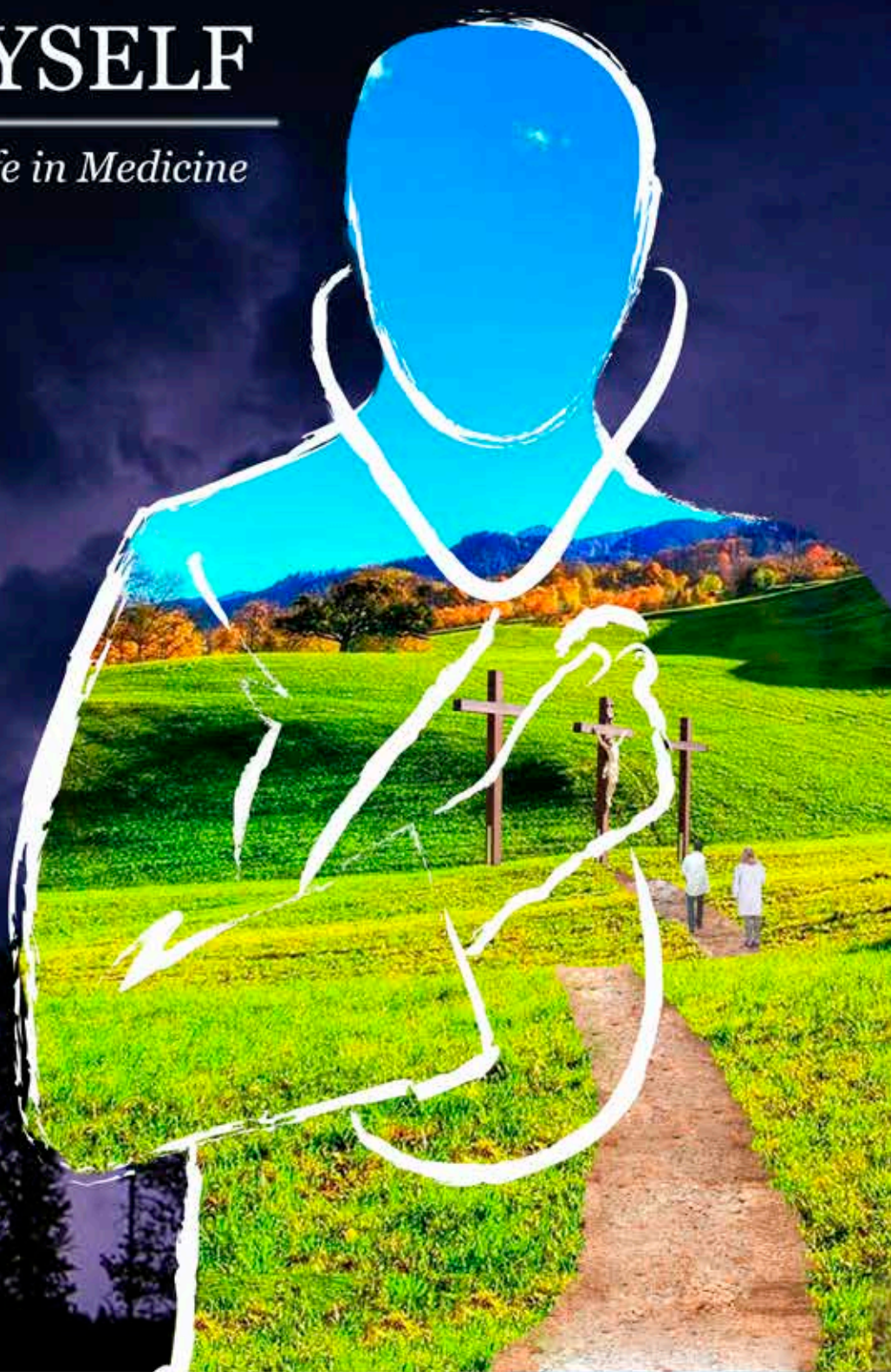


# PHYSICIAN HEAL THYSELF

*Living the Fulfilled Life in Medicine*



THE CATHOLIC MEDICAL ASSOCIATION  
**88th Annual Educational Conference**  
SEPTEMBER 26-28, 2019 • NASHVILLE, TN

Presented by  
**Solidarity**  
HEALTHSHARE

# 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.

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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.

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CATHOLIC MEDICAL ASSOCIATION

## 88th Annual Educational Conference

NASHVILLE, TENNESSEE



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.



