



# UVA Children's

and the UVA Department of Pediatrics present the

# 44<sup>th</sup> McLemore Birdsong Pediatric Conference

## Friday-Sunday, April 19-21, 2024

Omni Charlottesville Hotel

212 Ridge-McIntire Road, Charlottesville, VA

*Provided by the University of Virginia School of Medicine and School of Nursing*

Live  
or  
Live-  
stream!

## Keynote Speakers AND Topics Including

**Kenneth Ginsburg, MD, MS Ed**

**Maria Mascarenhas, MBBS**

**James D. Campbell, MD, MS, FAAP**

**Resiliency in Teens**

**Food As Medicine**

**Vaccine Updates**

## PROGRAM OVERVIEW:

The McLemore Birdsong Pediatric Conference offers a variety of case-based, clinical practice-oriented lectures covering a broad range of topics relevant to physicians, advanced practice providers, and nurses in pediatric and family practice settings.

## DESIRED OUTCOMES:

As a result of participation in the conference, attendees will be able to:

- Describe and apply best practice assessment and management of common pediatric behavioral health challenges including eating disorders, trauma-informed care, resiliency in teens, and pharmacologic management of anxiety and depression.
- Assess and improve pediatric physical fitness with up-to-date knowledge of sports physical clearance, obesity management guidelines, and hypercholesterolemia.
- Discuss current recommendations for diagnosis, treatment, and referral for common GI concerns including management of abnormal liver function, alpha gal syndrome, GI motility, and the role of proper nutrition, probiotics, and the microbiome in optimizing overall health.
- Monitor for the renal complications of prematurity and indicators of long-term bone health.
- Apply current recommendations for identification and referral of genetic conditions, including hypermobility syndromes.
- Discuss the latest data and information on contraceptive management, migraines, congenital heart disease, diabetes technologies and vaccinations.



# AGENDA

Coffee & Tea available throughout the meeting (exhibit area)

## Friday, April 19, 2024

- 7:00-8:00am** **Registration and Breakfast** (provided) in the Exhibit Area
- 8:00-8:05am** **Welcome and Program Overview**  
MODERATOR: Madhusmita Misra, MD, MPH  
Chair, Department of Pediatrics
- 8:05-8:50am** **Dyan Aretakis Memorial Lecture: Resiliency in Teens** – Kenneth Ginsburg, MD, MS Ed
- 8:50-9:20am** **AAP – Virginia Chapter News**  
– Kristina Powell, MD, FAAP
- 9:20-9:30am** **Break/Exhibits**
- 9:30-10:00am** **Hypermobility Disorders**  
Ina Stephens, MD, e-RYT, C-IAYT
- 10:00-10:45am** **Before They Step on the Field: Sports Physicals from the Cardiac Prospective and Familial Hypercholesterolemia** – Peter N. Dean, MD and Leslie Peregoy, MSN, CPNP
- 10:45-11:15am** **Managing Migraine: Applying Traditional Treatments and Incorporating Evolving Approaches** – Kathryn Xixis, MD
- 11:15-11:40am** **Break with Refreshments in the Exhibit Area**
- 11:40-12:25pm** **Demystifying Adolescent Eating Disorders: Practical Approaches for Clinical Care**  
– Sara Groff Stephens, PhD, LCSW
- 12:25-12:55pm** **Hepatology for the General Pediatrician**  
– Frank DiPaola, MD
- 12:55-1:25pm** **Contraception update**  
– Susan Gray, MD
- 1:25pm** **Adjourn, Lunch on own**
- 4:00-6:00pm** **Poster Session and Reception Honoring UVA Alumni and Birdsong Faculty**  
The Omni Charlottesville  
*NOTE: Participants may claim up to 1 hour of credit for participation in Poster Session during the reception.*

## Saturday, April 20, 2024

- 7:00-8:00am** **Registration and Breakfast** (provided) in the Exhibit Area
- 8:00-8:05am** **Welcome to Day 2 + Session Overview**  
– Ina Stephens, MD, e-RYT, C-IAYT
- 8:05-8:50am** **Annual McLemore Birdsong Lecture: Food As Medicine** – Maria Mascarenhas, MBBS
- 8:50-9:15am** **Probiotics and the Microbiome**  
– James Nataro, MD, PhD, MBA
- 9:15-9:25am** **Break/Exhibits**
- 9:25-9:55am** **Having Grace Under Pressure: Evaluation of Neonatal Hypertension** – Jennifer Charlton, MD, MSc



