

CONTINUING MEDICAL EDUCATION

Johns Hopkins University School of Medicine  
Department of Medicine  
presents

# Johns Hopkins Eating Disorder Multi-Disciplinary Educational Symposium



Friday, June 21, 2024

Thomas B. Turner Building  
Johns Hopkins East Baltimore Medical Campus  
Baltimore, Maryland



This activity has been approved for *AMA PRA Category 1 Credits™*.



JOHNS HOPKINS  
MEDICINE



## DESCRIPTION

The Johns Hopkins Eating Disorder Multi-Disciplinary Educational Symposium is tailored specifically for medical professionals and trainees seeking to expand their knowledge and competency in the assessment and management of eating disorders in adolescents and young adults. Led by leading experts in eating disorder treatment and multidisciplinary care, this workshop offers a unique opportunity to gain insights, exchange ideas, and collaborate with colleagues from various specialties.

## WHO SHOULD ATTEND

This activity is intended for: Dietitian, Pediatrician, Adolescent Medicine Specialist, Psychiatry, Family Practice, General Practice, Hospitalist, Internal Medicine, Multiple Specialties, Nursing, Nurse Practitioner and Physician Assistant

## OBJECTIVES

After attending this activity, the learner will demonstrate the ability to:

- Accurately compare and contrast clinical presentations between Avoidant-Restrictive Food Intake Disorder and Anorexia Nervosa in adolescents and young adults.
- List the main components of inpatient management of eating disorders for adolescent and young adult patient populations.
- Describe how to assess a patient's presentation of an eating disorder in reference to adapting an eating disorder medical stabilization protocol to specific patients.

## ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



## CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 5.25 *AMA PRA Category I Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## OTHER CREDITS

American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category I Credit*<sup>(™)</sup> from organizations accredited by the ACCME.

American Academy of Nurse Practitioners National Certification Program accepts *AMA PRA Category I Credit*<sup>(™)</sup> from organizations accredited by the ACCME.

The Johns Hopkins University has approved this activity for 5.25 contact hours for non-physicians.

## POLICY ON PRESENTER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins School of Medicine that the presenter and provider globally disclose conflicts of interest. The Johns Hopkins School of Medicine OCME has established policies in place to identify and mitigate relevant conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.

## ACKNOWLEDGEMENT

Symposium funding is supported by a grant from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

# General Information

## LOCATION

Thomas B. Turner Building  
Johns Hopkins School of Medicine  
720 Rutland Avenue  
Baltimore, Maryland 21205

The Turner Building is located on Rutland Avenue at Monument Street.

## DIRECTIONS AND PARKING

Directions and campus parking information are available on our website under the Contact Us tab at [HopkinsCME.cloud-cme.com](https://HopkinsCME.cloud-cme.com). Handicapped parking is available in the nearby Rutland Garage, and the McElderly and Caroline Street Garages are recommended for general parking. Parking costs in these garages are included in your registration. *Johns Hopkins is smoke-free.*

## REGISTRATION

Register Online:

[hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=52583](https://hopkinscme.cloud-cme.com/aph.aspx?P=5&EID=52583)

REGISTRATION CUT-OFF DATE: June 19, 2024  
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Registration will close at 5:00 p.m. EST June 19, 2024.

Once registered, you will receive a confirmation by e-mail. If you have not received it by **June 19, 2024**, call (410) 502-9636 to confirm that you are registered. A transcript of attendance will be available upon attestation of your credit hours and submission of the post activity online evaluation.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee, if applicable, but is not responsible for travel expenses. Additionally, we reserve the right to change the venue to a comparable venue. Under such circumstances registrants will be notified as soon as possible.

## LATE FEE AND REFUND POLICY

Refund requests must be received by fax or mail by 5:00 p.m. EST **June 19, 2024**. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins conference in lieu of cancellation is not possible.

## SYLLABUS

The syllabus will be accessible online and via your mobile device in the CloudCME App prior to the activity. A link to the syllabus will also be provided via email shortly before the activity begins if you prefer to study or print the syllabus.

## HOTEL INFORMATION

Hotel accommodations located near the Johns Hopkins School of Medicine can be found at: <http://www.hopkinscme.edu/migration/hotels.html> or by calling (410) 502-9636.

## HOW TO OBTAIN CREDIT

Post activity, an online evaluation will be available to attendees to evaluate the activity and individual presentations and to identify future educational needs. Upon completion of the evaluation, the learner must attest to the number of hours in attendance. Credits earned will be added to the learner's transcript and immediately available for print. **The last day to access the evaluation and attest to your credits is August 5, 2024.**

An outcome survey will be sent to all physician attendees within two months post activity to assist us in determining what impact this activity had on the learner's practice.

