

**54<sup>th</sup> Annual**

---

**Advances in Family Medicine & Primary Care**

with Optional Culinary Medicine On-Demand Course



**Monday - Friday**

---

**September 14-18, 2026**

**Hybrid:** In-Person or via Zoom Webinar

**University of Washington**

*Husky Union Building, North Ballroom, 2nd Floor*

*4001 E. Stevens Way NE*

*Seattle, WA 98195*

**UW Medicine**

**UNIVERSITY OF WASHINGTON  
SCHOOL OF MEDICINE**

---

## CONFERENCE DESCRIPTION

The 54<sup>th</sup> Annual Advances in Family Medicine and Primary Care is a 5-day hybrid conference focused on strengthening clinical knowledge and team-based approaches to patient care. Conference topics include:

- Artificial Intelligence (AI) in Medicine
- Obesity & Diabetes Management
- Mental Health & Developmental Screening
- Reproductive and Sexual Health
- Hands-On: MSK, Dermoscopy, & IUD Training
- Optional Culinary Medicine On-Demand Course
- And more...

This year, we are also offering the Culinary Medicine course in conjunction with the conference. The course is designed to be a robust, self-paced 10-module course that explores:

- The Foundations of Culinary Medicine
- Financial and Cultural Considerations
- Practical Applications in the Clinic
- And more...

## TARGET AUDIENCE

This educational offer is designed for family medicine physicians and primary healthcare teams, including internists, pediatricians, osteopathic physicians, physician associates, nurse practitioners, nurses, naturopathic physicians, and other healthcare team members.

## CONFERENCE OBJECTIVES

Upon completion of this activity, attendees should be able to:

- Apply evidence-based strategies to collaboratively manage cardiovascular, metabolic, and endocrine conditions commonly encountered in primary care settings.
- Analyze team-based approaches for diagnosing and managing chronic conditions such as asthma, ILD, obesity, osteoporosis, ADHD, depression, and dementia.
- Integrate behavioral, lifestyle, and integrative medicine principles into coordinated care plans that support whole patient and multidisciplinary management.

- Evaluate patient cases using interprofessional perspectives to strengthen shared decision-making in areas such as lipid disorders, dermatologic conditions, and multimorbidity.
- Utilize emerging tools, including AI-enabled clinical support, to enhance team communication, diagnostic accuracy, and workflow efficiency.
- Incorporate trauma-informed care, mental health awareness, and healthcare worker well-being strategies into team-based approaches to improve patient and clinician outcomes.
- Implement evidence-based screening, prevention, and counseling practices—including cervical cancer screening, STI prevention, breastfeeding support, vaccines, and sports evaluations—within team workflows.
- Apply safe and collaborative prescribing practices for GLP-1s, incretin mimetics, Suboxone/Buprenorphine, PPIs, and osteoporosis therapies across interprofessional care teams.

## COURSE OBJECTIVES (Culinary Medicine)

- Integrate principles of integrative and culinary nutrition—including key nutrients, dietary patterns, and cultural and lifestyle influences—into evidence-based approaches for promoting health and preventing chronic disease.
- Apply culinary medicine concepts by developing condition-specific, whole food dietary recommendations tailored to individual patient needs, preferences, and wellness goals.

## ATTENDANCE POLICY

Course activities are exclusively reserved for registered attendees. This includes in-person and virtual activities as well as enduring content.

## FEES AND REGISTRATION

To enroll, please register online at [uwcme.org](http://uwcme.org).

The Interprofessional Continuing Education (IPCE) Office at the University of Washington is a self-sustaining unit and does not depend on or receive public monies in support of its educational efforts. The course fees are estimated to cover transcripts of *AMA PRA Category 1 Credits™*, ANCC contact hours, IPCE credits, access to online instruction materials, course logistics, food and beverage, faculty planning, travel, honoraria, and staff salaries.

If you have not received confirmation prior to the course start, please contact the IPCE Office at [ipce@uw.edu](mailto:ipce@uw.edu). The IPCE Office will not be responsible for expenses incurred.

### REGISTRATION TABLE

Registration	In-Person	Virtual	Culinary Medicine *Add-On*
All Learners	\$1099	\$725	\$150
*Resident/ Fellow/Student	\$550	\$425	\$125
Industry Professional (Non-Exhibiting)	\$1299	\$925	\$300

*\*Resident/Fellow/Student rates require written confirmation of current Resident/Fellow/Student status. Failure to provide current documentation will result in a higher rate applied to your registration.*

Beginning **September 1, 2026**, the registration rate will increase by \$50. Registration will remain open until **September 10, 2026 at 11:59 pm PST**, after which registration will close. **On-site registration will not be accepted.**

### IMPORTANT PAYMENT INFORMATION

Per UW IPCE policy, you are not considered to be registered for the course until full payment has been received. Unpaid orders do not "reserve" spots for conferences. If you have an unpaid order when registration rates increase, your order will automatically increase to the higher late registration rate.

