PHYSICIAN HEAL THYSELF
Living the Fulfilled Life in Medicine

THE CATHOLIC MEDICAL ASSOCIATION
88th Annual Educational Conference
SEPTEMBER 26-28, 2019 • NASHVILLE, TN
Dedicated to our faith. Committed to your care.

OUR MISSION

Solidarity HealthShare seeks to restore and rebuild an authentic Catholic healthcare culture. We honor the dignity of the human person created in God’s image and are committed to promoting the Church’s teachings and traditions with regards to love, responsibility, and protecting the sanctity of all human life.

THE CATHOLIC SOLUTION TO THE HEALTHCARE PROBLEM

We help our members pay for quality healthcare by enabling our community of members to share in each other’s eligible medical expenses while staying true to the moral teachings of the Catholic Church.

With Solidarity HealthShare you can:
• Stay true to your conscience.
• Choose the medical provider that will lead you down the path of optimal health.
• Save significantly on dental, vision, and prescriptions with access to a nationwide network.
• Access telehealth services for non-emergency and general care.

We are the only healthcare sharing ministry that shares in NaPro Technology, Natural Family Planning, and Mental Health Services.

www.joinsolidarity.com
(844) 394-9319
THE PATRON SAINT OF OUR CONFERENCE IS

Our Lady of Lourdes

Our Lady of Lourdes Prayer for Healing

O ever-Immaculate Virgin, Mother of Mercy, health of the sick, refuge of sinners, comforter of the afflicted, you know my wants, my troubles, my sufferings; look with mercy on me. By appearing in the Grotto of Lourdes, you were pleased to make it a privileged sanctuary, whence you dispense your favours; and already many sufferers have obtained the cure of their infirmities, both spiritual and corporal. I come, therefore, with complete confidence to implore your maternal intercession. Obtain, O loving Mother, the grant of my requests. Through gratitude for your favours, I will endeavour to imitate your virtues, that I may one day share your glory.

Amen.
Dear Colleagues,

On behalf of the Board of Directors, and my wife Teresa, I wish to extend our welcome to the 88th Annual Educational Conference.

The theme of this year’s conference, "Physician Heal Thyself: Living a Fulfilled Life in Medicine," focuses on the national health crisis of physician and health care worker burnout. The conference logo sums up this conference. We live in a tumultuous world that places increased mental, physical, financial, and spiritual demands on healthcare professionals. The path to health is a rocky and narrow path that eventually leads us to the foot of the cross. True happiness in any vocation comes from accepting the burden of the cross, knowing that true happiness comes at the feet of Jesus Christ.

This year’s event at the Gaylord Opryland Hotel will offer a unique setting for our conference. While you are here, I encourage you to take the opportunity to enjoy the sights and sounds in and around the venue. The city of Nashville has many unique attractions as well as the best country music scene anywhere! (My personal favorite is the Johnny Cash Museum). Join us for an evening on the General Jackson Riverboat dinner cruise as we drift past the beautiful skyline of Nashville at night. We are excited to have Matt Maher perform for praise and worship on Friday night. The week will be capped off with an inspiring keynote by the best-selling author of "On Fire," John O'Leary.

What distinguishes our conference from others is the unique retreat-like atmosphere. We come together to gain medical knowledge. We also gather to strengthen our faith, renew friendships, and enjoy Christian fellowship. Our conference committee and staff has worked diligently to ensure the success of this year’s events.

Thank you to the sponsors and exhibitors who help to make this conference possible.

I look forward to meeting and speaking with as many of you as I can.

May God bless our time together.

Michael S. Parker, M.D.
Vice-President
2019 Conference Chair
Dear Brother and Sisters in Christ,

It is my pleasure to welcome you to the Catholic Medical Association’s 88th Annual Educational Conference here in the Diocese of Nashville!

The conference theme of “Physician Heal Thyself” Living a Fulfilled Life in Medicine is a theme of upmost importance as we deal with the ever increasing demands and stress of the world we live in today. It is only when you put God first in your own lives, that you can truly show the love of Christ to those in your care.

As you gather for your conference, I encourage you to enjoy the hospitality of Nashville. I pray that your gathering will be fruitful and offer you encouragement and the strength needed to continue your mission of helping those entrusted to you. I commend you for staying true to your faith as you fulfill your vocation as Catholic medical professionals.

Asking God’s blessing on you and your conference, I am

Sincerely in Christ,

Most Reverend J. Mark Spalding
Bishop of Nashville
Dear Members of the Catholic Medical Association,

Our Holy Father, Pope Francis, has said, “We are not masters of life. It is given to us in trust, and physicians stand at its service.” With these words the Holy Father points out that, like Jesus himself, we have a vocation to serve life in the name of the one who is the author of life. “By his compassionate closeness, Jesus showed the infinite love of God our Father for His children most in need.”

This week you gather to reflect on the truth that we work hand in hand with the Divine Physician, as his assistants, to glorify the Lord of all Life. It is my privilege to welcome you to Nashville, Tennessee, and to the 88th Educational Conference of the Catholic Medical Association: Physician, Heal Thyself: Living a fulfilled life in Medicine.

It is only when we have the humility to acknowledge that we are often powerless and in need of being healed ourselves, that we are able to step aside and let the grace and divine power work through us. Then we can admit that there is a deeper restoration beyond a physical cure, taking into account the needs of the whole person.

The medical profession is one of high stress, both positively and negatively. For this reason we need time to decompress, digest our experiences and share our joys and sorrows with the Lord. This is more important than techniques or methods in bringing our souls and bodies to rest. I pray that this conference will encourage you, strengthen you, and equip you to be more attentive to caring for your well-being by being in touch with the God who heals. And I pray that this conference, and the Catholic Medical Association, will help you to become holy. Please be assured of my prayers for each one of you and my support. Let us work together to bring the joy of the Gospel to all men and women. I remain

Sincerely yours in Christ,

The Most Rev. James D. Conley
Bishop of Lincoln
September, 2019

Welcome to Nashville!

As Mayor it is an honor and a pleasure for me to express greetings to Conference Chair and Vice-President Michael S. Parker, and to distinguished speakers and guests from across the country as you convene at the grand Gaylord Opryland Hotel & Resort for The Catholic Medical Association’s Annual Educational Conference. Welcome! Enjoy yourselves as you share a time of informative programming, fellowship, relaxation and fun.

During your visit I hope that you will have an opportunity to experience and appreciate the many sights, sounds and tastes that Music City has to offer in and around the city. No matter where you go or what you do, I’m sure that your stay will be enjoyable because of the warm and welcoming atmosphere created by the Nashvillians who have given our city a world-renowned reputation for hospitality.

On behalf of the citizens of Nashville and Davidson County, I warmly welcome each of you to our City and extend my most sincere wishes for a productive and memorable 2019 Educational Conference. May your network of professionals continue to grow, to flourish, and to serve in the years to come as you build on your theme: **Physician Heal Thyself: Living a Fulfilled Life in Medicine.**

Sincerely,

David Briley
Mayor
PRAYER OF THE CATHOLIC PHYSICIAN

LORD JESUS,

Divine Physician, who in your earthly life showed special concern for those who suffer and entrusted to your disciples the ministry of healing, make us ever ready to alleviate the trials of our brethren. Make each one of us, aware of the great mission that is entrusted to him, strive always to be, in the performance of daily service, an instrument of your merciful love. Enlighten our minds, guide our hands, make our hearts diligent and compassionate. Ensure that in every patient we know how to discern the features of your divine Face.

YOU WHO ARE THE WAY, provide us with the gift of knowing how to imitate You every day as medical doctors not only of the body but of the whole person, helping those who are sick to tread with trust their own earthly path until the moment of their encounter with You.

YOU WHO ARE THE TRUTH, provide us with the gift of wisdom and science in order to penetrate the mystery of man and his transcendent destiny as we draw near to him in order to discover the causes of his malady and find suitable remedies for it.

YOU WHO ARE THE LIFE, provide us with the gift of preaching and bearing witness to the ‘Gospel of life’ in our profession, committing ourselves to defending it always, from conception to its natural end, and to respect the dignity of every human being, and especially the dignity of the weakest and the most in need.

Make us O Lord, Good Samaritans, ready to welcome, treat, and console those we encounter in our work. Following the example of the holy medical doctors who have preceded us, help us to offer our generous contribution to the constant renewal of health care structures.

Bless our studies and our profession; enlighten our research and our teaching. Lastly, grant to us, having constantly loved and served You in our suffering brethren, that at the end of our earthly pilgrimage we may contemplate your glorious countenance and experience the joy of the encounter with You in your Kingdom of joy and everlasting peace. Amen

SAINT POPE JOHN PAUL II
THE VATICAN, JUNE 29, 2000
JESUS, MY PATIENT

Dearest Lord, may I see you today and every day in the person of your sick, and, while caring for them, minister unto you.

O beloved sick, how doubly dear you are to me, when you personify Christ; and what a privilege it is to be allowed to care for you.

Sweetest Lord, make me appreciative of the dignity of my high vocation, and its many responsibilities.

Never permit me to disgrace it by giving way to coldness, unkindness or impatience.

And O God, while you are Jesus, my patient, deign also to be patient with me, bearing with my faults, looking only to my intention, which is to love and serve you in the person of each of your sick.

Lord, increase my faith, bless my efforts and work, now and forevermore. Amen

BLESSSED MOTHER TERESA OF CALCUTTA
I SWEAR in the presence of the Almighty and before my family, my teachers and my peers that according to my ability and judgment I will keep this oath and stipulation:

TO RECKON all who have taught me this art equally dear to me as my parents and in the same spirit and dedication to impart a knowledge of the art of medicine to others. I will continue with diligence to keep abreast of advances in medicine. I will treat without exception all who seek my ministrations, so long as the treatment of others is not compromised thereby, and I will seek the counsel of particularly skilled physicians where indicated for the benefit of my patient.

I WILL FOLLOW that method of treatment which according to my ability and judgment, I consider for the benefit of my patient and abstain from whatever is harmful or mischievous. I will neither prescribe nor administer a lethal dose of medicine to any patient even if asked nor counsel any such thing nor perform act or omission with direct intent deliberately to end a human life. I will maintain the utmost respect for every human life from fertilization to natural death and reject abortion that deliberately takes a unique human life.

WITH PURITY, HOLINESS, AND BENEFICENCE I will pass my life and practice my art. Except for the prudent correction of imminent danger, I will neither treat any patient nor carry out any research on any human being without the valid informed consent of the subject or the appropriate legal protector thereof, understanding that research must have as its purpose the furtherance of the health of that individual. Into whatever patient setting I enter, I will go for the benefit of the sick and will abstain from every voluntary act of mischief or corruption and also from the seduction of any patient.

