table>

**Course Schedule – Friday, March 24, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Registration/Continental Breakfast and Visit Exhibits</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>The Anxious Patient</td>
</tr>
<tr>
<td></td>
<td>Stephanie Richards, MD</td>
</tr>
<tr>
<td>8:15 AM</td>
<td>Pulmonary Embolism: New Ideas About An Old Problem</td>
</tr>
<tr>
<td></td>
<td>Belinda Rivera-Lebron, MD</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Question and Answer Panel</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>Break and Visit Exhibits</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Choosing Wisely in Primary Care</td>
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<td></td>
<td>Stephen Wilson, MD</td>
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<tr>
<td>10:00 AM</td>
<td>The 5 Ss</td>
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<tr>
<td></td>
<td>Harvey Karp, MD</td>
</tr>
</tbody>
</table>
FRIDAY, MARCH 24, 2017 (continued)

10:30 AM Question and Answer Panel
10:45 AM Break and Visit Exhibits
11:00 AM BREAKOUT SESSIONS
(Please select two; sessions K–O repeat at 11:50 AM)

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Facilitators</th>
</tr>
</thead>
<tbody>
<tr>
<td>K.</td>
<td>Emerging Mosquito Borne Illnesses: Please Pass the DEET</td>
<td>Mark Meyer, MD</td>
</tr>
<tr>
<td>L.</td>
<td>Helping Parents Have Happy Children</td>
<td>Harvey Karp, MD</td>
</tr>
<tr>
<td>M.</td>
<td>Deprescribing and Goals of Care in Geriatric Patients</td>
<td>Heather Sakely, PharmD; Amy Swindell, MD</td>
</tr>
<tr>
<td>N.</td>
<td>OMT Workshop</td>
<td>Jessica Peek, MD; Oksana Karpov, MD</td>
</tr>
<tr>
<td>O.</td>
<td>Family Medicine Board Review with TrueLearn</td>
<td>Martin Johns, MD; Maria Balestrino, MD; Megan Magovern, MD</td>
</tr>
</tbody>
</table>

11:50 AM BREAKOUT SESSIONS (repeat of 11:00 AM Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Facilitators</th>
</tr>
</thead>
</table>

12:30 PM Lunch and Visit Exhibits
1:30 PM Aftercare of Addiction Treatment + TBD
2:00 PM Rosacea and Friends *
2:30 PM Heart Failure Update *
3:00 PM Question and Answer Panel
3:15 pm Break and Visit Exhibits
3:30 AM BREAKOUT SESSIONS
(Please select two; sessions P–T repeat at 4:20 PM)

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Facilitators</th>
</tr>
</thead>
<tbody>
<tr>
<td>P.</td>
<td>The D.L. on Common Medical Devices</td>
<td>Patricia Klatt, PharmD et al</td>
</tr>
<tr>
<td>Q.</td>
<td>Teaching Medical Students on the Fly</td>
<td>Robin Maier, MD</td>
</tr>
<tr>
<td>R.</td>
<td>Well Child Care and Bright Futures</td>
<td>Katherine Watson, MD; Mary Pat Friedlander, MD</td>
</tr>
<tr>
<td>S.</td>
<td>Topics in Caring for Returning Veterans</td>
<td>Speaker TBD from United States Army</td>
</tr>
<tr>
<td>T.</td>
<td>Opioids in Primary Care: Reducing Harm and Restoring Sanity</td>
<td>Jonathan Han, MD</td>
</tr>
</tbody>
</table>

4:20 PM BREAKOUT SESSIONS (repeat of 3:30 PM Sessions)
5:00 PM Friday Adjournment – St. Margaret Hospital Residency Reunion

(*) denotes topics that receive ACPE accreditation
(+) denotes topics that meet Patient Safety/Risk Management criteria

The conference program is subject to changes.
Course Directors

James C. Dewar, MD
Clinical Associate Professor of Medicine
Department of Family Medicine
Vice Chair Department of Family Medicine

Donald B. Middleton, MD
Professor, Department of Family Medicine
Vice President, UPMC St. Margaret
Family Medicine Residency Education
University of Pittsburgh School of Medicine

Heather Sakely, PharmD, BCPS
Director, Geriatric Pharmacotherapy
Department of Medical Education
UPMC St. Margaret

Planning Committee

Barry Coutinho, MD
Director, Inpatient Teaching Service
UPMC Shadyside Family Medicine
Residency Clinical Assistant Professor
Department of Family Medicine

