

## Let's Meet the Speakers

**Gary Woods, MD**, is a current board member of Temescal Wellness—Alternate Treatment Centers. He has served on boards for New Hampshire Orthopaedic Society, American Medical Association, American Society for Surgery of the Hand and is a past president of the NH Medical Society.

**Angela Yerdon McLeod, DO**, completed a fellowship in Women's Health at ECU, then joined the faculty at NH Dartmouth FMR in Concord, NH. Her clinical and research interests include family centered maternity, neonatal care, breastfeeding medicine, contraception management and postpartum mood disorders.

**Paul M. Berman, MD, MBA**, is a Pediatrician, Pediatric Hospitalist, and Pediatric Emergency Physician. He serves as a Contact Expert for several radio and television stations and is a frequent lecturer on many pediatric topics.

**Elisa Mercurio, DO**, is dedicated to helping her patients influence the trajectory of their health by reversing the biological forces that cause chronic disease. She is certified in family and functional medicine and practices in Derry, NH.

**Steve Rust, MD, FACP**, recently assumed the role of Executive Medical Director of Capital Region Palliative Care and Hospice. Prior to that, he was the Director of the Palliative Care Fellowship program in Anchorage, Alaska, in collaboration with the AK Family Medicine Residency Program and University of Washington School of Medicine.

**Alexandra (Sasha) Kufnec, MD**, completed a Triple Board Residency (Pediatrics, Adult and Child/Adolescent Psychiatry) at Tufts. After 13 years working in community mental health, she joined the faculty of NH Dartmouth Family Medicine Residency in 2007, where she enjoys teaching and consulting.

**Lora Council, MD, MPH**, is the senior vice president of the Primary Care Service Line for Dartmouth-Hitchcock and a practicing family physician in the Nashua division. She continues to lead DH Primary care in the QuEST (Quality, Experience, Sustainability, and Teamwork) to improve primary care for patients and teams.

**Tina Kenyon, ACSW**, is a faculty member at the NH Dartmouth Family Medicine Residency Program in Concord, NH. Her responsibilities include resident and medical student education, curriculum development, advising and coaching. She has contributed to the skill development of faculty, primary care residents and other health care professionals for 27 years.

**Michael McLeod, DO**, is a family medicine provider and Physician Informaticist with Concord Hospital Medical Group. He has been working to bring Telemedicine to Concord Hospital and New Hampshire for the past several years.

**Jackie Orent-Nathan, APRN**, is a nurse practitioner who specializes in the management of chronic pain. She currently works for Derry Medical Center, working collaboratively with primary care providers, behavioral health professionals, wellness coaches, and physical therapists.

**John Bassi, MD**, is the current Medical Director at St. Paul's School, Concord, NH. As a Board Certified family physician, he has served in this position over the past 8 1/2 years, focusing on adolescent medicine and working with teens in all aspects of their medical, psychosocial, and emotional development.

**Peter Loescher, MD**, trained in family practice at Dartmouth-Hitchcock and Concord Hospital. He did his fellowship in sports medicine at the University of Oklahoma. He practiced rural medicine and sports medicine for 8 years at White River Family practice. He is currently medical director of Sharon Sports Medicine Center.

**Laura Jones, ND**, is a licensed and board certified naturopathic doctor. She owns and operates Whole Health Concord, a multi-practitioner naturopathic medical practice in Concord, NH. She earned a Doctorate in Naturopathic Medicine with Honors from Southwest College of Naturopathic Medicine in 2005.

