

Northwest Primary Care Medical Conference

December 5 & 6, 2025

Location - ZOOM- Streamed only

Streamed live on Zoom. Since conference is targeting the NW states - (Alaska, Washington, Idaho, Oregon and Montana) - it will be online only to serve everyone

A connection code will be emailed to you the week of the conference and posted at russocme.com

Accreditation



14 AMA PRA Category 1 Credits™

Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

14 MOC points for the ABIM MOC Program

Approved for a total of 3 NP Pharmacology hours (Friday - 1 Saturday- 2 hours)

Washington State accepts AMA PRA Category 1 Credits for NP's & PA's

ANCC accepts these credits as equivalent credits for recertification

14 CE contact hours for Washington State Nursing Commission

Questions

Melissa Neighbors 509-431-0718 russocme@gmail.com

*This live activity has been planned and implemented in accordance with the accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide continuing medical education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credit(s).

Virginia Mason Franciscan Health Faculty Speakers

Justin Brandler, MD
Board Certified: Gastroenterology

Clancy Clark, MD
Board Certified: Surgeon Specializing in Hepatobiliary

Bob Geise, MD
Board Certified: Infectious Disease

Jennifer Kelly, PsyD
Rehab Psychologist

Rakesh Kumar, MD
Board Certified: Neurosurgery

Megan Loring, MD, FACOG
Board Certified: OB/GYN

Uma Malhotra, MD
Board Certified: Infectious Disease

Lucas McCarthy, MD, MSc
Board Certified: Neurology

Catherine Miele, MD
Board Certified: Pulmonary

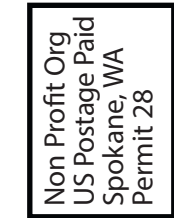
Dominique Pepper, MD
Board Certified: Pulmonologist, Critical Care, Internal Med

Robert Ryan, MD, MSc, FRCSC
Board Certified: General and Endovascular Neurosurgery

Matthew Smith, MD
Board Certified: Family Medicine

Sindhu Srivatsal, MD
Board Certified: Neurology

Thomas "TJ" Templin, MD
Board Certified: Thoracic Surgery



Early registration savings
By November 7, 2025

14 AMA PRA Category 1 Credits™



Northwest Primary Care Medical Conference

December 5 - 6, 2025

Streamed Live & Accredited Recorded

14 AMA PRA Category 1 Credits™



Conference Schedule
Friday, December 5, 2025 | 7:50AM TO 4:30PM

7:50am Welcome & Introductions
8:00am Unseen Pain: Understanding Endometriosis and Adenomyosis | Megan Loring, MD, FACOG

- Describe typical symptoms and workup for cyclic pelvic pain
- Understand options for treatment for endometriosis and adenomyosis
- Know when to refer patients to a GYN surgical specialist

9:00am Primer on Sexual Health: An Infectious Disease Perspective | Uma Malhotra, MD

- Taking sexual history in a gender diverse population
- Discuss screening for common STI's
- Clinical manifestations and treatment of common STI's

10:00am Break

10:20am Endovascular Therapy Beyond Brain Aneurysms: Treatment for Subdural Hematoma, Venous Sinus Stenosis and Other Conditions
Robert Ryan, MD, MSc, FRCSC

- Discuss the indications and expectations for middle meningeal artery embolization for subdural hematoma
- Discuss the evaluation and endovascular treatment of venous sinus stenosis & idiopathic intracranial hypertension
- Discuss other neurologic conditions amenable to endovascular therapy

11:20am The Mindful Clinician: Integrating Mindfulness Into Primary Care for Pain and Beyond | Jennifer Kelly, PsyD

- Describe the evidence-based benefits of mindfulness for chronic pain management and overall well-being in both patients and providers.
- Demonstrate practical mindfulness techniques that can be easily integrated into brief primary care encounters.
- Apply strategies for using mindfulness to support provider resilience and reduce burnout in the primary care setting.

12:20pm Lunch Break

1:15pm What's Now in COPD and ILD?
Catherine Miele, MD

- Review standard treatment for COPD
- Learn new speciality medications and interventions to help recognize when to refer
- Review new guidelines on what to do with those "other abnormalities" on lung cancer screening CTs.

