21st Annual
Frontiers in Pediatrics

November 30–December 2, 2018
Francis Marion Hotel
Charleston, South Carolina

Presented by the
Medical University of South Carolina
Department of Pediatrics
Office of Continuing Medical Education

If you can’t attend, please pass this along to a colleague or friend!
Course Description

The Division of General Pediatrics, MUSC - Department of Pediatrics, is pleased to present a three-day Continuing Medical Education Course designed to meet the needs of pediatric primary care practitioners, including Pediatricians, Family Physicians, and Nurse Practitioners. The course is organized to allow extensive discussion with presenters by limiting pure lecture presentations.

Learning Objectives: At the completion of this conference you should be able to achieve the objectives listed under each topic. The conference will be presented in lecture format with question and answer sessions. Small group workshops will be held on Saturday afternoon.

Credit Designation

The Medical University of South Carolina designates this live activity for a maximum of 16.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for Continuing Medical Education credits has been filed with the American Academy of Family Physicians. Determination of credits is pending.

Nurses: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 16.0 AMA PRA Category 1 Credit(s)™.

PLEASE NOTE: You now receive your CME, CNE and CEU credits online! After the conference, you will be emailed instructions and a link to claim your credit online and print your credit certificate. On the registration form, please provide the email address that you actively use to ensure that you receive these important emails.

Accreditation

The Medical University of South Carolina is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for Physicians.

Disclosure Statement

In accordance with the ACCME Essentials and Standards, anyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interest in the healthcare industry. This information will be made available to participants at the beginning of the activity. Speakers who incorporate information about off label or investigational use of drugs or devises will be asked to disclose that information at the beginning of their presentation.

Americans with Disabilities Act

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at (843) 876-1925 or attach a note to your registration.

Online Syllabus

In our efforts to “go green”, we are offering a reduced registration ($40 off the registration fee) if you choose to access the electronic conference syllabus online. Information will be emailed to you the week prior to the conference so that you may download a copy, and have access to the online version during and following the conference. By choosing this option, you can select the reduced conference registration fee marked on the online and paper registration. However, you will not receive a printed syllabus book. If you would like the printed syllabus, select the full registration fee.
Conference Director

James R. Roberts, MD, MPH, FAAP
Professor
Division of General Pediatrics
Department of Pediatrics
Medical University of South Carolina

Conference Co-Directors

William T. Basco, Jr., MD, MS, FAAP
Professor
Director, Division of General Pediatrics
Department of Pediatrics
Medical University of South Carolina

J. Routt Reigart, MD, FAAP
Professor Emeritus
Division of General Pediatrics
Department of Pediatrics
Medical University of South Carolina

Visiting Faculty

Kristin Rager, MD, MPH, FAAP, FSAHM
Adolescent Medicine Specialist & Owner
Rager Adolescent Health
Nashville, TN

Joseph A. Skelton, MD, MS
Associate Professor of Pediatrics
Associate Professor of Epidemiology and Prevention
Director, Brenner Fit
Wake Forest Baptist Health
Winston-Salem, North Carolina

Carol Cohen Weitzman, MD
Director, Developmental-Behavioral Pediatrics
Professor of Pediatrics & Child Study Center
Yale School of Medicine
New Haven, Connecticut

Medical University of South Carolina Faculty

Michelle Amaya, MD, MPH
Associate Professor
Department of Pediatrics
Medical Director, MUSC Level 1 Nursery

Alec DeCastro, MD
Assistant Professor
Department of Family Medicine
Residency Program Director
Chief of Primary Care Sports Medicine

Candi Jump, DO, MScEd
Assistant Professor of Pediatrics
Pediatric Gastroenterology Fellowship Director
Division of Pediatric Gastroenterology, Hepatology, and Nutrition

Michael J. Barr, PT, DPT, MSR
Sports Medicine Manager
MUSC Health Sports Medicine

Meryle Eklund, MD
Assistant Professor
Department of Radiology and Pediatrics

Robert F. Murphy, MD
Assistant Professor
Pediatric Orthopaedics, Spine and Limb Deformity
MUSC Department of Orthopaedics and Physical Medicine

Shayla Bergmann, MD
Assistant Professor
Department of Pediatrics
Director, Pediatric Hemophilia Clinic

Josef K. Eichinger, MD
Associate Professor
Orthopaedic Surgery and Sports Medicine
MUSC Health Sports Medicine

Harris S. Sloane, MD
Assistant Professor
Orthopaedic Surgery and Sports Medicine
MUSC Health Sports Medicine

Deborah Bowlby, MD, MSc
Division Chief, Pediatric Endocrinology
Medical Director Pediatric Diabetes