Tracey D. Conti, MD
Program Director
UPMC McKeesport Family Medicine and
Osteopathic Family Medicine
Residencies
Assistant Professor
University of Pittsburgh Department of Family Medicine

Niladri Das, MD
Director of Practice Improvement UPMC St. Margaret

Patricia M. Klatt, PharmD, BCPS
Director, Pharmacy Residency Program
Director, Pharmacist Practice Development
UPMC St. Margaret

John Maier, PhD, MD
Director of Research and Development
Department of Family Medicine

Ted Schaffer, MD
Program Director, Family Medicine
Residency UPMC St. Margaret

Jeannette E. South-Paul, MD
Andrew W. Mathieson Professor and Chairperson Department of Family Medicine

Karen Weimer, CRNP
Lead Nurse Practitioner
Department of Nursing
UPMC St. Margaret

Stephen Wilson, MD, MPH, FAAFP
Director, Faculty Development Fellowship
Department of Medical Education
UPMC St. Margaret

Local Faculty

Kelley Anderson, DO
UPMC Lemieux Sports Complex
UPMC Rooney Sports Complex

Maria Balestrino, DO
Allegheny Health Network
Forbes Family Practice Residency

Greg Castelli, PharmD, BCPS, BC-ADM
UPMC St. Margaret FHC – Bloomfield-Garfield

Jason M. Corbo, PharmD, BCPS
Assistant Director, Geriatric Pharmacotherapy Department of Medical Education
UPMC St. Margaret

Lora Cox-Vance, MD
VA Medical Center Chillicothe, Ohio
Geriatric Medicine

Nicole D’Antonio, PharmD, BCPS
Clinical Pharmacist UPMC McKeesport Faculty
UPMC McKeesport Family Medicine Residency

Stephanie Dewar, MD
Associate Professor of Pediatrics
Pediatric Residency Program Director
Children’s Hospital of Pittsburgh of UPMC

Dan DiCola, MD
Excela Health Latrobe Hospital Family Medicine Residency

Mary Pat Friedlander, MD
Assistant Medical Director of
Lawrenceville Family Health Center

Mark Gladwin, MD
Professor and Chair
Department of Medicine

Jonathan Han, MD
Medical Director of New Kensington Family Health Center

Amy Haver, PharmD
Clinical Pharmacy Specialist, Geriatrics

Arthur Huen, MA, PhD
Department of Dermatology

Harvey Karp, FAAFP
Assistant Professor of Pediatrics at the Keck School of Medicine at the University of Southern California

Oksana Karpov, DO
UPMC McKeesport Internal Medicine Center

Martin Johns, MD
UPMC Latterman FHC

Marianne Koenig, PharmD, BCPS
Clinical Pharmacist, Family Medicine
UPMC St. Margaret

Gordon Liu, MD
UPMC Latterman FHC

Jared Magnani, MD
UPMC Heart and Vascular Institute

Robin Maier, MD, MA
Assistant Professor
Department of Family Medicine

Michael Mathier, MD
UPMC Heart and Vascular Institute

Megan Magovern, MD
West Penn Allegheny Health System

Mylynthia Massart, MD, PhD
Assistant Professor
Department of Family Medicine
COURSE DIRECTORS AND FACULTY

Mark Meyer, MD
UPMC Shadyside FHC
Assistant Professor of Family Medicine
Department of Family Medicine

Karen Moyer, MD
UPMC St. Margaret FHC – Lawrenceville
Assistant Professor of Family Medicine
Department of Family Medicine

Elizabeth Mohan, MD
Geriatric Medicine Fellow UPMC St. Margaret

Laura Novak, MD
Assistant Director of Family Practice Residency Summa Barberton Hospital
Barberton, OH

Andrew Nowalk, MD, PhD
Associate Professor of Pediatrics
Pediatric Residency Program
Children’s Hospital of Pittsburgh of UPMC

Jessica Peek, MD
Allegheny Health Network
Forbes Family Practice Residency

Raymond Pontzer, MD
Clinical Associate Professor of Medicine
Department of Medicine
UPMC St. Margaret

Stephanie Richards, MD
UPMC Shadyside FHC

Belinda Rivera-Lebron, MD
Division of Pulmonary and Critical Care Medicine

Justin Schreiber, DO
General Academic Pediatrics

Suzan Skef, MD
Family Medicine Pharmacy Resident
Faculty Development Fellow
UPMC St. Margaret