## REFUND AND CANCELLATION POLICY

The IPCE Office must receive written notification of your cancellation by **September 1, 2026**. A \$75 processing fee will be deducted from refund requests received by this date. **No refunds will be issued following September 1, 2026.**

The IPCE Office reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Should a course be cancelled, each registrant will be notified via email and provided a full refund. The University of Washington is not responsible for any other costs incurred, such as non-refundable airline tickets or hotel penalties.

Contact the IPCE Office with questions.

Contact Information: Phone 206.543.1050 | Fax 206.221.4525 | Email [ipce@uw.edu](mailto:ipce@uw.edu).

### ONLINE PRESENTATIONS AND MATERIALS

Access to the optional Culinary Medicine on-demand activity will be made available beginning **September 1, 2026**.

Instruction materials will be available online at [uwcme.org](http://uwcme.org) (for conference registrants only). Materials will be available starting on **September 8, 2026**, for registrants to print and/or download. A digital booklet containing the conference agenda and pages for note-taking will be uploaded with the course materials. The printed syllabus will be available for in-person learners. Individual presentations are not included in the printed syllabus.



## ACCREDITATION

**Accreditation:** In support of improving patient care, the University of Washington School of Medicine 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.



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

**Credit Designation:** The University of Washington School of Medicine designates this Live Activity with Extended Viewing for a maximum of **41.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Washington School of Medicine designates this activity for a maximum of **41.50 ANCC contact hour(s)**. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

This activity was planned by and for the healthcare team, and learners will receive a maximum of **41.50 Interprofessional Continuing Education (IPCE) credits** for learning and change.



### AAFP (For Live program or Webinar)

Application for CE credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

## CREDIT BREAKDOWN (Conference)

Credits are available for live viewing and extended viewing for recorded activities. Attendees should claim only the credit commensurate with the extent of their participation in/viewing the recording of the activity.

Activity Format	Main Conference Credits	Extended Viewing Credits	Total Credits
In-Person	23.75	10	33.75
Virtual	23.75	2	25.75

## CREDIT BREAKDOWN (Culinary Medicine)

Credits are available for the Culinary Medicine course. Credit is awarded per individual module completed, and learners should claim only the credit commensurate with the modules they completed.

Module	Credits
Module 1 - Introduction to Culinary Medicine	.25
Module 2 - Macronutrients	1.25
Module 3 - Micronutrients	.5
Module 4 - Environmental Nutrition	.75
Module 5 - Culinary Herbalism: Integrating Medical Herbs into Nutrition Practice	.75
Module 6 - Supporting Health Food Choices for Low Income Patients	.5
Module 7 - Nutrition Support for Cardiovascular Health	1
Module 8 - Nutrition and Support for Pre-Diabetes and Type 2 Diabetes	1
Module 9 - Nutrition for Digestive Health	.75
Module 10 - Nutrition and Brain Health	1
<b>Total Credits</b>	<b>7.75</b>

## CHILDCARE POLICY/LACTATION SERVICES

In consideration of other participants and speakers, please do not bring infants/children into conference sessions. Please inform the IPCE Office by **September 1, 2026**, if you will need to utilize lactation services.

## DIETARY REQUESTS

UW IPCE takes into consideration diverse nutritional preferences and restrictions when planning our complementary menu. However, those individuals who might find that our menu is not completely aligned to their specific nutritional needs are welcome to bring their own food items.

If you have dietary restrictions (e.g., vegan, gluten-free, etc.), send an email to [ipce@uw.edu](mailto:ipce@uw.edu) by **August 24, 2026**.

## SPECIAL SERVICES

The University of Washington reaffirms its policy of equal opportunity regardless of race, color, creed, religion, national origin, sex, gender identity, sexual orientation, age, marital status, disability, or status as a protected veteran in accordance with University policy and applicable federal and state statutes and regulations.

The University of Washington is committed to providing access and reasonable accommodation in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation in the application process, contact the department at 206.543.1050 or the Disability Services Office at least ten days in advance.

Disability Services Office  
206.543.6450/Voice • 206.543.6452/TTY  
206.685.7264/Fax • e-mail: [dso@uw.edu](mailto:dso@uw.edu)

## ACCOMMODATIONS

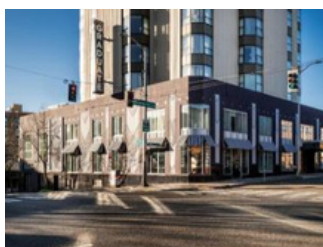
The following hotels are located near the conference site. To make reservations, please contact the hotels directly.