Sandra L. Fowler, MD, MSc
Professor
Department of Pediatrics
Director, Division of Infectious Diseases

C. Wayne Weart, PharmD, BCPS, FASHP, FAPhA
Professor Emeritus Department of Clinical Pharmacy and Outcome Sciences
Professor of Family Medicine
SC College of Pharmacy - MUSC Campus

Kirstin L. Campbell, MD
Assistant Professor
Department of Pediatrics
Attending Physician, Palliative Care

Alecia Good, MEd, ATC
Athletic Trainer
MUSC Health Sports Medicine

Lara Wine Lee, MD, PhD
Assistant Professor of Pediatrics and Dermatology
Director of Pediatric Dermatology

Kathy H. Chessman, PharmD, FPPAG, FCCP, BCPS, BCNSP
Professor, Clinical Pharmacy and Outcome Sciences
MUSC College of Pharmacy
Clinical Pharmacy Specialist, Pediatrics/Pediatric Surgery
MUSC Children's Hospital

Thomas K. Koch, MD
Professor
Director, Pediatric Neurology
Department of Pediatrics

Lanier Jackson, MD
Assistant Professor
Department of Pediatrics
Division of Pediatric Cardiology

Lanier Jackson, MD
Assistant Professor
Division of Pediatric Cardiology
## Course Schedule

### Friday, November 30

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15</td>
<td>Registration and Breakfast</td>
</tr>
<tr>
<td>8:10</td>
<td>Welcome</td>
</tr>
</tbody>
</table>
| 8:15  | **Optimizing Nutrition for the Pre-term Infant after Discharge**, Kathy Chessman, PharmD  
Assess a pre-term infant’s nutrition regimen for appropriateness; Design a plan to optimize the nutrition regimen for a pre-term infant, including human milk or formula and other nutrition supplements; Evaluate evidence related to short- and long-term nutrition-related outcomes in pre-term infants after hospital discharge. |
| 9:00  | **Got Iron?**, Shayla Bergmann, MD                                    
Recognize iron deficiency anemia in general pediatric patients, especially those at risk; Perform complete workup for IDA; Consider other possibilities for the anemia present; Decide adequate replacement options and dosing; Recognize when to refer to a Pediatric Hematologist. |
| 9:45  | Break                                                                |
| 10:15 | **Newborn Nursery Standards and Families that Oppose Them - Strategies for Management**, Michelle Amaya, MD  
Review current standard care and recommended screenings in the Level 1 Nursery; Gain awareness of nursery care standards that are being refused by some parents; Explore strategies to approach parents who refuse recommended newborn care. |
| 11:00 | **Update on the Evaluation and Management of Neonatal Herpes**, Sandy Fowler, MD  
Correctly utilize antibody testing strategies for risk assessment; Apply current guidelines for management of herpes exposed newborns; Appreciate the burden of herpes in neonates. |
| 11:45 | Lunch on your own                                                     |
| 1:15  | **Pediatric New Drug Update 2018**, C. Wayne Weart, PharmD            
Discuss the FDA Warnings and label changes that relate to medication safety and how this information should be applied in the selection and monitoring of evidence-based pharmacotherapy to achieve better patient related outcomes; Describe the current information concerning newly FDA approved medications (pharmacology, pharmacokinetics, efficacy and safety data, drug interactions, dosing, monitoring and cost) in the selection of evidence-based pharmacotherapy; Compare and contrast these selected newer agents to the existing therapies and be able to recommend an appropriate medication regimen for a specific patient. |
| 2:15  | **Syncope in the Pediatric Patient**, Lanier Jackson, MD              
Risk stratify the syncopal patient; Current treatment options for orthostatic intolerance; Management of patients with Long QT Syndrome. |
| 3:00  | Break                                                                |
| 3:30  | **Updates in Pediatric Dermatology**, Lara Wine Lee, MD, PhD          
Review recent advances in pediatric dermatology; Discuss new treatments updates for common pediatric skin conditions, utilizing novel therapeutic modalities. |
| 4:15  | **Children with Headaches: Where to Begin**, Thomas Koch, MD          
Distinguish between primary and secondary headache disorders based on history and key features of the physical examination; Comfortably and confidently decide who needs neuroimaging studies to further evaluate the patient with headache; Comfortably discuss and initiate an initial treatment for primary headaches. |
| 5:00  | Adjourn                                                               |
Saturday, December 1