WHATEVER IN CONNECTION with my professional practice or not in connection with it I may see or hear in the lives of my patients which ought not be spoken abroad I will not divulge, reckoning that all such should be kept secret.

WHILE I CONTINUE to keep this oath unviolated may it be granted to me to enjoy life and the practice of the art and science of medicine with the blessing of the Almighty and respected by my peers and society, but should I trespass and violate this Oath, may the reverse be my lot.

AS INTRODUCED BY THE VALUE OF LIFE COMMITTEE, INC., JUNE, 1995.
© 1995 THE NATIONAL CATHOLIC BIOETHICS CENTER
CONFERENCE PLANNING COMMITTEE

Lealani Mae Acosta, M.D.  
Nashville, TN

Mario R. Dickerson, M.T.S.  
Fort Washington, PA

Linda Donnelly  
Fort Washington, PA

Sr. Mary Diana Dreger, O.P., M.D.  
Nashville, TN

E. Wesley Ely, M.D., M.P.H.  
Nashville, TN

Kim Ely, M.D.  
Nashville, TN

Mary Keen-Kirchoff, M.D.  
Berwyn, IL

Rachel T. Kaiser, M.D.  
Nashville, TN

Thomas W. McGovern, M.D.  
Fort Wayne, IN

Michael S. Parker, M.D.  
Galena, OH

John A. Schirger, M.D.  
Rochester, MN

Michelle K. Stanford, M.D.  
Littleton, CO

Craig L. Treptow, M.D.  
Great Falls, MT

CONFERENCE OVERVIEW

The conference logo sums up this conference. We live in a tumultuous world that places increased demands on healthcare professionals. The path to health is a rocky and narrow path that eventually leads us to the foot of the cross. True happiness in any vocation comes from accepting the burden of the cross knowing that true happiness comes at the feet of Jesus Christ.

Unlike many medical conferences, the Annual Educational Conference of the Catholic Medical Association has a very strong spiritual component. Mass is celebrated daily, and adoration of the Blessed Sacrament is available 24 hours a day. Many priests are in attendance to hear confession and provide spiritual guidance. Time spent with likeminded people celebrating the sacraments leads to renewed hope in our mission and a spiritual renewal.

Conference speakers will focus on the crisis of physician and healthcare worker burnout and the spiritual, physical, financial and mental health consequences.
EDUCATIONAL OBJECTIVE

After attending this conference, a participant should be able to:

1. Understand the need for healing of the whole person by encouraging a holistic approach to include one's spirituality, and to demonstrate compassion as a core value in the practice of medicine for the benefit of your patient as well as yourself.

2. Create an approach to end of life care that respects life through its natural end and include your faith and ethics into your medical practice to relieve physical, emotional, and spiritual suffering. Utilize the resources available and the allies in the fight against the culture of death that has infiltrated end of life care.

3. Identify the reality of physician burnout, the prevalence of burnout in residency, and the possible contributing factors, as well as, clinical coaching methods to prevent burnout to strategies to improve wellness and the need to improve patient care in medicine.

4. Discuss the bioethical principles established by the Catholic Church in the 1950s that are upheld today regarding physician assisted suicide, euthanasia, and the teachings of selected saints about end of life.

5. Identify the ways social media use could impact the health of the human person such as the breakdown of the traditional family, increased individual isolation, poverty, and violence. Discuss the philosophical and theological approaches to the human person, and how these approaches may help in healing the negative medical impact from social media overuse.

6. Define the basic principals of Christian virtue in relation to the medical profession and the difference between the principles of the Hippocratic Oath and modern medical bioethics, as well as, the effects of moral principles on the end of life decision and the underlying principles of physician resilience and the practice of Christian virtue.

For a detailed list visit our website:
cathmed.org/events/annual-educational-conference/cme-statements-course-objectives
CME INFORMATION

The Christian Medical & Dental Associations designates this educational activity for a maximum of 20.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. 12.75 Credits for the Conference, 5.75 Credits for the End of Life Forum and 2 Credits for the NFP Forum. The End of Life Forum and NFP Forum are scheduled for Wednesday, September 25th and an additional registration fee is required. You cannot attend both events.

ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Christian Medical & Dental Associations (CMDA) and Catholic Medical Association. Christian Medical & Dental Associations is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

PHYSICIAN CREDIT

The Christian Medical & Dental Associations designates this educational activity for a maximum of 22.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PHYSICIAN ASSISTANT

AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit(s)™ by an organization accredited by the ACCME or a recognized state medical society. Physician assistants may receive up to 20.5 credits for completing this activity.

NURSE PRACTITIONER

The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines. Nurse practitioners may receive up to 20.5 credits for completing this activity.

NURSING

This activity has been submitted to the American Association of Occupational Health Nurses (AAOHN) for approval to award contact hours. AAOHN is an accredited approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Determination of credit is pending.
2019 BOARD OF DIRECTORS

OFFICERS

John A. Schirger, M.D.
President
Rochester, MN

Michael S. Parker, M.D.
Vice President
Galena, OH

Craig L. Treptow, M.D.
Treasurer
Great Falls, MT

Michelle K. Stanford, M.D.
Secretary
Littleton, CO

DIRECTORS

Rev. Scott F. Binet, M.D.
Regional Director Representative
Evans, GA

Most Rev. James D. Conley, D.D.
Episcopal Advisor
Lincoln, NE

Robin J. Goldsmith, M.D.
Board Member
Appleton, WI

Rev. Matthew J. Gutowski, S.T.L.
Chaplain
Springfield, NE

Deacon Bruno Schettini, M.D.
Regional Director Representative
Allentown, PA

Cynthia B. Hunt, M.D.
Regional Director Representative
Monterey, CA

Thomas W. McGovern, M.D.
Board Member
Fort Wayne, IN

Peter T. Morrow, M.D.
Past President Constitution & Bylaws Committee Co-Chair
Saint Cloud, FL

Alfonso Oliva, M.D.
Regional Director Representative
Spokane, WA

David J. Hilger, M.D.
Board Member
Omaha, NE
2019 BOARD OF DIRECTORS

Paul J. Braaton, M.D.
FIAMC Representative,
Committee Chair
Modesto, CA

Greg F. Burke, M.D.
Ethics Committee
Co-Chair
Danville, PA

Mario R. Dickerson, M.T.S.
Executive Director
Ft. Washington, PA

Sr. Mary Diana Dregler, O.P., M.D.
Advisory Member
Committee Chair
Nashville, TN

Barbara Harty Golder, M.D., J.D.
Editor, The Linacre Quarterly
Lookout Mountain, TN

Marie T. Hilliard, J.C.L., Ph.D., R.N.
Ethics Committee
Co-Chair
Philadelphia, PA

Cecilia Jojola, M.D.
CMA-RS President
Sacramento, CA

Maricela P. Moffitt, M.D., M.P.H.
Constitution & Bylaws
Committee Co-Chair
Phoenix, AZ

William J. Perez, M.D.
Continuing Medical
Education Committee
Co-Chair
Powell, OH

Thomas M. Pitre, M.D.
Parliamentarian
Portland, OR

Kathleen M. Raviele, M.D.
FIRE Committee Chair
Decatur, GA

William L. Toffler, M.D.
Continuing Medical
Education Committee
Co-Chair
Portland, OR

Francesca Ursua
CMA-SS President
Rockville, MD

Sr. Marysia Weber,
R.S.M., D.O., M.A.
Advisory Member
St. Louis, MO

R. Steven White, M.D.
Board Member,
Committee Chair
Daytona Beach FL
2019 NATIONAL OFFICE

Mario R. Dickerson, M.T.S.
Executive Director

Linda Donnelly
Director of Events

Marianne Borda
Administrative Assistant

Jill Blumenfeld
Communications Manager

Barbara Harty Golder, M.D., J.D.
Editor, The Linacre Quarterly

Nadia Smith
Editor, The Pulse of Catholic Medicine

David Wells
Communications Coordinator
2019 STUDENT & RESIDENT SECTIONS

STUDENT SECTION OFFICERS

President
Francesca Ursua
Rockville, MD

Vice President
Ross Lordo
Greenville, SC

Secretary
Robert Ring
Kirkville, MO

Regional Director
Paul Nurse
San Antonio, TX

Technology Officer
Caroline Cwalina
Sewickley, PA

RESIDENT SECTION OFFICERS

President
Cecilia Jojola, M.D.
Sacramento, CA

Vice President
Jennifer Perone, M.D.
Galveston, TX

Secretary
Dennis Wells, M.D.
Cincinnati, OH

Communications Director
Lola Abdul, M.D.
Rochester, MN

Technology Chair
Romero Santiago, M.D.
Sacramento, CA

STUDENT SECTION CHAPTERS

Boonshoft School of Medicine CMA-SS
Catholic Medical Association NYC Student Chapter
CMA-SS at Feinberg School of Medicine
CMA-SS Creighton University
CMA-SS of Drexel University College of Medicine
CMA-SS of Indiana University School of Medicine
CMA-SS of Johns Hopkins University School of Medicine
CMA-SS of San Antonio
CMA-SS of Southern Illinois Chicago University School of Medicine
CMA-SS of SUNY Stony Brook School of Medicine
CMA-SS of the University of Nebraska Medical Center
CMA-SS of TTUHSC El Paso PLFSOM
CMA-SS of University of Central Florida College of Medicine
CMA-SS of University of Colorado
CMA-SS UWSPMH Chapter
El Paso CMA-SS
Kansas University School of Medicine
Louis Pasteur Roman Catholic Society
Mary Health of the Sick CMA-SS of Loyola University Chicago
NSUCOM CMA-SS Chapter
SS. Francis and Clare Guild of CMA-SS
St. Basil the Great Catholic Society of UT Southwestern
St. John Paul II CMA Student Section
St. Joseph Moscati CMA-SS at Houston
St. Joseph Moscati CMA-SS of Tampa Bay
St. Louis University Medical school
Texas A&M Health Science Center CMA-SS
The Blessed Mother Teresa of Calcutta CMA-SS of Mayo Medical School
The Ohio State University John Paul II Chapter of the CMA-SS
The Twin Cities CMA-SS
University of Cincinnati Medical school
University of the Incarnate Word School of Osteopathic Medicine in San Antonio, Texas
University of Kentucky (UKY) CMA
University of Maryland CMA-SS
University of Mary, in Bismarck ND, affiliate chapter
University of Michigan Medical school
University of North Dakota CMA-SS
Vanderbilt School of Medicine’s Society of Saints Cosmas and Damian
Virginia Commonwealth University
CONFERENCE RECORDINGS

• See the talks you missed!
• Listen again to the talks you enjoyed!
• Earn up to 45.75 CME Credits!

