



Arizona Chapter

OF THE AMERICAN ACADEMY OF PEDIATRICS

INCORPORATED IN ARIZONA

2025 Pediatrics in the Red Rocks

Conference Agenda

June 27-29

Course Description: The 48th annual *Pediatrics in the Red Rocks* is a three-day course designed to develop, maintain, and increase the knowledge, skills, and professional performance of pediatric healthcare providers by providing them with the highest quality, most relevant, and accessible educational experiences possible. *Pediatrics in the Red Rocks* is for primary care or hospitalist pediatricians, pediatric subspecialists, hospital and/or university faculty, residents, medical students, nurse practitioners, and physician assistants. The course combines lectures, case presentations, question and answer sessions, and workshops with time for informal interaction with guest faculty and peers.



AMA PRA Category 1 Credits™

The Arizona Chapter of the American Academy of Pediatrics is accredited by the Arizona Medical Association to provide continuing medical education for physicians.

The Arizona Chapter of the American Academy of Pediatrics designates this live course educational activity for a maximum of **15.25 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MOC Part 2 Points

Successful completion of this CME activity, which includes participation in the activity, with individual assessments of and feedback to the learner, enables the participant to earn **10.75 MOC points** in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

Thursday Activities | June 26, 2025

THURSDAY

Welcome

10:00-2:00 PM

OAK CREEK BALLROOM

AzAAP Board of Directors Meeting

PRIVATE MEETING

5:30-7:00 PM

CANYON PREFUNCTION FOYER HALLWAY

Thursday Night Pre-Registration

OAK CREEK BALLROOM/CANYON PATIO

AzAAP Welcome Reception

After picking up your registration materials, join AzAAP's leadership as they welcome attendees at the opening reception. This event includes light appetizers and beverages. There is no charge for the event and guests are welcome.

FRIDAY

Day 1 | 5.50 CME

6:30-7:20 AM**CANYON PREFUNCTION FOYER HALLWAY and CANYON BALLROOM B****Registration/Breakfast in the Exhibit Areas***Registration Table Sponsored by: Brookes Publishing***FRIDAY COFFEE STATION****CANYON PREFUNCTION FOYER HALLWAY****(open during general sessions)***Coffee Stations Sponsored by: Humana Healthy Horizons***7:20-7:30 AM****CANYON BALLROOM A****Welcome Conference Overview***(Jodi Carter, MD, FAAP—AzAAP President)***7:30-8:15 AM****CANYON BALLROOM A****Lecture: Saving the Babies We Helped Get Here: What Every Child Advocate Needs to Know About Safe Infant Sleep***(Benjamin Hoffman, MD, CPST-I, FAAP)*

- *Discuss the epidemiology of preventable infant death*
- *Describe safe sleep practices and the role of care providers in supporting behaviors*
- *Discuss controversies in infant sleep*
- *List advocacy and systems approaches to supporting safe parent behaviors*

8:20-9:05 AM**CANYON BALLROOM A****Lecture: "Am I ok?" - Diagnosing and Treating Anxiety Disorders in Children and Teens***(Jacquelin Esque, MD)*

- *Identify the steps in conducting a comprehensive assessment for anxiety disorders in children and teens*
- *Describe treatment options for anxiety disorders in kids and adolescents*
- *Manage challenges and troubleshoot difficulties that may occur during treatment*

9:10-9:25 AM**CANYON BALLROOM A****Panel Q&A****9:30-10:00 AM****CANYON BALLROOM B and CANYON PREFUNCTION FOYER HALLWAY****Break/Refreshments in the Exhibit Areas***Refreshment Break Sponsored by: HonorHealth***10:00-10:45 AM****CANYON BALLROOM A****Lecture: Practical Guide to the Evaluation of Short Stature***(Brittney DiMaggio, MD)*

- *Identify common patterns of growth based on growth charts*
- *Recognize how weight gain influences growth*
- *Learn to calculate a mid-parental height*
- *Summarize the components involved in the evaluation of short stature such as growth charts, initial lab work-up, and imaging*

10:50-11:35 AM

CANYON BALLROOM A

Lecture: Disaster Preparedness for the Outpatient Pediatrician

(Cherisse Mecham, MD)

- *Describe the importance of disaster preparedness*
- *Evaluate clinic vulnerabilities and introduce AAP's Pediatric Preparedness Resource Kit*
- *Discuss the importance of including mental health considerations within a practice's disaster preparedness plan*
- *Identify special considerations for patients with complex health needs*

11:40-11:55 AM

CANYON BALLROOM A

Panel Q&A

12:00-12:30 PM

CANYON BALLROOM B and CANYON PREFUNCTION FOYER HALLWAY

Break/Refreshments in the Exhibit Areas

12:30-2:00 PM

TEQUA BALLROOM

Annual AzAAP Luncheon Meeting— Pre-registration required (or lunch on your own)

Special luncheon speaker, Dr. Benjamin Hoffman, will present on “Because All We Have Is Each Other: Why Child Health Professionals Must Be Effective Advocates for Kids”

This meeting affords AzAAP members an opportunity to learn what AzAAP is doing for members and children in Arizona. There is no charge for AzAAP members and pre-registration is required.

