

June 27 - 29 | Hilton Sedona Resort at Bell Rock

2025

PIRR

Pediatrics in the Red Rocks



Course Description and Intended Audience

[Pediatrics in the Red Rocks](#), a continuing medical education (CME) activity provided by the Arizona Chapter of the American Academy of Pediatrics (AzaAP), is a well-respected educational event attended by Arizona's pediatric community. The conference is a three day post-graduate course held in beautiful Sedona, AZ, which combines lectures, case presentations, question and answer sessions, and workshops with time for informal interaction with the guest faculty and peers. The conference has been designed with the goal to develop, maintain, and increase the knowledge, skills, and professional performance of pediatric healthcare professionals (including general pediatricians, pediatric subspecialists, residents/fellows, nurses, and physician assistants) by providing them with the highest quality, most relevant and accessible educational experiences possible.

Register Now

Need assistance registering? Contact us — we are here to help!

PIRR@azaap.org 602-532-0137 ext. 406

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Course Credit

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 Credit™. 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.

Meet the Experts

The 2025 Pediatrics in the Red Rocks Conference features distinguished faculty presenting topics that highlight the most recent advances and current issues in pediatrics. This year's conference features a wide array of interesting clinical topics to help you gain extensive insight in the following practice areas: Disaster Preparedness, Endocrinology, Injury Prevention, Nephrology, Neurology, Psychiatry and Psychology.

DISTINGUISHED FACULTY:

Sheena Sharma, MD

Pediatric Nephrologist
Medical Director,
Banner Plans & Network
Phoenix, AZ

Cherisse Mecham, MD

Pediatric Emergency Medicine,
Phoenix Children's
Phoenix, AZ

Brittney DiMaggio, MD

Clinical Assistant Professor,
University of Arizona College of Medicine
Tucson, AZ

Jacquelin Esque, MD

Assistant Professor of Psychiatry,
Co-Director Arizona Pediatric Psychiatry Access Line (APAL)
Banner University Medical Group
University of Arizona College of Medicine
Tucson, AZ

Reena Gogia Rastogi, MD, FAHS

Clinical Director, Headache Program
Director, Concussion Program
Barrow Neurological Institute at Phoenix Children's
Phoenix, AZ

Chad McWhinnie, Ph.D.

Staff Psychologist, Banner Health
Clinical Assistant Professor, University of Arizona College of
Medicine
Tucson, AZ

Benjamin Hoffman, MD, FAAP

Professor of Pediatrics, Division of General Pediatrics, School of
Medicine
Medical Director, Tom Sargent Safety Center
Director, Oregon Center for Children and Youth with Special Health
Needs (OCCYSHN)
Immediate Past President, American Academy of Pediatrics
Portland, OR

****AzAAP Policy on Disclosure of Financial Relationships and Mitigation of Conflicts of Interest for AzAAP CME Activities****

This policy is designed to ensure quality, objective, balanced, and scientifically rigorous AzAAP provided or jointly provided CME activities by identifying and mitigating all potential conflicts of interest prior to the confirmation of service of those in a position to influence and/or control CME content. AzAAP has taken steps to mitigate any potential conflicts of interest. The purpose of this policy is to ensure all potential conflicts of interest are identified and mechanisms to mitigate them prior to the CME activity are implemented in ways that are consistent with the public good. The AzAAP is committed to providing learners with commercially unbiased CME activities. The content of this CME activity does not necessarily reflect the views or policies of the AzAAP.

Thursday (June 26) & Friday (June 27)

Thursday, June 26

5:30-7:00 **Attendee Registration**
AzAAP Welcome Reception

Friday, June 27

6:30-7:20 **Registration/Breakfast/Exhibit Areas**

7:20-7:30 **Welcome & Conference Overview**

7:30-8:15 **Lecture: Saving the Babies We Helped Get Here: What Every Child Advocate Needs to Know About Safe Infant Sleep**
(Benjamin Hoffman, MD, 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 **Lecture: "Am I Okay?": 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 **Panel Q&A**

9:30-10:00 **Refreshment Break in the Exhibit Areas**

10:00-10:45 **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

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10:50-11:35 **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 **Panel Q&A**

12:00-12:30 **Refreshment Break in the Exhibit Areas**

12:30-2:00 **Chapter Annual Luncheon**

2:15-3:00 **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 **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 **Panel Q&A/Adjourn**

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Saturday (June 28)

Saturday, June 28

6:30-7:30 **Registration**
Breakfast in the Exhibit Areas

7:30-9:00 **Workshops – Attendees choose from one of the following two sessions**

Choice A—Workshop: "Help, My Teen is Cutting!": A Comprehensive Approach to Safety Concerns in Adolescents

(Jacquelin Esque, MD & Chad McWhinnie, Ph.D.)