## EMERGENCY CALLS

On Friday, June 21, 2024 direct emergency calls to the Hopkins registration desk, (410) 955-3673. Messages will be posted for participants.

## AMERICANS WITH DISABILITIES ACT

The Johns Hopkins School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. *Please notify us if you have any special needs.*

## TO REGISTER OR FOR FURTHER INFORMATION

Register Online:

[hopkinscme.cloud-cme.com/default.aspx?P=0&EID=52583](http://hopkinscme.cloud-cme.com/default.aspx?P=0&EID=52583)

Register by Phone: 410-502-9636

Register by Fax: 866-510-7088

Confirmation/Certificates/Transcripts: 410-502-9636

General Information: 410-955-2959

E-mail the Office of CME: [cmenet@jhmi.edu](mailto:cmenet@jhmi.edu)

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Facebook: [facebook.com/HopkinsCME](https://facebook.com/HopkinsCME)

CloudCME 

Check out our mobile app CloudCME.  
Organization Code: HopkinsCME

For technical assistance with website, CloudCME or credits, please visit our tech support help page: <https://hopkinscme.cloud-cme.com/about/help>

For general information, please visit the activity webpage at:  
[hopkinscme.cloud-cme.com/default.aspx?P=0&EID=52583](http://hopkinscme.cloud-cme.com/default.aspx?P=0&EID=52583)

## Program

- 7:00 – 8:15 Check In and Light Refreshments
- 8:15 – 8:30 Introduction and Conference Objectives  
Camille Broussard, MD, MPH  
Assistant Professor of Pediatrics  
Johns Hopkins School of Medicine
- Special Topics in Eating Disorders: Epidemiology and Health Equity
- 8:30 – 9:00 Landscape of Eating Disorders in the Era of Covid-19  
Angela Guarda, MD, FAED  
Professor of Psychiatry and Behavioral Sciences  
Johns Hopkins School of Medicine
- 9:00 – 9:30 Eating Disorders in Male Adolescent and Young Adults  
Jason Nagata, MD, MSc  
Associate Professor of Pediatrics  
University of California San Francisco
- 9:30 – 9:40 Questions and Answers
- 9:40 – 9:50 BREAK
- Inpatient Management of Eating Disorders
- 9:50 – 10:35 Inpatient Medical Management of Eating Disorders and Medical Complications  
Cynthia Kappahn, MD, MPH  
Clinical Professor of Pediatrics  
Stanford University
- 10:35 – 10:45 BREAK
- 10:45 – 11:15 ARFID vs. Anorexia - How to Tell the Difference and Treatment Options  
Debra Katzman, MD  
Professor of Pediatrics  
University of Toronto
- 11:15 – 12:00 Adaptations to Eating Disorder Protocols for Inpatient Medical Stabilization of Individual Patients  
Joshua Borus, MD, MPH  
Assistant Professor of Pediatrics  
Harvard Medical School
- 12:00 – 12:10 Questions and Answers
- 12:10 – 12:20 BREAK - Grab your own lunch
- Practical Applications for Management of Eating Disorders
- 12:20 – 1:15 Case Presentation: A Multidisciplinary Panel  
Graham Redgrave, MD - MODERATOR  
Associate Professor of Psychiatry and Behavioral Sciences  
Johns Hopkins School of Medicine  
Joshua Borus, MD, MPH - MEDICINE  
Kevin Tsang, PsyD - PSYCHOLOGY  
Attending Psychologist and Instructor of Psychology  
Department of Psychiatry and Behavioral Sciences  
Harvard Medical School  
Lauren Mudgett, MS, RD, LDN - NUTRITION  
Clinical Nutrition Specialist  
Division of Gastroenterology, Hepatology and Nutrition  
Harvard Medical School  
Kelly Dunn, MS, RN, CPNP - NURSING  
Adolescent Medicine Nurse Practitioner  
Division of Adolescent/Young Adult Medicine  
Harvard Medical School
- 1:15 – 1:45 Outpatient Management of Eating Disorders: Transition from Hospital to Outpatient  
Colleen Schreyer, PhD  
Assistant Professor of Psychiatry and Behavioral Sciences  
Johns Hopkins School of Medicine
- 1:45 – 2:00 Wrap-Up and Closing
- 2:00 Adjourn

*You will receive an email notification to complete the evaluation form and to attest to the number of hours in attendance. The registration desk will remain open during conference hours.*

*The Johns Hopkins School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity. This schedule is subject to change.*