

Mountain View Grand Resort & Spa
101 Mountain View Rd., Whitefield, NH 03598

Meet the Speakers

Andrew Seefeld, MD, received his Bachelor of Science degree from the University of CA, Los Angeles and his Doctorate in Medicine from Pennsylvania State College of Medicine. Dr. Seefeld completed his internship at Harbor-UCLA Medical Center and his residency training in Emergency Medicine at UCLA Medical Center.

Jonathan Ballard, MD, MPH, MPhil, is a board-certified family and preventive medicine physician who serves as the Chief Medical Officer at the New Hampshire Department of Health and Human Services. He has published and spoken nationally on the opioid epidemic and other topics relevant to public health and primary care.

Lea Britton, MD, is a 3rd year resident at NH Dartmouth Family Medicine Residency Program. She graduated from American University of the Caribbean.

Jason Lindner, MD, is a 3rd year resident physician at NH Dartmouth Family Medicine Residency at Concord who will be presenting his Grand Rounds presentation. He will be staying with Concord Hospital Medical Group after residency and working as a hospitalist.

Angela Yerdon McLeod, DO, (she/her), NH Dartmouth FMR faculty at Concord Hospital, leads the CH Achieve Wellness Council and the NHMS Physician Health Committee. She's an advocate for clinician wellness and leadership advancement. Her clinical interests include maternity care, breastfeeding, and supporting families with SUD.

Penni Perri, MSW, CEAP, is a Life and Leadership Coach with a background in health care and counseling. She has created a course and coaching program to help busy professionals prevent and overcome burnout.

Robert Kelly, MD, is a triple-boarded physician in Family Medicine, Preventive Medicine and Addiction Medicine. He has worked in primary care, LGBTQ Medicine and Addiction Medicine in NH for over 10 years and currently lives in the Seacoast with his husband Robin and their two daughters Aurora and Zara.

Steve Elgert, MD, is a Family Doctor and Geriatrician practicing in NH for 40 years. He integrates substance abuse treatment into his practice; ask him how!

Carol Furlong, LCMHC, MAC, MBA, is recently retired from Elliot Hospital. She graduated from the University of Southern California and Rivier College and has worked in the Substance Use Treatment field for over 49 years.

Margot Savoy, MD, MPH, FAFP, FABC, CPE, CMQ, FAAPL, (she/her) is Senior VP of Education, Inclusiveness and Physician Well-Being for the AAFP, Associate Professor of Family & Community Medicine and Urban Bioethics & Population Health at the Lewis Katz School of Medicine, and Associate Professor (adj) at the Maurice Kornberg School of Dentistry at Temple University.

Shawn Sutton, MD, BSN, trained at UNH, UMass Medical and the NH Dartmouth Family Medicine Residency. She brings 32 years' healthcare experience, board certification in "Family" and "Lifestyle" Medicine and CHEF Coaching skills to share with patients and in her speaking.

Peter Mason, MD, is a family physician, educator with over 40 years experience, who practiced full-spectrum family medicine for many years in Maine and New Hampshire. Since 2016 he has focused on substance use disorders, homelessness and health inequities.

Natalie Fragoso, MD, FAAD, is a board-certified dermatologist practicing at Dartmouth Hitchcock Medical Center. She attended the David Geffen School of Medicine at UCLA and completed her dermatology residency at UCLA Health. She runs a hidradenitis suppurativa (HS) specialty clinic that serves patients from all over northern New England.

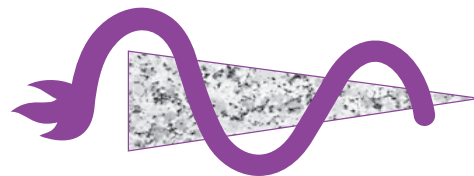
Eric Ouelette, DO, is a current PGY3 family medicine resident physician, trained at University of Pikeville KYCOM medical school. Their training at Goodwin Community Health Center has sparked interest in Addiction Treatment as well as the outpatient treatment of Hepatitis C both in clinical practice as well as in education and presentations.

Jay Lee, MD, MPH, FAFP, is a member of the board of directors of the American Academy of Family Physicians. The AAFP represents 129,600 physicians and medical students nationwide. As an AAFP board member, Lee advocates on behalf of family physicians and patients to inspire positive change in the U.S. health care system.

Kate Middleton, DO, is a 3rd year family medicine resident completing her final months of training as a chief resident of the Portsmouth Regional Hospital FM program. She has signed a contract to begin her outpatient practice in Boston and plans to incorporate weight management as a strong component of her practice.

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NHAFP CME 2024: PEARLS OF KNOWLEDGE FOR YOUR PRACTICE

May 19-21, 2024

NH Academy of Family Physicians

The AAFP has reviewed NHAFP CME 2024 and deemed it acceptable for up to 15 Live AAFP Prescribed credits. Term of Approval is from 05/19/2024 to 05/21/2024. *This includes 3 credits that are compliant with New Hampshire RSA 318-B:40 - opioid education requirement.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Register Online: nhafp.square.site

Mountain View Grand Resort & Spa
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Mountain View Grand's activities include indoor pool, horseback riding, spa, indoor theater, hiking, petting farm and more...

For hotel reservations, please call: 866-484-3843

Registration

Member registration fee of \$350 includes meals for registrant only.

Non-member fee of \$425 includes meals for registrant only.