### College Inn Hotel

4000 University Way NE  
Seattle, WA 98105  
206.633.4441

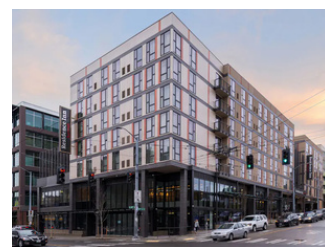
[www.collegeinnseattle.com](http://www.collegeinnseattle.com)



### Graduate Hotel

4507 Brooklyn Ave NE  
Seattle, WA 98105  
206.634.2000

[www.graduatehotels.com](http://www.graduatehotels.com)



### Residence Inn by Marriott

4501 12th Ave NE  
Seattle, WA 98105  
206.322.8887

[www.marriott.com](http://www.marriott.com)



### Silver Cloud Inn

5036 25th Ave NE  
Seattle, WA 98105  
206.526.5200 or 800.205.6940

[www.silvercloud.com](http://www.silvercloud.com)



### University Inn

4140 Roosevelt Way NE  
Seattle, WA 98105  
206.632.5055

[www.staypineapple.com](http://www.staypineapple.com)



### Watertown Hotel

4242 Roosevelt Way NE  
Seattle, WA 98105  
206.826.4242 or 888.944.4242

[www.staypineapple.com](http://www.staypineapple.com)



**Jennifer Shen, MD**  
Clinical Assistant Professor

## COURSE DIRECTOR

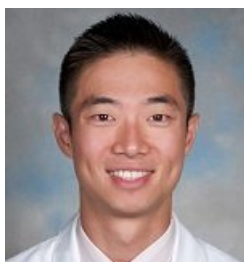
**Jennifer Shen, MD, MPH:** Dr. Shen is a board-certified family medicine physician and Clinical Assistant Professor in the Department of Family Medicine at the University of Washington. She serves as Clinic Medical Director at UW Primary Care Shoreline Clinic, Chair of DFM Grand Rounds, and Course Director for the UW School of Medicine's Annual Advances in Family Medicine & Primary Care Conference. Her work focuses on comprehensive primary care for patients of all ages, medical education, and advancing quality in patient care.



**Daniel Berndt, PA-C**  
Teaching Associate

## PLANNING COMMITTEE

**Daniel Berndt, PA-C:** Daniel Berndt treats diverse patient groups and provides top-level care at UW Medicine Primary Care at Shoreline. He is a graduate of the University of Washington with a BS in physiology and a Masters of Clinical Health Services. His interests revolve around working with UW Medicine healthcare teams to improve community health and safety.



**Nelson Chiu, MD**  
Clinical Associate Professor

**Nelson Chiu, MD:** Nelson M. Chiu is a board-certified family medicine physician, the clinic medical director at UW Medicine Primary Care at Northgate, and a Clinical Associate Professor for the UW Department of Family Medicine. He speaks Mandarin Chinese and conversational Spanish. His clinical interests include global health, integrative medicine, and medical education.



**Emily Hilderman, ARNP**  
Teaching Associate

**Emily Hilderman, ARNP:** Emily Hilderman is an adult nurse practitioner who provides patient care at UW Medicine Primary Care at Northgate and works in partnership with her patients to help them identify and reach their healthcare goals. Her clinical interests include community health, geriatric functional assessment, hospice, living well with chronic disease, palliative care, and preventive medicine.



**Elizabeth Hutchinson, MD**  
Clinical Assistant Professor

**Elizabeth Hutchinson, MD:** Elizabeth Hutchinson is a board-certified family medicine physician. The trusting relationship between patient and primary care provider is the foundation of high-quality, holistic, efficient healthcare. Guided by the principle that all people deserve comprehensive primary care, Dr. Hutchinson seeks to understand how best to address the unique health needs of each patient within the context of their lives.

# Culinary Medicine Optional Add-On

## INFORMATION

This year, we are excited to offer the Culinary Medicine course in conjunction with the conference. The course was designed to be a robust, self-paced 10-module course that explores the foundations and science of culinary medicine, financial and cultural considerations, practical applications in the clinic, and more. The course will be available to registrants starting September 1 and will remain open until December 31.



## MODULES

**Module 1 - Introduction to Culinary Medicine**

**Module 2 - Macronutrients**

**Module 3 - Micronutrients**

**Module 4 - Environmental Nutrition**

**Module 5 - Culinary Herbalism: Integrating Medical Herbs into Nutrition Practice**

**Module 6 - Supporting Health Food Choices for Low-Income Patients**

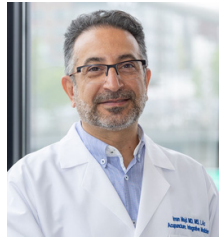
**Module 7 - Nutrition Support for Cardiovascular Health**

**Module 8 - Nutrition and Support for Pre-Diabetes and Type 2 Diabetes**

**Module 9 - Nutrition for Digestive Health**

**Module 10 - Nutrition and Brain Health**

## PLANNING COMMITTEE



**Iman Majd, MD, LAc**

Associate Professor  
Department of Family Medicine  
Osher Center for Integrative Health

**Iman Majd, MD, LAc** is a UW Medicine family medicine physician pioneering the delivery of integrated medical services featuring acupuncture and serves as the of the Osher Center for Integrative Health located in the Sports Medicine Clinic at Ballard.

Dr. Majd views patient care as a multidisciplinary approach including lifestyle, nutrition, and complementary and alternative therapies, and strives to bring them together for patients.