The conference is being recorded and talks will be available to purchase on our website as digital downloads.

WWW.CATHMED.ORG/LECTURES
You can purchase single talks, 12 packs and a Best Value full set!

Video and slide recordings of talks in the ballroom

Audio and slide recordings of talks in the breakout rooms
Download the new Conference App!

https://event.crowdcompass.com/cma 2019aec

Scan this code with a QR reader to easily download the app

Your feedback is welcome as we transition to a paperless program book
Please stop by and visit the following exhibitors:

| American Association of Pro-Life Obstetricians and Gynecologists (AAPLOG) | Human Life International |
| Ave Maria Mutual Funds | Investing for Catholics |
| BOMA-USA | Kolbe Center, The |
| Catholic Investment Strategies | Life & Family Medical Clinic |
| Cause For Canonization of Blessed Nicholas Konrad | Love Good Culture |
| Children of God for Life | Magnificat Family Medicine |
| Christ Medicus Foundation CURO | Mission Doctors Association |
| Diocese of Savannah | National Catholic Bioethics Center, The |
| Doctor, Doctor Radio Program | National Gianna Center, The |
| EWTN- Global Catholic Network | Natural Womanhood |
| FACTS - Fertility Appreciation Collaborative to Teach the Systems | Nazareth Project, Inc. |
| Femm Foundation | OSF Healthcare |
| Forbes Well-Being Advisors/ The Medical Professionals Retirement Institutes | Pro Women’s Healthcare Centers |
| Franciscan Physician Network | Saint Paul VI Institute |
| Helping Hands Medical Missions, Inc. | Universal Chastity Education |
| | University of Mary |
| | Your Holy Family |
| | Zero Gravity Skin |
Region I
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont
Regional Director
Paul A. Carpentier, M.D. (West Islip, NY)
Anthony S. Oliva, M.D. (Manlius, NY)

Region II
DC, Delaware, Maryland, New Jersey, Pennsylvania, West Virginia
Frederick F. Fakharadeh, M.D. (Oradell, NJ)
Deacon Bruno Schettini, M.D. (Allentown, PA)

Region III
North Carolina, South Carolina, Tennessee, Virginia
M. Cathleen Schanzer, M.D. (Memphis, TN)
(Open)

Region IV
Indiana, Kentucky, Michigan, Ohio
Peter A. Rosario, M.D. (Evansville, IN)
Brian B. Burkey, M.D. (Gates Mills, OH)

Region V
Alabama, Florida, Georgia, Mississippi, Puerto Rico
Rev. Scott F. Binet, M.D. (Evans, GA)
Diane T. Gowski, M.D. (Clearwater, FL)

Region VI
Arkansas, Louisiana, Oklahoma, Texas
Roy J. Heyne, M.D. (Southlake, TX)
Jose A. Santos, M.D. (San Antonio, TX)

Region VII
Minnesota, North Dakota, South Dakota, Wisconsin
David J. Stansfield, D.O. (Hillsboro, MO)

Region VIII
Illinois, Iowa, Kansas, Missouri, Nebraska
David J. Hilger, M.D. (Omaha, NE)
Mary E. Keen-Kirchoff, M.D. (Berwyn, IL)

Region IX
Alaska, Idaho, Montana, Washington, Wyoming
Alfonso Oliva, M.D. (Spokane, WA)
Thomas R. Miller, D.O. (Yakima, WA)

Region X
Arizona, Colorado, New Mexico, Utah
Maricela P. Moffitt, M.D., M.P.H. (Phoenix, AZ)
Michelle K. Stanford, M.D. (Littleton, CO)

Region XI
California, Hawaii, Nevada, Oregon
Cynthia B. Hunt, M.D. (Monterey, CA)
William L. Toffler, M.D. (Portland, OR)

Region XII
Military Region
Richard A. Rowe, M.D. (Macon, GA)
Arizona
Maricela P. Moffitt, M.D., M.P.H.

California
George Delgado, M.D.
Monica Ruiz-Durant, M.D. - Assistant Director

Colorado
Michelle K. Stanford, M.D.

Delaware
N. Joseph Schrandt, M.D.

District of Columbia
Marguerite Duane, M.D.

Florida
Diane T. Gowski, M.D.
Joseph E. Thornton, M.D.-Assistant Director

Georgia
Richard A. Rowe, M.D.

Idaho
Michael W. deTar, M.D.

Indiana
Andrew Mullally, M.D.

Iowa
Timothy P. Millea, M.D.

Kansas
Sheryl M. Beard, M.D.
Jennifer Johnson, M.D. - Assistant Director

Kentucky
William E. Wehrman III, M.D.

Louisiana
Susan P. Caldwell, M.D.

Maryland
Robert Sawyer, M.D.

Minnesota
Thomas P. Nobrega, M.D.

Missouri
David J. Stansfield, D.O.

Nebraska
David J. Hilger, M.D.

Nevada
Keith M. Shonnard, M.D.

New Jersey
Angela E. Lanfranchi, M.D.

New York
John G. O’Brien, M.D.

North Dakota
Louise A. Murphy, M.D.
Paul J. Carson, M.D. – Assistant Director

Oregon
Paul R. Cieslak, M.D.

Pennsylvania
George Isajiw, M.D.

South Carolina
Peter Bleyer, M.D.

South Dakota
Glenn A. Ridder, M.D.

Tennessee
Rachel T. Kaiser, M.D.

Texas
Mayra J. Thompson, M.D.

Washington
Alfonso Oliva, M.D.

Wisconsin
Robin J. Goldsmith, M.D.
Elizabeth A. Anderson, M.D. – Assistant Director
Acadiana Guild
Kim A. Hardey, M.D.

Alabama Guild
Christopher J. Rosko, M.D.

Allentown Guild
Deacon Bruno Schettini, M.D.

Archbishop Sheen Guild of Northeast Ohio
John Urbancic, M.D.

Atlanta Guild
Kathleen M. Raviele, M.D.

Baltimore Guild
Robert Sawyer, M.D.

Bismarck Guild
Louise A. Murphy, M.D.

Blessed Clemens von Galen Medical Guild of South Carolina
Peter M. Bleyer, M.D.

Buffalo Guild
Gloria Roetzer, M.D.

Capital Area Catholic Medical Guild
Steven D. Felix, M.D.

Catholic Health Care Guild of Central Texas
Roger A. Harden, M.D.

Catholic Healthcare Professionals of Houston
Carla Falco, M.D.

Catholic Medical Association of Memphis Guild
M. Cathleen Schanzer, M.D.

Catholic Medical Guild of the Diocese of Madison
Elizabeth A. Anderson, M.D.

Catholic Medical-Dental Guild of Wichital Falls, The
Daunne P. Peters, M.D.

Catholic Medical Society of Rhode Island
Daniel S. Harrop, M.D.

Catholic Physicians Guild of Central Louisiana
Joseph W. Landreneau, M.D.

Catholic Physicians’ Guild of Chicago
Mary E. Keen-Kirchoff, M.D.

Catholic Physicians Guild of Dallas
Jeffrey R. Thompson, M.D.

Catholic Physicians Guild of New Orleans
Susan P. Caldwell, M.D.

Catholic Physicians’ Guild of Phoenix
Thomas D. Shellenberger, M.D.

Catholic Physicians’ Guild of San Antonio
Christopher A. York, M.D.

Central California Guild
R.J. Heck, M.D.

Central Ohio Guild of the Catholic Medical Association
Anthony Casey, M.D.

Champaign Urbana, Venerable Fulton Sheen Guild
Anna L. Schmitz, M.D.

Chippewa Valley Guild
Mary J. Kuehl, M.D.

Colorado Springs St. Luke’s Guild
Ken A. Stone, M.D.

Connecticut Guild (Open)

Denver Guild
Thomas Jensen, M.D.

Des Moines Guild
James L. Becker, M.D.

Diocese of Winona Guild
John I. Lane, M.D.

Dr. Jerome Lejeune Guild
Christopher B. Stroud, M.D.

El Paso Physicians Guild
Carmen P. Arango, M.D.

Fargo Guild
Paul J. Carson, M.D.

Father John A. Hardon Guild of the Diocese of Kalamazoo
Deacon Don D. Bouchard, D.O.

Finger Lakes Guild
Richard J. Seeger, M.D.

Fresno Guild
Cynthia B. Hunt, M.D.

Gaylord Diocese Saints Cosmas and Damian Guild
Michael J. Samalik, M.D.

Grand Rapids Guild
James D. Hudson, M.D.

Greater Cincinnati Guild
Mason, OH
Paul W. Day, M.D.

Guild of St. Luke, Archdiocese of Boston
John Barracluech, M.D.

Harrisburg Guild
Greg F. Burke, M.D.

Immaculate Conception Catholic Medical Guild (Open)

La Crosse Guild
Stephen L. Pavela, M.D.

Lansing Guild
Barbara J. Adams, M.D.

Lincoln Guild
Timothy H. Fischer, M.D.

Marshfield Guild
Timothy J. Wengert, M.D.

Metropolitan New York Guild
Gregory Weston, M.D.

Miami Guild of the Catholic Medical Association
Felipe E. Vizcarondo, M.D.

Milwaukee Guild
Cynthia Jones-Nosacek, M.D.

Montana Guild
Craig Treptow, M.D.

Mother Teresa of Calcutta Guild
Raul Enad, M.D.

Nashville Guild
E. Wesley Ely, M.D.

New Ulm Guild
James J. Joyce, M.D.

