

Register Now

17th Annual Donald W. Lewis Pediatric and Adolescent

Sports Medicine *Update*

for Primary Care



June 13, 2024

8 a.m. to 4 p.m.

Eastern Virginia Medical School, Lester Hall
651 Colley Ave, Norfolk, VA 23507

For more information, visit CHKD.org/CME or scan the QR code.



Presented by



In collaboration with

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Virginia Chapter



Purpose

The purpose of this educational activity is to provide the most up-to-date information and hands-on techniques for healthcare professionals taking care of young athletes. After attending this conference, healthcare professionals who are caring for young athletes will be able to evaluate, diagnose, and manage injuries in the pediatric and adolescent athlete, as well as apply hands-on techniques for treatment of sports injuries.

This program has been designed to educate primary care pediatricians, family practitioners, internists, emergency medicine physicians, sports medicine specialists, pediatric orthopedic surgeons, pediatric medical specialists, physician assistants, nurse practitioners, physical therapists, certified athletic trainers, and other interested healthcare providers.

Educational Formats

- Lectures
- Hands-on workshops
- Case-based presentations
- Interactive discussions
- Lunch with the expert

Discounted Fees for VA-AAP, VATA, and VPTA Members

Registration is \$72 for VA-AAP members and \$62 for VATA and VPTA members if registered by **May 16, 2024**.

Continuing Medical Education

EVMS Pediatric Grand Rounds (8 a.m. – 9 a.m.)

Accreditation Statement

Eastern Virginia Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation

Eastern Virginia Medical School designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) Credit

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 1 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

17th Annual Donald W. Lewis Pediatric and Adolescent Sports Medicine Update for Primary Care 2024 (9:05 a.m. – 4:00 p.m.)

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Eastern Virginia Medical School and Children's Hospital of The King's Daughters (CHKD). Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

Eastern Virginia Medical School designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) Credit

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 6 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

Continuing Education Credit

Children's Hospital of The King's Daughters (BOC AP#:P3720) is approved by the board of certification, Inc. to provide continuing education to athletic trainers (ATs). This program is eligible for a maximum of 7 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Special Services

If special arrangements are required for an individual with a disability, contact EVMS CME at (757) 446-6140 at least 15 days prior to the conference.

Cancellation Deadline

All cancellations must be made in writing to CME@EVMS.edu prior to **Friday, May 31, 2024** in order to receive a refund. No refunds will be given after this date or for "no shows". A \$25 administrative service charge will be assessed on ALL cancellations.



Conference Agenda

- 7:15 a.m. Registration**
- 8:00 a.m. Promoting Physical Activity in Children with Disabilities** – Kyle Nagle, MD
- 9:05 a.m. Welcome and Opening Comments** – Joel Brenner, MD
- 9:15 a.m. The Transgender Athlete** – David Dorbad, MD
- 9:45 a.m. Q & A Session**
- 9:55 a.m. An Adaptive Athlete's Journey in Sports** – Zyree Fuller and Sadie Fuller
- 10:40 a.m. Break With Exhibitors**
- 10:55 a.m. Workshop 1**
- 12:00 p.m. Lunch and Panel – Youth Sports Medicine Dilemmas**
(Cases and Questions submitted by audience)
Moderator: Joel Brenner, MD
- Panel: Kyle Nagle, MD, Amy Scott, ATC, Ashley Koto, DPT, and Julius Delbridge, CPT
- 12:50 p.m. Workshop 2**
- 1:50 p.m. Overuse, Overtraining, and Burnout in Sports – 2024 Update** – Micah Lamb, DO
- 2:20 p.m. Q & A Session**
- 2:25 p.m. Anne McKim Memorial Lecture – Medical Issues in Paralympic/Adaptive Athletes** – Kyle Nagle, MD
- 2:55 p.m. Q & A Session**
- 3:00 p.m. Youth Sports Mental Health and Wellness Alliance Roundtable** – Sam Fabian, Ken Lees, Michelle Peterson, and Rose Schirle, DPT
- 3:55 p.m. Q & A Session**
- 4:00 p.m. Closing Remarks and Adjourn** – Joel Brenner, MD

Workshop 1

Bone to be Wild: Pediatric Musculoskeletal Jeopardy – Kyle Nagle, MD

Taking Care of Recreational to Elite Gymnasts – Ashley Koto, DPT

CHKD SPA: Bridging Rehab and Performance with Strength, Power, Speed, and Confidence – Julius Delbridge, CPT