2:15pm Break
2:30pm GERD | Thomas "TJ"Templin , MD, MBA, FACS

- Define the symptoms of GERD
- Standardizing the work up
- Medical and surgical options to address the patients symptoms

3:30pm Advances in Surgery for Metastatic Colorectal Cancer to the Liver
Clancy Clark, MD

- Review Advanced Surgical Techniques
- Discuss Emerging Technologies in Cancer Treatment
- Apply Evidence-Based Approaches to Complex Cases

4:30pm Conference Adjourned

Saturday
December 6, 2025 | 7:50AM TO 4:30PM

7:50am Welcome & Introductions

8:00am Inspiring Power in the Pelvis: Pelvic Floor Paradigm with Health Coaching
Justin Brandler, MD

- Outline current evidence in lifestyle medicine and health and wellness coaching for inspiring behavior change
- Integrating that evidence to empower patients with pelvic floor conditions

9:00am Approach to Peripheral Neuropathy and Neuropathic Pain Management
Sindhu Srivatsal, MD

- Understand possibly types of neuropathy and initiation of work up
- Learn about aspects of management of neuropathic pain
- Understand what forms of neuropathy require urgent referral/evaluation

10:00am Break

10:20am Diagnosis and Management of Neuropathic Pain| Lucas McCarthy, MD, MSc

- Understand common neuropathic pain etiologies
- Differentiate neuropathic from musculoskeletal, noctoplastic and visceral pain
- Understand risks and benefits of guideline based neuropathic pain medication and non-medication management

11:20am Lung Cancer Screening
Dominique Pepper, MD

- To understand the lung nodule referral pathway
- To review the importance of lung cancer screening and incidental lung nodule detection

12:30pm Lunch Break

1:15pm Hepatitis C in Primary Care
Matthew Smith, MD

- Learn which patients can be treated in the primary care office
- Learn how to manage the treatment of Hepatitis C
- Feel confident addressing common questions/concerns

2:15pm Break

2:30pm Vaccines - Truth vs Fiction A Scientific Review of Vaccine Medicine
Bob Geise, MD

- Familiarize audience with history of vaccines - including impact of vaccine on morbidity and mortality
- Discuss evidence based vaccine recommendations
- Potential alternative sources for vaccine guidance

3:30pm Practical Insights and New Strategies for Degenerative Disc Disease
Rakesh Kumar, MD

- Identify early signs and risk factors
- Apply practical, evidence-based management strategies
- Know when to escalate care and explore new treatment options

4:30pm Conference Adjourned

Registration Information



Register online at www.russocme.com or



Complete and fax/email in the attached registration form

• Early Registration must be post marked by November 7, 2025

• Regular Registration must be post marked by November 26, 2025

• Late Registrations Welcome additional \$20 fee.

All registrants will receive email confirmation. Final meeting details will be sent out 4 days prior to the meeting. If you have any questions, please email russocme@gmail.com.

Cancellations:

Cancellations: If you can not make it, you will have the option to watch the accredited (14 AMA Category 1 Credits) recording at a later date. Please email us at russocme@gmail.com. Otherwise, you can completely cancel your registration by November 28 by emailing russocme@gmail.com. There will be a \$50 administration fee.

No refunds once the conference begins.

Early
Registration
Savings
by Nov. 7

Registration Form
NW Primary Care Medical Conference
December 5 & 6, 2025

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail _____

Clinic Name: _____

Clinic City: _____

- ☐ Stream on Zoom
- ☐ Accredited recording (14 AMA Category 1 Credits)

Walk in or day of registration available. An Additional \$20 will be charged if post marked after Nov 26

Regular Registration Due: Nov 26, 2025			
Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$430	\$405	\$280
Friday Only	\$285	\$255	\$185
Saturday Only	\$285	\$255	\$185

*PT, DC, OD, ND, residents

**Students \$75 a day

Early Registration Due: Nov 7, 2025			
Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$415	\$390	\$265
Friday Only	\$270	\$240	\$170
Saturday Only	\$270	\$240	\$170

Please make checks payable to RussoCME
Mail completed form with your check to:

Melissa Neighbors
935 SE High Street
Pullman, WA 99163