



53rd Annual Family Medicine Refresher Course Conference

MARCH 12-13, 2026

DoubleTree by Hilton Hotel
6301 NY-298 | East Syracuse, NY 13057
CME Credit - KSA Workshops

Presented by:



A Member of Trinity Health

Together with: SUNY Upstate Medical University Department of Family Medicine

GENERAL INFORMATION

COURSE DESCRIPTION

This two day course is designed to present an intensive review for family physicians who are either preparing for the re-certification examination of the American Board of Family Medicine, or desire to keep abreast of some of the changing concepts in practice. Emphasis will be placed on topics important to the family physician. An evidence based approach will be used.

PROGRAM OBJECTIVES

- Present a comprehensive review of clinical topics.
- Address newer evidence based approaches to patient care and current medical management.
- Emphasize frequently encountered problems seen in day to day practice.

WORKSHOPS

Group workshops are designed to present caveats of patient care on timely medical topics. Faculty presenters have been selected for their clinical experience on these topics.

KSA WORKSHOPS

What is a KSA Working Group?

Physicians who have entered the ABFM Maintenance of Certification cycle come together to complete the knowledge assessment section for the MC-FP KSA requirement (Part II). After completing the session, AAFP staff report your answers to the ABFM. Your next step is to go to the ABFM Web site, pay the necessary fees, and complete the clinical simulation section. The clinical simulation section presents patient care scenarios corresponding to the topic module. Once you have completed these steps, you have completed Part II of the MC-CP. Eight (8) CME credits are awarded for successfully completing each Part II Module. Once you have completed the clinical simulation, the ABFM reports your credit to the AAFP's Continuing Medical Education Records Department. **Not all questions will be discussed and attendees will still need to go online to get the additional 8 hours of credit.**

ACCREDITATION

This session ("53rd Annual Family Medicine Refresher Course") is approved for 15.5 live AAFP Prescribed credits.

LODGING AND MEETING PLACE

A limited number of rooms as a discounted rate have been reserved at the DoubleTree by Hilton Hotel. Please mention the St. Joseph's Refresher Course block. Please contact the DoubleTree directly at 315-432-0200.



PROGRAM DIRECTOR

Elizabeth McNany, M.D.

Associate Program Director

St. Joseph's Family Medicine Residency

Assistant Professor, Department of Family Medicine

SUNY Upstate Medical University

SCAN HERE
to register online

AGENDA - THURSDAY MARCH 12, 2026

- 7:30-8:00AM** **Registration, Breakfast and Posters**
Elizabeth McNany, MD, Associate Program Director, St. Joseph's Family Medicine Residency
- 8:00-9:00AM** **Medical Management of Heart Failure with Reduced and Preserved Ejection Fraction**
Andrew Weinberg, DO, Program Director, Cardiology Fellowship, SUNY Upstate Medical University
Lauren Derrick, NP, Upstate Cardiovascular Group
- 9:00-10:00AM** **Menopause: The Most Treatable Thing You See Every Day and Do Nothing About!**
Madison Healey, MD, Faculty, St. Joseph's Family Medicine Residency
- 10:00-10:15AM** **BREAK & POSTERS**
- 10:15-11:00AM** **Acute Kidney Injury**
Ramya Bhargava, MBBS, PhD, Board Certified Nephrologist, Nephrology Hypertension Associates of CNY
- 11:00-12:00PM** **Headaches**
Fahed Saada, MD, Board Certified Neurologist, St. Joseph's Physicians - Camillus
- 12:00-1:00PM** **LUNCH**
- 1:00-2:00PM** **Addressing Opioid Use Disorder in the Primary Care Setting**
Ross Sullivan, MD, Executive Medical Director, Helio Health
- 2:00-3:00PM** **Hidradenitis Suppurativa**
Maryam Hemmat Hamrah, MD, Faculty, St. Joseph's Family Medicine Residency
- 3:00-3:30PM** **BREAK & POSTERS**
- 3:30-5:30PM** **Afternoon Session #1: KSA - Health Counseling and Preventative Care**
Meghna Cheruvatath, MD, Faculty, St. Joseph's Family Medicine Residency
Roshan Ghimire, MD, Faculty, St. Joseph's Family Medicine Residency
- 3:30-5:30PM** **Afternoon Session #2: Quality Improvement Projects**
St. Joseph's Family Medicine PGY3 Residents
- 3:30-5:30PM** **Afternoon Session #3: MSK Exam Workshop**
Kyle Plante, MD, Sports Medicine Fellowship Trained, St. Joseph's Primary Care - Cicero
David DiStefano, MD, Fellowship Trained Orthopedic Surgeon, Syracuse Orthopedic Specialists

AGENDA - FRIDAY MARCH 13, 2026

7:30-8:00AM

Registration, Breakfast and Posters

Elizabeth McNany, MD, Associate Program Director, St. Joseph's Family Medicine Residency

8:00-9:00AM

Suicide Risk Assessment and Management in Pregnant and Postpartum Individuals

Nevena Radonjic, MD, PhD, Assistant Professor, Department of Psychiatry, SUNY Upstate Medical University

9:00-9:45AM

Peripheral Vascular Disease for the Primary Care Physician

Robert Carlin, MD, Vascular Surgery, Chief Medical Officer of Ambulatory Services, St. Joseph's Medical Group

9:45-10:00AM

BREAK & POSTERS

10:00-11:00AM

Prostate Cancer in 2026 - Who to Screen and Who to Treat

Angelo DeRosalia, MD, Board Certified Urologist, Associated Medical Professionals of NY

11:00-12:00PM

Reversing Obesity and Metabolic Syndrome in Primary Care

Rebekah Kaufman, MD, Family Medicine Physician, St. Joseph's Primary Care Center - West

12:00-1:00PM

LUNCH

1:00-2:00PM

Update on Tick Borne Diseases in 2026

Kristopher Paolino, MD, MTM&H, Assistant Professor of Microbiology and Immunology, SUNY Upstate Medical University

2:00-3:00PM

Advanced Practices in Pain Management

Brendan T. McGinn, MD, Board Certified Anesthesiologist, NY Spine & Wellness

3:00-3:30PM

BREAK & POSTERS

3:30-5:30PM

Afternoon Session #4: KSA: Care of Children

John O'Brien, MD, Faculty, St. Joseph's Family Medicine Residency
Ryan Planer, MD, Faculty, St. Joseph's Family Medicine Residency

3:30-5:30PM

Afternoon Session #5: From Floor to Core: High-Yield Inpatient Medicine Pearls & New Evidence

Lyana Mahmoudi, MD, Faculty, Mary Washington's Family Medicine Residency
Arie Rennert, MD, Associate Program Director, Morristown Medical's Family Medicine Residency

3:30-5:30PM

Afternoon Session #6: SUNY Upstate Medical University RMED Workshop (Evaluation & Feedback and Clinical Courage Study)

Lauren Meyer, PhD, Rural Medicine Scholars Program Director