



Friday, June 5 | Wichita Hyatt Regency

## 2026 LEARNING OBJECTIVES

*\*Additional objectives will be added when submitted by speakers. Check back for updates.*

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### Friday, June 5

#### **8:00 - 8:30 a.m.**

*Physician Wellbeing & Resiliency in Today's Economic & Political Climate*

Warren A. Jones, MD, DHL(Hon), FAAFP

- Recognize the prevalence and Impact of Physician Distress.
- Distinguish between individual and organizational contributors to burnout.
- Apply evidence-based individual resilience strategies.
- Advocate for system-level interventions.
- Develop a personal wellness plan integrating multiple strategies.

#### **8:30 - 9:30 a.m.**

*Immunizations Update*

Dereck Totten, MD, MPH, FAAFP

- Review Kansas immunization trends.
- Review updates to immunization recommendations.
- Discuss strategies for managing vaccine hesitancy.

#### **10:00 - 11:00 a.m.**

*Tick Borne Illnesses for Primary Care Providers*

Victoria Poplin, MD

- Discuss tick-borne illness that occur in Kansas and Missouri.
- Provide an overview of the clinical manifestations of tick-borne illnesses.
- Discuss the diagnostic approach and management of tick-borne illnesses.
- Briefly review commonly encountered questions about Lyme disease.
- Review preventative measures for tick borne illnesses.

#### **11:00 - 11:15 a.m.**

*To Screen, Or Not To Screen*

Sarah Thomas, DO, PGY-2

- Define specificity and sensitivity.
- Understand the evidence regarding Cancerguard and Genesight testing.

- Describe appropriate use of non-FDA-approved screening options.

**11:15 - 11:30 a.m.**

*Slimming Down the Evidence: What Medications Really Work for Obesity*

David Brown, MD, PGY-3

- Compare the efficacy of current obesity pharmacotherapies.
- Identify key adverse effects of weight loss medications.
- Apply evidence to guide medication selection in daily clinical practice.

**11:30 - 11:45 a.m.**

*Beyond Glycemic Control: The Role of Semaglutide in Cardiovascular Risk Reduction*

Lauren Olay, MD, PGY-2

- Review the mechanism of action of GLP-1 receptor agonists.
- Analyze the impact of semaglutide on major adverse cardiovascular events, including cardiovascular mortality, myocardial infarction, and stroke, in non-diabetic patients with established cardiovascular disease as investigated by the SELECT trial.
- Discuss the proposed mechanisms through which GLP-1 agonists influence cardiovascular risk factors, outside of glycemic control.
- Integrate evidence from the SELECT trial into clinical practice by identifying appropriate candidates and understanding the benefits of semaglutide for cardiovascular risk reduction.

**11:45 a.m. - 12:00 p.m.**

*Locked-in*

Abdul Moiz Akhtar, MD, PGY-2

- Recognize central pontine myelinolysis (CPM) as a rare neurologic complication of diabetic ketoacidosis and identify early clinical features suggestive of osmotic demyelination.
- Describe the pathophysiologic mechanisms linking rapid osmotic shifts in DKA management to the development of osmotic demyelination syndrome.
- Identify the clinical features of locked-in syndrome, including preserved consciousness with quadriplegia and anarthria, and differentiate it from other causes of acute neurologic decline in the ICU.
- Review strategies to minimize risk, including careful correction of hyperglycemia, sodium, and serum osmolality, and the importance of close neurologic monitoring during DKA treatment.

**12:00 - 1:00 p.m.**

*Street Stories: Fostering Humanism in Family Medicine*

Seth Chauhan, MD, PGY-3

- Humanize people on the margins of society by sharing their unique stories.

- Showcase a replicable method for creating more empathy for marginalized people in our communities.
- Improving workflow for better glycemic control.

#### *Improving Inpatient Glycemic Control*

Jason Gilchrist, MD, PGY-1

- Identify common barriers to achieving glycemic control in the inpatient setting.
- Apply evidence-based interventions to improve inpatient glycemic management and patient outcomes.
- Differentiate protective and risk factors that influence the health and well-being of individuals experiencing homelessness.

#### *Progressive Forefoot Pain In An Adolescent Female*

Staci Thomas, DO, PGY-2

- Recognize presentation of Freiberg disease.
- Describe diagnostic and imaging approach.
- Review management and prevention of disease progression.

#### *Rural Hospital Interventions to Overcome Specialty Access Barriers: A Survey*

Elizabeth Frost, MS-2

- Identify the most common barriers to specialty care access in rural hospital settings, including transportation, workforce shortages, broadband limitations, and care coordination challenges.
- Describe current interventions used by rural hospitals to improve specialty access, including telemedicine, transportation programs, and referral management systems.
- Evaluate the effectiveness and limitations of these interventions based on survey findings from rural Kansas hospitals.
- Analyze the impact of social determinants of health, including transportation and healthcare distrust, on access to specialty services in rural populations.