**Debra Bell, MD**

Clinical Assistant Professor  
Department of Family Medicine  
Director of Education  
Osher Center for Integrative Health

**Debra Bell, MD** is a board-certified family medicine provider and has over 35 years of experience in integrative medicine. Dr. Bell sees people of all ages for most health concerns and has a particular interest in women's health. She considers nutrition, lifestyle changes, and mental and spiritual health as the foundation of well-being. She has expertise in herbal medicine, the use of vitamins and supplements, nutrition, mind-body medicine, health and spirituality and bio-identical hormone replacement therapy.



**Kelly Morrow, MS, RDN, FAND**

Registered Dietitian Nutritionist,  
Seattle Integrative Medicine  
Department of Family Medicine

**Kelly Morrow, MS, RDN, FAND** is an integrative Registered Dietitian Nutritionist with over 25 years of experience in clinical care, research, and nutrition education. She spent 20 years on faculty at Bastyr University, contributing to clinical education, teaching, and program development in integrative and functional nutrition.

# Course Faculty

## Guest Faculty

### **Jeremy Johnson, MD, MPH, RMSK**

Physician | Family Medicine | Sports Medicine  
Polyclinic Madison Center  
Seattle, WA

### **Miranda Lu, MD**

Physician | Family Medicine  
Swedish Family Medicine  
Seattle, WA

### **Ashlin Mountjoy, MD**

Physician | Family Medicine  
Swedish First Hill  
Seattle, WA

### **Viet Nguyen, MD**

Physician | Family Medicine  
Swedish Hospital  
Seattle, WA

### **Kendall Shibuya, DO**

Physician | Family Medicine  
Swedish Family Medicine  
Seattle, WA

### **Sarah Speck, MD**

Physician | Cardiology  
Swedish Hospital  
Seattle, WA

### **Sunmi Wentzel, MD, MPH**

Physician | Family Medicine  
International Community Health Services  
Seattle, WA

## UW Faculty Speakers

### **Meagan Alvarado, MD**

Clinical Assistant Professor  
Division of Gastroenterology  
UW Medical Center Northwest

### **Jennifer Azen, MD, MPH**

Clinical Associate Professor  
Division of General Internal Medicine  
UW Medicine

### **Oscar Bailon, MD**

Clinical Assistant Professor  
Division of Cardiology  
UW Medical Center Northwest

### **Debra Bell, MD**

Clinical Assistant Professor  
Department of Family Medicine  
Director of Education  
UW Medicine | Osher Center for Integrative Health

### **Lyndsey Booker, MD**

Clinical Assistant Professor  
Department of Rehabilitation Medicine  
UW Medicine

### **Anne Browning, PhD**

Chief Well-Being Officer & Associate Dean for Well-Being | UW Medicine  
Founding Director | UW Resilience Lab  
Affiliate Assistant Professor |  
UW College of Education

### **Dani Brace, MPH**

Program Manager and Analyst  
Chief Population Health Office  
UW Medicine

### **Beatrice Caballero, MD, MS**

Acting Assistant Professor  
Department of Family Medicine  
UW Medicine

### **Julie Carkin, MD**

Clinical Associate Professor  
Division of Rheumatology  
UW Medical Center Northwest

### **Bridget Collins, MD**

Associate Professor  
Division of Pulmonology, Critical Care & Sleep  
UW Medical Center Montlake

### **Shireesha Dhanireddy, MD**

Professor  
Division of Allergy & Infectious Disease  
Medical Director of the Infectious Disease Clinic  
& Madison Clinic  
UW Medicine | Harborview Medical Center

### **Katherine Dienst, PhD**

Assistant Professor  
Department of Psychiatry and Behavioral Sciences |  
Clinical Psychologist  
UW Medicine

**Mark Duncan, MD**

Assistant Professor  
Department of Psychiatry and Behavioral Sciences  
UW Medical Center - Roosevelt

**Amy Eby, MD**

Clinical Assistant Professor  
Division of General Internal Medicine  
UW Medicine Diabetes Clinic at South Lake Union

**Kate Fahy, MD**

Assistant Professor  
Department of Family Medicine  
UW Medicine

**Nicole Gentile, MD, PhD**

Assistant Professor  
Department of Family Medicine  
UW Medicine

**Joshua Go, DO**

Acting Assistant Professor  
Department of Family Medicine  
UW Medicine

**Emily Godfrey, MD, MPH**

Professor  
Adjunct Professor | Health Systems and  
Population Health  
Department of Family Medicine  
UW Medicine | Osher Center for Integrative Health

**Georgia Griffin, MD**

Clinical Assistant Professor  
Department of Pediatrics  
UW Medicine | Seattle Childrens

**Corinne Heinen, MD, FAAFP**

Clinical Professor  
Department of Family Medicine  
Physician Lead, Transgender/Gender Non-Binary  
Health Program (UW Medicine)  
Director, UWSOM LGBTQ Health Student Pathway

