

**24th Annual 'Head for the Hills' CME Conference
October 13-14, 2023
Breaks Interstate Park**

Friday, Oct 13

<p align="center">8:00 AM</p>	<p>Andrea D. Clements, PhD Professor & Assistant Chair - Dept of Psychology at <i>East Tennessee State University</i> Assoc Director of Research Design & Implementation - <i>ETSU Ballard Health Strong BRAIN Institute</i> Co-Founder & President - <i>Uplift Appalachia</i></p>	<p>Trauma-informed patient encounters: Caring for complicated patients without draining yourself</p> <p><i>Clinicians will be able to recognize and respond helpfully to individuals who may be challenging or present unfamiliar communication needs. This could include patients with substance use or mental health issues, those with different cultural backgrounds, or those who exhibit the effects of past adversity. Resources and strategies will be provided to equip rather than burden providers who have limited time to spend with a patient.</i></p>
<p align="center">9:00 AM</p>	<p>George Testerman, MD Trauma Services Medical Director - <i>Ballad Health Holston Valley Medical Center</i></p>	<p>Fall Prevention in Elderly Patients Seen at a Rural Trauma Center</p> <p><i>Fall-related injuries in elderly trauma patients are commonly seen in trauma centers. Will discuss strategies for improved care and outcomes of falls in the elderly (over 65 years old)</i></p>
<p align="center">10 AM - 12 PM</p>	<p>MaryBeth Babos, PharmD Faculty - <i>DeBusk College of Medicine</i> Glenda Bolinskey Community matriarch and US Armed Services Veteran Cassi Jones, DO, FACOI Director of Clinical Affairs, Assistant Professor of Internal Medicine - <i>DeBusk College of Medicine</i> Tori Makal, PhD Biochemistry, Associate Professor and pre-professional club advisor at <i>Uva Wise</i></p>	<p>Community Nourishment Projects: Creating resource and resilience pathways for primary care providers</p> <p><i>Treating a patient as a DO means mind, body, and spirit. The Community Nourishment Project is a collaboration between DeBusk College of Medicine, Uva Wise's pre-medical professional club, and GME Consortium; and the model for a three-state ARC grant project. Introducing undergraduates to faculty and medical students increases local retention of talent; introducing future doctors to patients in rent-controlled housing reinforces cultural humility; amplifying the voices of patients creates equity. Physicians will learn where to find warm handoff resources and immediate services for patients who need more than advice to achieve compliance.</i></p>

Saturday, Oct 14

<p align="center">8:00 AM</p>	<p>Mariana Gomez, MD Internal Medicine, Infectious Disease Attending at <i>Carilion Clinic</i> Assistant Professor- <i>Virginia Tech Carilion School of Medicine</i></p>	<p>Hepatitis C Infection: A Public Health Menace</p> <p><i>Providers will receive a comprehensive review on Hepatitis C concepts, epidemiology, and impact in our region and around the world. Latest guidelines for Hepatitis C screening and updates in treatment will be discussed. Aiming to spark the interest of providers to screen and treat patients with Hepatitis C.</i></p>
<p align="center">9:00 AM</p>	<p>Marcie Timmerman Executive Director - <i>Mental Health America of Kentucky</i></p>	<p>I'm Fat, Not Stupid: Creating healthier interactions with obese patients</p> <p><i>Talking to people about healthy habits can be tricky; talking with patients in a way that brings mutual goals to the table is not that hard. Timmerman offers mental health data and stories as both a patient and a mental health administrator that will give primary care providers tips and techniques for helping patients use their self-efficacy when it comes to diet, exercise, and the psychology of food.</i></p>
<p align="center">10 AM - 12 PM</p>	<p>Katherine Jamison, PharmD, BCPS, AAHIVE Associate Dean for Pre-Clinical Medical Education, Associate Professor for Pharmacology, <i>VCOM</i> (Panelists TBD)</p>	<p>Opioids: The Good, The Bad and The Ugly</p> <p><i>Attendees will review the most recent CDC guidelines on using opioids for pain management, including alternatives to consider for treating chronic pain. Updates on buprenorphine regulations as well as information on opioid use disorder and treatment will be provided.</i></p>