7:30  Registration and Breakfast
7:55  Welcome
8:00  Mental Health in Teens, Kristin Rager, MD
      Accurately recognize and diagnose anxiety and depression in teens per DSM-V; Provide evidence-based treatment recommendations to patient and family; Prescribe medications for anxiety and depression, including SSRI's.
8:45  Tips and Tricks in Family-Based Obesity Treatment, Joseph Skelton, MD
      Holistically assess the family system as it pertains to health habits; Apply the latest research on weight bias, family-centered communication, and health behavior to your practice; Evaluate the eating, cooking, shopping, and meal planning habits of families; Assess parenting practices around feeding and physical activity, and provide guidance on authoritative parenting; Educate children and parents on safe, evidence-based approaches to weight management.
9:30  Break
10:00 ADHD Psychopharmacology, Carol Weitzman, MD
      Recall different options within each class of medications used to treat ADHD; Describe a titration strategy and monitoring plan for children treated with medications for ADHD; Develop strategies to manage children with complex ADHD.
10:45 Pediatric Gait Anomalies, Robert Murphy, MD
      Describe and utilize nomenclature regarding the pediatric gait exam; Recognize common rotational and angular variations that account for gait anomalies; Recognize and evaluate concerning or underlying pathology that may present as a gait disturbance.
11:30 The Pre-Participation Evaluation: A Practical Approach to Sports Physicals, Alec DeCastro, MD
      Review concepts and objectives of the pre-participation evaluation; Perform a dynamic cardiovascular exam to screen for cardiac abnormalities; Perform a comprehensive Musculoskeletal Exam to screen for MSK problems; Identify and evaluate athletes with concussions; Recognize issues with the female athlete including the female athlete triad.
12:15 Lunch on your Own
2:00  Optional Workshops
4:15  Adjourn (adjourn 5:00 pm for Sports Medicine)

Please see following page for Saturday Afternoon Workshop options!

Sunday, December 2

7:30  Registration and Breakfast
7:55  Welcome
8:00  Office-Based Strategies to Manage Behavioral and Emotional Problems in Young Children, Carol Weitzman, MD
      Develop a plan to screen children for behavioral and emotional problems; Recognize how to distinguish children with mild problems from those with more serious ones; Use a few office-based techniques for children who present with mild or age-appropriate behavioral and emotional problems.
8:45  Chronic Abdominal Pain: When to Worry and How to Talk to Families, Candi Jump, MD
      Identify pediatric patients who require additional workup for complaints of chronic abdominal pain; Obtain a framework for communication of etiology of symptoms and treatment expectations to patients and families.
9:30  Pediatric Metabolic Syndrome: Little Adults? Joseph Skelton, MD
      Describe the components of the metabolic syndrome in children, recognizing variations in definitions; Screen for metabolic complications of obesity; Demonstrate ability to monitor, treat, evaluate and refer for the metabolic syndrome in children.
10:15 Eating Disorders, Kristin Rager, MD
      Accurately recognize and diagnose the most common eating disorders in teens per DSM-V; Monitor for and manage the medical consequences of eating disorders; Feel confident in their role in the team treatment of eating disorders.
11:00 Adjourn until 2019
**Workshop 1: Imaging of the Pediatric Acute Abdomen, Meryle Eklund, MD**

**Description:** Join a pediatric radiologist in reviewing appropriate imaging practices and important imaging findings in the pediatric patient with acute abdominal disease. Attendees will gain a deeper understanding of the radiologic work up of patients with a concerning clinical presentation through review of illustrative cases of acute appendicitis, bowel perforation, and various causes of gastrointestinal and genitourinary obstruction.

**Learning Objectives:** Recognize key imaging features of urgent and emergent diseases of the pediatric abdomen; Utilize first line imaging tests of choice in evaluation of pediatric patients suspected to have acute abdominal disease, including appropriate ordering of cross-sectional imaging and use of contrast material; Recognize the most common imaging mimics of acute abdominal abnormalities.

**Workshop 2: Gender Identity, Deborah Bowlby, MD**

**Description:** A panel of medical and community professionals who work with children and families exploring gender identity issues will provide an overview of gender dysphoria. Cases will be presented to provide structure for interactive discussion among workshop participants.

**Learning Objectives:** Explain the diagnosis of pediatric gender dysphoria; Discuss management options; Delineate medical, mental health and community supports.

**Workshop 3: Ask More Talk Less: Communicating Serious News, Kirstin Campbell, MD**

**Description:** This workshop will use multimedia techniques and audience participation to develop strategies that target common challenges and pitfalls in patient/family communication.

**Learning Objectives:** Create an environment that enhances transfer of important information; List words to use and words to avoid when building a therapeutic relationship; Recognize and respond to the common emotions that patients exhibit when in distress.

