

# Practical Pediatrics Conference 2025

**Friday, March 28 – 8 am - 5 pm**

**Saturday, March 29 – 8 am - 12:15 pm**

Bridger Field House  
499 Deacon Blvd.  
Winston-Salem, NC

## Who Should Participate

This continuing medical education activity is intended for pediatricians, as well as family medicine physicians, physician assistants, nurse practitioners and nurses who provide care to infants, children and adolescents.



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Register online at [northwestahec.org](http://northwestahec.org)

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability or age.

## Program Overview and Objectives

The purpose of Practical Pediatrics 2025 is to offer providers current information relevant to the care of infants, children and adolescents in the outpatient setting.

### Upon completion of this program, participants should be better able to:

- Understand the pediatrician's role in promoting relational health to mitigate the effects of toxic stress
- Discuss common barriers to relational health experienced by caregivers
- Review practical strategies for promoting relational health in early childhood during well visits
- Understand the most common causes of sudden cardiac death in pediatric patients
- Discuss screening of these patients in the outpatient setting
- Describe treatment options for tongue tie
- Learn about supplements such as echinacea, spirulina
- Understand how supplements can mimic rheumatic conditions
- Discuss recs regarding use of supplements in pediatrics
- Identify patients who are at risk for Adrenal Suppression (AS) and Adrenal Crisis (AC) in the setting of inhaled steroid treatment
- Familiarize attendees with steroid withdrawal syndrome when weaning steroids too soon
- Identify history and physical exam findings that are "red flags" for non-infectious causes of lymphadenopathy
- Explain how PCPs can lead the way in the patient transition to adult medicine
- Provide updates in SMART therapy
- Review the various causes of dysphagia
- Recommendations for treatment and management of various causes of dysphagia, including Eosinophilic Esophagitis (EoE)
- Develop a practical approach to genetic testing
- Understand the scope of use and misuse and substance use disorder in the pediatric population
- To discuss key treatment(s) for defiant behavior
- Identify children within your own practice who meet the definition of children with specialty healthcare needs, medical complexity and technology dependence who require additional educational and community-based services

Provided by:

Wake Forest University School of Medicine Department of Pediatrics and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and a part of the North Carolina AHEC System.



**Wake Forest University**  
**School of Medicine**

**NORTHWEST AHEC**  
PART OF NC AHEC

## Wake Forest University School of Medicine Faculty

**Jeanna Auriemma, MD**

Associate Professor of Pediatrics

**Christina Avila, MD, MPH**

Chief Resident, PGY-4

**Laruen Bradford, MD**

Assistant Professor of Pediatrics

**Karerina Constantacos, MD**

Associate Professor of Pediatrics

**Emily Dunm, MD**

Assistant Professor of Pediatrics

**Preston Easterday, MD**

Assistant Professor of Psychiatry and Behavioral Medicine

**Matthew Hazle, MD**

Assistant Professor of Pediatrics

**Carmen Kiper, MD, PhD**

Assistant Professor of Pediatrics

**Brittany Martin, MD**

Assistant Professor of Pediatrics

**Kiran Mullur, MD, CAQSM**

Assistant Professor of Family and Community  
Medicine & Orthopaedics

**Joanna Robles, MD**

Assistant Professor of Pediatrics

**Megyn Sebesta, DO**

Assistant Professor of Pediatrics

**Elliot Suarez, MD, MBA**

Assistant Professor of Pediatrics

**Prerana Williamson, MD**

Assistant Professor of Pediatrics

## Guest Speaker

**RJ Gillespie, MD, MHPE**

Dr. Gillespie is a general pediatrician with The Children's Clinic in Portland and is the Medical Director of the Oregon Pediatric Improvement Partnership.

## Conflict of Interest Policy

It is the policy of Wake Forest University School of Medicine to require disclosure of any financial interest or any other relationship a faculty member or planning committee member has with the manufacturers of any commercial products or services discussed in an educational presentation. This information can be found in the activity materials distributed at the meeting.

# Agenda

## Friday, March 28

- 7:45 am Registration / Continental Breakfast
- 7:55 am Welcome
- 8 am To Clip Or Not To Clip  
Brittany Martin, MD
- 8:45 am Navigating Pediatric Skincare Trends in the Era of Social Media  
Christina Avila, MD, MPH
- 9:30 am Adrenal Suppression from Chronic Steroid Exposure  
Katerina Constantacos, MD
- 10:15 am Break
- 10:30 am Lymphadenopathy in Children and Adolescents  
Joanna Robles, MD
- 11:15 am Braiding Medusa's Hair: Transitioning Pediatric Patients to Adult Medicine  
Elliot Suarez, MD, MBA
- 12 pm Lunch
- 12:45 pm Asthma Updates for 2025  
Lauren Bradford, MD
- 1:30 pm Recognition, Evaluation, and Management of Dysphagia  
Prerana Williamson, MD
- 2:15 pm Understanding Sudden Cardiac Death Risks in Pediatrics  
Carmen Kiper, MD, PhD and Matthew Hazle, MD
- 3:15 pm Break
- 3:30 pm The ABCs of Child Abuse Reporting  
Emily Dunn, MD
- 4:15 pm Emotional and Relational Health  
RJ Gillespie, MD, MHPE
- 5:15 pm Adjourn

## Saturday, March 29

- 8 am Promotion of Responsive Relationships during Well Care  
RJ Gillespie, MD, MHPE
- 9 am Practical Approaches to Substance Use in Adolescents  
Jeanna Auriemma, MD
- 9:45 am Break
- 10 am Oppositional Defiant Disorder in children and teens: How do we help guide parents?  
Preston Easterday, MD
- 10:45 am Community Based Services for Children with Special Healthcare Needs  
Megyn Sebesta, DO
- 11:30 am Practical Management of the Pre-Participation Physical Evaluation in the PCP Office  
Kiran Mullur, MD, CAQSM
- 12:15 pm Adjourn

## Credit

- The Wake Forest University School of Medicine designates this live activity for a maximum of 12.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Accreditation:** Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

- 12.0 Contact Hours from Northwest AHEC
- 12.0 Nursing Contact Hours  
Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#), but note that not all programs offer all credits.

## Cost and Registration

\$300 – Physician Registration Fee

\$150 – Non-Physician Registration Fee

Registration fee includes instructional, administrative costs, certificate of completion and program materials.

Register and pay online at [northwestahec.org/74556](http://northwestahec.org/74556).

Payment by Visa, MasterCard, American Express, Discover and Atrium Health Wake Forest Baptist internal transfer is accepted.

**Payment Policy:** Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received before the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment has been received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment before the event date.

**Refund Policy:** Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70 percent of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Please email cancellations to [lisathom@wakehealth.edu](mailto:lisathom@wakehealth.edu). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note - Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

## For More Information and Assistance

If you have registration questions or need auxiliary aids or special services to attend, please contact Lisa Thomas at least five days before the activity at 336-713-7729 or [lisathom@wakehealth.edu](mailto:lisathom@wakehealth.edu).