- 9:55-10:40am** **Wait! Does this patient really need a referral to Pediatric Endocrinology?** – Madhusmita Misra, MD, MPH
- 10:40-11:05am** **Break with Refreshments in the Exhibit Area**
- 11:05-11:35am** **Alpha Gal Syndrome** – Barrett Barnes, MD
- 11:35-12:05am** **Genetics: When to Refer** – Matthew T. Snyder, MD
- 12:05-12:35am** **When to think about and how to approach immunodeficiency in primary care**  
– Samantha C. Minicozzi, MD
- 12:35-1:20pm** **Obesity Guidelines**  
– Stephanie Keeling, MSN, RN, CPNP-PC
- 1:20pm** **VA – AAP Raffle, and Adjourn**  
*Lunch on own*

## Sunday, April 21, 2024

- 7:00-8:00am** **Registration and Breakfast** (provided) in the Exhibit Area
- 8:00-8:05am** **Welcome to Day 3 + Session Overview**  
– James Nataro, MD, PhD, MBA
- 8:05-8:50am** **Owen Hendley Memorial Lecture: New Vaccine Update** – James D. Campbell, MD, MS, FAAP
- 8:50-9:20am** **Congenital Heart Disease Thru Childhood**  
– Asma Habib, MD
- 9:20-9:30am** **Break/Exhibits**
- 9:30-10:00am** **What's New in Diabetes Technology?**  
– Melissa Schoelwer, MD, MSCR
- 10:00-10:45am** **To Move, or Not to Move; Exploring Gut Motility Disorders** – Desalegn T. Yacob, MD
- 10:45-11:00am** **Break with Refreshments in the Exhibit Area**
- 11:00-11:30am** **ACES/Trauma-Informed Care**  
– Diane Pappas, MD, JD
- 11:30-12:00pm** **Brief Interventions for Common Childhood Behavioral Health Concerns** – Hayley Stephens, PhD, ABPP and Alisa Bahl, PhD, MA
- 12:00-12:30pm** **Psychopharmacology for Anxiety/Depression**  
– Mary Lynn Dell, MD, DMin
- 12:30-12:40pm** **Final Raffle, Evaluations, and Adjourn**  
*Lunch on own*



# REGISTRATION

## CONFERENCE REGISTRATION

Registration and payment are available at [www.cmevillage.com](http://www.cmevillage.com) (visit our Learning Portal or Upcoming Events). Registration will close midnight on Sunday, April 14, 2024. Walk-in registration subject to additional \$100 late fee. The course syllabus will be available online only the week of the conference until 30 days after the conference. Note: There will be no printed hard copy of the syllabus available.

PLEASE NOTE: Policies on cancellation, payment methods and accommodation requests can be found on our website under FAQs. Additional questions, please contact [uvacme@virginia.edu](mailto:uvacme@virginia.edu) or 434-924-5310.

	Early Bird Price	After 2/15/24
--	------------------	---------------

### IN-PERSON or VIRTUAL LIVESTREAM ATTENDANCE

- |  |       |       |
|--|-------|-------|
| • Physicians .....                           | \$645 | \$695 |
| • VA-AAP Members .....                       | \$595 | \$645 |
| • Other Healthcare, Residents, Fellows ..... | \$495 | \$545 |



## ABOUT THE OMNI HOTEL & CHARLOTTESVILLE

The Omni is located at the west end of Charlottesville's historic Downtown Mall, considered one of the finest urban parks in the country. The pedestrian mall is home to a vibrant collection of more than 120 shops, 30 local restaurants, and great entertainment venues.

Rooms are available on a first-come basis at a special nightly rate of \$299 + taxes/fees. Overnight parking is included. Call 1-800-THEOMNI (1-800-843-6664) and mention the group code "Birdsong" or reserve online with this direct link. Block closes on MARCH 18, 2024 or when filled.