Amy Swindell, DO
UPMC Altoona
Assistant Director of Altoona Family Physicians

Teiichi Takedai, MD
Co-Director, Maternity Care
Clinical Assistant Professor of Family Medicine
University of Pittsburgh School of Medicine

Katherine Watson, DO
General Academic Pediatrics

Evan Waxman, MD, PhD
Associate Professor of Ophthalmology Vice Chair, Medical & Resident Education Director, UPMC Eye Center Mercy Director, Comprehensive Eye Service Director, Inpatient Consult Services
University of Pittsburgh School of Medicine

Richard Zimmerman, MD, MPH
Professor of Family Medicine University of Pittsburgh
Department of Family Medicine

Faculty members are affiliated with the University of Pittsburgh School of Medicine and/or the UPMC and are located in the Pittsburgh, PA, area unless otherwise identified.

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.
Pre-register

All pre-registrations are due by March 15, 2017. Registrations after this date are accepted only as on-site registrations.

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at [http://ccehs.upmc.com](http://ccehs.upmc.com)
- Scroll to the 44th Refresher Course in Family Medicine section on the web page
- Click the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered

Early registrations are those postmarked by March 2, 2017. Late registrations will be accepted at an additional fee and we cannot guarantee space in the program or any program inclusions for those registrations we receive after this date.

Paper registration by Fax or Email

(see contact information below)

Please contact CCEHS if you are unable to register online and require the use a paper registration form. UPMC employees whose registration fee will be remitted via journal transfer should request the paper registration form.

On-Site Registrations

As of March 16, 2017, all registrations for this course are accepted only as on-site registrations. On-site registrants will pay $25 more than the late registration fee.

Online Registrations (pre-registration due date March 15, 2017)

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

- Visit our online registration site at [http://ccehs.upmc.com](http://ccehs.upmc.com)
- Scroll to the 44th Refresher Course in Family Medicine section on the web page and the Registration button and enter all the requested information
- After registering, an electronic confirmation will be sent to the email address you provided us when you registered

A confirmation letter will be faxed, mailed, or emailed if registration is completed through the mail, fax, or email by the registration deadline. If you register online, you will receive an immediate email confirmation message. Please note: Registration is not complete until you receive this confirmation. If you do not receive this letter within 5-7 days of registration, please contact us at (412) 647-8232.

You must bring this confirmation with you to the conference.

Cancellation

All cancellations must be in writing, via U.S. mail, email or fax. Tuition for cancellations postmarked or date stamped before March 7, 2017 will be completely refunded. After March 7, 2017 a $35 administrative fee will be assessed. No refunds will be made after March 15, 2017. Cancellation requests can be made to:

Oana Nicola-Stephan
Department of Family Medicine
Schenley Place, Suite 520 • 4420 Bayard Street
Pittsburgh, PA 15260 • Phone: (412) 383-2366 • Fax: (412) 383-2245
Email: nicolastephano@upmc.edu

The UPMC Center for Continuing Education reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, the department will fully refund registration fees.

Registration Fees

<table>
<thead>
<tr>
<th>Registration Fee</th>
<th>Early Before 03/02/17</th>
<th>Late After 3/02/17</th>
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</thead>
<tbody>
<tr>
<td>Physicians full conference without SAM session</td>
<td>$375.00</td>
<td>$385.00</td>
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<tr>
<td>Physicians full conference and SAM session</td>
<td>$460.00</td>
<td>$475.00</td>
</tr>
<tr>
<td>Physician Saturday SAM session only</td>
<td>$110.00</td>
<td>$135.00</td>
</tr>
<tr>
<td>Residents and fellows full conference</td>
<td>$160.00</td>
<td>$160.00</td>
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<tr>
<td>All other health care professionals</td>
<td>$235.00</td>
<td>$260.00</td>
</tr>
</tbody>
</table>

- Registration fee includes:
- Continuing education credit
- Registration and course materials
- Continental breakfast, refreshments and lunch
- Pittsburgh Pillars of Family Medicine Fund Reception and Discussion

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling (412) 383-2366.

For Additional Information, Contact:

Oana Nicola-Stephan
Coordination Specialist
Phone: (412) 383-2366
Fax: (412) 383-2245
Email: nicolastephano@upmc.edu

The University of Pittsburgh is an affirmative action, equal opportunity institution.