

# Head for the Hills 2019



Graduate Medical Education Consortium of Southwest Virginia's Head for the Hills 2019 at Breaks Interstate Park. October 17<sup>th</sup> -19<sup>th</sup>: *draft agenda, all speakers confirmed, changes inevitable*

## **Population Health: A Focus on Behavioral Health, Wellness and Lifestyle**

### *Friday*

The epidemic of obesity: How did we get here and what can we do? **David Beckner, MD, Cardiologist**

PATIENT VOICES: My weight loss journey – how losing weight (or not) made a patient feel about his own self-efficacy and the medical community at large: **Jeffrey LeBoeuf, GME and Rotations Chief Officer, LMU-DCOM**

Incorporation obesity treatment into routine patient care – guidelines and patient outcomes: **Nicholas Pennings, DO, FOMA**

Diabetes insights for the Primary Care Provider - understand how prescriptions interact across diagnoses, weight management and self-efficacy feed each other, and other factors for working with diabetic and pre-diabetic patients: **David Thompson, MD, Diabetes, IM**

LUNCH, followed by free time: Hay rides before dinner. Family friendly entertainment immediately follows dinner. Afternoon crafts, night hike, and campfires weather dependent at dusk; please bring instruments if you want to slow jam in D, indoors.

### *Saturday*

Ballad: a physician leadership case study in corporate/community cooperation and challenges – ask questions about Ballad's plans, and learn ways to be involved in decision-making for SW VA's future: **Matt Loos, MD, VP and CMO for Ballad SW Market**

Online Resources for patient self-efficacy in lowering blood pressure, reducing anxiety, and making connections without prescriptions or other costs – an increasing array of free online communities are springing up to help Americans be mindful about wellbeing; learn pitfalls and best practice options: **Kevin Myers, Psy.D., Behavioral Health Consultant, Licensed Clinical Psychologist for Cherokee Health Systems**

Self-management, the Expanded Chronic Care model and how to prescribe health not just meds – Holistic approach to patient well-being, and in placing SWVA within the big picture of the obesity and substance abuse epidemic: **Dr. Paula Masters, DrPH, MPH, Vice President of Health Programs, Dept of Population Health, Ballad Health**

The Role of Primary Care in Diagnosis and Treatment of Psychiatric Disorders: **Dr. E. Michael Kahn, MD, Psychiatrist, Ballad Health**

Box lunches for travel

*Each day includes a resident presentation from GMEC's Rural Residents Research Symposium*