---

**3-HOUR SPORTS MEDICINE MINI-SYMPOSIUM - Saturday, 2:00-5:00 pm. You may not attend any other workshops**

**Part 1: Concussion Management: Return to Lear and Return to Play Guidelines, Alecia Good, MEd, ATC**

**Description:** This presentation will focus on the latest recommendation for concussion management in student-athletes with focus on return to learn/school and return to play guidelines.

**Objectives:** Allow student-athletes to have a smooth transition into the classroom after experiencing a concussion; Safely advise athletes on a protocol to progress to full athletic participation and reduce the risk for further injury.

**Part 2: Pediatric ACL Injuries, Harris S. Slone, MD**

**Description:** This Presentation will review the epidemiology, mechanism, evaluation, and treatment of ACL injuries in the pediatric patient.

**Objectives:** Describe common mechanisms of injury and clinical presentation of ACL injuries in pediatric patients; Formulate an appropriate evaluation and initial management plan for acute pediatric knee injuries/suspected ACL tears.

**Part 3: Shoulder Instability in Pediatric Athletes, Michael J. Barr, PT, DPT, MSR**

**Description:** Intended for the pediatric healthcare professional to identify signs and symptoms of anterior and multi-directional shoulder instability in pediatric athletes including examination techniques, and treatment options.

**Objectives:** Identify signs and symptoms of anterior and multi-directional shoulder instability; Demonstrate examination techniques to support the diagnosis; Discuss treatment options including home exercise program, physical therapy, and when to refer to an Orthopaedic specialist.

**Part 4: Little Leaguers Arm Pain: Diagnosis & Treatment in age of Sports Specialization, Josef K. Eichinger, MD**

**Description:** Presentation on Arm Pain in Overhead Athletes such as baseball, softball, and tennis players. Review common injury patterns, diagnostic methods, treatment strategies, and injury prevention measures.

**Objective:** Diagnose and treat common upper extremity injuries in pediatric athletes; Determine what imaging studies should be ordered and when to refer to physical therapy or orthopaedic surgery based on history and physical exam; Identify patients at risk for overuse syndromes and strategies for interacting with patients and families on appropriate limits to play and prevention of injury.

---

**Approximate Mini-Symposium Timeline**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00</td>
<td>Introduction</td>
<td>Michael Barr, PT, DPT, MSR</td>
</tr>
<tr>
<td>2:05</td>
<td>Concussion Management</td>
<td>Alecia Good, MEd, ATC</td>
</tr>
<tr>
<td>2:35</td>
<td>Pediatric ACL Injuries</td>
<td>Harris Slone, MD</td>
</tr>
<tr>
<td>3:05</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>3:15</td>
<td>Shoulder Instability in Pediatric Athletes</td>
<td>Michael Barr, PT, DPT, MSR</td>
</tr>
<tr>
<td>3:45</td>
<td>Little Leaguers Arm Pain</td>
<td>Josef Eichinger, MD</td>
</tr>
<tr>
<td>4:15</td>
<td>Hands On Practice of Exam Techniques</td>
<td></td>
</tr>
<tr>
<td>4:45</td>
<td>Question/Answer Open Forum</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>Adjourn</td>
<td></td>
</tr>
</tbody>
</table>
Register by September 30, 2018 for the Early Bird Rate!

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>Early Bird (on or before 9/30)</th>
<th>Full Rate (on or after 10/1)</th>
<th>Limited Availability! On-Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physician in Practice (with Printed Syllabus)</td>
<td>$535</td>
<td>$585</td>
<td>N/A</td>
</tr>
<tr>
<td>Physician in Practice (with Online Syllabus)</td>
<td>$495</td>
<td>$545</td>
<td>$595</td>
</tr>
<tr>
<td>Retired, Resident, NP, RN, PA, Other (with Printed Syllabus)</td>
<td>$460</td>
<td>$510</td>
<td>N/A</td>
</tr>
<tr>
<td>Retired, Resident, NP, RN, PA, Other (with Online Syllabus)</td>
<td>$420</td>
<td>$470</td>
<td>$520</td>
</tr>
</tbody>
</table>

The fee includes continental breakfasts, coffee breaks, access to online course syllabus and/or printed course syllabus and credit processing. Note: Those who opt for an online syllabus only will save $40.00!

Please make your check payable to Medical University of South Carolina and mail with the registration form included in this brochure to: Elizabeth Gossen, MUSC Office of CME, 96 Jonathan Lucas Street HE 221A, MSC 754, Charleston, SC 29425

Pre-registrations will be accepted until November 20, 2018 or until conference capacity is reached. After November 20, you must call the MUSC Office of CME at 843-876-1925 to see if space is still available. If space is still available, you must register on-site, at an increased registration rate.