# CATHOLIC MEDICAL ASSOCIATION

*Upholding the Principles of the Catholic Faith in the Science and Practice of Medicine*



September 26, 2019

Dear Colleagues,

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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



DIOCESE OF NASHVILLE



OFFICE OF THE BISHOP

August, 2019

Dear Brother and Sisters in Christ,

It is my pleasure to welcome you to the Catholic Medical Association's 88<sup>th</sup> 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 utmost 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



## DIOCESE OF LINCOLN

OFFICE OF THE BISHOP



August 15, 2019  
Assumption of Mary

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



## METROPOLITAN GOVERNMENT OF NASHVILLE AND DAVIDSON COUNTY

DAVID BRILEY  
MAYOR

OFFICE OF THE MAYOR  
METROPOLITAN COURTHOUSE  
NASHVILLE, TENNESSEE 37201  
PHONE: (615) 862-6000  
EMAIL: [mayor@nashville.gov](mailto:mayor@nashville.gov)

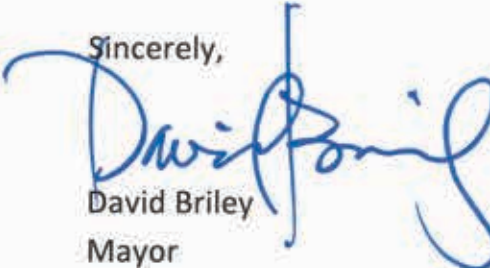
September, 2019

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

BLESSED MOTHER TERESA OF CALCUTTA



## THE 1995 RESTATEMENT OF THE OATH OF HIPPOCRATES

**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 INFORMATION

### CONFERENCE PLANNING COMMITTEE

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

**Linda Donnelly**  
Fort Washington, PA

**Sr. Mary Diana Dreger, O.P., M.D.**  
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**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.



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

# CONFERENCE INFORMATION

### 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](http://cathmed.org/events/annual-educational-conference/cme-statements-course-objectives)



## CONFERENCE INFORMATION

### CME INFORMATION

The Christian Medical & Dental Associations designates this educational activity for a maximum of 20.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. 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)*<sup>™</sup>. 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)*<sup>™</sup> 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*<sup>™</sup> 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.**

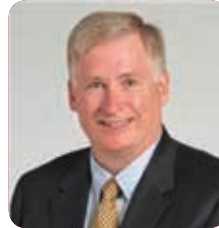


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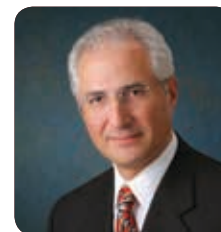
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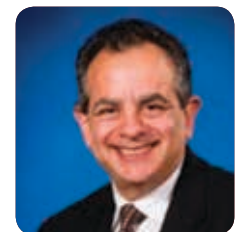
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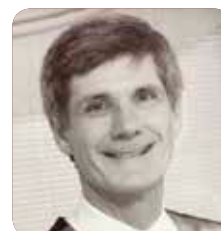
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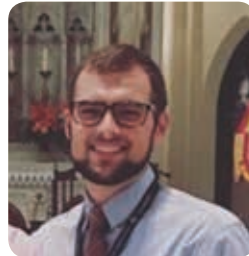
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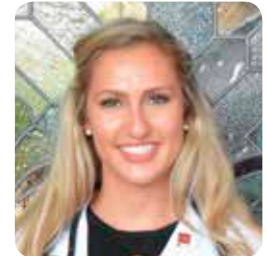
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Catholic Medical Association NYC Student Chapter  
CMA-SS at Feinberg School of Medicine  
CMA-SS Creighton University  
CMA-SS of Drexel University College of Medicine  
CMA-SS of Indiana University School of Medicine  
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School of Medicine  
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CMA-SS of the University of Nebraska Medical Center  
CMA-SS of TTUHSC El Paso PLFSOM  
CMA-SS of University of Central  
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CMA-SS UWSMPH 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  
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University of Cincinnati Medical school  
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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



## 88th Annual Educational Conference of the Catholic Medical Association 2019 CONFERENCE INFORMATION

### CONFERENCE RECORDINGS

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

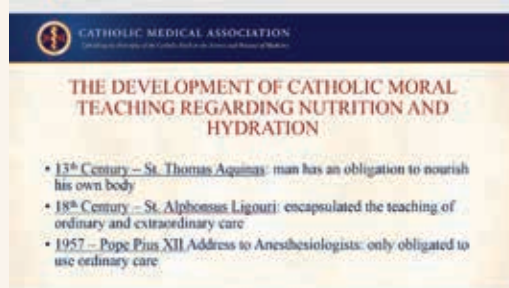
The conference is being recorded and talks will be available to purchase on our website as digital downloads.

