

Changing Patterns in Medicine For Physicians and Patients



NHMS Annual Scientific Conference November 3-5, 2017 Mill Falls at the Lake, Meredith, NH

Workshops, case presentations, interactive activities and lectures targeted towards physicians, nurses and non-physician healthcare providers. Stress is impacting physicians, causing burn-out, suicides and lack of satisfaction. Learners should leave this meeting with tools to help reduce stress in themselves and their patients. Tips for dealing with chronic issues including diabetes, ADHD and opioid use will be offered.

Dear Colleague:

While attending past years' NHMS scientific meetings, I have come to enjoy the camaraderie and look forward to learning a few new things.



This year's scientific meeting will have a little something for everyone. As we listened to past participants' feedback, we learned that you wanted content that was current and relevant to practice. I think of this year's meeting as being a potpourri for you as we have topics on treatment of ADD/ADHD, non-pharmacologic treatment of pain, diabetes updates, etc.

We also want to focus on aspects of practice, both current and future that may assist with adapting to the changes we face in medicine. We will learn of models to integrate behavioral health into pediatric practices; we will also learn about how artificial intelligence may impact care delivery in the near future.

Finally, we wanted to focus on you by offering yoga, a fun run and stress reduction for the physician. I hope you'll consider joining us.

Deborah Harrigan, MD

President

Please complete and return to:
NHMS, 7 North State St, Concord NH 03301

or register online at: <http://www.nhms.org/2017conference>

Name _____

Spouse/guest _____

Address _____

Email _____

Phone _____

Fees include Saturday lunch

- Member - \$209, before Sept. 1, only \$149
- Nonmember - \$329, before Sept. 1, only \$209
- Health Professional - \$209, before Sept. 1, only \$149

Must be postmarked before Sept. 1, to receive early bird rate.

_____ \$40 spouse/guest Saturday lunch

Credit card # _____

Exp. date _____

No refunds after 10/26. Refunds before 10/26 subject to \$25 processing fee.

HOTEL INFORMATION

Mill Falls at the Lake in Meredith provides three options for your lodging comfort. Make sure to mention New Hampshire Medical Society when making your reservation in order to get the group rate. The meeting will take place in the lower level of Church Landing.



Rates include room, dinner and breakfast with NHMS functions.

Room Rates vary by Inn:

Mill Falls - single \$269.00, double \$360.00

Bay Point - single \$324.00, double \$414.00

Church Landing – single \$367.00, double 458.00

Adult pricing for children over 12 years of age.

Reservations: www.millfalls.com or 1-800-622-6455

Friday, November 3

- Noon NHMS Council Meeting
- Noon Non-CME Sponsored Anticoagulants Lunch
- 1:30 pm **Creating Work-Life Balance**
Maura Sullivan, PsyD
Clinical Psychologist in Wolfeboro
- 2:30 pm **Stigma Reduction - It's Okay to Ask for Help**
Robert K McLellan, MD
Medical Director
Live Well/Work Well
Dartmouth-Hitchcock Medical Center
- 3:30 pm **Where Do I Start: How to Best Diagnose and Manage Children with ADHD**
Nina Sand-Loud, MD
Assistant Professor of Pediatrics
Dartmouth-Hitchcock Medical Center
- 5:30 pm Reception
- 6:30 pm Dinner
- 7:30 pm Governor Chris Sununu - Invited



Saturday, November 4

- 7:00 am **Stretch Yourself – Yoga for the Physician**
Michelle Mancherje, MD
Certified Yoga Instructor
- 8:30 am **Yoga as an Alternative to Medication**
Michelle Mancherje, MD
Family Physician
Wentworth-Douglass Hospital

Saturday, November 4 (continued)

- 9:30 am **Getting to Goal Can Be Difficult: Advancing T2DM Therapy with Confidence**
Aaron King, MD
Board Certified Family Physician
MedFirst in San Antonio, TX
- 11:15 am **How Big Data and Advanced Analytics can Improve Population Health**
William Kessler, MD, MPH
Deputy Health Officer and Lead Population Health Officer
IBM Watson Health
- 12:15 – 1 pm Lunch
- 1-1:45 pm Dessert with Exhibitors
- 1:45 pm **Micronutrient Deficiencies and Malnutrition**
Amy Doucette, RD
Clinical Dietitian at Frisbie Memorial Hospital
- 2:45 pm **NHMS General Session**
Current Public Health Issues
Deborah Harrigan, MD
NHMS President
- 3:45 pm **Behavioral Health Integration – Lessons from the Front**
Marilyn Augustyn, MD
Professor of Pediatrics
Boston University School of Medicine
- 6:00 pm President's Reception
- 7:00 pm President's Inaugural Dinner
Passing Presidential Medallion from
Deb Harrigan, MD, to Len Korn, MD
Entertainment

Sunday, November 5



6:30 am Fun Run/Walk

8:00 am **Non-Pharmacologic Pain Management**
Thom Bloomquist, MSN
Senior Clinical Advisor
Beyond Your Best, LLC

9:00 am **Decreasing Post Operative Opioid Prescriptions**
Richard Barth, MD
Chief, Section of Surgery
Dartmouth-Hitchcock Medical Center

10:00 am **Motivational Interviewing in Urgent Care
and Beyond**
Polina Sayess, MD
Board Certified Family Physician
Frisbie Memorial Hospital

11:00 am Program Ends



The Maine Medical Education Trust designates this live activity for a maximum of 13 Hours of *AMA PRA Category 1 Credit*[™].

The Maine Medical Education Trust is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

New Hampshire

MEDICAL SOCIETY

ADVOCATING FOR PHYSICIANS & PUBLIC HEALTH SINCE 1791

7 North State Street
Concord, NH 03301

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