**Elizabeth Hutchinson, MD**

Clinical Assistant Professor  
Department of Family Medicine  
UW Medicine

**Brian Jordan, MD**

Clinical Associate Professor  
Department of Urology  
UW Medicine Montlake | UW Medicine Northwest

**Suha Kadura, MD**

Clinical Assistant Professor  
Division of Pulmonology, Critical Care & Sleep  
UW Medical Center Montlake

**Rachel Kitch, MD**

Physician | Family Medicine  
Department of Family Medicine  
UW Medicine

**Clara Lin, MD**

Clinical Associate Professor  
Department of Pediatrics  
Vice President & Chief Medical Information Officer |  
Seattle Childrens

**Iman Majd, MD, MS, LAc**

Associate Professor  
Department of Family Medicine  
Director of the Osher Center for Integrative Medicine  
UW Medicine

**Laura Mayeda, MD, MPH**

Clinical Assistant Professor  
Division of Nephrology  
Director of Hypertension Clinic  
and Kidney Clinic  
Harborview Medical Center

**Bryna McCollum, PA-C, IBCLC**

Teaching Associate  
Department of Family Medicine  
UW Medicine

**Laura Montour, MD**

Clinical Associate Professor  
Department of Family Medicine  
UW Medicine

**Ryan Murphy, MD**

Acting Assistant Professor  
Division of Pulmonology, Critical Care & Sleep  
Medicine  
UW Medical Center Montlake

**Lauren Paladino, DO, CAQSM**

Assistant Professor  
Department of Family Medicine  
UW Medicine

# Course Faculty

## **Rohith Palli, MD, PhD**

Medical Informatics Fellow  
Department of Family Medicine  
UW School of Medicine

## **Sudhakar Pipavath, MD**

Professor  
Department of Radiology  
UW Medicine

## **Menaka Prakasam, MD**

Clinical Associate Professor  
Department of Family Medicine  
UW Medicine

## **Jaqueline Raetz, MD**

Associate Professor  
Department of Family Medicine  
UW Medical Center Montlake |  
Harborview Medical Center

## **Ganesh Raghu, MD, FACP, FCCP**

Professor  
Division of Pulmonology, Critical Care & Sleep  
Medical Director of the UW Medicine Lung  
Transplant Program and the UW Interstitial Lung  
Disease/Sarcoid/Pulmonary Fibrosis Program  
UW Medical Center Montlake

## **Londyn Robinson, MD**

Clinical Assistant Professor  
Division of Rheumatology  
UW Medicine

## **Grace Shih, MD, MAS**

Professor  
Department of Family Medicine  
UW Medicine

## **David Siebert, MD, CAQSM**

Associate Professor  
Department of Family Medicine  
Director of Sports Medicine  
UW Medicine | Sports Medicine Center

## **Elizabeth Snapinn, MD, FAAP**

Clinical Instructor  
Division of General Internal Medicine  
UW Medicine

## **Jonathan Staloff, MD, MSc**

Acting Assistant Professor  
Department of Family Medicine  
Harborview Medical Center

## **Savitha Subramanian, MD**

Professor  
Division of Metabolism, Endocrinology, & Nutrition  
UW Diabetes Institute

## **Alexander Taylor, MD**

Clinical Assistant Professor  
Department of Pediatrics  
UW Medicine

## **Arthi Thirumalai, MBBS**

Associate Professor  
Division of Metabolism, Endocrinology, & Nutrition  
UW Diabetes Institute | Harborview

## **Jay Vary Jr, MD, PhD**

Associate Professor  
Director of Clinical Operations  
Department of Dermatology  
UW Medical Center - Roosevelt

## **Emily Vason, PA-C**

Teaching Associate  
Department of Obstetrics and Gynecology  
UW Medical Center Northwest

## **Prakash Vishnu, MD, FACP**

Clinical Associate Professor  
Division of Hematology and Oncology  
UW Medicine | Fred Hutch Cancer Center

## **Stephanie Wang, ND, LAc**

Teaching Associate  
Department of Family Medicine  
UW Medicine | Osher Center for Integrative Health

## **Wu-Hsun Tom Yang, ND, LAc**

Teaching Associate  
Department of Family Medicine  
UW Medicine | Osher Center for Integrative Health

## **Ying Zhang, MD, MPH**

Associate Professor  
Department of Family Medicine  
UW Medicine

# Monday, September 14, 2026

---

**8:00 SIGN-IN & CONTINENTAL BREAKFAST**

**8:50** Welcome & Introduction from Course Director and Department Chair | *Jennifer Shen, MD & Bianca Frogner, MD*

**9:00** Hypertension Updates and Atrial Fibrillation | *Oscar Bailon, MD*

**9:40** Cardiac Health Outcomes: An Integrative Approach to Proactive Cardiovascular Health | *Iman Majd, MD, MS, LAc*

**10:20** Cardio Panel Discussion

**10:35 BREAK**

**10:45** Menopause and Heart Disease: An Opportunity to Make a Difference | *Sarah Speck, MD*

**11:25** Dementia Management in Primary Care: Advanced Care Planning | *Jaqueline Raetz, MD*

**12:05 LUNCH** (*Boxed Lunch Provided*)

**Plenary Session Agenda in Ballroom Below**

\*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

**1:00** Obesity Medicine Updates | *Laura Montour, MD*

**1:50 BREAK** (*Grab and Go Snacks*)

**2:00** Osteoporosis Medication Sequences and Complimentary Non-Pharmacological Therapies to Keep Your Patients Thriving | *Julie L Carkin, MD*