#### *Gender and Burnout in Healthcare Delivery – It's Complicated*

Bao Nhu To, MS-1

- Identify key drivers of burnout within healthcare systems.
- Describe the association between gender and burnout in healthcare settings.
- Assess the impact of workplace factors on the relationship between gender and burnout.

#### *EMS Perspectives of Community Paramedicine in Rural Kansas: A Cross-Sectional Survey*

Tyler Boone, MS-3

- Describe EMS professionals' perceptions of access to healthcare in rural Kansas communities and potential benefits of implementing a Community Paramedicine program.
- Summarize rural EMS professionals' self-perceived confidence in core Community Paramedicine skills and how these skills may be leveraged to improve access to care.

- Identify perceived barriers to implementing Community Paramedicine programs in rural Kansas.

**1:00 - 2:00 p.m.**

*Preoperative Clearance for Primary Care Providers*

Samrah Mansoor, MD, FAAFP, FCUCM

- Review current evidence-based guidelines for preoperative medical evaluation and understand the role of the primary care provider in optimizing patients prior to surgery.
- Identify appropriate preoperative testing based on patient risk factors, comorbidities, and type of surgical procedure, rather than relying on routine or unnecessary testing.
- Recognize common causes of delays in surgical clearance and implement strategies to streamline the evaluation process.
- Apply risk stratification tools and clinical judgment to determine perioperative cardiovascular and medical risk.
- Develop efficient workflows in primary care settings to complete preoperative evaluations while minimizing unnecessary investigations and healthcare costs.

**2:00 - 2:30 p.m.**

*Pelvic Health Physical Therapy: An Untapped Resource*

Lauren Clifford, PT, DPT

- Accurately describe the anatomy and functions of the pelvic floor muscles and how they relate to surrounding systems.
- Educate patients on the impact of the pelvic floor muscles on conditions such as urinary/fecal incontinence, constipation, pelvic pain, erectile dysfunction and many others.
- Provide an adequate preview of pelvic floor physical therapy to patients prior to referral.
- Feel confident in providing a referral to an appropriate pelvic health specialty provider for comprehensive patient care.

**2:30 - 2:45 p.m.**

*Concussion Management in Family Medicine*

Jason Gilchrist, MD, PGY-1

- Identify common signs and symptoms of concussion and apply appropriate assessment strategies in the clinical setting.
- Implement evidence-based approaches for the acute management of concussion in pediatric and adult patients.
- Differentiate stages of concussion recovery and select appropriate rehabilitation and follow-up strategies.
- Apply return-to-learn, return-to-work, and return-to-play protocols to guide patients back to normal activities safely.

**2:45 - 3:00 p.m.**

*Genitourinary Syndrome of Menopause: Timely Updates and Best Practices*

Faith Hampton, MD, PGY-2

- Review updated guidelines from the American Urological Association for treatment of GSM.
- Understand how to screen for and diagnose GSM.
- Review hormonal and non-hormonal treatment options for GSM.
- Discuss best practices for initiating and managing treatment for GSM.

**3:30 - 4:30 p.m.**

*Medical Staff Governance for the Family Physician*

Sheryl Beard, MD, FAAFP

- Interpret medical staff bylaws, rules and regulations to clarify the relationship between the governing body, medical staff leadership and individual practitioners.
- Describe essential credentialing, privilege and ongoing professional practice evaluation processes required to ensure regulatory compliance and high-quality patient care.
- Implement effective, evidence-based peer review mechanisms that foster a culture of safety and address physician performance.

**4:30 - 4:45 p.m.**

*Fueling Performance: The Role of Nutrient and Supplement Timing in Athletes*

Staci Thomas, DO, PGY-2

- Explain the role of nutrient timing in performance and recovery.
- Identify key nutrients and supplements that benefit from timing strategies.
- Outline pre-, intra-, and post-exercise fueling recommendations.
- Apply timing strategies to real-world athletic scenarios.
- Recognize risks and limitations of supplement use.

**4:45 - 5:00 p.m.**

*Smoking Cessation*

Ethan Woodcock, MD, PGY-3

- Identify and explain common barriers to smoking cessation across diverse patient populations.
- Compare and apply evidence-based pharmacologic and non-pharmacologic treatments for tobacco use disorder in clinical scenarios.
- Evaluate and select appropriate management strategies for patients with treatment-resistant tobacco use disorder.