

Seattle Children's Continuing Medical Education

Adolescent Medicine Updates: Caring for Youth with Eating Disorders



Saturday
January 22, 2022

Zoom Webinar

PROGRAM

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**

GENERAL INFORMATION

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

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.

REGISTRATION

Adolescent Medicine Updates: Caring for Youth with Eating Disorders

PRE- REGISTRATION REQUIRED by noon January 22, 2022

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

- | | |
|---|---------|
| <input type="checkbox"/> General Registration | \$50.00 |
| <input type="checkbox"/> Seattle Children's Employees | \$25.00 |
| <input type="checkbox"/> 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: _____