**2:50 BREAK** (*Grab and Go Snacks*)

**3:00** Supporting Breast Feeding From Primary Care | *Bryna McCollum, PA-C, IBCLC*

**3:50 ADJOURN**

# Tuesday, September 15, 2026

---

- 8:15** Sign-In & Continental Breakfast
- 8:55** Welcome Back & Daily Introduction | *Elizabeth Hutchinson, MD*
- 9:00** Update on Adult Asthma | *Ryan Murphy, MD*
- 9:40** Interstitial Lung Disease (ILD): Clinical Approach, Diagnosis, and Treatment for Primary Care | *Ganesh Raghu, MD, FACP, FCCP*
- 10:20** Pulmonary Panel Discussion
- 10:35** **BREAK**
- 10:45** Lifestyle Medicine: What Is It and How Do We Integrate It into Primary Care Practice? | *Emily M Godfrey, MD, MPH*
- 11:25** Long COVID | *Nicole Gentile, MD, PhD*
- 12:05** **LUNCH** (*Boxed Lunch Provided*)

## Plenary Session Agenda in Ballroom Below

\*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

- 1:00** Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) | *Meagan Alvarado, MD*
- 1:50** **BREAK** (*Grab and Go Snacks*)
- 2:00** Hypertensive Nephropathy | *Laura Mayeda, MD, MPH*
- 2:50** **BREAK** (*Grab and Go Snacks*)
- 3:00** Lower Urinary Tract Symptoms (LUTS) | *Brian J Jordan, MD*
- 3:50** **ADJOURN**