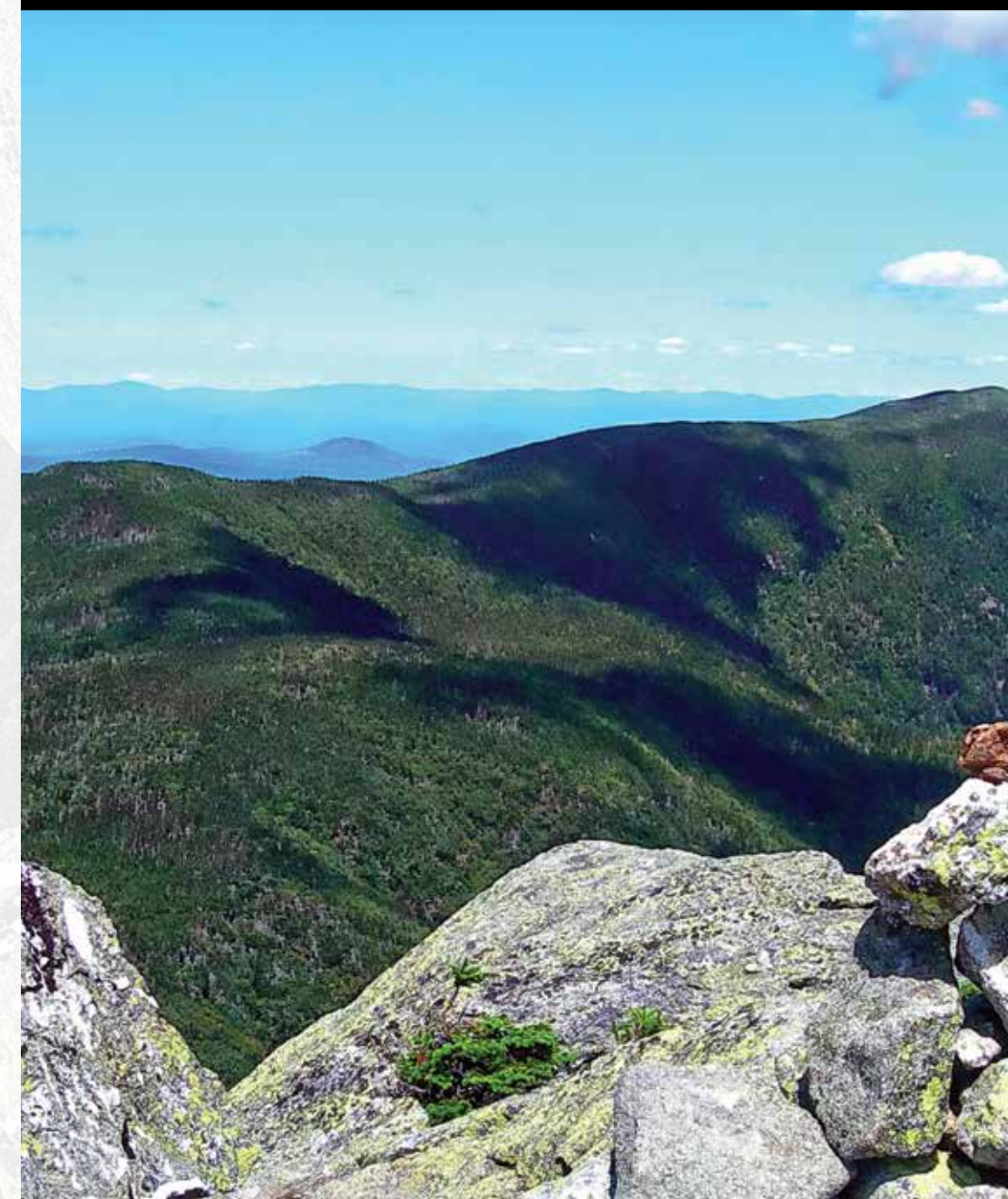
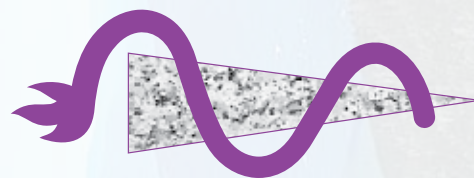
**Polina Sayess, MD**, is a Board Certified Family Medicine Physician. In addition to her full time job in an urgent care setting (currently with Frisbie Memorial Hospital), she has been representing NH at the AAFP National Conferences since 2014, and has served on the NH Medical Society Council since 2015.

**Jay Gupta, RPh**, is a medication management specialist and yoga therapist at the forefront of integrating yoga and mindfulness into healthcare. He lectures nationally on health-related topics. The National Alliance of State Pharmacy Associations has recognized his innovative work. He serves as chief faculty for RxRelax Therapeutic Yoga training.

**Leah Matthew, MD**, did her residency training and an Academic Development Fellowship at UVA in Charlottesville, Virginia. Since 2014, she has enjoyed a wonderful balance of seeing patients at the Heater Road clinic (part of DHMC) and teaching medical students in her roles as Family Medicine Clerkship Director and as an On Doctoring Facilitator.

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## Elevating Your Comprehension

This Live activity, NHAFP CME 2017: Elevating Your Comprehension, with a beginning date of 04/07/2017, has been reviewed and is acceptable for up to 12.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Mountain View Grand Resort & Spa  
101 Mountain View Rd., Whitefield, NH 03598

April 7-9, 2017

For hotel reservations, please call: 866-484-3843



## Registration

Member registration fee of \$225 includes meals for registrant only

Non-member fee of \$325 includes meals for registrant only

*\*Refund Policy: Cancellations up to seven (7) days prior to the meeting/event are eligible for full refund less \$25 processing fee. No refunds less than seven (7) days prior to the meeting/event.*

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Title (please circle) **MD, DO, Student, Resident, Other** (Students, Residents attend free)

Member of NHAFP? \_\_\_\_\_

Mailing Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

### Guest Meals: price is per person

Friday dinner	(\$40)_____	Saturday lunch kid's meal	(\$10)_____
Friday kid's meal	(\$10)_____	Saturday dinner	(\$40)_____
Saturday breakfast	(\$15)_____	Saturday kid's meal	(\$10)_____
Saturday lunch	(\$15)_____	Sunday breakfast	(\$15)_____