Northern Nevada Guild
Keith Shonnard, M.D.
<table>
<thead>
<tr>
<th>Guild</th>
<th>President</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Virginia Guild</td>
<td>Marie Anderson, M.D.</td>
</tr>
<tr>
<td>Northwest Florida Guild</td>
<td>William J. Whibbs, M.D.</td>
</tr>
<tr>
<td>Northwest Ohio Guild</td>
<td>Jeanne Weisenburger, M.D.</td>
</tr>
<tr>
<td>Omaha Guild</td>
<td>M. Kelly McCarthy, M.D.</td>
</tr>
<tr>
<td>Orlando Guild</td>
<td>Lance A. Maki, M.D.</td>
</tr>
<tr>
<td>Our Lady of Perpetual Help Catholic Medical Guild of Bloomington/Normal</td>
<td>Charles Dennis, M.D.</td>
</tr>
<tr>
<td>Our Lady of San Juan del Valle Catholic Medical Guild</td>
<td>Stephen A. Robinson, M.D.</td>
</tr>
<tr>
<td>Palm Beach Physicians Guild</td>
<td>Felix Angel Rodriguez, M.D.</td>
</tr>
<tr>
<td>Peoria Guild</td>
<td>Gregory Tudor, M.D.</td>
</tr>
<tr>
<td>Philadelphia Guild</td>
<td>Brian S. Wojciechowski, M.D.</td>
</tr>
<tr>
<td>Pittsburgh Guild</td>
<td>Dan Iracki, M.D.</td>
</tr>
<tr>
<td>Portland Guild</td>
<td>Saad F. Jazrawi, M.D.</td>
</tr>
<tr>
<td>Richmond Guild</td>
<td>J. Daniel Markley, D.O.</td>
</tr>
<tr>
<td>Rockford Guild</td>
<td>Errol C. Baptiste, M.D., F.A.A.P.</td>
</tr>
<tr>
<td>Sacred Heart of Jesus Guild of the Diocese of Rapid City</td>
<td>George Ceremuga, D.O.</td>
</tr>
<tr>
<td>Saint Gianna Molla Guild of Northeast Wisconsin</td>
<td>Susan M. Allen, M.D.</td>
</tr>
<tr>
<td>Saint Kolbe Guild, The (Macon, GA)</td>
<td>Richard A. Rowe, M.D.</td>
</tr>
<tr>
<td>Saint Marianne Cope Guild</td>
<td>James L. Mostrom, M.D.</td>
</tr>
<tr>
<td>Saints Cosmas &amp; Damian Guild</td>
<td>Randal L. Brown, M.D.</td>
</tr>
<tr>
<td>Saints Cosmas and Damian Guild of Central Arkansas</td>
<td>William R. Collie IV, M.D.</td>
</tr>
<tr>
<td>Saints Molla and Moscati Guild</td>
<td>Joseph M. Eble, M.D.</td>
</tr>
<tr>
<td>San Francisco Guild</td>
<td>Michel Accad, M.D.</td>
</tr>
<tr>
<td>Sangre de Cristo Guild</td>
<td>Kenneth Dernovsek, M.D.</td>
</tr>
<tr>
<td>Santa Clara Guild</td>
<td>Steven Khoi K. Bui, M.D.</td>
</tr>
<tr>
<td>Sioux Falls Guild</td>
<td>Dennis C. Stevens, M.D.</td>
</tr>
<tr>
<td>South Jersey Catholic Medical Guild</td>
<td>Gerald Burke, M.D.</td>
</tr>
<tr>
<td>Southern Nevada Guild</td>
<td>Scott E. Manthei, D.O.</td>
</tr>
<tr>
<td>Southern Oregon Guild</td>
<td>James Savage, D.D.S.</td>
</tr>
<tr>
<td>Southwest Florida Guild</td>
<td>Stephen E. Hannan, M.D.</td>
</tr>
<tr>
<td>Southwest Indiana Catholic Medical Guild</td>
<td>Peter A. Rosario, M.D.</td>
</tr>
<tr>
<td>Southwest Ohio Guild</td>
<td>Gary L. George, M.D.</td>
</tr>
<tr>
<td>Spokane-Coeur d’Alene Guild</td>
<td>Thomas deTar, M.D.</td>
</tr>
<tr>
<td>Springfield Guild</td>
<td>(Open)</td>
</tr>
<tr>
<td>St. Andre Bessette Guild of North Central Indiana</td>
<td>John L. Rice, M.D.</td>
</tr>
<tr>
<td>St. Gianna Guild of North Central Florida</td>
<td>Angeli Akey, M.D.</td>
</tr>
<tr>
<td>St. Giuseppe Moscati DC Catholic Medical Guild</td>
<td>Mary A. Andrews, M.D.</td>
</tr>
<tr>
<td>St. Joseph’s Guild</td>
<td>Scott T. Hedges, M.D.</td>
</tr>
<tr>
<td>St. Louis Guild</td>
<td>David Stansfield, D.O.</td>
</tr>
<tr>
<td>St. Luke’s Society of Orange County</td>
<td>Mary J. Kotob, M.D.</td>
</tr>
<tr>
<td>St. Paul and Minneapolis Catholic Physicians Guild</td>
<td>Martha L. Guzman, M.D.</td>
</tr>
<tr>
<td>St. Raphael Catholic Medical Guild of Indianapolis</td>
<td>Holly N. Smith, M.D.</td>
</tr>
<tr>
<td>St. Raphael’s Guild of Duluth</td>
<td>Daniel N. Skorich, M.D.</td>
</tr>
<tr>
<td>St. Raphael Guild</td>
<td>Joseph, MO</td>
</tr>
<tr>
<td>St. Thomas Aquinas Guild of the Quad Cities</td>
<td>Nikola Bartulica, D.O.</td>
</tr>
<tr>
<td>St. Thomas Aquinas Guild</td>
<td>Timothy P. Millea, M.D.</td>
</tr>
<tr>
<td>Sts. Luke and Gianna Medical Guild</td>
<td>Nancy K. Mullen, M.D.</td>
</tr>
<tr>
<td>Sts. Teresa of Calcutta and Faustina Guild</td>
<td>William E. Wehrman III, M.D.</td>
</tr>
<tr>
<td>Tampa Bay Guild of St. Philomena</td>
<td>John R. Hamill Jr., M.D.</td>
</tr>
<tr>
<td>Triangle Guild</td>
<td>Lori A. Schweickert, M.D.</td>
</tr>
<tr>
<td>Tucson Catholic Physicians Guild</td>
<td>Cynthia Miley, M.D.</td>
</tr>
<tr>
<td>Venerable Bishop Frederic Baraga Guild</td>
<td>Mary C. Whitmer, D.O.</td>
</tr>
<tr>
<td>Washington State Guild</td>
<td>Steven Pace, M.D.</td>
</tr>
<tr>
<td>Wichita St. Gianna Guild</td>
<td>Lisa Gilbert, M.D.</td>
</tr>
<tr>
<td>Worcester Guild</td>
<td>(open)</td>
</tr>
<tr>
<td>Year</td>
<td>President</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td>1939–42</td>
<td>Thomas M. Brennan, M.D.</td>
</tr>
<tr>
<td>1951–53</td>
<td>William Chester, M.D.</td>
</tr>
<tr>
<td>1957–59</td>
<td>William Egan, M.D.</td>
</tr>
<tr>
<td>1959–61</td>
<td>Eusebius Murphy, M.D.</td>
</tr>
<tr>
<td>1963–64</td>
<td>Clement P. Cunningham, M.D.</td>
</tr>
<tr>
<td>1964–65</td>
<td>Gerard P.J. Griffin, M.D.</td>
</tr>
<tr>
<td>1965–66</td>
<td>Fred M. Taylor, M.D.</td>
</tr>
<tr>
<td>1968–69</td>
<td>John M. Malone, M.D.</td>
</tr>
<tr>
<td>1972–73</td>
<td>Charles A. Bauda, M.D.</td>
</tr>
<tr>
<td>1975–76</td>
<td>Edward G. Kilroy, M.D.</td>
</tr>
<tr>
<td>1976–77</td>
<td>Herbert Ratner, M.D.</td>
</tr>
<tr>
<td>1978–79</td>
<td>Joseph J. Ricotta, M.D.</td>
</tr>
<tr>
<td>1979–80</td>
<td>Eugene F. Diamond, M.D.</td>
</tr>
<tr>
<td>1980–81</td>
<td>John P. Coughlin, M.D.</td>
</tr>
<tr>
<td>1981–82</td>
<td>David P. Frelinger, M.D.</td>
</tr>
<tr>
<td>1982–83</td>
<td>William V. Fitzsimmons, M.D.</td>
</tr>
<tr>
<td>1983–84</td>
<td>Joseph M. Gambescia, M.D.</td>
</tr>
<tr>
<td>1984–85</td>
<td>Herbert M. Nakata, M.D.</td>
</tr>
<tr>
<td>1985–86</td>
<td>William G. White, M.D.</td>
</tr>
<tr>
<td>1986–87</td>
<td>Andrew J. Peters, M.D.</td>
</tr>
<tr>
<td>1987–88</td>
<td>Thomas Hughes, M.D.</td>
</tr>
<tr>
<td>1988–89</td>
<td>Donald E. McIntosh, M.D.</td>
</tr>
<tr>
<td>1989–90</td>
<td>Joseph A. Lucci, Jr., M.D.</td>
</tr>
<tr>
<td>1990–91</td>
<td>Robert Barnet, M.D.</td>
</tr>
</tbody>
</table>
**WEDNESDAY, SEPTEMBER 25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Mass Celebrant: Rev. Matthew J. Gutowski, S.T.L.</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>* Historic Nashville Pilgrimage</td>
<td>Bus: Magnolia Lobby/Portico</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Board Meeting (private meeting for Board members only)</td>
<td>Cheekwood F</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>7:30 AM</td>
<td>EOL Forum Breakfast</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Welcome and Introduction Natalie Rodden, M.D. and Deacon Alan Rastrelli, M.D.</td>
<td></td>
</tr>
<tr>
<td>8:50 AM</td>
<td>You Can Lead a Body to Water, But...A Review of Catholic Teaching and Clinical Applications for Medically Assisted Nutrition and Hydration Rev. John Raphael and Rafael Rosario, M.D.</td>
<td></td>
</tr>
<tr>
<td>9:40 AM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Practicing End of Life Care: Palliative Medicine and Hospice 101 Natalie Rodden, M.D.</td>
<td></td>
</tr>
<tr>
<td>10:40 AM</td>
<td>“Doc, this Tylenol is not working”: Pain Management in Advanced Illness and Becoming Comfortable with Making Patients Comfortable Karen O’Brien, M.D.</td>
<td></td>
</tr>
<tr>
<td>11:45 AM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>12:00 AM</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12:15 PM</td>
<td>The Current State of Physician Assisted Suicide and Euthanasia in North America William L. Toffler, M.D.</td>
<td></td>
</tr>
<tr>
<td>12:45 PM</td>
<td>Break</td>
<td></td>
</tr>
</tbody>
</table>

