

Venue

In person in Richland, live streamed on Zoom and or accredited recording available

September 18 & 19, 2026

Holiday Inn Richland on the River
802 George Washington Way
Richland, WA 99352

Accommodation

Holiday Inn Richland on the River
Please mention the group code UIM
Cut off date is August 27, 2026:

(509) 946-7611 Room Rate
- \$129

Accreditation



- ◆ 14 AMA PRA Category 1 Credits™
- ◆ 14 MOC points for the ABIM MOC Program
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ Approved for a total of 4 NP Pharmacology hours. (Fri. - 3 Sat. - 1)
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ 14 equivalent CE credits for ANCC recertification
- ◆ 14 CE contact hours for the Washington State Board of Nursing.
- ◆ Recorded Conference - 14 AMA Category 1 Credits

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Faculty Speakers

Chris Baliga, MD Board Cert. - Infectious Disease Virginia Mason Franciscan Health Seattle, WA	Steven Krager, MD Board Cert. – Preventative Medicine Benton Franklin Health District Walla Walla, WA
Allison Bauer, MD Board Cert. - Internal Medicine Blue Mountain Heart to Heart Walla Walla, WA	Charlotte Lewis, MD Board Cert. - Pediatrics Seattle Children's Seattle, WA
Foster Chen, MD Board Cert. - Orthopaedic Surgery Virginia Mason Franciscan Health Seattle, WA	Ena Nielsen, MD Seattle Children's Seattle, WA
Jason Choi, MD Virginia Mason Franciscan Health Seattle, WA	Salaam Sallaam, MD Board Cert. – Pediatric Cardiology Seattle Children's Seattle, WA
Jonathan Dameworth, MD Board Cert.- Colon & Rectal Surgery Virginia Mason Franciscan Health Seattle, WA	Luke Seaburg, MD Board Cert.- Pulmonary Disease Virginia Mason Franciscan Health Seattle, WA
Kara Ellingson, MD Board Cert.- Neurology Virginia Mason Franciscan Health Seattle, WA	Julie Tan, DO Board Cert.- Obesity Medicine Virginia Mason Franciscan Health Seattle, WA
Alicia Henriquez, MD, MD, MSCR Board Cert.- Neurology w/ Special Qualifications in Child Neurology Seattle Children's Seattle, WA	Francesca Vega External Affairs and Community Relations Seattle Children's Seattle, WA

*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).

Fall Conferences

Spokane Pain Conference - October 16 & 17, 2026
Olympic Peninsula Medical Conference - Nov. 6 & 7
Spokane Cardiac Symposium - Nov. 20 & 21
NW Primary Care Medical Conference - Dec. 4 & 5

Questions:

Eliza McNelly | 509-592-5506 | info@russocme.com
Melissa Neighbors | 509-431-0718 | russocme@gmail.com

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Gritman
MEDICAL CENTER
700 S Main St
Moscow, ID 83843

Updates in Medicine 2026

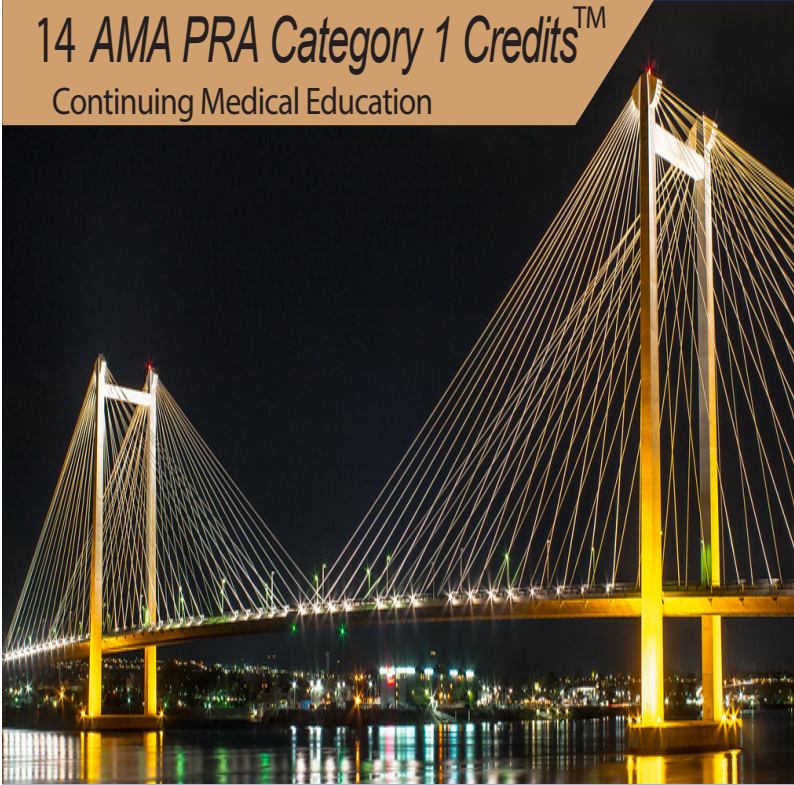
14 AMA PRA Category 1 Credits™
Continuing Medical Education

Updates
in Medicine

In person, Streamed live
& Recorded for credit

Infectious Disease | Internal Medicine
Pediatrics

14 AMA PRA Category 1 Credits™
Continuing Medical Education



September 18 & 19, 2026
Richland, WA

Early Registration: August 21, 2026
Regular Registration: September 9, 2026
www.RussoCME.com

