Adolescent Medicine Updates:
Caring for Youth with Eating Disorders

Saturday
January 22, 2022

Zoom Webinar
Saturday, January 22, 2022

7:30 Registration and Continental Breakfast

8:00 Welcome
   Yolanda Evans, MD, MPH

8:15 Medical Complication of Starvation Due to Eating Disorders
   Taraneh Shafii, MD, MPH

8:45 Q & A

8:55 Coordinating Care Among Different Disciplines
   Cora Breuner, MD, MPH

9:25 Q & A

9:35 Mental Health Management in the Setting of an Eating Disorder
   Nicole Stettler, PhD

10:05 Q & A

10:15 BREAK

10:30 Eating Disorder and Exercise Pathophysiology: How to Prescribe Activity that Supports Recovery
   Robyn Evans, ARNP

11:00 Q & A

11:10 Eating Disorders and Gender Diverse Youth
   Crystal Cuellar, MD, MPH

11:40 Q & A

11:50 BIPOC Youth and Eating Disorders: An Individual Perspective
   Claudia Douglas, MD and Young Adult Guest

12:20 Q & A

12:30 ADJOURN
Course Description
This course is designed to improve your clinical practice by providing diagnostic and management updates to address gaps in practice encountered in primary care of adolescents. The curriculum includes lectures and the opportunity to ask questions and discuss issues with clinical experts.

Who Should Attend
- Pediatricians
- Family Physicians
- Physician Assistants
- Nurses
- Naturopaths
- Nurse Practitioners
- Allied Health Professionals

Online Course via Zoom Webinar

Course Objectives
Participants will be able to assess and utilize best practices in the office setting to:
- assess and manage complications of eating disorders
- develop strategies for coordinating care amongst disciplines to improve patient outcomes
- understand and describe evidence-based approaches to addressing the mental health aspects of eating disorders
- evaluate circumstance for safe return to exercise and activities for youth in recovery of an eating disorder
- describe strategies for how to provide care for eating disorders in gender diverse youth

Course Direction
Yolanda Evans, MD, MPH
Pediatric and Adolescent Gynecology, Seattle Children’s
Associate Professor of Pediatrics, University of Washington School of Medicine

Emily Rice
Program Manager, Continuing Medical Education, Seattle Children’s

Accreditation (applicable for nursing CEU’s)
Seattle Children’s is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Seattle Children’s designates this live educational activity for a maximum of 3.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria for up to 3.75 hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.
Faculty

Cora Collette Breuner, MD, MPH
Professor of Pediatrics, University of Washington
Adolescent Medicine, Orthopedics, Sports Medicine, Seattle Children’s

Crystal Cuellar, MD, MPH
Assistant Professor of Pediatrics, University of Washington
Adolescent Medicine, Seattle Children’s

Claudia Douglas, MD
Fellow, Adolescent Medicine
Seattle Children’s

Robyn Evans, ARNP
Adolescent Medicine
Seattle Children’s

Taraneh Shafii, MD, MPH
Associate Professor of Pediatrics, University of Washington
Adolescent Medicine, Seattle Children’s

Nicole Stettler, PhD
Psychiatry and Behavioral Medicine
Sea Mar Community Health Center; Seattle Children’s

Registration, Refund, and Cancellation Policy

You must pre-register. We do not accept telephone registrations.

Refunds and Changes:

- **Online Registrations:** Please make note of your online registration ID number in your confirmation email. If you need to cancel or edit your registration, click the registration link in your confirmation email, and use your ID number to access your registration directly. You will see refund on your original credit card for all but a $10 administrative fee.

- **Mail or Email Registrations:** If you wish to cancel please send an email to Emily Rice at Emily.Rice@seattlechildrens.org for refund.
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PRE- REGISTRATION REQUIRED by noon January 22, 2022

Course Fee: (includes instructional materials and CME credit):

☐ General Registration $50.00
☐ Seattle Children’s Employees $25.00
☐ SCH Residents Only Free

On-line registration at:  www.seattlechildrens.org/cme

Complete and return this form by mail for receipt no later than noon January 21, 2022:

MAIL: Seattle Children’s CME
P.O. Box 5371, Mail Stop S-110.01
Seattle, WA 98145-5005

Email: Emily.Rice@seattlechildrens.org

PLEASE PRINT

Name: __________________________________________________________

Degree/Specialty: ________________________________________________

Company/Organization and City/State: ________________________________

Email: __________________________________________________________

PAYMENT:

☐ Check Enclosed. Payable in US funds to: Seattle Children’s CME

☐ VISA ☐ MasterCard ☐ American Express

Card Number: ___________________________ Expiration Date: ________ CVV: _______

Billing Address: __________________________________________________