Luncheon Sponsored by: Banner Children's

2:15-3:00 PM

CANYON BALLROOM A

Lecture: The Nuts and Bolts of Hypertension

(Sheena Sharma, MD)

- *Identify hypertension and how to classify the stage of hypertension appropriately*
- *Evaluate for primary and secondary hypertension and their differentiating factors*
- *Determine appropriate work-up for primary and secondary hypertension*
- *Gain familiarity with treatment options for hypertension including appropriate indications to refer to pediatric nephrology*

3:05-3:50 PM

CANYON BALLROOM A

Lecture: First Contact: Migraine in Pediatrics

(Reena Gogia Rastogi, MD, FAHS)

- *Identify migraine as a prevalent and disabling neurological condition in children and adolescents*
- *Differentiate primary and secondary headache disorders to drive diagnosis*
- *Identify patients in need of imaging or subspecialist involvement*
- *Develop a plan for treating migraine acutely and reducing attack*

3:55-4:25 PM

CANYON BALLROOM A

Panel Q&A

4:25 PM

Friday Educational Sessions Adjourn

6:30-7:45 PM

Non-CME Dinner Presentation

This presentation is neither sponsored nor endorsed by AzAAP and is not designated for CME credit.

Dinner Presentation Sponsored by: Sanofi

SATURDAY

Day 2 | 5.75 CME

6:30-7:30 AM

CANYON PREFUNCTION FOYER HALLWAY and CANYON BALLROOM B

Registration/Breakfast in the Exhibit Areas

Registration Table Sponsored by: Brookes Publishing

SATURDAY COFFEE STATION

CANYON PREFUNCTION FOYER HALLWAY

(open during general sessions)

Coffee Stations Sponsored by: Humana Healthy Horizons

7:30-9:00 AM

Workshops – Attendees choose from one of the following two sessions:

A. CANYON BALLROOM A

Workshop: "Help, my teen is cutting!" - A Comprehensive Approach to Safety Concerns in Adolescents

(Jacquelin Esque, MD & Chad McWhinnie, PhD)

- Review strategies for screening for, diagnosing, and treating depression and safety concerns in teens
- Formulate an approach to conceptualizing a teen's presenting symptoms and history to guide interventions
- Identify strategies for collaboration with parents and guardians

B. OAK CREEK CANYON BALLROOM

Workshop: How To Make A Difference: A tool to help you become a more effective advocate for your community

(Benjamin Hoffman, MD, CPST-I, FAAP)

- Discuss the role of physicians as advocates
- List 10 key principles for effectively working with a community
- Employ the AAP CPTI Project Planning Tool to develop an actionable proposal for a community-based project

9:00-9:30 AM

CANYON BALLROOM B and CANYON PREFUNCTION FOYER HALLWAY

Break/Refreshments in the Exhibit Areas

Sponsored by: Valleywise Health

9:30-10:15 AM

CANYON BALLROOM A

Lecture: Where's the panic button? Managing Emergencies that Present to the Pediatric Office

(Cherisse Mecham, MD)

- Recognize common pediatric emergencies encountered by the general pediatrician
- Review the basics of stabilizing care while awaiting emergency services

10:20-11:05 AM

CANYON BALLROOM A

Lecture: Examination of the Urine

(Sheena Sharma, MD)

- Differentiate pathological proteinuria from normal proteinuria
- Review the underlying causes of proteinuria and identify steps for evaluation
- Recognize the causes of microscopic and gross hematuria
- Outline appropriate work-up and appropriate indications for referral to Pediatric Nephrology for abnormal urinalysis

11:10-11:55 AM

CANYON BALLROOM A

Lecture: Concussion and Postconcussion Syndrome: What is it? How do you treat? When do you refer?

(Reena Gogia Rastogi, MD, FAHS)

- *Review and differentiate symptoms of concussion and postconcussion syndrome (PCS)*
- *Discuss the incidence and who is at risk for PCS*
- *Review imaging recommendations for PCS*
- *Discuss management for concussion and PCS*
- *Discuss when to refer to a concussion specialist*

12:00-12:30 PM

CANYON BALLROOM A | Panel Q&A

1:30-2:30 PM

Lunch on Your Own—The resort is offering 10% off all dine-in and grab-and-go lunches from the onsite Shadow Rock Tap + Table restaurant.