# Wednesday, September 16, 2026

---

**8:15** Sign-In & Continental Breakfast

**8:55** Welcome Back & Daily Introduction | *Jennifer Shen, MD*

**9:00** Practical AI in Primary Care | *Menaka Prakasam, MD & Rohith Palli, MD*

**9:40** AI Risks and Benefits | *Clara Lin, MD*

**10:20** Artificial Intelligence Panel Discussion

**10:35** **BREAK**

**10:45** Common Consults, Common Rashes, and Practical Pearls to Dermatology |  
*Jay Vary Jr, MD, PhD*

**11:25** Perimenopausal & Menopause Management Pearls | *Emily Vason, PA-C*

**12:05** **LUNCH** (*Boxed Lunch Provided*)

## Plenary Session Agenda in Ballroom Below

\*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

**1:00** Integrative Digestive Health: GERD and Chronic Proton Pump Inhibitor (PPI) Use |  
*Debra Bell, MD*

**1:50** **BREAK** (*Grab and Go Snacks*)

**2:00** Value-Based Care | *Jonathan Staloff, MD, MSc*

**2:50** **BREAK** (*Grab and Go Snacks*)

**3:00** Hematology in the Clinic: When to Monitor, When to Work Up, and When to Refer  
| *Prakash Vishnu, MD, FACP*

**3:50** **ADJOURN**

# Thursday, September 17, 2026

---

**8:15** Sign-In & Continental Breakfast

**8:55** Welcome Back & Daily Introduction | *Elizabeth Hutchinson, MD*

**9:00** Challenging Lipid Cases, Lipid Updates, and GLP-1 | *Savitha Subramanian, MD*

**9:40** Role of Incretin-Mimetics – Beyond Glycemia | *Arthi Thirumalai, MBBS*

**10:20** Diabetes and Lipid Panel Discussion

**10:35** **BREAK**

**10:45** Diabetes Management for the PCP | *Amy Eby, MD*

**11:25** Alcohol Use Disorder and Suboxone/Buprenorphine Use | *Jennifer Azen, MD, MPH*

**12:05** **LUNCH** (*Boxed Lunch Provided*)

## Plenary Session Agenda in Ballroom Below

\*PLEASE REFER TO THE BREAKOUTS SCHEDULE PAGE FOR THE BREAKOUT AGENDAS

**1:00** Must-Not-Miss Orthopedic Urgencies and Emergencies | *David Siebert, MD, CAQSM*

**1:50** **BREAK** (*Grab and Go Snacks*)

**2:00** Update in Caring for Gender Diverse People Now | *Corinne Heinen, MD, FAAFP*

**2:50** **BREAK** (*Grab and Go Snacks*)

**3:00** Sexually Transmitted Disease Updates and Vaccines | *Shireesha Dhanireddy, MD*

**3:50** **ADJOURN**

# Friday, September 18, 2026

**8:15** Sign-In & Continental Breakfast

**8:55** Welcome Back & Daily Introduction | *Jennifer Shen, MD*

**9:00** Pediatric ADHD Diagnosis and Management in Primary Care | *Alexander Taylor, MD*

**9:40** Pediatric Developmental Screening and Autism | *Elizabeth Snapinn, MD, FAAP*

**10:20** Pediatric Panel Discussion

**10:35** **BREAK** (*Grab and Go Snacks*)

**10:45** Anxiety, Depression, and Trauma-Informed Care | *Mark Duncan, MD & Katherine Dienst, PhD*

**11:25** Healthcare well-being | *Anne Browning, PhD*

**12:05** **ADJOURN**



*All times listed are in Pacific Time*

# Afternoon Breakout Sessions

## [Breakout Session Information](#)

We are excited to offer the Dermatology, Musculoskeletal, and IUD/EMB Breakout sessions again this year, with the addition of two new breakouts, ILD and Dietary Supplements. Below is the agenda for the breakouts. Please note the recorded and in-person designations. Any part of the breakout that is listed as recorded will be recorded and offered during the extended viewing for CE credit, and any part listed in-person will be available only to our in-person learners. The Monday breakouts will be repeated on Wednesday, and the MSK breakouts on Tuesday will be repeated on Thursday. The Didactic section of the IUD/EMB will be recorded for extended viewing, and the 2025 recording of the Dermoscopy Primer will be available for extended viewing as well. There will not be a live component of the breakout rooms for virtual learners, but the ballroom will remain live.

**The Dermoscopy Primer and Hand & Wrist/Knee Exam breakouts will all have an attendee cap of 40 participants for each offering. The IUD/EMB will have an attendee cap of 30 participants for each offering.**

The MSK sessions are designed to be split sessions. If you choose to attend the MSK session, you will start in either the Knee Exam room (HUB 334) or the Hand and Wrist Exam room (HUB 332), where you will cover your respective didactic and workshop. After the break, you will then switch rooms and attend the didactic and workshop of the other MSK room. Meaning every learner who attends the MSK sessions will have the opportunity to learn and practice on both the knee as well as the hand and wrist.

If you do not participate in the breakouts, there will be presentations in the auditorium as well. Each presentation in the auditorium will have unique content which will only be presented one time. These presentations will be recorded for the extended viewing available for attendees to view the recordings and claim credit until **December 31, 2026**. Recordings will be available within 4 weeks after the live offering.

## [Signing Up For a Breakout Session](#)

Due to limited spaces, you will need to sign up for breakout sessions if you wish to attend. To secure a spot in a breakout session, you will need to fill out the breakout session survey and select the sessions you wish to attend. A link will be provided to you in your registration confirmation email. If you have signed up for the conference and cannot find the link for the breakout session survey, email the IPCE Office ([ipce@uw.edu](mailto:ipce@uw.edu)).

If a breakout session becomes full, an option to be wait-listed for the session is available. If a space becomes available, the IPCE Office will email you with a confirmation that you have been added to the session.

# Afternoon Breakout Sessions

## MONDAY BREAKOUT SESSIONS (9/14)

HUB 332		HUB 334	
IUD Skills Lab: Pain Management and IUD Inserter Techniques		Dermoscopy Primer	
1:00	<p><b>Didactic with Q&amp;A</b> Rachel Kitch, MD; Grace Shih, MD, MS; Sunmi Wentzel, MD, MPH; Ying Zhang, MD, MPH</p> <p><i>(In-Person)</i></p> <p><i>(Recorded for Virtual Learners)</i></p>	1:00	<p><b>Dermoscopy Primer - Didactic</b> Miranda Lu, MD; Viet Nguyen, MD</p> <p><i>(In-Person)</i></p> <p><i>(2025 Recorded Video Available for virtual learners and in-person learners who are unable to attend this session)</i></p>
1:50	<i>BREAK</i>	1:50	<i>Break</i>
2:00	<p><b>Hands-On with Q&amp;A</b> Rachel Kitch, MD; Grace Shih, MD, MS; Sunmi Wentzel, MD, MPH; Ying Zhang, MD, MPH</p> <p><i>(In-Person)</i></p>	2:00	<p><b>Dermoscopy Primer - Hands-On with Q&amp;A</b> Miranda Lu, MD; Viet Nguyen, MD</p> <p><i>(In-Person)</i></p>
3:50	<i>ADJOURN</i>	3:50	<i>ADJOURN</i>