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

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

(Benjamin Hoffman, MD, 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



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9:00-9:30 **Refreshment Break in the Exhibit Areas**

9:30-10:15 **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 **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 **Lecture: Concussion and Post-Concussion Syndrome: What is it? How do you treat? When do you refer?**

(Reena Gogia Rastogi, MD, FAHS)

- * Review and differentiate symptoms of concussion and Post-Concussion 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

(Saturday sessions continued on next page)

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Saturday, June 28—Continued

12:00-12:30 Panel Q&A
12:30-1:30 Lunch on Your Own
1:30-3:00 Afternoon Workshops – Attendees choose from one of the following two sessions

Choice A—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

Choice B—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 Adjourn

5:30-7:00 AzAAP Poster Session Happy Hour & “Life After Residency” Career Fair



Sunday (June 29)

Sunday, June 29

6:30-7:30 Breakfast on the Canyon Patio

7:30-9:00 Morning Workshops – Attendees choose from one of the following two sessions

Choice A—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

Choice B—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 Morning Break and Coffee Stations

9:15-10:00 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

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10:05-10:50 Lecture: Confessions of a Car Seat Nerd: What You Still Don't Know About Child Passenger Safety

(Benjamin Hoffman, MD, 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 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 Panel Q&A

**12:00 Closing Remarks
Adjourn/Pick Up CME Certificates**



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Conference Activities

Welcome Reception

THURSDAY (June 26) 5:30 –7:00PM

Come early to gather your name tag, registration packet, and other conference materials and join us for a Welcome Reception on the Hilton Canyon Patio as we kick-off the conference. The reception is a chance to network with pediatric colleagues and AzAAP leadership. This event is open to all attendees and guests and includes light appetizers and beverages.

There is no charge for this event; all attendees and guests are welcome.

Please indicate if you and your guests plan to participate in your conference enrollment.

AzAAP Member Town Hall and Luncheon

FRIDAY (June 27) 12:30–2:00PM

Come join us to hear how AzAAP members, committees and programs are moving the AzAAP mission forward. The annual membership meeting is focused on the powerful influence of AzAAP members and will highlight the organization's recent successes as well as look at the year ahead of us. Come learn what the organization is doing for members and children in Arizona.

Our luncheon speaker is Dr. Benjamin Hoffman speaking on *Because All We Have Is Each Other: Why Child Health Professionals Must Be Effective Advocates for Kids*—Pediatricians are advocates for children by nature and necessity. However, many of us have not had the opportunity to learn and practice the skills essential for effective advocacy. Together, we will examine what it really means to be an effective advocate for children, and discuss how we can align work in community and systems change/policy advocacy with the values of our institutions, our profession, and our communities.

**There is no charge for AzAAP members.
Guests/Non-Members: \$65 lunch ticket.**

Please indicate if you and your guests plan to participate in your conference enrollment.

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Exhibit Hall

FRIDAY (June 27) and SATURDAY (June 28)

In addition to the robust clinical education, the course offers exclusive access to a live exhibit hall. Conference attendees have the opportunity to visit the exhibit hall to view organizations and companies offering solutions and resources for pediatric providers and practices. By checking-in at the booths, you will be entered in the exhibit hall passport contest and eligible to win prizes offered by AzAAP. *Exhibitors are neither sponsored nor endorsed by the Arizona Chapter of the American Academy of Pediatrics.*

Special Happy Hour Event With Poster Gallery and Career Fair

SATURDAY (June 28) 5:30 –7:00PM

Attendees have exclusive access to a family-friendly poster gallery and reception. The poster session provides a venue to learn about research, case presentations, and innovative and effective educational programs, as well as showcase unique community projects.

Also taking place during this time is the “Life After Residency” Career Fair. AzAAP is providing residents and early career physicians an opportunity to meet and network with employers and leaders in the field of pediatrics. Those interested in learning more about open positions, job requirements, company expectations, and much more, can visit the career fair in conjunction with the poster session. The poster session is open to all attendees and guests and includes light appetizers and beverages.

There is no charge for this event; all attendees and guests are welcome.

Please indicate if you and your guests plan to participate in your conference enrollment.

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Recording Disclosure

AzAAP may take pictures and/or video recordings throughout this activity for use in educational presentations and AzAAP publications.

Disclosure of Financial Relationships & Mitigation of Conflict of Interest

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Member & Non Member Rates

As a benefit to AzAAP members, there are discounted rates available for those who are in good standing with their AzAAP membership status. If registered at the member rate, but current membership dues are not in good standing, registrant will be invoiced for the remaining difference for the non-member rate prior to the launch of the conference.