**WWW.CATHMED.ORG/LECTURES**

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88th Annual Educational Conference of the Catholic Medical Association  
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1939–42	Thomas M. Brennan, M.D., Brooklyn, NY	1993–94	Patrick C. Hogan, M.D., St. Louis, MO
1942–47	John J. Masterson, M.D., Brooklyn, NY	1994–95	Kevin J. Murrell, M.D., Augusta, GA
1947–51	John Spellman, M.D., Brookline, MA	1995–96	J. Anthony San Filippo, M.D., White Plains, NY
1951–53	William Chester, M.D., Detroit, MI	1996–97	Michael V. Rock, M.D., Paradise Valley, AZ
1953–55	Joseph Toland, Jr., M.D., Philadelphia, PA	1997–98	Paul A. Byrne, M.D., Toledo, OH
1955–57	Melvin Yeip, M.D., Cleveland, OH	1998–99	Richard A. Watson, M.D., Mountainside, NJ
1957–59	William Egan, M.D., Brookline, MA	1999–00	Michael R. Aiello, M.D., Lake Placid, NY
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1969–70	Gino G. Papola, M.D., Bryn Mawr, PA	2009–10	Leonard P. Rybak, M.D., Springfield, IL
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1972–73	Charles A. Bauda, M.D., Boynton Beach, FL	2012–13	John I. Lane, M.D., Rochester, MN
1973–74	John J. Brennan, M.D., Milwaukee, WI	2013–14	Paul J. Braaton, M.D., Modesto, CA
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1981–82	David P. Frelinger, M.D., Playa Del Rey, CA		
1982–83	William V. Fitzsimmons, M.D., Oak Park, IL		
1983–84	Joseph M. Gambescia, M.D., Philadelphia, PA		
1984–85	Herbert M. Nakata, M.D., Honolulu, HI		
1985–86	William G. White, M.D., Franklin Park, IL		
1986–87	Andrew J. Peters, M.D., Rockville Centre, NY		
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# 88th Annual Educational Conference of the Catholic Medical Association

## 2019 CONFERENCE SCHEDULE

### WEDNESDAY, SEPTEMBER 25

7:00 AM	<b>Mass Celebrant:</b> <i>Rev. Matthew J. Gutowski, S.T.L.</i>	Tennessee Ballroom
9:00 AM - 3:30 PM	<b>* Historic Nashville Pilgrimage</b>	Bus: Magnolia Lobby/Portico
10:00 AM	<b>Board Meeting (private meeting for Board members only)</b>	Cheekwood F
10:45 AM	<b>Break</b>	
<b>* End of Life (EOL) Forum</b> <i>Hermitage C &amp; D Rooms</i> <b>5.75 CME</b>	7:30 AM	<b>EOL Forum Breakfast</b>
	8:00 AM	<b>Welcome and Introduction</b> <i>Natalie Rodden, M.D. and Deacon Alan Rastrelli, M.D.</i>
	8:10 AM	<b>Catholic Teachings on the EOL: A review of the Documents and Guidelines for Medical Practice</b> <i>Rev. J. Daniel Mindling, OFM Cap., S.T.D.</i>
	8:50 AM	<b>You Can Lead a Body to Water, But...A Review of Catholic Teaching and Clinical Applications for Medically Assisted Nutrition and Hydration</b> <i>Rev. John Raphael and Rafael Rosario, M.D.</i>
	9:40 AM	<b>Break</b>
	10:00 AM	<b>Practicing End of Life Care: Palliative Medicine and Hospice 101</b> <i>Natalie Rodden, M.D.</i>
	10:40 AM	<b>"Doc, this Tylenol is not working": Pain Management in Advanced Illness and Becoming Comfortable with Making Patients Comfortable</b> <i>Karen O'Brien, M.D.</i>
	11:30 AM	<b>Morning Q&amp;A</b> <i>Rev. J. Daniel Mindling, OFM Cap., S.T.D., Rev. John Raphael, Rafael Rosario, M.D., Karen O'Brien, M.D.</i>
	11:45 AM	<b>Break</b>
	12:00 AM	<b>Lunch</b>
	12:15 PM	<b>The Current State of Physician Assisted Suicide and Euthanasia in North America</b> <i>William L. Toffler, M.D.</i>
	12:45 PM	<b>Break</b>