* CME Credit Available
* Special event, additional registration required
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Suffering and The Caring for Patients in the ICU in the Age of Physician Assisted Suicide and Euthanasia</td>
<td><em>E. Wesley Ely, M.D., M.P.H.</em></td>
</tr>
<tr>
<td>1:40 PM</td>
<td>“It’s not just the pain” Non-pain Symptom Management: Creatively Addressing Disabling Side Effects and Symptoms</td>
<td><em>Rafael D. Rosario, M.D.</em></td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Current Evidence for Palliative Interventions</td>
<td>Annmarie Hosie, R.N., Ph.D.</td>
</tr>
<tr>
<td>3:10 PM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>3:25 PM</td>
<td>Managing Existential Distress: Serious Illness and the End of Life</td>
<td>Deacon Alan Rastrelli, M.D.</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Advance Care Planning: Finding the Courage to Have a Conversation that Matters</td>
<td>M.C. Sullivan, R.N., J.D.</td>
</tr>
<tr>
<td>4:50 PM</td>
<td>Building a Catholic EOL Culture and Engaging the Public Sphere: Real Life Pearls</td>
<td>Elliott Bedford Ph.D., Jozef Zalot, Ph.D., M.C. Sullivan RN JD, Annmarie Hosie, R.N., Ph.D.</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>Closing Remarks</td>
<td>Natalie Rodden, M.D. and Deacon Alan Rastrelli, M.D.</td>
</tr>
</tbody>
</table>

**END OF LIFE (EOL) FORUM**

*Hermitage C & D Rooms*

- *Special event, additional registration required*

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 - 5:00 PM</td>
<td>Effectiveness of Fertility Awareness-Based Methods for Avoiding Pregnancy: A Systematic Review</td>
<td>Joseph Stanford, M.D., M.P.H.</td>
</tr>
<tr>
<td></td>
<td>The Dot Fertility App: An Effective Approach to Expanding Access to Fertility Awareness-Based Methods</td>
<td>Victoria Jennings Ph.D.</td>
</tr>
<tr>
<td></td>
<td>The Real-World Application of the Marquette Model Natural Family Planning Method (MM-NFP): A Multi-Site Effectiveness Study</td>
<td>Qiyan Mu,R.N., Ph.D.</td>
</tr>
<tr>
<td></td>
<td>Use of Urine Progesterone Tests for More Accurate Ovulation Monitoring</td>
<td>Amy Beckley, Ph.D.</td>
</tr>
<tr>
<td></td>
<td>Patients’ Experience in Conversing with Clinicians About Fertility Awareness Based Methods</td>
<td>Marguerite R. Duane, M.D.</td>
</tr>
</tbody>
</table>

**THURSDAY, SEPTEMBER 26**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Confession</td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>Rosary</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Mass Celebrant: Most Rev. James D. Conley, D.D.</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Breakfast</td>
<td>Ryman Exhibit Hall B1</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td>Speaker(s)</td>
</tr>
<tr>
<td>----------</td>
<td>----------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>8:55 AM</td>
<td>Why Do I Feel This Way? The Epidemic of Caregiver Burnout</td>
<td>Michael S. Parker, M.D.</td>
</tr>
<tr>
<td>9:20 AM</td>
<td>A New Model of Faithful Catholic Healthcare Delivery for the United States</td>
<td>Jere Palazzolo</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Burn Brightly: How to Resist the Provider-of-Services Model and Recover the Intrinsic Rewards of Practicing Good Medicine</td>
<td>Farr Curlin, M.D.</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Confession</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Chronic Stress: Doctor, what's wrong with you - Burnout, Compassion Fatigue, PTSD?!</td>
<td>Lynne B. Bissonnette-Pitre, M.D., Ph.D.</td>
</tr>
<tr>
<td>11:50 AM</td>
<td>Rebuilding a Cathedral: Building an Authentic Catholic Healthcare Culture</td>
<td>Christopher L. Faddis and Bradley L. Hahn, J.D.</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Breakout 1</td>
<td></td>
</tr>
</tbody>
</table>

Choose one .75 CME (if applicable)

- Thomas Merton vs. Point & Click Medicine: Spirituality and Contemplation in the Pursuit of Fulfillment | Timothy P. Millea, M.D. | Hermitage A |
- Catholic Match: Navigating the Residency Application Process of the Rising Catholic Physician | Cecilia Jojola, M.D. | Hermitage B |
- Workshop for Guild and State Leaders – Nuts and Bolts | Robin J. Goldsmith, M.D., Moderator, David J. Hilger, M.D., Alfonso Oliva, M.D., Rev. Scott F. Binet, M.D., Elizabeth Anderson, M.D. and Diane Gowski, M.D. | Hermitage C |
- How to “Heal thyself” and provide better care for patients | Ronald M. Sobecks, M.D. | Hermitage D |
- How to Repel Burnout and Increase Fulfillment in the Practice of Medicine | Thomas W. McGovern, M.D. | Hermitage E |
- The Science of Trauma and Toxic Stress: Implications for Patients, Healthcare Providers, and Families | Deborah Rodriguez, M.D. | Cheekwood ABC |

*CME Credit Available*
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:15 PM</td>
<td>Healing the CMA after Humanae vitae: A Twenty Year History (1958-1978) of Contraception and Abortion as Experienced by the Catholic Medical Association</td>
<td>Richard J. Fehring, R.N., Ph.D.</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>If I Wasn’t So Busy, I Would Pray Less</td>
<td>Rev. Glenn J. Kohrman, M.Div.</td>
<td>Hermitage A</td>
</tr>
<tr>
<td></td>
<td>Physician Suicide Crisis</td>
<td>Cynthia B. Hunt, M.D.</td>
<td>Hermitage C</td>
</tr>
<tr>
<td></td>
<td>Accompanying the Dying: How Hospice Care Can Heal Our Patients and Ourselves</td>
<td>J. Robert Parkey, M.D.</td>
<td>Hermitage D</td>
</tr>
<tr>
<td></td>
<td>The Fulfilled Life of International Mission Service: How serving those most in need heals the doctor and the world</td>
<td>Lisa Gilbert, M.D.</td>
<td>Hermitage E</td>
</tr>
<tr>
<td></td>
<td>Compassion is not the Cause of Fatigue But its Cure! – Philosophical and Spiritual Elements of Compassion and Its Application to the Healthy Practice of Medicine</td>
<td>Thomas A. Baril, Ph.D.</td>
<td>Cheekwood ABC</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Break</td>
<td></td>
<td>Tennessee Lobby</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Confession</td>
<td></td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
</tbody>
</table>

CME Credit Available

* Special event, additional registration required
### Breakout 3

**Choose one .75 CME (if applicable)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:15 PM</td>
<td><strong>Small Changes Big Impacts: Learning Some Simple Rules to Epigenetics that Promote Health for you, your family, and your patients</strong>&lt;br&gt;W. John Oertle, N.M.D.</td>
<td></td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td><strong>By His wounds We are Healed: Encountering the Suffering Christ in Haiti</strong>&lt;br&gt;Nicole Shirilla, M.D.</td>
<td></td>
<td>Hermitage A</td>
</tr>
<tr>
<td></td>
<td><strong>Self Care in Health Care: A Look at the Current Treatments for Physician Self Care</strong>&lt;br&gt;CME&lt;br&gt;Deborah Rodriguez, M.D.</td>
<td></td>
<td>Hermitage B</td>
</tr>
<tr>
<td></td>
<td><strong>Perfectionism: Does It Prevent or Promote Burnout?</strong>&lt;br&gt;CME&lt;br&gt;Sr. Maria Lin Pacold, R.S.M., M.D.</td>
<td></td>
<td>Hermitage C</td>
</tr>
<tr>
<td></td>
<td><strong>Conscience, Compromise, and Complicity</strong>&lt;br&gt;CME&lt;br&gt;Jason T. Eberl, Ph.D.</td>
<td></td>
<td>Hermitage D</td>
</tr>
<tr>
<td></td>
<td><strong>Social Media and Wellness</strong>&lt;br&gt;CME&lt;br&gt;Ashley K. Fernandes, M.D., Ph.D. and William E. Chavey, M.D.</td>
<td></td>
<td>Hermitage E</td>
</tr>
<tr>
<td></td>
<td><strong>Remembering Who We Are</strong>&lt;br&gt;CME&lt;br&gt;Deacon John M. Travaline, M.D.</td>
<td></td>
<td>Cheekwood ABC</td>
</tr>
</tbody>
</table>

### 4:00 PM

**Catholic Women Physicians Focus Session: Pearls for Physician Burnout Continued**<br>1 CME<br>Sr. Mary Diana Dreger, O.P., M.D., Kathleen M. Raviele, M.D., Maricela P. Moffitt, M.D., Jennifer K. Johnson, M.D.<br>Tennessee Ballroom

**Advisory Committee Meeting**<br>Hermitage A

**Ethics Committee Meeting**<br>Hermitage B

**Regional Director, State Director, Guild President Meeting**<br>Hermitage C

**Men’s Physician Retreat**<br>Hermitage E

**Media and Communications Committee Meeting**<br>Cheekwood ABC

**5:00 PM** **Poster Session Presentation**<br>Magnolia Mezzanine

### *Special Event:*

**General Jackson Showboat dinner cruise**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 PM</td>
<td><strong>Special Event Bus Boarding</strong>&lt;br&gt;Magnolia Lobby/Portico, Gaylord Opryland Resort</td>
<td>Magnolia Lobby/Portico</td>
</tr>
<tr>
<td>6:15 PM</td>
<td><strong>General Jackson Showboat Boarding</strong>&lt;br&gt;</td>
<td>Gaylord Opryland Resort</td>
</tr>
</tbody>
</table>

