

Head for the Hills 2025

Friday

1-3 PANEL DISCUSSION: Graduate Medical Education in rural Appalachia: how can we use our influence for community and clinical good? Moderated by Antoinette Justice, DO, Associate Dean of Osteopathic Medical Education and Professor of Family Medicine and Osteopathic Principles and Practices; with participation by Abraham Hardee (HCA Healthcare Associates FM Residency Director); and Cassi Jones (Ballad Health IM Residency Core Faculty)

In what ways do those teaching and taking part in rural residency programs feel better prepared to serve rural communities because of training in one? Where does modern GME fall short of truly preparing doctors to serve rural communities, and how can we as practitioners exert positive influence to close any such gaps?

3-4 How Adverse Childhood Event Scores (ACES) inform best practice for Adult Patient Encounters in Family Medicine Ginny Moorer, Trauma Recovery Coordinator at Mount Rogers Community Services

By understanding what happened to our patients, and using that knowledge to inform treatment plans, we can limit “noncompliance” and increase patient positive outcomes.

4-5 pm

Hold 'Em, Fold 'Em, Walk Away or Run? Rethinking Our Use of GABA-ergic & Antipsychotic Drugs in the Elderly Katherine Coffey-Vega, MD, Geriatrician and Director of Inpatient and Emergency Department Geriatric Services at Carilion Clinic, Associate Professor at Virginia Tech/Carilion School of Medicine

Let's discuss the implications and risks of overusing GABAergic drugs in general with specific issues in the elderly and review the approach to antipsychotic use in the management of behavioral and psychological symptoms of dementia.

Saturday

8-9 Cannabis Demystified: Exploring cannabis products, toxicity, and medical evidence Avery Michienzi, DO, Assistant Professor, Department of Emergency Medicine, Division of Medical Toxicology, and Samuel Collins Dr.P.H., Div. of Outreach, Psychiatry and N.B. Sciences, UVA

This lecture will uncover the world of new and old cannabis products. Attendees will gain a clearer understanding of cannabis urine drug screen interpretation, safety concerns regarding available products, and potential medicinal uses of cannabis.

9-10 PATIENT VOICES: Listening Between the Lines: What LGBTQ+ Teens Wish You Knew

Shannon Farrar, Consultant, Trauma Informed Coach, Mom of LGBTQ+ young adults

Learn what to look for in a patient encounter with adolescents who may express suicidal ideation or other self-harm in nuanced ways, and what to do about it.

10-noon **Methamphetamine and Cocaine 2025: Health Impacts and Effective Treatments** Richard Rawson, PhD., Research Professor at Vermont Center for Behavior and Health and Professor Emeritus, UCLA School of Medicine

What do you need to know about CDC guidelines, current trends, and future predictions around substance use disorder, pain management, and being a rural practitioner?