Northwest Primary Care Medical Conference

December 4 & 5, 2026

Location - ZOOM- Streamed only

Streamed live on Zoom

A connection code will be emailed to you the week of the conference and posted at russocme.com

Accreditation

14 AMA PRA Category 1 Credits™

Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

14 MOC points for the ABIM MOC Program

Approved for a total of 2 NP Pharmacology hours (Friday - .5 Saturday- 1.5 hours)

Washington State accepts AMA PRA Category 1 Credits for NP's & PA's

ANCC accepts these credits as equivalent credits for recertification

14 CE contact hours for Washington State Nursing Commission

Questions

Eliza McNelly | 509-592-5506 | info@russocme.com

*This live activity has been planned and implemented in accordance with the accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide continuing medical education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credit(s).

Virginia Mason Franciscan Health Faculty Speakers

Clancy Clark, MD
Board Certified: Surgeon Specializing in Hepatobiliary

Dean Field, MD
Divisional Vice President of Health Informatics & Operations

Bethany Fowler, MD
Board Certified: Internal Medicine

Jacob Gorbaty, MD
Board Certified: Orthopedic Surgery

Craig Hampton, MD
Board Certified: General Surgery, Cardiothoracic Surgery

Samuel Holmes, MD
Board Certified: Pain Medicine, Physical Medicine and Rehabilitation

Rakesh Kumar, MD
Fellowship: Complex Spine Fellow-Neurosurgery

Cristina Palmer, MD
Board Certified: Urological Surgery

Dominique Pepper, MD
Board Certified: Pulmonologist, Critical Care, Internal Medicine

Amir Sabzpoushan, MD
Board Certified: Sleep Medicine

Matthew Smith, MD
Board Certified: Family Medicine

Stephanie Smith, PsyD
Board Certified: Lifestyle Medicine

Non Profit Org
US Postage Paid
Spokane, WA
Permit 28

Gritman MEDICAL CENTER ER
700 S Main St
Moscow, ID 83843

Early registration savings
By November 6, 2026

14 AMA PRA Category 1 Credits™

ABIM MOC ACCREDITED CME

Northwest Primary Care Medical Conference

December 4 & 5, 2026

Streamed Live & Accredited Recorded

14 AMA PRA Category 1 Credits™



Virginia Mason Franciscan Health™

Conference Schedule

Friday, December 4, 2026 | 7:50am to 4:30pm

7:50am Welcome & Introductions

8:00am Why Diets Fail: A Psychological and Medical Perspective on Shame, Stigma, and Weight
Matthew Smith, MD | Stephanie Smith, PsyD
- Develop awareness of the ubiquity of size bias in our culture and in medicine particularly
- Understand the complex relationship between health and weight/size
- Learn techniques for caring, compassionate conversations about weight, body image, and shame in the clinical context

10:00am Break

10:20am Pituitary Tumors
Jean Christophe Leveque, MD
- Understand common presenting symptoms of pituitary tumors
- Learn basic workup/evaluation of patients with pituitary tumors
- Typical surgical or non-surgical treatment of hormonally active or nonfunctioning tumors

11:20am Peripheral Nerve Stimulation
Jean Christophe Leveque, MD
- Learn the most common peripheral nerve compression syndromes
- Review typical nonsurgical treatment options for peripheral nerve compression
- Gain insight into typical surgical treatment for peripheral nerve compression syndromes

12:20pm Lunch Break

1:15pm Sacroiliac Joint Dysfunction: Practical Diagnosis and Management
Rakesh Kumar, MD
- Recognize common clinical presentations, risk factors, and physical examination findings suggestive of sacroiliac joint dysfunction.
- Apply a practical, evidence-based approach to diagnosis and initial nonoperative management in the primary care setting.
- Identify appropriate indications for imaging, diagnostic injections, referral, and escalation to interventional or surgical treatment.