# 2019 CONFERENCE SCHEDULE

<b>* End of Life (EOL) Forum</b> <i>Hermitage C &amp; D Rooms</i>	1:00 PM <b>Suffering and The Caring for Patients in the ICU in the Age of Physician Assisted Suicide and Euthanasia</b> <i>E. Wesley Ely, M.D., M.P.H.</i>
	1:40 PM <b>"It's not just the pain" Non-pain Symptom Management: Creatively Addressing Disabling Side Effects and Symptoms</b> <i>Rafael D. Rosario, M.D.</i>
	2:30 PM <b>Current Evidence for Palliative Interventions</b> <i>Annmarie Hosie, R.N., Ph.D.</i>
	3:10 PM <b>Break</b>
	3:25 PM <b>Managing Existential Distress: Serious Illness and the End of Life</b> <i>Deacon Alan Rastrelli, M.D.</i>
	4:00 PM <b>Advance Care Planning: Finding the Courage to Have a Conversation that Matters</b> <i>M.C. Sullivan, R.N., J.D.</i>
	4:50 PM <b>Building a Catholic EOL Culture and Engaging the Public Sphere: Real Life Pearls</b> <i>Elliott Bedford Ph.D., Jozef Zalot, Ph.D., M.C. Sullivan RN JD, Annmarie Hosie, R.N., Ph.D.</i>
	5:30 PM <b>Closing Remarks</b> <i>Natalie Rodden, M.D. and Deacon Alan Rastrelli, M.D.</i>
<b>* NFP Forum - Whats New With NFP?</b> <i>Heritage E Room</i> 3:00 - 5:00 PM <b>2 CME</b>	<b>Effectiveness of Fertility Awareness-Based Methods for Avoiding Pregnancy: A Systematic Review</b> <i>Joseph Stanford, M.D., M.P.H.</i>
	<b>The Dot Fertility App: An Effective Approach to Expanding Access to Fertility Awareness-Based Methods</b> <i>Victoria Jennings Ph.D.</i>
	<b>The Real-World Application of the Marquette Model Natural Family Planning Method (MM-NFP): A Multi-Site Effectiveness Study</b> <i>Qiyang Mu, R.N., Ph.D.</i>
	<b>Use of Urine Progesterone Tests for More Accurate Ovulation Monitoring</b> <i>Amy Beckley, Ph.D.</i>
	<b>Patients' Experience in Conversing with Clinicians About Fertility Awareness Based Methods</b> <i>Marguerite R. Duane, M.D.</i>

## THURSDAY, SEPTEMBER 26

6:30 AM <b>Confession</b>	Tennessee Lobby, Davidson C, D
6:30 AM <b>Rosary</b>	Tennessee Ballroom
7:00 AM <b>Mass Celebrant: Most Rev. James D. Conley, D.D.</b>	Tennessee Ballroom
8:00 AM <b>Breakfast</b>	Ryman Exhibit Hall B1