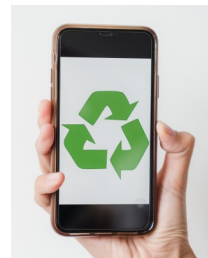
Early registration discount: Note the significant dollar savings by going online, faxing or mailing your registration on or before **May 16, 2025**.

Food breaks: Breakfasts and snacks at conference breaks (including reception appetizers and drinks) for attendees are provided free of charge at the designated times listed in the enclosed agenda. You are welcome to purchase meals for non-attendees and guests when you register for the conference. We appreciate you doing this ahead of time so we can plan accordingly for food/beverage counts.

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Syllabus

Pediatrics in the Red Rocks is a GREEN conference. Attendees will be provided with an electronic syllabus link to access the course handouts prior to, during and 30 days after the conference.



Worry-Free Cancellation Policy

You may cancel your conference registration at any time until **May 31, 2025**, for a tuition refund minus a \$75 administrative fee. All registration cancellations must be sent in writing to PIRR@azaap.org by May 31, 2025. All refunds will be processed after the conference.

Payment Methods

You can pay by check or credit card (VISA, MasterCard, American Express, Discover). You will receive a receipt and confirmation email once registration is complete.

Questions

Please contact the Arizona Chapter of American Academy of Pediatrics office with any questions regarding your registration or other conference-related issues. Phone: (602) 532-0137 ext. 406 — Email: PIRR@azaap.org.

Thank You

A very special thanks goes out to AzAAP's Continuing Medical Education (CME) Committee members for their time and dedication in planning and preparing for the course, as well as to our exhibitors and sponsors for their participation.

Exhibitor and sponsor participation helps support the annual conference as well as AzAAP's advocacy efforts throughout the year — we appreciate the time you take to visit the exhibit hall and sponsor activities available to attendees during the course.



Accommodations



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A Destination Location

Enjoy Beautiful Sedona, Arizona

The 2025 Pediatrics in the Red Rocks Conference is returning to the Sedona Hilton Resort at Bell Rock! The Hilton is a Luxury Golf Resort located amidst the spectacular beauty of Northern Arizona's Red Rock Country in the heart of Sedona. The location is simply magical! The resort offers exquisite two room suites and deluxe guest rooms featuring their own fireplace, flat panel LCD televisions, private balcony or patio and high speed internet access. All accommodations feature small refrigerators, and microwave ovens.

We invite you to relax by one of the resort's two sparkling pools and enjoy a sumptuous meal in the ShadowRock Tap + Table. The Hilton Sedona Resort and Spa is Sedona's only spa and golf resort. Sports enthusiasts can take advantage of the onsite 18-holes championship golf course or enjoy a game of tennis. The resort's eforea® Spa offers signature body treatments that will take you on one of three unique journeys. Included in your stay will be complimentary access to the spa's fitness facility. Work out in the resort's 2,500 square foot state of the art Precor fitness room or take advantage of the fitness classes. After the workout, enjoy the facility's steam rooms, saunas and jacuzzis.

Please visit the website at www.hiltonsedonaresort.com and call 1-877-273-3762 to book your spa appointments or tee times. The resort concierge will be happy to assist you plan your stay.



Special Rates

We've reserved a block of discounted rooms specifically for conference attendees - a special discount code to access the room block will be sent to you in your confirmation email after registering for the course. Space is limited!

Rooms are being held at reduced rates for:

All room types
\$314.00 USD/Night*
(This includes the \$15.00 per night resort fee)

2 QUEEN BED DELUXE ROOM W/ BALCONY OR PATIO

This 350-416 sq. ft. two queen bed guest room has a cozy sitting area, along with a private patio or balcony. In-room amenities include a desk and workspace, gas fireplace, mini-fridge and wet bar. The bath offers a separate vanity area, deluxe bath products and cozy bathrobes.

1 KING 1 BEDROOM SUITE WITH PARLOR-FIREPLACE

Enjoy a separate living area, private patio or balcony and a private bedroom with this 548-615 sq. ft. one king bed suite. Upscale amenities include two flat-screen TVs, a queen-sized sofa bed, wet bar, mini-fridge and a gas fireplace. The bath offers a separate vanity area, deluxe bath products and cozy bathrobes.

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Registration Fees



AZ Chapter Member

	<u>Early*</u>	<u>After 5/16/2025</u>
Physician	\$430	\$480
Emeritus/Retired	\$220	\$270
Nurse, NP, Allied Health	\$265	\$315
Resident/Medical Student**	\$210	\$260

Non-AZ Chapter Member

	<u>Early*</u>	<u>After 5/16/2025</u>
Physician	\$550	\$600
Emeritus/Retired	\$245	\$295
Nurse, NP, Allied Health	\$375	\$425

*Note the significant dollar savings by submitting your registration on or before May 16, 2025

** Resident and medical student dues are waived during their training.

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