Guest(s) Name(s) \_\_\_\_\_

Breakout choice (please pick top 2) 1 \_\_\_\_\_ 2 \_\_\_\_\_

I have included a check for the registration fee of \$ \_\_\_\_\_

OR Please bill my: Visa \_\_\_\_\_ MC \_\_\_\_\_ Disc \_\_\_\_\_ AE \_\_\_\_\_ for \$ \_\_\_\_\_

Number \_\_\_\_\_

Exp. \_\_\_\_\_

Special requirements or allergies? (Best effort will be made to provide alternatives)

Please make check payable to NHAFP & mail to: 7 N. State Street, Concord, NH 03301-4018.

Tel 603-224-1909 • Fax 603-226-2432

Catrina Watson [catrina.watson@nhms.org](mailto:catrina.watson@nhms.org)

# NHAFP CME 2017: Elevating Your Comprehension

## Friday, April 7

2 – 5:00 Registration

3:00 Mood Disorders in Primary Care: Beyond Depression –  
**Alexandra (Sasha) Kuftinec, MD**  
Differentiating between depression and bipolar mood disorders.

4:00 Neonatal Abstinence Syndrome-Our youngest patients affected by the opioid epidemic. How can we support them? – **Angela Yerdon McLeod, DO**

5:30 Cocktails, Networking and Dinner

7:00 AAFP Officer Keynote Address: **Mott Blair, MD**

8:00 Installation of Officers, Fellows, Followed by Annual Meeting

## Saturday, April 8

6:00 Yoga: Yoga is clinically documented to help over 75 health conditions. This science-smart, RxRelax yoga session may be done seated or standing. No special clothing or mat needed. – **Jay Gupta, RPh**

7:30 Breakfast, Registration and Visit Exhibits

8:30 Pediatric Review at Mountain View – **Paul M. Berman, MD, MBA**  
Determine the diagnosis and management of various pediatric disorders.

9:30 Ultrasound Use in Clinical Practice-What are you Waiting for? – **Peter Loescher, MD**  
Discuss the many uses for ultrasound in clinical practice.

10:30 Break and Visit Exhibits

10:45 A Functional Medicine Approach to Obesity – **Elisa Mercuro, DO**  
Identify possible underlying causes of obesity from a population health standpoint.

11:45 Why Pain Really IS All in Your Head: Perception is Reality –  
**Jackie Orent-Nathan, APRN**  
Realize that chronic pain causes structural changes in the brain.

12:45 Lunch and Visit Exhibits

2:00 Telemedicine: Past, Present and Future – **Michael McLeod, DO**  
Define the different types of telemedicine available.

3:00 Lab Interpretation in a Functional Medicine Practice – **Laura Jones, ND**  
Lab interpretation from a functional medicine perspective.

4:00 Breakouts:  
1. Change Talk: Motivational Interviewing in Urgent Care and Beyond –  
**Polina Sayess, MD**  
Discuss the advantages of using Motivational Interviewing (MI) to elicit positive behavior changes.  
2. Learning Together: Effective Feedback Strategies for the Educator –  
**Tina Kenyon, ACSW; Leah Matthew, MD**  
Review basic feedback principles, identify helpful techniques and have some fun!

## Saturday cont.

5:30 Cocktails, Networking and dinner

6:45 Family Physician of the Year Award

7:30 Keynote Address: Stabilize, Optimize, Innovate – **Lora Council, MD**  
Learn framework for organizing change in primary care.

## Sunday, April 9

6:00 Yoga: Yoga is clinically documented to help over 75 health conditions. This science-smart, RxRelax yoga session may be done seated or standing. No special clothing or mat needed. – **Jay Gupta, RPh**

7:30 Breakfast and Visit Exhibits

8:30 Integration of Palliative Care Delivery in Family Medicine Practice –  
**Steve Rust, MD, FACP, FAAHPM**  
Understand key features of palliative care vs. hospice.

9:30 Boarding School Based Medicine: The Good, the Bad and the Ugly –  
**John Bassi, MD**  
Define what school based medicine is.

10:30 Break and Visit Exhibits

10:45 Medical Marijuana: A New Hampshire Alternative Treatment Center –  
**Gary Woods, MD**  
How does NH medical marijuana fit into the national picture and what is the physician's role?

*PowerPoints for these presentations can be found at <http://nhafp.org/cmemeetings.htm>. We will not be printing them.*

*Thank you for attending*

Mountain View Grand's activities include: indoor pool, horseback riding, spa, indoor theater, hiking, petting farm and more...

### Directions: From the South

Follow I-93 North to Exit 35 (Whitefield, Lancaster, Great North Woods). Bear right onto Route 3 North and follow for 21 miles. Turn right onto Mountain View Road and follow for a quarter mile.