# 2019 CONFERENCE SCHEDULE

8:55 AM	<b>Why Do I Feel This Way? The Epidemic of Caregiver Burnout</b> .25 CME <i>Michael S. Parker, M.D.</i>	Tennessee Ballroom
9:20 AM	<b>A New Model of Faithful Catholic Healthcare Delivery for the United States</b> .25 CME <i>Jere Palazzolo</i>	Tennessee Ballroom
10:00 AM	<b>Burn Brightly: How to Resist the Provider-of-Services Model and Recover the Intrinsic Rewards of Practicing Good Medicine</b> .75 CME <i>Farr Curlin, M.D.</i>	Tennessee Ballroom
10:45 AM	<b>Break</b>	Tennessee Lobby
10:45 AM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
11:00 AM	<b>Chronic Stress: Doctor, what's wrong with you - Burnout, Compassion Fatigue, PTSD?! .75 CME</b> <i>Lynne B. Bissonnette-Pitre, M.D., Ph.D.</i>	Tennessee Ballroom
11:50 AM	<b>Rebuilding a Cathedral: Building an Authentic Catholic Healthcare Culture</b> <i>Christopher L. Faddis and Bradley L. Hahn, J.D.</i>	Tennessee Ballroom
12:15 PM	<b>Lunch</b>	Garden Court
1:15 PM	<b>The Physician's Search for Joy: What Would Aristotle and Aquinas Say About Burnout?</b> CME <i>William Stigall, M.D.</i>	Tennessee Ballroom
	<b>Thomas Merton vs. Point &amp; Click Medicine: Spirituality and Contemplation in the Pursuit of Fulfillment</b> CME <i>Timothy P. Millea, M.D.</i>	Hermitage A
	<b>Catholic Match: Navigating the Residency Application Process of the Rising Catholic Physician</b> <i>Cecilia Jojola, M.D.</i>	Hermitage B
	<b>Workshop for Guild and State Leaders – Nuts and Bolts</b> <i>Robin J. Goldsmith, M.D., Moderator</i> <i>David J. Hilger, M.D., Alfonso Oliva, M.D., Rev. Scott F. Binet, M.D., Elizabeth Anderson, M.D. and Diane Gowski, M.D.</i>	Hermitage C
	<b>How to “Heal thyself” and provide better care for patients</b> CME <i>Ronald M. Sobecks, M.D.</i>	Hermitage D
	<b>How to Repel Burnout and Increase Fulfillment in the Practice of Medicine</b> CME <i>Thomas W. McGovern, M.D.</i>	Hermitage E
	<b>The Science of Trauma and Toxic Stress: Implications for Patients, Health Care Providers, and Families</b> CME <i>Deborah Rodriguez, M.D.</i>	Cheekwood ABC



# 2019 CONFERENCE SCHEDULE

2:15 PM <b>Breakout 2</b>  Choose one .75 CME (if applicable)	<b>Healing the CMA after Humanae vitae: A Twenty Year History (1958-1978) of Contraception and Abortion as Experienced by the Catholic Medical Association</b> <i>Richard J. Fehring, R.N., Ph.D.</i>	Tennessee Ballroom
	<b>If I Wasn't So Busy, I Would Pray Less</b> <i>Rev. Glenn J. Kohrman, M.Div.</i>	Hermitage A
	<b>Pearls for Physician Burnout: 4 Women Doctors CME</b> <i>Sr. Mary Diana Dreger, O.P., M.D., Kathleen M. Raviele, M.D., Maricela P. Moffitt, M.D., Jennifer K. Johnson, M.D.</i>	Hermitage B
	<b>Physician Suicide Crisis CME</b> <i>Cynthia B. Hunt, M.D.</i>	Hermitage C
	<b>Accompanying the Dying: How Hospice Care Can Heal Our Patients and Ourselves CME</b> <i>J. Robert Parkey, M.D.</i>	Hermitage D
	<b>The Fulfilled Life of International Mission Service: How serving those most in need heals the doctor and the world CME</b> <i>Lisa Gilbert, M.D.</i>	Hermitage E
	<b>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 CME</b> <i>Thomas A. Baril, Ph.D.</i>	Cheekwood ABC
3:00 PM <b>Break</b>		Tennessee Lobby
3:00 PM <b>Confession</b>		Tennessee Lobby, Davidson C, D