*CME Credit Available* *Special event, additional registration required*
### FRIDAY, SEPTEMBER 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Confession</td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>Rosary</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Mass <em>Celebrant: Most. Rev. Richard F. Stika, M.Div.</em></td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Breakfast</td>
<td>Ryman Exhibit Hall B1</td>
</tr>
<tr>
<td>9:00 AM</td>
<td><strong>Intellectual, Moral and Theological Virtues: Balm for Medical Burnout in Mind, Body and Soul</strong> .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>Kevin Vost, Psy.D.</td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td><strong>Manna and Money: Seeking Christ in Your Finances</strong></td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>Matt Palmer</td>
<td></td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Break</td>
<td>Tennessee Lobby</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Confession</td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td>11:00 AM</td>
<td><strong>Virtue, Health and Neuroscience</strong> .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>David J. Hilger, M.D.</td>
<td></td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Lunch</td>
<td>Ryman Exhibit Hall B1</td>
</tr>
<tr>
<td>1:15 PM</td>
<td><strong>Mentoring: The Gift that Gives Back</strong> .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>Thomas W. McGovern, M.D.</td>
<td></td>
</tr>
<tr>
<td>2:15 PM</td>
<td>Breakout 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>The Art of Patient Story-Telling; an Antidote to Physician Burnout</strong> CME</td>
<td>Hermitage A</td>
</tr>
<tr>
<td></td>
<td>Paul W. Day, M.D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Renewal in Residency - Reflections on Being Refreshed by Spirituality Amidst the Work of Medicine</strong> CME</td>
<td>Hermitage B</td>
</tr>
<tr>
<td></td>
<td>Katharine Callaghan, M.D. and Brittany Gatta, M.D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Even Doctors Need Healing from Others: A Theology of the Body Perspective on Healing the Whole Person</strong> CME</td>
<td>Hermitage C</td>
</tr>
<tr>
<td></td>
<td>Monica Ashour, M. Hum. M.T.S.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>A Sword Shall Pierce Your Heart: Embracing the Pain of Perinatal Loss</strong> CME</td>
<td>Hermitage D</td>
</tr>
<tr>
<td></td>
<td>Jennifer Barr, M.D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Clinical Performance Coaching as a Method to Prevent Physician Burnout</strong> CME</td>
<td>Hermitage E</td>
</tr>
<tr>
<td></td>
<td>Teresa Camp-Rogers, M.D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Physician Resilience and the Little Way</strong> CME</td>
<td>Cheekwood ABC</td>
</tr>
<tr>
<td></td>
<td>Jeremy Jones, D.O.</td>
<td></td>
</tr>
</tbody>
</table>

*CME Credit Available*  
*Special event, additional registration required*
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 PM</td>
<td><strong>Break</strong></td>
<td>Tennessee Lobby B, Davidson B,C</td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>Confession</strong></td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td></td>
<td>Meditation and Self Reinvention: A Key Practice in Physician Burnout <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Raul Enad, M.D.</td>
<td>Hermitage A</td>
</tr>
<tr>
<td></td>
<td>Can Religion and Spirituality Prevent Burnout in Medical Trainees? – A Suggested Approach for Academic Physicians <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Paul M. Shaniuk, M.D.</td>
<td>Hermitage B</td>
</tr>
<tr>
<td>3:15 PM</td>
<td><strong>Breakout 3</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Choose one .75 CME (if applicable)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lessons from Pediatric Healthcare Providers <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Ronald M. Sobecks, M.D.</td>
<td>Hermitage C</td>
</tr>
<tr>
<td></td>
<td>Hippocratic Oath and Why It Still Matters <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Cynthia Jones-Nosacek, M.D.</td>
<td>Hermitage D</td>
</tr>
<tr>
<td></td>
<td>Selfless Self-Preservation: The Paradoxical Duty of Resilience <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spiritual Strategies for Living the Fulfilled Life in Medicine <strong>CME</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Gwendolyn T. Dean, M.D.</td>
<td>Cheekwood ABC</td>
</tr>
<tr>
<td>3:30 PM</td>
<td><strong>General Assembly – All encouraged to attend</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Agenda Includes</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>• 2020 Board Installation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Award Presentations:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Evangelium Vitae Award</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Linacre Quarterly Award</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Outstanding Guild Award</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Outstanding Student Chapter Award</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Outstanding Guild Chaplain Award</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Poster Session Awards</td>
<td></td>
</tr>
<tr>
<td>8:00 PM</td>
<td><strong>Praise and Worship</strong></td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>* Matt Maher</td>
<td></td>
</tr>
</tbody>
</table>

**CME** CME Credit Available

* Special event, additional registration required
### SATURDAY, SEPTEMBER 28

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Confession</td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td>6:30 AM</td>
<td>Rosary</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Mass <em>Celebrant: Rev. Matthew J. Gutowski, S.T.L.</em></td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Breakfast</td>
<td>Ryman Exhibit Hall B1</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Gratitude: A Pathway to Physician Resiliency and Happiness .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Choosing (or Re-Choosing) Your Medical Specialty: What to Do When You Don’t Know What to Do .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Break</td>
<td>Tennessee Lobby</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>Confession</td>
<td>Tennessee Lobby, Davidson C, D</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Clinician Experience: What is it &amp; How do we Create it? .75 CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Lunch</td>
<td>Ryman Exhibit Hall B1</td>
</tr>
</tbody>
</table>

#### Breakout 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:15 PM</td>
<td>Hospice Palliative Medicine - Practicing End of Life Care as a Catholic CME</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Tackling Burnout Through A Theological Analysis of Sorrow in the Physician: An Augustinian and Thomistic Approach CME</td>
<td>Hermitage A</td>
</tr>
<tr>
<td></td>
<td>Sr. Mary Rachel Nerbun, R.S.M., M.D.</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Wellness in Graduate Medical Education: A Problem to Solve CME</td>
<td>Hermitage B</td>
</tr>
<tr>
<td></td>
<td>Ricardo Correa, M.D.</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Dying of Despair: America’s Epidemic of Loneliness and Suicide CME</td>
<td>Hermitage C</td>
</tr>
<tr>
<td></td>
<td>Francie Broghammer, M.D.</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>From the Mitral Valve to the St. Vitus Dance: Medical Terms with Catholic Roots CME</td>
<td>Hermitage D</td>
</tr>
<tr>
<td></td>
<td>Thomas Heyne, M.D., M.St</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Seeing the Body in Medical School CME</td>
<td>Hermitage E</td>
</tr>
<tr>
<td></td>
<td>Ethan Schimmoeller</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>Dignity at End of Life - Discussion of PAS and Euthanasia CME</td>
<td>Cheekwood ABC</td>
</tr>
<tr>
<td></td>
<td>E. Wesley Ely, M.D., M.P.H.</td>
<td></td>
</tr>
</tbody>
</table>
### Breakout 2 (2:15 PM)

<table>
<thead>
<tr>
<th>Title</th>
<th>Speaker/Authors, M.D.</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospice Palliative Medicine - Practicing End of Life Care as a Catholic</td>
<td>Natalie Rodden, and Deacon Alan J. Rastrelli</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>God's Mercy and Lourdes</td>
<td>Rev. Michael Mary Dosch, O.P.</td>
<td>Hermitage A</td>
</tr>
<tr>
<td>Catholic Telehealth: Practice with Passion and Work-Life Balance CME</td>
<td>Kathleen M. Berchelmann, M.D.</td>
<td>Hermitage B</td>
</tr>
<tr>
<td>Out in the Deep: Moving from Medical Missions and Voluntourism to STEGH</td>
<td>Brian C. Bamberger, M.D., M.P.H.</td>
<td>Hermitage C</td>
</tr>
<tr>
<td>Integrative Treatment Approaches to Autism, ADHD and Mental Illness CME</td>
<td>Allen T. Lewis, M.D.</td>
<td>Hermitage D</td>
</tr>
<tr>
<td>Fertility Awareness Management Education in Medical Practices: Empowering Patients to Participate in Care/Simplifying the Office Visit CME</td>
<td>Martha S. Winn, R.N.</td>
<td>Hermitage E</td>
</tr>
<tr>
<td>Aligning Our Mission and Vocation: Making Every Day Count CME</td>
<td>Brian B. Burkey, M.D.</td>
<td>Cheekwood ABC</td>
</tr>
</tbody>
</table>

### Sunday, September 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Travelers Mass</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>White Mass</td>
<td>Cathedral of the Incarnation</td>
</tr>
<tr>
<td></td>
<td>Celebrant: Most Rev. J. Mark Spalding, J.C.L.</td>
<td></td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Banquet Cocktail Reception</td>
<td>Tennessee Lobby</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Banquet Dinner</td>
<td>Tennessee Ballroom</td>
</tr>
<tr>
<td></td>
<td>Keynote Address: The Power of One</td>
<td></td>
</tr>
<tr>
<td></td>
<td>John O'Leary</td>
<td></td>
</tr>
</tbody>
</table>

*CME Credit Available*  
*Special event, additional registration required*
General Jackson Showboat Dinner Cruise

Featuring “Music City Nights” Live Show

Thursday, September 26th • 6:00 PM – 10:00 PM
Adults $125 • Children $65 (ages 3 – 11)

See the registration desk to purchase tickets (limited space available)
The iconic Gaylord Opryland Resort & Convention Center offers guests all the excitement and energy of Music City under one spectacular roof. Beneath our Nashville, Tennessee hotel’s climate-controlled signature glass atriums and nestled in a bend of the meandering Cumberland River is an extraordinary selection of dining, shopping and recreation options that create the perfect setting for a complete getaway. Enjoy our 9 amazing acres of indoor gardens, cascading waterfalls and indoor river with our very own Delta flatboat. You will experience never-ending luxuries at this Nashville hotel.
The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, instead of the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.
Michael S. Parker, M.D.

Why Do I Feel This Way? The Epidemic of Caregiver Burnout
The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.
Farr Curlin, M.D.

*Burn Brightly: How to Resist the Provider-of-Services Model and Recover the Intrinsic Rewards of Practicing Good Medicine*
Lynne B. Bissonnette-Pitre, M.D., Ph.D.
Chronic Stress: Doctor, what's wrong with you -
Burnout, Compassion Fatigue, PTSD?!
Christopher L. Faddis and Bradley L. Hahn, J.D.

Rebuilding a Cathedral: Building an Authentic Catholic Healthcare Culture
The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.

THURSDAY, SEPTEMBER 26 • BREAKOUT 1

William Stigall, M.D.
The Physician's Search for Joy: What Would Aristotle and Aquinas Say About Burnout?

Timothy P. Millea, M.D.
Thomas Merton vs. Point & Click Medicine: Spirituality and Contemplation in the Pursuit of Fulfillment

Cecilia Jojola, M.D.
Catholic Match: Navigating the Residency Application Process of the Rising Catholic Physician

Ronald M. Sobecks, M.D.
How to “Heal thyself” and provide better care for patients

Thomas W. McGovern, M.D.
How to Repel Burnout and Increase Fulfillment in the Practice of Medicine

Deborah Rodriguez, M.D.
The Science of Trauma and Toxic Stress: Implications for Patients, Health Care Providers, and Families

Robin J. Goldsmith, M.D., David J. Hilger, M.D., Alfonso Oliva, M.D., Rev. Scott F. Binet, M.D., Elizabeth Anderson, M.D. and Diane Gowski, M.D.
Workshop for Guild and State Leaders – Nuts and Bolts

The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.
THURSDAY, SEPTEMBER 26 • BREAKOUT 2

Richard J. Fehring, R.N., Ph.D.
Healing the CMA after Humanae vitae

If I Wasn’t So Busy, I Would Pray Less

Cynthia B. Hunt, M.D.
Physician Suicide Crisis

J. Robert Parkey, M.D.
Accompanying the Dying: How Hospice Care Can Heal Our Patients and Ourselves

Lisa Gilbert, M.D.
The Fulfilled Life of International Mission Service: How serving those most in need heals the doctor and the world

Thomas A. Baril, Ph.D.
Compassion is not the Cause of Fatigue But its Cure!