## Contact Information

Elizabeth K. Patterson, MEd  
CME Program Manager  
[epatterson@virginia.edu](mailto:epatterson@virginia.edu)  
434-982-3687

## For Local Events and Info Visit

[VisitCharlottesville.org](http://VisitCharlottesville.org)



# FACULTY



## COURSE DIRECTORS:

James Nataro, MD, PhD, MBA ■ Ina Stephens, MD, e-RYT, C-IAYT

## UVA PEDIATRIC FACULTY

### Alisa Bahl, PhD, MA

Associate Professor of Pediatrics,  
Pediatric Psychology

### Barrett Barnes, MD

Associate Professor of Pediatrics,  
Pediatric Gastroenterology

### Jennifer Charlton, MD, MSc

Associate Professor of Pediatrics,  
Pediatric Nephrology

### Peter Dean, MD

Associate Professor of Pediatrics,  
Pediatric Cardiology

### Mary Lynn Dell, MD

Professor of Psychiatry, Director of Child  
and Adolescent Psychiatry

### Frank DiPaola, MD

Associate Professor  
Director, Pediatric Hepatology  
Medical Director, Pediatric Liver  
Transplantation

### Susan Gray, MD

Associate Professor of Pediatrics  
Interim Division Chief, General Pediatrics  
Medical Director, Teen and Young Adult  
Health Center

### Asma Habib, MD

Assistant Professor, Pediatric and Adult  
Cardiology  
Director, Adult Congenital Heart Disease  
Program

### Stephanie Keeling, MSN, RN, CPNP-PC

Pediatric Endocrinology

### Samantha C. Minicozzi, MD

Assistant Professor of Pediatrics,  
Pediatric Immunology/Rheumatology

### Madhusmita Misra, MD, MPH

Professor of Pediatrics, Chair, Department  
of Pediatrics, Pediatric Endocrinology

### Diane Pappas, MD, JD

Professor of Pediatrics,  
Director, Child Advocacy  
Medical Director, Child Health Advocacy  
Program, and Blue Ridge Care Connection  
for Children

### Leslie Peregoy, MSN, CPNP

UVA Pediatric Cardiology

### Melissa Schoelwer, MD, MSCR

Associate Professor of Pediatrics, Center  
for Diabetes Technology

### Matthew T. Snyder, MD

Assistant Professor of Pediatrics,  
Pediatric Genetics

### Sara Groff Stephens, PhD, LCSW

Assistant Professor of Pediatrics,  
Pediatric Psychology

### Hayley Stephens, PhD, ABPP

Assistant Professor of Pediatrics,  
Pediatric Psychology

### Kathryn Xixis, MD

Assistant Professor of Neurology/Pediatrics

## PLANNING COMMITTEE

### James Nataro, MD, PhD, MBA

Professor of Pediatrics

### Anne Norwood, MSN, CPNP

Johnson Health Center

### Kenneth Norwood, MD

UVA Professor Emeritus of Pediatrics

### Elizabeth Patterson, MEd

UVA School of Medicine, Office of CME

### Ina Stephens, MD, e-RYT, C-IAYT

Professor, Pediatric Infectious Diseases  
Director, Medical Yoga and Integrative  
Health

## INVITED GUEST FACULTY

### Desalegn T. Yacob, MD

Associate Professor, The Ohio State  
University College of Medicine  
Medical Director, Nationwide Children's  
GI Motility Center

### James D. Campbell, MD, MS, FAAP

Professor of Pediatrics, University of  
Maryland  
Vice Chair, Committee on Infectious  
Diseases, American Academy of Pediatrics

### Kenneth Ginsburg, MD, MS Ed

Professor of Pediatrics, Perelman School  
of Medicine, University of Pennsylvania  
Children's Hospital of Philadelphia

### Maria Mascarenhas, MBBS

Professor of Pediatrics, Perelman School  
of Medicine, University of Pennsylvania  
Section Chief, Nutrition, Division of  
Gastroenterology, Hepatology and Nutrition  
Medical Director, Integrative Health Program  
Children's Hospital of Philadelphia

### Kristina Powell, MD, FAAP

Pediatric Associates of Williamsburg  
Children's Hospital of Kings Daughters  
VA-AAP President

## ACCREDITATION & DESIGNATION STATEMENTS



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of **14.5 AMA PRA Category 1**

**Credits.™** Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine and School of Nursing awards **14.5 contact hour(s)** for nurses who participate in this educational activity and complete the post activity evaluation.

The University of Virginia School of Medicine and School of Nursing awards **14.5 hours of participation** (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity.

The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to **14.5 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.