1:30-3:00 PM

Workshops – Attendees choose from one of the following two sessions:

A. OAK CREEK CANYON BALLROOM

Workshop: From Stuck to Stitch: Mastering Foreign Body Removal and Laceration Repair Techniques in Pediatric Care

(Cherisse Mecham, MD)

- *Review techniques for managing and removing foreign bodies*
- *Discuss laceration repair options, primarily focusing on non-suture options*

B. CANYON BALLROOM A

Workshop: Pharmacological Management of Obesity

(Brittney DiMaggio, MD)

- *Recognize the role that anti-obesity medications play in weight loss management*
- *Familiarize yourself with commonly used anti-obesity medications and their mechanism of action as well as their side effect profile*
- *Identify patient factors to consider when selecting an anti-obesity medication*
- *Discuss the importance of monitoring and managing side effects of common classes of anti-obesity medications*

3:00 PM

Saturday Educational Sessions Adjourn

5:30-7:00 PM

CANYON BALLROOM A

AzAAP Poster Session Happy Hour & “Life After Residency” Career Fair

Sponsored by: Phoenix Children's

Join conference attendees and AzAAP Chapter members for a happy hour poster session to learn about current Chapter programs, Arizona pediatric residency programs and other state projects of interest to pediatric healthcare professionals. The “Life After Residency” Career Fair takes place at the same time as the poster reception and delivers a unique networking opportunity for graduating pediatric residents, fellows, and early career physicians looking to make connections with potential employers and find new opportunities in Arizona. This event includes light appetizers and beverages. There is no charge for the event and guests are welcome.

SUNDAY

Day 3 | 4.00 CME

6:30-7:30 AM

CANYON PATIO

Breakfast on the Canyon Patio

7:30-9:00 AM

Workshops – Attendees choose from one of the following two sessions:

A. CANYON BALLROOM A

Workshop: Neurology 101 Jeopardy

(Reena Gogia Rastogi, MD, FAHS)

- Identify common types of childhood epilepsy and seizure mimics
- Identify childhood headache syndromes
- Review movement disorders in children
- Review neuroanatomy and brain function

B. OAK CREEK BALLROOM

Workshop: Understanding Abnormal Renal Imaging

(Sheena Sharma, MD)

- Recognize different types of renal cysts and their importance
- Differentiate the most common types of nephrolithiasis
- Identify steps in the evaluation of nephrolithiasis and treatment options
- Recognize the variations in renal size in the context of systemic disorders

9:00-9:15 AM

CANYON PATIO

Morning Refreshment Break and Coffee Station

9:15-10:00 AM

CANYON BALLROOM A

Lecture: Diagnostic Evaluation and Management of Adolescent Patients with PCOS

(Brittney DiMaggio, MD)

- Summarize the differential diagnosis of irregular menses
- Describe the diagnostic criteria for PCOS in adolescents
- Recognize common lab abnormalities found in patients with PCOS
- Identify the different components of the management of PCOS

10:05-10:50 AM

CANYON BALLROOM A

Lecture: Confessions of a Car Seat Nerd: What You Still Don't Know About Child Passenger Safety

(Benjamin Hoffman, MD, CPST-I, FAAP)

- Discuss basic principles of child passenger safety (CPS) science including: Epidemiology; Physics; Anatomy and physiology of children; Crash dynamics
- List 5 ways car safety seats help prevent injury to children
- Discuss best practice recommendations for appropriate child passenger restraint
- Identify and access CPS resources in your community, including for children with special health care needs

10:55-11:40 AM

CANYON BALLROOM A

Lecture: Trauma Informed Care for Pediatric Patients

(Jacquelin Esque, MD)

- *Identify how trauma presents in children and teenagers*
- *Recognize how trauma may impact caring for pediatric patients and working with their families*
- *Describe how to screen for trauma in pediatric patients and strategies for treatment*

11:45-12:00 PM

CANYON BALLROOM A

Panel Q&A

12:00-12:15 PM

CANYON BALLROOM A

Closing Remarks

(Jodi Carter, MD, FAAP—AzAAP President)

12:15 PM

Adjourn/Evaluations/Pick up Certifications

CANYON PREFUNCTION FOYER HALLWAY

Turn in Evaluations/Pick up CME Certificates

Thank You!

Save-the-Date

2026 Pediatrics in the Red Rocks

June 26-28, 2026