Sr. Mary Diana Dreger, O.P., M.D., Kathleen M. Raviele, M.D., Maricela P. Moffitt, M.D., Jennifer K. Johnson, M.D.
Pearls for Physician Burnout: 4 Women Doctors

Inspiring Physicians to Imitate Jesus Christ
THURSDAY, SEPTEMBER 26 • BREAKOUT 3

John Oertle, N.M.D.
Small Changes Big Impacts

Nicole Shirilla, M.D.
By His wounds We are Healed: Encountering of the Suffering Christ in Haiti

Deborah Rodriguez, M.D.
Self Care in Health Care: A Look at the Current Treatments for Physician Self Care

Sr. Maria Lin Pacold, R.S.M., M.D.
Perfectionism: Does It Prevent or Promote Burnout?

Jason T. Eberl, Ph.D.
Conscience, Compromise, and Complicity

Deacon John M. Travaline, M.D.
Remembering Who We Are

Ashley K. Fernandes, M.D., Ph.D. and William E. Chavey, M.D.
Social Media and Wellness

The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.
Kevin Vost, Psy.D.

*Intellectual, Moral and Theological Virtues: Balm for Medical Burnout in Mind, Body and Soul*
### FRIDAY, SEPTEMBER 21

<table>
<thead>
<tr>
<th>Presenter</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matt Palmer</td>
<td>Manna and Money: Seeking Christ in Your Finances</td>
</tr>
</tbody>
</table>

The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.
David J. Hilger, M.D.

Virtue, Health and Neuroscience
Thomas W. McGovern, M.D.
Mentoring: The Gift that Gives Back
FRIDAY, SEPTEMBER 27 • BREAKOUT 2

Paul W. Day, M.D.
The Art of Patient Story-Telling; an Antidote to Physician Burnout

Monica Ashour, M. Hum.
M.T.S.
Even Doctors Need Healing from Others: A Theology of the Body Perspective on Healing the Whole Person

Jennifer Barr, M.D.
A Sword Shall Pierce Your Heart: Embracing the Pain of Perinatal Loss

Teresa Camp-Rogers, M.D.
Clinical Performance Coaching as a Method to Prevent Physician Burnout

Jeremy Jones, D.O.
Physician Resilience and the Little Way

Katharine Callaghan, M.D. and Brittany Gatta, M.D.
Renewal in Residency

Inspiring Physicians to Imitate Jesus Christ
Raul Enad, M.D.
Meditation and Self Reinvention: A Key Practice in Physician Burnout prevention

Paul M. Shaniuk, M.D.
Can Religion and Spirituality Prevent Burnout in Medical Trainees? – A Suggested Approach for Academic Physicians

Ronald M. Sobecks, M.D.
Lessons from Pediatric Healthcare Providers

Cynthia Jones-Nosacek, M.D.
Hippocratic Oath and Why It Still Matters

Selfless Self-Preservation: The Paradoxical Duty of Resilience

Gwendolyn T. Dean, M.D.
Spiritual Strategies for Living the Fulfilled Life in Medicine
Francie Broghammer, M.D.
Gratitude: A Pathway to Physician Resiliency and Happiness
Thomas W. McGovern, M.D.
Choosing (or Re-Choosing) Your Medical Specialty: What to Do When You Don’t Know What to Do
SATURDAY, SEPTEMBER 28

Stephen C. Beeson, M.D.
Clinician Experience: What is it and How do we Create it?
The Catholic Medical Association is a physician-led community of healthcare professionals that informs, organizes, and inspires its members, in steadfast fidelity to the teachings of the Catholic Church, to uphold the principles of the Catholic faith in the science and practice of medicine.

## 88th Annual Educational Conference of the Catholic Medical Association

### SCHEDULE OF PRESENTERS

#### SATURDAY, SEPTEMBER 28 • BREAKOUT 1

<table>
<thead>
<tr>
<th>Presenter</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sr. Mary Rachel Nerbun, R.S.M., M.D.</td>
<td>Tackling Burnout Through A Theological Analysis of Sorrow in the Physician</td>
</tr>
<tr>
<td>Ricardo Correa, M.D.</td>
<td>Wellness in Graduate Medical Education: A Problem to Solve</td>
</tr>
<tr>
<td>Francie Broghammer, M.D.</td>
<td>Dying of Despair: America's Epidemic of Loneliness and Suicide</td>
</tr>
<tr>
<td>Thomas Heyne, M.D., M.St</td>
<td>From the Mitral Valve to the St. Vitus Dance: Medical Terms with Catholic Roots</td>
</tr>
<tr>
<td>Ethan Schimmoeller</td>
<td>Seeing the Body in Medical School</td>
</tr>
<tr>
<td>E. Wesley Ely, M.D., M.P.H.</td>
<td>Dignity at End of Life - Discussion of PAS and Euthanasia</td>
</tr>
<tr>
<td>Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.</td>
<td>Hospice Palliative Medicine - Practicing End of Life Care as a Catholic</td>
</tr>
</tbody>
</table>
SATURDAY, SEPTEMBER 28 • BREAKOUT 2

Rev. Michael Mary Dosch, O.P.
God’s Mercy and Lourdes

Kathleen M. Berchelmann, M.D.
Catholic Telehealth: Practice with Passion and Work-Life Balance

Brian C. Bamberger, M.D., M.P.H.
Out in the Deep: Moving from Medical Missions and Voluntourism to STEGH

Allen T. Lewis, M.D.
Integrative Treatment Approaches to Autism, ADHD and Mental Illness

Martha S. Winn, R.N.
Fertility Awareness Management Education in Medical Practices

Brian B. Burkey, M.D.
Aligning Our Mission and Vocation: Making Every Day Count

Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.
Hospice Palliative Medicine - Practicing End of Life Care as a Catholic
Since 1957 the Catholic Medical Association proudly presents the annual Linacre Award to the author of the best article of the past year, as judged by The Linacre Quarterly Editorial Board.

## PAST 10 YEARS LINACRE AWARD WINNERS

<table>
<thead>
<tr>
<th>Year</th>
<th>Author</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>C. Ward Kischer, Ph.D.</td>
<td>“The Big Lie in Human Embryology: The Case of the Preembryo”</td>
</tr>
<tr>
<td>1999</td>
<td>Patrick G.D. Riley, Ph.D.</td>
<td>“Medicine as a Moral Art: The Hippocratic Philosophy of Herbert Ratner, M.D.”</td>
</tr>
<tr>
<td>2000</td>
<td>Diane Nurwell Irving, Ph.D.</td>
<td>“Cloning: Legal, Medical, Ethical and Social Issues”</td>
</tr>
<tr>
<td>2001</td>
<td>Ned Masbaum, M.D.</td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>Lynne Bissonnette-Pitre, M.D., Ph.D.</td>
<td>“Divine Paternity”</td>
</tr>
<tr>
<td>2007</td>
<td>John E. Foran, M.D.</td>
<td>“Mater et Magistra and ‘Loyal Dissent’”</td>
</tr>
<tr>
<td>2011</td>
<td>Byron D. Calhoun, M.D.</td>
<td>“Perinatal Hospice: Compassionate and Comprehensive Care for Families with Lethal Prenatal Diagnosis”</td>
</tr>
<tr>
<td>2012</td>
<td>Richard Fitzgibbons, M.D., and Dale O’Leary</td>
<td>“Sexual Abuse of Minors by Catholic Clergy”</td>
</tr>
<tr>
<td>2013</td>
<td>The Ad-Hoc PEG Tube Study Group</td>
<td>“When to Recommend a PEG Tube”</td>
</tr>
<tr>
<td>2014</td>
<td>CMA Study Group on POLST</td>
<td>“The POLST Paradigm and Form: Facts and Analysis”</td>
</tr>
<tr>
<td>2015</td>
<td>Rev. Philip G. Bochanski</td>
<td>“Professing Faith, Professing Medicine: Physicians and the Call to Evangelize”</td>
</tr>
<tr>
<td>2018</td>
<td>Susan Caldwell, M.D.</td>
<td>“Building a Culture of Life by Embracing the Feminine Genius: A Message to Catholic Women in Health Care”</td>
</tr>
</tbody>
</table>
The Catholic Medical Association proudly presents the annual Evangelium Vitae Award for Outstanding Service to the Pro-Life Movement, from conception to natural death.

**PAST EVANGELIUM VITAE AWARD WINNERS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>Archbishop José Gomez</td>
</tr>
<tr>
<td>2012</td>
<td>Brother Paul O’Donnell, F.B.P.</td>
</tr>
<tr>
<td>2014</td>
<td>Debi Vinnedge</td>
</tr>
<tr>
<td>2015</td>
<td>Doris Fernandes, M.D.</td>
</tr>
<tr>
<td>2016</td>
<td>Paul Church, M.D.</td>
</tr>
<tr>
<td>2017</td>
<td>Deacon Alan J. Rastrelli, M.D.</td>
</tr>
<tr>
<td>2018</td>
<td>Rick &amp; Karen Santorum</td>
</tr>
</tbody>
</table>

**Evangelium Vitae Award**

*For Outstanding Service to the Pro-Life Movement*

**Presented at**

The Annual Conference of the Catholic Medical Association
Congratulations to

Michael S. Parker, M.D
CONFERENCE CHAIR

for an Inspiring Annual Educational Conference

Out Prayers and Best Wishes Are with You
as You Assume the Presidency

From the PAST PRESIDENTS of the Catholic Medical Association

We Welcome

John A. Schirger, M.D.
CMA PRESIDENT 2019

As a Member of Our Ranks,
with Deep Gratitude for a Job Well Done
The CMA gratefully acknowledges the support of the Sweere Family Foundation

Sweere Family FOUNDATION
The Clergy, Religious and Lay Faithful of the Archdiocese of Newark are Grateful to the Men and Women of the Catholic Medical Association for Your Commitment to Catholic Teaching and the Healing Arts.

May God Bless You Always.

