SESSION ONE – 9:30 AM – 10:30 AM

The Realities of Housing and Homelessness on the Healthcare System
Dr. Patricia Fischer, Assistant Professor, Director of the Family Medicine Services at UVMCC, Department of Family Medicine
Ken Schatz, Commissioner of the Department for Children and Families

Housing is Healthcare. One cannot expect to be truly “healthy” when the thing you are worried about from day to day is survival. Survival from the elements (heat, cold, wet, wind, insects), survival from thirst and starvation, survival from lack of restorative sleep, survival from being stolen from and attacked. And what of the homeless with chronic health conditions? How do they even begin to manage doctor’s appointments, medication compliance, dietary restrictions? It boggles the mind.

Health Services Delivery Research – A Primer
Dr. Richard Wasserman, Professor, Department of Pediatrics, UVM
Dr. Ben Littenberg, Henry and Carleen Tufo Professor of Medicine and Professor of Nursing, UVM

How to best take care of Primary Care patients who have both chronic medical problems (heart disease, diabetes, asthma, arthritis) and behavioral health issues (mental health problems, substance abuse, stress). Presented will be a nationwide study led by UVM to test of new way of delivery care for these patients and discuss the novel ways patients are being incorporated into the research team. Citing examples from the work of University of Vermont faculty, Drs. Wasserman and Littenberg will discuss the issue of “What’s in a name?” in health care investigations, and how health care delivery science encompasses clinical research, health services research, and quality improvement.

SESSION TWO – 10:40 AM – 11:40 AM

High Cost of Chronic Care: What Can Policy Makers Do About It?
Eileen Girling, RN, MPH, CAMS, Vermont Blueprint for Health
Aaron French, MSN, RN, BC, Deputy Commissioner Health Services & Managed Care

This presentation will focus on the delivering care management to the top 5% utilizers. Discussion about the spend, specifics of cohort in terms of disease process, socio-economic disparities and what our nurses deliver for intervention is assisting and empowering patients in their own care.

The Yin and The Yang of Cannabis
Dr. David Rettew, Associate Professor of Psychiatry and Pediatrics; Director, Child & Adolescent Psychiatry Fellowship; Director, Pediatric Psychiatry Clinic, UVM
Dr. Gregory Holmes, Chair, Department of Neurological Sciences, UVM

The presentation will explore the science surrounding the effect of cannabis on the developing brain. Adolescence is a period of transition for brain development and there is emerging evidence that drugs such as cannabis may have more pronounced effects compared to adults. Human brain imaging studies will be reviewed in addition to experimental research in animals. Longitudinal data will also be presented that examines adult outcomes of heavy cannabis use in adolescence. Specific topics include psychosis, motivation and substance abuse.
Frontiers in Cardiovascular Medical Research
Dr. Peter Spector, Professor of Medicine, Cardiovascular Medicine, UVM
Dr. David Warshaw, Professor and Chair, Molecular Physiology & Biophysics, UVM

Sudden death in young adults, most notably athletes in their prime, can result from genetic mutations in the tiny molecular motors that power the heart. Using state-of-the-art technologies, Dr. Warshaw’s lab characterizes the impact of such mutations on these molecular motor’s power generating capacity. With this knowledge, personalized medicine and therapeutics can be designed to prevent this devastating genetic disease.

The Future of Opiates – A Road Map for Appropriate Use
Dr. Charles McClane, Professor of Medicine, Associate Dean for Primary Care and Director of the Office of Primary Care and AHEC Program College of Medicine, UVM

Dr. MacLean will be discussing best-practice approaches to opioid prescribing in primary care, surgery, and oral health. This will include a review of the new CDC guidelines regarding chronic opioid prescribing and the use of prescription drug monitoring programs.