## TUESDAY BREAKOUT SESSIONS (9/15)

HUB 327		HUB 332		HUB 334	
ILD Didactics and Case Conference		Knee Exam for the Primary Care Clinician		Hand and Wrist Exam for the Primary Care Clinician	
1:00	<p><b>Didactic with Q&amp;A</b> Ganesh Raghu, MD, FACP, FCCP; Ryan Murphy, MD; Bridget Collins, MD; Sudhakar Pipavath, MD; Suha Kadura, MD; Londyn Robinson, MD</p> <p><i>(In-Person)</i></p>	1:00	<p><b>MSK Knee Didactic and Exam Group B</b> Kate Fahy, MD; Georgia Griffin, MD; Joshua Go, DO; Miranda Lu, MD; Lauren Paladino, DO, CAQSM</p> <p><i>(In-Person)</i></p>	1:00	<p><b>MSK Hand and Wrist Didactic and Exam Group A</b> Lyndsey Booker, MD; Beatrice Caballero, MD, MS; Elizabeth Hutchinson, MD; Jeremy Johnson, MD, MPH, RMSK; Kendall Shibuya, DO</p> <p><i>(In-Person)</i></p>
1:50	<i>BREAK</i>	2:20	<i>Break</i>	2:20	<i>Break</i>
2:00	<p><b>Case Conference</b> Ganesh Raghu, MD, FACP, FCCP; Ryan Murphy, MD; Bridget Collins, MD; Sudhakar Pipavath, MD; Suha Kadura, MD; Londyn Robinson, MD</p> <p><i>(In-Person)</i></p>	2:30	<p><b>MSK Knee Didactic and Exam Group A</b> Kate Fahy, MD; Georgia Griffin, MD; Joshua Go, DO; Miranda Lu, MD; Lauren Paladino, DO, CAQSM</p> <p><i>(In-Person)</i></p>	2:30	<p><b>MSK Hand and Wrist Didactic and Exam Group B</b> Lyndsey Booker, MD; Beatrice Caballero, MD, MS; Elizabeth Hutchinson, MD; Jeremy Johnson, MD, MPH, RMSK; Kendall Shibuya, DO</p> <p><i>(In-Person)</i></p>
3:50	<i>ADJOURN</i>	3:50	<i>ADJOURN</i>	3:50	<i>ADJOURN</i>

All times listed are in Pacific Time

# Afternoon Breakout Sessions

## WEDNESDAY BREAKOUT SESSIONS (9/16)

HUB 332		HUB 334	
IUD Skills Lab: Pain Management and IUD Inserter Techniques		Dermoscopy Primer	
1:00	<p><b>Didactic with Q&amp;A</b> Rachel Kitch, MD; Grace Shih, MD, MS; Sunmi Wentzel, MD, MPH; Ying Zhang, MD, MPH</p> <p><i>(In-Person)</i></p> <p><i>(Recorded for Virtual Learners)</i></p>	1:00	<p><b>Dermoscopy Primer - Didactic</b> Miranda Lu, MD; Ashlin Mountjoy, MD; Viet Nguyen, MD</p> <p><i>(In-Person)</i></p> <p><i>(2025 Recorded Video Available)</i></p>
1:50	<i>BREAK</i>	1:50	<i>Break</i>
2:00	<p><b>Hands-On with Q&amp;A</b> Rachel Kitch, MD; Grace Shih, MD, MS; Sunmi Wentzel, MD, MPH; Ying Zhang, MD, MPH</p> <p><i>(In-Person)</i></p>	2:00	<p><b>Dermoscopy Primer - Hands-On with Q&amp;A</b> Miranda Lu, MD; Ashlin Mountjoy, MD; Viet Nguyen, MD</p> <p><i>(In-Person)</i></p>
3:50	<i>ADJOURN</i>	3:50	<i>ADJOURN</i>

## THURSDAY BREAKOUT SESSIONS (9/17)

HUB 327		HUB 332		HUB 334	
ILD Didactics and Case Conference		Knee Exam for the Primary Care Clinician		Hand and Wrist Exam for the Primary Care Clinician	
1:00	<p><b>Didactic with Workshop</b> Stephanie Wang, ND, LAc &amp; Wu-Hsun Tom Yang, ND, LAc</p> <p><i>(In-Person)</i></p>	1:00	<p><b>MSK Knee Didactic and Exam Group B</b> Kate Fahy, MD; Georgia Griffin, MD; Joshua Go, DO; Miranda Lu, MD; Lauren Paladino, DO, CAQSM</p> <p><i>(In-Person)</i></p>	1:00	<p><b>MSK Hand and Wrist Didactic and Exam Group A</b> Lyndsey Booker, MD; Beatrice Caballero, MD, MS; Elizabeth Hutchinson, MD; Jeremy Johnson, MD, MPH, RMSK; Kendall Shibuya, DO</p> <p><i>(In-Person)</i></p>
2:50	<i>ADJOURN</i>	2:20	<i>Break</i>	2:20	<i>Break</i>
		2:30	<p><b>MSK Knee Didactic and Exam Group A</b> Kate Fahy, MD; Georgia Griffin, MD; Joshua Go, DO; Miranda Lu, MD; Lauren Paladino, DO, CAQSM</p> <p><i>(In-Person)</i></p>	2:30	<p><b>MSK Hand and Wrist Didactic and Exam Group B</b> Lyndsey Booker, MD; Beatrice Caballero, MD, MS; Elizabeth Hutchinson, MD; Jeremy Johnson, MD, MPH, RMSK; Kendall Shibuya, DO</p> <p><i>(In-Person)</i></p>
		3:50	<i>ADJOURN</i>	3:50	<i>ADJOURN</i>

*All times listed are in Pacific Time*