Workshop 2

2024 Concussion Update – David Smith, MD

Rehabilitating the Running Athlete – Dana Reesman, DPT and Missy Fritz, DPT

Autonomic Dysregulation in Athletes – Katrina Lesher, MD

Visiting Faculty

Kyle Nagle, MD, MPH

Associate Professor, University of Washington
Department of Pediatrics/Orthopedics and Sports Medicine
Associate Program Director, UW Primary Care Sports Medicine Fellowship
Seattle, Washington

Zyree Fuller and Sadie Fuller

Adaptive Athlete and Grandmother of Adaptive Athlete

Ken Lees

Founder, PingPongGIVES Charity Foundation

Michelle Peterson

BOD, Sarah Michelle Peterson Foundation

CHKD/EVMS Faculty

Joel Brenner, MD, MPH

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

Julius Delbridge, CPT, USAW

Fitness Program Supervisor, CHKD

David Dorbad, MD

General Pediatrician, Renaissance Pediatrics
Assistant Professor of Pediatrics, EVMS

Sandra 'Sam' Fabian

Community Outreach Manager, CHKD

Missy Fritz, DPT

Sports Medicine Physical Therapist, CHKD

Ashley Koto, DPT

Sports Medicine Physical Therapist, CHKD

Micah Lamb, DO

Sports Medicine Specialist, CSG/CHKD
Assistant Professor of Pediatrics, EVMS

Katrina Lesher, MD

Pediatric Physical Medicine & Rehabilitation Specialist, CSG/CHKD
Assistant Professor of Pediatrics, EVMS

Dana Reesman, DPT

Sports Medicine Physical Therapist, CHKD

Rose Schirle, DPT

Sports Medicine Physical Therapist, CHKD

Amy Scott, ATC

Manager, Clinical Call Center, CHKD

David Smith, MD

Sports Medicine Specialist, CSG/CHKD
Assistant Professor of Pediatrics, EVMS

Space is limited, so register early! Complete and mail this form or register online at EVMS.edu/CMERegistration.

**17th Annual Donald W. Lewis Pediatric and Adolescent Sports Medicine Update for Primary Care
June 13, 2024, 8 a.m. to 4 p.m.**

Registration Information

Registration is \$89 for physicians and \$69 for other healthcare professionals and should be received by **June 10, 2024**. This fee includes conference materials, continental breakfast, and lunch. Registration will be confirmed by email upon receipt of payment.

Registration Fee (check one)

\$89 Physician \$69 Other Professional \$50 Student

Member Discounts by May 16, 2024 (affiliations will be verified):

- \$72 VA-AAP Member (member # _____)
- \$62 VATA/VPTA Member (member # _____)
- \$62 CHKD Sports Medicine Employee
- I have a dietary restriction. *Please provide detail (i.e., vegan, gluten free, food allergy, etc.)*

Registration Contact

EVMS Continuing Medical Education
Phone: (757) 446-6140

Register online at EVMS.edu/CMERegistration, register by email below, or register by mail (include payment) at:

Eastern Virginia Medical School
Continuing Medical Education
Andrews Hall, Suite 169
721 Fairfax Avenue
Norfolk, VA 23507
Phone: (757) 446-6140
E-mail: CME@EVMS.edu

Name/Degree (Please print clearly or type)

Daytime phone

Fax

Organization

Address

City

State

Zip

Email

Please make your workshop selections by checking the choices below. Please mark both your first and second choice, respectively.

- Workshop #1 - 10:55 a.m.
- Bone to be Wild: Pediatric Musculoskeletal Jeopardy
 - Taking Care of Recreational to Elite Gymnasts
 - CHKD SPA: Bridging Rehab and Performance with Strength, Power, Speed, and Confidence
- Workshop #2 - 12:50 p.m.
- 2024 Concussion Update
 - Rehabilitating the Running Athlete
 - Autonomic Dysregulation in Athletes

Method of payment (please do not send cash)

Check (payable to EVMS-CME)

Credit Card: Visa MasterCard

Name on Card

Account Number

Exp. Date

SIC Code

Signature

Send this form with payment and address questions concerning registration to CME@EVMS.edu or

CLICK HERE TO SUBMIT