

PEDIATRIC PEARLS

Friday, September 22, 2023

7:30 AM – 1:15 PM

*Live (in-person & virtual formats)

Silver Cross Hospital Conference Center, 1A,B,&C
1890 Silver Cross Blvd, New Lenox, IL 60451

*in-person registration will have limited seating; registration is **required** for this free conference.

Target Audience: Pediatricians, Neonatologists, Primary Care Physicians, Nurses, and Allied Health Professionals who provide medical care to infants, children, and adolescents.

While the principle intended audience is the medical staff at Silver Cross Hospital, this activity is open to all physicians, and health care professionals regardless of hospital affiliation.



Agenda:

7:30 am – 8:00 am	Light Breakfast, Check-In, Opening Remarks	
8:00 am – 9:00 am	<i>Eating Disorders for the Outpatient Clinician</i>	Gregg J. Montalto, MD, MPH
9:00 am – 10:00 am	<i>Abnormal Uterine Bleeding (AUB): Screening, Diagnosis, and Treatment in Primary Care</i>	Gregg J. Montalto, MD, MPH
10:00 am – 11:00 am	<i>ADHD Management during Medication Shortages</i>	Andrea E. Spencer, MD
11:00 am – 11:15 am	Break	
11:15 am – 12:15 pm	<i>The Dynamic World of Pediatric Diabetes: Exciting Advances, Updates and Guidelines</i>	Anita N. Swamy, MD
12:15 pm – 1:15 pm	<i>Behind the Screens: Nurturing Adolescent Mental Health in the Age of Social Media</i>	Imran M. Shakir, DO

In-Person Registration: Please **email** your first & last name, degree, email & affiliation to Nicole Soldat at nsoldat@silvercross.org. **Seating is limited!** You must receive a confirmation email to be registered in-person.

WebEx Registration:

<https://silvercrosshospital.webex.com/weblink/register/ree09210b72b58c70a0ba65da9893b047>

Questions? Contact: Nicole Soldat nsoldat@silvercross.org. All participants must complete the post-conference evaluation at <https://www.surveymonkey.com/r/PedsPearls2023> to claim credits.



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Illinois State Medical Society (ISMS) through the joint providership of Silver Cross Hospital and Ann & Robert H. Lurie Children's Hospital of Chicago. Silver Cross Hospital is accredited by the ISMS to provide continuing medical education for physicians.

Silver Cross Hospital designates this live activity for a maximum of 5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Learning Objectives:

Eating Disorders for the Outpatient Clinician

- Recognize the potential early signs of anorexia nervosa (AN) and other eating disorders seen in adolescent patients
- Describe the pathophysiology of malnutrition seen in patients with anorexia nervosa (AN) or avoidant-restrictive food intake disorder (ARFID) and consider indications for hospitalization
- Identify evidence-based treatments for eating disorders

Abnormal Uterine Bleeding (AUB): Screening, Diagnosis, and Treatment in Primary Care

- Describe the normal menstrual cycle and its variations
- Compose a differential diagnosis of AUB at different points in adolescence
- Provide treatment for AUB
- Recognize the role of primary care in prevention of iron-deficiency anemia

ADHD Management during Medication Shortages

- Describe how to switch patients from different stimulant medications
- Describe how to convert from long-acting ADHD medication to immediate release
- Determine which patients would benefit from non-stimulant medications for ADHD

The Dynamic World of Pediatric Diabetes: Exciting Advances, Updates and Guidelines

- Compare and contrast the newest insulin pumps and continuous glucose monitoring systems
- Discover a new monoclonal antibody which can potentially delay the need for insulin in those at risk for type 1 diabetes
- Describe current management updates and referral guidelines for type 2 diabetes

Behind the Screens: Nurturing Adolescent Mental Health in the Age of Social Media

- Explore the most used social media platforms by adolescents
- Identify the specific mental health risks associated with social media use
- Utilize strategies to promote healthy social media habits and digital citizenship among adolescents

Course Director:

Astra Astrauskas, MD

Chair, Pediatrics Department

Silver Cross Hospital

Faculty:

Gregg J. Montalto, MD, MPH, FAAP

Associate Division Head for Clinical Practice;

Adolescent & Young Adult Medicine;

Attending Physician, Adolescent & Young Adult Medicine

Ann & Robert H. Lurie Children's Hospital of Chicago

Associate Professor of Pediatrics (Adolescent Medicine)

Northwestern University Feinberg School of Medicine

Imran M. Shakir, DO

Group Chief Medical Officer

Chicago Behavioral Hospital

Silver Oaks Behavioral Hospital

Andrea E. Spencer, MD

Vice Chair for Research

The Pritzker Department of Psychiatry & Behavioral Health

Ann & Robert H. Lurie Children's Hospital of Chicago

Associate Professor of Psychiatry and Behavioral Sciences

Northwestern University Feinberg School of Medicine

Anita N. Swamy, MD

Medical Director and Program Co-Director

Chicago Children's Diabetes Center at La Rabida Children's Hospital

Attending Physician, Endocrinology

Ann & Robert H. Lurie Children's Hospital of Chicago

Assistant Professor of Pediatrics (Endocrinology)

Northwestern University Feinberg School of Medicine

Disclosures: Anita Swamy, faculty for this educational event, is a speaker for Insulet, Novo Nordisk, Dexcom Inc., and Provention Bio. Frederick Alexander, CME Committee member, is a speaker for AbbVie. All relevant financial relationships listed for these individuals have been mitigated.

All other planners and faculty for this educational activity have no relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.