

54th 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 54th 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.

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. 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.

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 (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
Total Credits	7.75

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 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

ACCOMMODATIONS

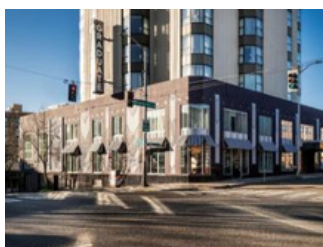
The following hotels are located near the conference site. To make reservations, please contact the hotels directly.



College Inn Hotel

4000 University Way NE
Seattle, WA 98105
206.633.4441

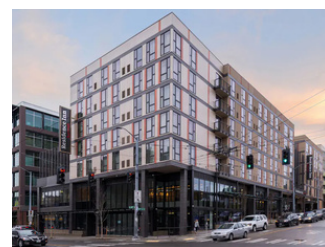
www.collegeinnseattle.com



Graduate Hotel

4507 Brooklyn Ave NE
Seattle, WA 98105
206.634.2000

www.graduatehotels.com



Residence Inn by Marriott

4501 12th Ave NE
Seattle, WA 98105
206.322.8887

www.marriott.com



Silver Cloud Inn

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

www.silvercloud.com



University Inn

4140 Roosevelt Way NE
Seattle, WA 98105
206.632.5055

www.staypineapple.com



Watertown Hotel

4242 Roosevelt Way NE
Seattle, WA 98105
206.826.4242 or 888.944.4242

www.staypineapple.com

54th Annual Advances in Family Medicine & Primary Care



Jennifer Shen, MD
Clinical Assistant Professor

COURSE DIRECTOR

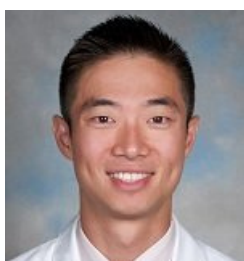
Jennifer Shen, MD, MPH: Dr. Shen is a board-certified family medicine physician and Clinical Assistant Professor in the Department of Family Medicine at the University of Washington. She serves as Clinic Medical Director at UW Primary Care Shoreline Clinic, Chair of DFM Grand Rounds, and Course Director 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

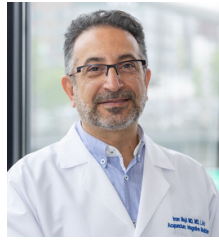
Module 7 - Nutrition Support for Cardiovascular Health

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

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 Children's

Megan Griffin, MD

Clinical Assistant Professor
Department of Nephrology
UW Medicine | Harborview Medical Center

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 Children's

Iman Majd, MD, MS, LAc

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

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** Updates 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** Hypertension and CKD | *Megan Griffin, MD*
- 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 | *Rohith Palli, MD, PhD & Menaka Prakasam, 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 Integrative Digestive Health: GERD and Chronic Proton Pump Inhibitor (PPI) |
Debra Bell, 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 Use Perimenopausal & Menopause Management Pearls | *Emily Vason, PA-C*

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

2:00 Value-Based Care | *Jonathan Staloff, MD, MSc & Dani Brace, MPH*

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**

All times listed are in Pacific Time

Thursday, September 17, 2026

8:15 Sign-In & Continental Breakfast

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

9:00 Understanding and Managing Triglycerides in Primary Care | *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** Medication Management for Adult ADHD | *Mark Duncan, MD*
- 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).

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

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

All times listed are in Pacific Time

Afternoon Breakout Sessions

WEDNESDAY BREAKOUT SESSIONS (9/16)

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

THURSDAY BREAKOUT SESSIONS (9/17)

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

All times listed are in Pacific Time