Cardinal Joseph W. Tobin, C.Ss.R.
Archbishop of Newark
Congratulations to the 88th CMA Conference from all of Wisconsin.

United in defending and proclaiming the faith.

Chippewa Valley Guild
Marshfield Guild
Saint Gianna Molla Guild of Northeast Wisconsin
La Crosse Guild
Catholic Medical Guild of the Diocese of Madison
Milwaukee Guild

Eau Claire
Green Bay
La Crosse
Madison
Marshfield
Milwaukee

Wisconsin Catholic Medical Guilds
Upholding the Principles of the Catholic Faith in the Science and Practice of Medicine
With gratitude to

The Catholic Medical Association 88th Annual Educational Conference

You have the support of our prayers.

The Archdiocese of Omaha would like to express our gratitude for the witness of the Catholic Medical Association.

Archdiocese of Omaha
ARCHOMAH.ORG
Children of God for Life

Proud Supporters of the Catholic Medical Association Since 1999

Japan Now Has
- 2 -
Morally Produced MR Combo Vaccines (Measles + Rubella)
Plus Separate Mumps

Bottom of the 9th

Japan INNING U.S.A.
2 9 0

As the sole provider of the morally produced measles and mumps vaccines in the US, we believe Merck has the social responsibility to make these vaccines available again. Please support our joint efforts with the USCCB and NCBC as we work together to change Merck’s policy - OR - Bring the Japanese vaccines to the USA!

It’s Time We Got Back In The Game!

Visit our website at www.cogforlife.org - Connect with us on Facebook Or On Twitter: @CoGforLife Info Or Phone: (727) 483-9251
God Bless the Catholic Medical Association

and your work in union with

Jesus the Divine Physician

Most Reverend Michael J. Sheridan
Bishop of Colorado Springs
The Most Reverend Robert J. Brennan

and the priests, deacons, religious, and laity of the

Diocese of Columbus

extend their congratulations to

The Catholic Medical Association

On the occasion of their 88th annual national educational conference.

May God’s abundant blessings continue to strengthen them in their service.
Catholic Doctors Needed
Physicians, Dentists, Physician Assistants, Nurse Practitioners

For 60 years, Mission Doctors Association has trained, sent and supported Catholic doctors and their families to serve people of all faiths in some of the most under-served areas of the world.

This mission of healing provides direct patient care and training for local professionals striving toward the goal of sustainable health care.

CATHOLIC   COMPASSIONATE   COMMITTED

For more information and service opportunities visit us at www.MissionDoctors.org
Ascension supports the formative mission of the CMA

In the spirit of Christ, Ascension caregivers provide compassionate, personalized care for all, especially those most in need. One of the leading nonprofit and Catholic health systems in the U.S., Ascension’s Mission-driven doctors and innovators collaborate across 2,600 sites of care to serve patients and families in 21 states and the District of Columbia.

ascension.org

© Ascension 2019. All rights reserved.

THE MOST REVEREND
EDWARD J. BURNS

and the

CLERGY, RELIGIOUS
AND LAY FAITHFUL
of the
CATHOLIC
DIOCESE OF DALLAS

Offer prayers for the
success of the

88TH ANNUAL EDUCATIONAL
CONFERENCE
of the Catholic Medical Association.

May all who attend experience new hope,
spiritual renewal and fulfilled lives in
medicine through their faith and relationship with Jesus Christ.
WE ARE PROLIFE, CATHOLIC HEALTH CARE

Together with Samaritan Ministries International and the Christ Medicus Foundation, CMF CURO is the first Catholic health sharing option that offers an affordable, Christ-centered alternative to health insurance.

CMFCURO.ORG | CHRISTMEDICUS.ORG

The Archdiocese of Kansas City in Kansas offer prayerful support to the Catholic Medical Association during its Annual Educational Conference
May God Bless all who attend the 88th Annual Education Conference of The Catholic Medical Association

Bishop Frank J. Dewane Diocese of Venice in Florida and the Southwest Florida Guild

CONGRATULATIONS TO MICHAEL S. PARKER, MD 2019 Conference Chair & Incoming President

FLORIDA Guilds of the CMA: Integrating the Principles of the Catholic Faith into the Practice of Medicine

Miami Guild EST 2013
(Dedicated to St. Luke)
• CMA-SS at FIU

Southwest Florida Guild EST 2008
“Runner-Up Best Guild” National CMA Award (2018)

Northwest Florida Guild EST 2012
(Padre Pio)

Tampa Bay Guild of St. Philomena EST 2008

Orlando Catholic Physicians Guild EST 2005
(Mary, Mother of Mercy)
• CMA-SS at UCF

St. Gianna Guild of N. Central Florida EST 2012
“Best Guild” for National CMA (2016)
• CMA-SS at UF

Palm Beach Physicians Guild EST 2016
(Our Lady of Mount Carmel)
• CMA-SS at NSU

Join us: Witnessing to Charity & Fortitude on the Battlefield of Medicine; March 27-29, 2020 in Clearwater. (www.cathmedflorida.org)
HELPING HANDS Medical Missions
Delivering compassionate healthcare and the Gospel
to the neediest in the developing world

Since 1996, HHMM has hosted 164 medical missions in 10 different
countries on 3 continents and served close to 300,000 patients.

MISSION LOCATIONS
Guatemala: Santa Maria de Jesús
El Salvador: San Salvador
El Salvador: Santiago Texacuangos
Philippines: Tanauan-Batangas
El Salvador: Ateos
México, Chiapas: Copainalá
Mexico, Chiapas: San Cristóbal
West Africa, Ghana: Butre
East Africa, Uganda: Katikamu

MISSION DATES
October 18-26, 2019
October 25-November 2, 2019
November 1-9, 2019
February 13-22, 2020
February 28-March 7, 2020
March 6-14, 2020
May 29-June 6, 2020
June 25-July 5, 2020
August 12-22, 2020

For detailed information on each mission site, please visit us at www.hhmm.org.

HELPING HANDS Medical Missions
A 501(c)(3) nonprofit
P.O. Box 171088, Irving, TX 75017
P: 972.253.1800   Email: mission@hhmm.org

THE MIND OF THE CHURCH IN THE HEART OF EUROPE

Come and Study Philosophy, Theology, and Liberal Arts at the
International Theological Institute

The International Theological Institute (ITI), founded by Saint John Paul II in 1995,
offers undergraduate and graduate degrees in Sacred Theology (STM, STL, STD),
the Theology of Marriage and Family (MMF), a Bachelor of Arts in Liberal Arts
and a diploma in the Liberal Arts (Studium Generale).

For more information, visit our website:

www.iti.ac.at

Our degrees, all undertaken in the English language, are
fully validated by the Holy See and the State of Austria.
Relevant Radio® is proud to support the Catholic Medical Association

Tune in to Relevant Radio® for inspiring stories and current events from a Catholic perspective – broadcasting 24/7!

Listen online at relevantradio.com and on the FREE app!
Prayer Line: 888-577-5443 • Donor/Listener Line: 877-291-0123 • Studio Line: 888-914-9149

WHO: vulnerable, low income women, men, and adolescents

WHAT: affordable and accessible high quality healthcare, health education and support services

WHY: enable them to become self-sufficient, break the cycle of poverty, and improve communities

HOW CAN I HELP?
Be a part of a community that shares your values. Join the movement and help advance a culture of life in your community.

Career opportunities
Volunteer
Donate

The Obria Group, Inc. | 17731 Irvine Blvd. Ste 201-B | Tustin, CA 92780 | 949-273-5040
obria.org/donate/give | outreach@obriagroup.org
Prayers and Blessings

We offer our prayers to those attending the 88th Annual CMA Educational Conference as you continue to “uphold the principles of the Catholic faith in the science and practice of medicine.”

Bishop Robert Gruss, the Clergy, Religious, and the people of the Diocese of Rapid City, S.D.

The Catholic Diocese of Evansville is proud to support the Catholic Medical Association’s 88th Annual Educational Conference

4220 N. Kentucky Avenue
Evansville, Indiana 47724
(812) 424-5556 • (800) 637-1731
www.evdio.org

ST. GIANNA MOLLA GUILD
OF NORTHEAST WISCONSIN
A CHARTERED GUILD of the Catholic Medical Association


To find out more about the SGMGNEW and to join our email list please visit our website: www.SGMGNEW.com

*2015 Outstanding Guild Award

Many thanks to the Catholic Medical Association for helping to bring the compassion of Christ to all you serve through your advocacy, education and support of healthcare professionals throughout the United States. Be assured of our prayers for the success of your 88th annual education conference and into the future.

Most Rev. Joseph J. Tyson, Bishop of Yakima; Bishop Emeritus Carlos A. Sevilla, S.J.; and the clergy, religious, and faithful of the Diocese of Yakima
Celebrating 5 years of authentically ProLife women’s health. Now with expanded telemedicine consult services.

Call 260.222.7401
www.fertilityandmidwifery.com

When Your Patients Need the Truth

BREAST CANCER PREVENTION INSTITUTE

www.bcpinstitute.org

The Catholic Medical Association gratefully acknowledges the support of Our Sunday Visitor

Our Sunday Visitor

Bringing Your Catholic Faith to Life
www.osv.com
Support our Medical Students and Residents!

The world today can be very confusing and challenging, especially for our young adults.

Many are understandably disconcerted and directionless. We at the CMA are keenly aware and proactively working to change the culture by helping our medical students and residents return to a God centered place of peace and well-being.

Positively influencing young CMA physicians is how we will affect real change in the medical field ensuring a more promising future for our nation’s healthcare. Our Medical Student and Resident Education Boot Camp and Annual Educational Conference have long been beacons of learning for our young members to learn that as Catholic medical students they will be engaged in fighting a battle against a culture of secularism, relativism, and scientism that pervades medical education in the United States.

Please help us continue ensuring these bright and worthy future physicians practice medicine more fully by understanding the Catholic faith and moral tradition to thrive at their calling to be faithful Catholic physicians.

IMPACT LEVELS

Full Scholarship, Boot Camp & Conference
$2,235

1 Boot Camp Scholarship
$1,500

1 Conference Scholarship
$835

FACT

243 Total Boot Camp Attendees since 2013

Donations can be made online at www.cathmed.org
SAVE THE DATE AND JOIN US NEXT YEAR IN SAN DIEGO!

Medicine’s Integrity
Reclaiming the Doctor-Patient Relationship

Integritas Medicinae

THE CATHOLIC MEDICAL ASSOCIATION
89th Annual Educational Conference
SEPTEMBER 24-26, 2020 • SAN DIEGO, CA