Friday, September 18, 2026

Saturday, September 19, 2026

Registration Information

Registration Form

- 7:30AM Registration/Exhibits
- 7:50AM Introduction
- 8:00AM Vaccine Update | Steven Krager, MD
 - Identify emerging and vaccine-preventable diseases and at-risk populations.
 - Explain how vaccination rates affect disease spread and herd immunity.
 - Discuss public health partnerships for communicable disease prevention and response.
- 9:00AM Lung Nodules: Tiny Findings Luke Seaburg, MD
 - Differences between a screen detected pulmonary nodule and an incidental pulmonary nodule
 - Differences in surveillance, biopsy and resection
 - High risk features that prompt urgent evaluation
- 10:00 AM Break/Exhibits
- 10:20AM Early Identification Strategies for Metabolic Syndrome | Julie Tan, DO
 - Understand diagnosing and staging of obesity
 - Understand obesity stage-based interventions and behaviors to chronic disease management
 - Navigate insurance with GLP1 (Update Medicare Flex Program) based on identification strategies
- 11:20AM Understanding Common Headaches Kara Ellingson, MD
 - Apply SNOOP4 framework to rule out secondary headache disorders.
 - Understand diagnostic criteria for migraine, tension-type and cluster headaches.
 - Differentiate between abortive and prophylactic migraine treatments.
- 12:20PM Lunch Break/Exhibits
- 1:15 PM Tales of 2 Outbreaks: Hantavirus and Ebola | Christopher Baliga, MD
 - Understand the epidemiology, clinical features, lab findings, diagnosis, and treatment of Hantavirus and Ebola
 - Recommended screening and PPE for Ebola
- 2:15 PM Afternoon Break/Exhibits
- 2:30 PM Management of Carotid Stenosis Jason Choi, MD
 - Evaluate literature to compare efficacy of optimal medical & surgical management of carotid stenosis
 - Analyze patient-specific anatomical, physiological, and demographic risk factors to formulate personalized revascularization strategies
- 3:30 PM What's New in STIs: A Provider Toolkit Allison Bauer, MD
 - Review current STI screening recommendations and treatment regimens for common STIs
 - Discuss biomedical prevention strategies for STIs
 - Identify emerging & re-emerging STIs in Washington State
- 4:30 PM Conference Adjourned

- 7:30AM Registration/Exhibits
- 7:50AM Introduction
- 8:00AM Colorectal Cancer Screening & Surveillance Jonathan Dameworth, MD
 - Describe the trends in colorectal cancer diagnoses across different populations.
 - Discuss the best screening options for your patients
 - Characterize the challenges in colorectal cancer surveillance and survivorship.
- 9:00AM Evaluation of the Adult/ Geriatric Hip Foster Chen, MD
 - Differentiate common causes of hip pain
 - Formulate an initial management plan for common hip pathologie
 - Possible treatments and modern hip replacement
- 10:00 AM Break/Exhibits
- 10:20AM Pediatric Sudden Cardiac Death Salaam Sallaam, MD
 - Review the epidemiology
 - Sports preparticipation evaluation
 - Cardiac disorders predisposing to pediatric sudden cadriac arrest
- 11:20AM Flouride: Moving Past the Myths Charlotte Lewis, MD
 - History and early research on its effectiveness
 - Understand common concerns around fluoride
 - Evidence-based approach to counter misinformation
- 12:20 PM Lunch Break/Exhibits
- 1:15 PM Not Just Clumsy: Neurologic Disorders in Children with Motor Challenges Alicia Henriquez, MD
 - Recognize when a child who is "clumsy" may have an underlying neurologic disorder.
 - Identify red flags in the history/physical examination that prompt further evaluation
 - Differentiate common causes of falls, gait abnormalities, and exercise intolerance in children.
- 2:15 PM Afternoon Break/Exhibits
- 2:30 PM Evaluating the Pediatric Hip Ena Nielsen, MD
 - Know how to do a hip exam for infants, children, and adolescents and identify red flags
 - When and what type of imaging to order
 - Improve comfort with pediatric hip disorders
- 3:30 PM Pediatric Healthcare Advocacy in a Dynamic Political Environment | Francesca Vega
 - Current federal and Washington State legislative challenges affecting pediatric healthcare
 - Identify effective advocacy strategies that healthcare professionals and stakeholders can use
 - Apply practical approaches to empower patient families in the legislative process
- 4:30 PM Conference Ends

 Complete and mail in the attached registration form or

 Register online at www.russocme.com

- Early Registration must be submitted or post marked by August 21, 2026
- Regular Registration must be submitted or post marked by September 9, 2026
- Day of Registration available. Additional \$20 for registering day of or postmarked after Sept 9th.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before September 13th. There will be a \$50 administration fee withheld. Cancellations between Sept 14 and Sept 17: You can send someone in your place or transfer to another conference within 12 months. Course is planned to be recorded and accredited, option to watch course after the live event for credits. No refunds once the conference begins.

Educational Support



RUSSOCME.COM

Updates in Medicine 2026

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail _____

Clinic Name: _____

Clinic City: _____

How do you plan on attending?

☐ Attending in Person ☐ Attending Virtually

☐ Recording -14 AMA Category 1 Credits

Day of registration available. An Additional \$20 will be charged if post marked after September 9th.

Regular Registration Due: September 9			
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, PharmD, ND, Other **Students \$75 a day

Early Registration Due: August 21, 2026			
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 St
Pullman, WA 99163

Updates 2026