Cancellations

A refund will be made upon written request prior to October 30, 2018; however, $100.00 will be retained for administrative costs. No refunds will be made after October 30, 2018. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for cancelled programs. The Medical University of South Carolina cannot be responsible for reimbursement of airline or other transportation fares, hotel or rental car charges, including penalties. By registering for this conference, you acknowledge and agree to this cancellation policy.

Hotel Information

The Francis Marion Hotel
387 King Street
Charleston, SC 29403

The Francis Marion Hotel, historic Charleston's landmark full service hotel, is in the heart of Charleston's historic district. Located at the newly restored Marion Square, the Francis Marion Hotel is only a few blocks from the Charleston Visitor Center, South Carolina Aquarium, restaurants, boutiques, galleries, museums, antique shops and night life. The hotel offers valet parking, spa, concierge, retail shops and the Swamp Fox Restaurant & Bar.

Special group rates start at $175.00, plus tax, per night. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until Wednesday, October 31, 2018 however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservation as soon as possible. Reservations can be made by calling the hotel directly at 843-722-0600 or 877-756-2121 and identifying yourself as being a participant in this meeting, or by following the online directions below.

Link for online reservations: https://reservations.travelclick.com/76320?groupId=1755026
Online Booking Code: PEDIATRICS18

Parking: Valet parking at the hotel is available at $25.00 plus tax, per day and can be added to your guest folio. In addition, self-parking is available at $20.00 per day (cash). Rates are subject to change without notice.
Registration Form

21st Annual Frontiers in Pediatrics
November 20–December 2, 2018 – Francis Marion Hotel • Historic Charleston, SC
By completing this form, you agree to the cancellation policy outlined in the brochure.

Last Name (please print clearly)  First Name  Middle Initial
☐ MD  ☐ DO  ☐ NP  ☐ PA  ☐ Other (specify)

Email (Please provide your active email address to ensure proper receipt of all CME credit documentation)

Address

City  State  Zip

Office Telephone  Office Fax  ID Number (last four digits of your SSN)

☐ I do NOT want my name included on the list of participants that will be handed out at the conference.

What is your primary medical specialty? (Check ONE)
☐ Pediatrics  ☐ Family Medicine  ☐ Other (specify)

Saturday Afternoon Workshops (No additional charge)
Please Choose Option 1 (two 1-hour workshops) or Option 2 (one 3-hour workshop) for Saturday Afternoon

☐ Option 1: (Two 1-Hour Workshops)

Workshop 1: 2:00-3:00 pm (select one)  ☐ Imaging of the Pediatric Acute Abdomen, Meryle Eklund, MD
☐ Gender Identity, Deborah Bowlby, MD
☐ Ask More Talk Less: Communicating Serious News, Kirstin Campbell, MD

Workshop 2: 3:15-4:15 pm (select one)  ☐ Imaging of the Pediatric Acute Abdomen, Meryle Eklund, MD
☐ Gender Identity, Deborah Bowlby, MD
☐ Ask More Talk Less: Communicating Serious News, Kirstin Campbell, MD

☐ Option 2: (3-hour workshop) Sports Medicine Mini-Symposium (limit 60 people)

Please check your tuition category:

Early Bird  Full Rate  Limited Availability!
☐ Physician in Practice (with Printed Syllabus)  ☐ $535  ☐ $585  N/A
☐ Physician in Practice (with Online Syllabus)  ☐ $495  ☐ $545  $595
☐ Retired, Resident, NP, RN, PA, Other (with Printed Syllabus)  ☐ $460  ☐ $510  N/A
☐ Retired, Resident, NP, RN, PA, Other (with Online Syllabus)  ☐ $420  ☐ $470  $520

The fee includes continental breakfasts, coffee breaks, access to online course syllabus and credit processing. Please note: Those that choose not to order a printed conference syllabus will save $40.00 off of their conference registration fee!

Payment must accompany registration.
☐ Check Payable to Medical University of South Carolina
☐ Master Card  ☐ Visa  ☐ American Express  ☐ Discover

Cardholder’s Name

Card Number  Expiration Date

Please use ONE of these methods to register (do not mail if previously faxed or telephoned):
• Mail registration form with check or credit card information to Elizabeth Gossen, MUSC - Office of CME, 96 Jonathan Lucas Street HE 221A, MSC 754, Charleston, SC, 29425 • Telephone: (843) 876-1925 – Registration by credit card only  • Fax: (843) 876-1931 – Registration by credit card only  • Online: Please visit www.musc.edu/cme and select “CME Conferences” from the left-hand menu. Once there, scroll down until you see this course, and select the blue “Register” button.