In-person and virtual registration fees are the same

**Refund Policy: Cancellations up to seven (7) days prior to the meeting/event are eligible for full refund less \$25 processing fee. No refunds less than seven (7) days prior to the meeting/event.*

First Name _____

Last Name _____

Title (please circle) **MD, DO, PA, APRN, RN, Resident, Student, Other** (Students, Residents attend free)

Member of NHAFP? _____

Mailing Address _____

Daytime Phone _____

In Person _____ -OR- Virtually _____

Email _____

Guest Meals: price is per person

Friday dinner (\$40) _____ Saturday lunch kid's meal (\$10) _____

Friday kid's meal (\$10) _____ Saturday dinner (\$40) _____

Saturday breakfast (\$15) _____ Saturday kid's meal (\$10) _____

Saturday lunch (\$15) _____ Sunday breakfast (\$15) _____

Guest(s) Name(s) _____

Special requirements or allergies? (Best effort will be made to provide alternatives)

I have included a check for the registration fee of \$ _____

OR Please bill my: Visa _____ MC _____ for \$ _____

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Catrina Watson catrina.watson@nhms.org

NHAFP CME 2024: Pearls of Knowledge for your Practice

Sunday, May 19

- 09:00-10:00 Registration and Check-in
- 10:00-11:00 Emotional Sobriety and the Science of Addiction: **Andrew Seefeld, MD**
*Understand how problematic thought patterns and corresponding emotional states lead to addiction.
- 11:00-12:00 Beyond Burnout: Pathways to Healing for Individuals, Teams and Organizations: **Penni Perri, MSW, CEAP**
*Understand the psychological syndrome of burnout, how it takes root, and becomes a self-perpetuating cycle.
- 12:00-02:00 Lunch, Posters and Visit Exhibits
- 02:00-03:00 Hidradenitis Suppurativa for the Family Physician: **Natalie Fragoso, MD**
*Diagnose hidradenitis suppurativa in family medicine patients.
- 03:00-04:00 Transgender Care: **Robert Kelly, MD**
*Understand the importance of delivering gender affirming healthcare.
- 04:00-05:00 Outpatient Management of Hepatitis C: **Eric Ouelette, DO**
*Review epidemiology of Hepatitis C as well as common patient presentations.
- 05:30-06:00 Cocktails/Networking/Posters
- 06:00-07:00 Dinner
- 07:00-08:00 AAFP Speaker Keynote Address: **Jay Lee, MD, MPH, FAAFP**
- 08:00-09:00 Annual Meeting, Installation of Officers and Fellows

Monday, May 20

- 06:15-07:00 Morning Walk/Run
- 07:30-08:30 Breakfast, Posters and Visit Exhibits
- 08:30-09:30 Medical Weight Management; The Ultimate Preventative Care: **Kate Middleton, DO**
*Review Current FDA Approved Weight Loss Medications.
- 09:30-10:30 Lifestyle Medicine: **Shawn Sutton, MD**
*Define lifestyle medicine and evidence for incorporating this into primary care.
- 10:30-10:45 Break and Visit Exhibits
- 10:45-11:45 Death Be Not Proud; A Current Look at Dying in the US and What We Might Be Able to Do About It: **Steve Elgert, MD**
*To survey current trends in cause of death in the US and in NH
- 11:45-12:45 A Gut Feeling: Examining the Role of Probiotics in the Gut Microbiome: **Lea Britton, MD**
*Recognize the bidirectional relationship of the brain-gut axis.
- 12:50 -02:00 Lunch, Posters and Visit Exhibits

Monday, May 20 Cont.

- 02:15- 03:15 "Dottie" - A Film & Workshop Focusing on Dementia and Empathy: **Articine**
*Better understand the complexities of dementia and its impact on our patients, our loved ones and ourselves.
- 03:15- 04:15 Get in the Woods! Wilderness Experiential Therapy for Adolescents and Young Adults: **Jason Lindner, MD**
*Introduce the concept of wilderness therapy and literature review.
- 05:30-06:00 Cocktails/Networking
- 06:00-07:00 Dinner
- 06:45-07:30 Family Physician of the Year Award
- 07:30-08:30 Keynote Address: EveryONE Should Have a Family Physician: The Value of Inclusion in Family Medicine: **Margot Savoy, MD, MPH, FAAFP, FABC, CPE, CMQ, FAAPL**
*Identify at least one opportunity to choose a more inclusive language style in their daily lives.

Tuesday, May 21

- 06:15-07:00 Morning Walk/Run
- 07:30-08:30 Breakfast and Visit Exhibits
- 08:30-09:30 The Perils of Polypharmacy: **Peter Mason, MD, Carol Furlong**
*Appreciate the prevalence and risk of polypharmacy.
- 09:30-10:30 State Approach to Opioids: **Jonathan Ballard, MD, MPH, MPhil**
*Learn about the connections between protective factors and risk factors, such as ACES, for developing an SUD.
- 10:30-10:45 Break and Visit Exhibits
- 10:45 11:45 Neonatal Withdrawal Syndrome: Supporting Families with Substance Use Disorder: **Angela Yerdon-McLeod, DO**
*Increase awareness of prevalence, diagnosis and impact of NAS/NOWS.
- 11:45-12:00 Final Raffle and Adjourn

PowerPoints for these presentations can be found at

<https://www.nhafp.org/conferences.php>

Thank you for attending