2:15pm Break

2:30pm Shoulder Instability: First Time Dislocation
Jacob Gorbaty, MD
- Operative versus nonoperative treatment
- Early versus delayed treatment

3:30pm Adding Life to Days: Hospice & Palliative Care for PCPs | Bethany Fowler, MD
- Differentiate between hospice and palliative care, including appropriate patient referral criteria
- Apply the "Surprise Question" and clinical supporting criteria to identify patients eligible for hospice enrollment
- Strategies for having difficult conversations with patients facing serious, life-limiting illnesses

4:30pm Conference Adjourned

Saturday December 5, 2026 | 7:50am to 4:30pm

7:50am Welcome & Introductions

8:00am Recurrent UTIs: Patient Empowered Treatment and Prevention for Success
Cristina Palmer, MD
- Identify risk factors for recurrent UTI
- Describe a collaborative approach to the prevention of recurrent UTI in women

9:00am Beyond Stones: Gallbladder Disease for Primary Care | Clancy Clark, MD
- Evaluation and management of symptomatic cholelithiasis, biliary dyskinesia, gallbladder polyps, and porcelain gallbladder, including evidence-based criteria for surveillance imaging versus surgical referral.
- Robotic cholecystectomy in contemporary practice, including its potential benefits, patient selection, and expected recovery

10:00am Break

10:20am Novel Treatment for Obstructive Sleep Apnea
Amir Sabzpoushan, MD
- Pathophysiology and rationale for Hypoglossal Nerve Stimulation (HNS)
- Indications and contraindications for HNS

11:20am AI in Medicine | Dean Field, MD
- Define the AI technology in common use today
- Review clinical use cases and outcomes
- Discuss risks and risk minimization
- Education about improving prompt creation to enhance the success of AI tools in use.

12:30pm Lunch Break

1:15pm I Have a Lung Nodule!: Lung Nodule Screening
Dominique Pepper, MD
- Identify screening and diagnosis
- Collaborative approach to support patient care

2:15pm Break

2:30pm Chronic/Interventional Pain Management Treatment | Samuel Holmes, MD
- Understand the role of interventional pain management in the treatment of chronic pain
- Identify patients who may benefit from interventional pain management services
- Understand referral criteria for interventional pain management services

3:30pm Cutting Edge Mitral Valve Regurgitation
Craig Hampton, MD
- Signs and symptoms
- Treatment algorithm
- Contemporary management

4:30pm Conference Adjourned

Registration Information

Early Registration Savings by Nov. 6

Register online at www.russocme.com or

Complete and fax/email in the attached registration form

- **Early Registration** must be post marked by November 6, 2026
- **Regular Registration** must be post marked by November 25, 2026
- **Late Registrations Welcome** additional $20 fee.

All registrants will receive email confirmation. Final meeting details will be sent out 4 days prior to the meeting. If you have any questions, please email russocme@gmail.com.

Cancellations:
Cancellations: If you can not make it, you will have the option to watch the accredited (14 AMA Category 1 Credits) recording at a later date. Please email us at russocme@gmail.com. Otherwise, you can completely cancel your registration by November 27 by emailing russocme@gmail.com. There will be a $50 administration fee.

No refunds once the conference begins.

Registration Form

NW Primary Care Medical Conference

December 4 & 5, 2026

Please print legibly. Receipts will be e-mailed.

Name:_____

Degree:_____Specialty:_____

Address:_____

City/State/Zip:_____

Phone:_____

E-mail:_____

Clinic Name:_____

Clinic City:_____

Cut here

- ○ Stream on Zoom
- ○ Accredited recording (14 AMA Category 1 Credits)

Walk-in or day-of registration available. An Additional $20 will be charged if post marked after Nov 25

Regular Registration Due: Nov 25, 2026

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	$430	$405	$280
Friday Only	$285	$255	$185
Saturday Only	$285	$255	$185

*PT, DC, OD, ND, residents **Students $75 a day

Early Registration Due: Nov 6, 2026

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	$415	$390	$265
Friday Only	$270	$240	$170
Saturday Only	$270	$240	$170

Please make checks payable to RussoCME
Mail completed form with your check to:

Melissa Neighbors
935 SE High Street
Pullman, WA 99163

NW 2026