# 2019 CONFERENCE SCHEDULE

3:15 PM <b>Breakout 3</b>  Choose one .75 CME (if applicable)	<b>Small Changes Big Impacts: Learning Some Simple Rules to Epigenetics that Promote Health for you, your family, and your patients</b> CME <i>John Oertle, N.M.D.</i> Tennessee Ballroom
	<b>By His wounds We are Healed: Encountering of the Suffering Christ in Haiti</b> <i>Nicole Shirilla, M.D.</i> Hermitage A
	<b>Self Care in Health Care: A Look at the Current Treatments for Physician Self Care</b> CME <i>Deborah Rodriguez, M.D.</i> Hermitage B
	<b>Perfectionism: Does It Prevent or Promote Burnout?</b> CME <i>Sr. Maria Lin Pacold, R.S.M., M.D.</i> Hermitage C
	<b>Conscience, Compromise, and Complicity</b> CME <i>Jason T. Eberl, Ph.D.</i> Hermitage D
	<b>Social Media and Wellness</b> CME <i>Ashley K. Fernandes, M.D., Ph.D. and William E. Chavey, M.D.</i> Hermitage E
	<b>Remembering Who We Are</b> CME <i>Deacon John M. Travaline, M.D.</i> Cheekwood ABC
4:00 PM	<b>Catholic Women Physicians Focus Session: Pearls for Physician Burnout Continued</b> 1 CME <i>Sr. Mary Diana Dreger, O.P., M.D., Kathleen M. Raviele, M.D., Maricela P. Moffitt, M.D., Jennifer K. Johnson, M.D.</i> Tennessee Ballroom
4:00 PM	<b>Advisory Committee Meeting</b> Hermitage A
4:00 PM	<b>Ethics Committee Meeting</b> Hermitage B
4:00 PM	<b>Regional Director, State Director, Guild President Meeting</b> Hermitage C
4:00 PM	<b>Men's Physician Retreat</b> Hermitage E
4:00 PM	<b>Media and Communications Committee Meeting</b> Cheekwood ABC
5:00 PM	<b>Poster Session Presentation</b> Magnolia Mezzanine
<b>* Special Event:</b> <i>General Jackson Showboat dinner cruise</i>	5:45 PM <b>Special Event Bus Boarding</b> Magnolia Lobby/Portico, Gaylord Opryland Resort
	6:15 PM <b>General Jackson Showboat Boarding</b>



# 88th Annual Educational Conference of the Catholic Medical Association

## 2019 CONFERENCE SCHEDULE

FRIDAY, SEPTEMBER 27		
6:30 AM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
6:30 AM	<b>Rosary</b>	Tennessee Ballroom
7:00 AM	<b>Mass</b> <i>Celebrant: Most. Rev. Richard F. Stika, M.Div.</i>	Tennessee Ballroom
8:00 AM	<b>Breakfast</b>	Ryman Exhibit Hall B1
9:00 AM	<b>Intellectual, Moral and Theological Virtues: Balm for Medical Burnout in Mind, Body and Soul</b> .75 CME Kevin Vost, Psy.D.	Tennessee Ballroom
10:00 AM	<b>Manna and Money: Seeking Christ in Your Finances</b> <i>Matt Palmer</i>	Tennessee Ballroom
10:45 AM	<b>Break</b>	Tennessee Lobby
10:45 AM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
11:00 AM	<b>Virtue, Health and Neuroscience</b> .75 CME David J. Hilger, M.D.	Tennessee Ballroom
12:15 PM	<b>Lunch</b>	Ryman Exhibit Hall B1
1:15 PM	<b>Breakout 1</b>	
	<b>Mentoring: The Gift that Gives Back</b> .75 CME <i>Thomas W. McGovern, M.D.</i>	Tennessee Ballroom
	<b>The Art of Patient Story-Telling; an Antidote to Physician Burnout</b> CME <i>Paul W. Day, M.D.</i>	Hermitage A
	<b>Renewal in Residency - Reflections on Being Refreshed by Spirituality Amidst the Work of Medicine</b> CME <i>Katharine Callaghan, M.D. and Brittany Gatta, M.D.</i>	Hermitage B
2:15 PM	<b>Breakout 2</b>	
Choose one .75 CME (if applicable)	<b>Even Doctors Need Healing from Others: A Theology of the Body Perspective on Healing the Whole Person</b> CME <i>Monica Ashour, M. Hum. M.T.S.</i>	Hermitage C
	<b>A Sword Shall Pierce Your Heart: Embracing the Pain of Perinatal Loss</b> CME <i>Jennifer Barr, M.D.</i>	Hermitage D
	<b>Clinical Performance Coaching as a Method to Prevent Physician Burnout</b> CME <i>Teresa Camp-Rogers, M.D.</i>	Hermitage E
	<b>Physician Resilience and the Little Way</b> CME <i>Jeremy Jones, D.O.</i>	Cheekwood ABC



# 2019 CONFERENCE SCHEDULE

3:00 PM	<b>Break</b>	Tennessee Lobby B, Davidson B,C
3:00 PM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
3:15 PM	<b>Breakout 3</b>  Choose one .75 CME (if applicable)	<b>Meditation and Self Reinvention: A Key Practice in Physician Burnout <span style="color: #0070C0;">CME</span> prevention</b> <i>Raul Enad, M.D.</i> Hermitage A
		<b>Can Religion and Spirituality Prevent Burnout in Medical Trainees? – A Suggested Approach for Academic Physicians <span style="color: #0070C0;">CME</span></b> <i>Paul M. Shaniuk, M.D.</i> Hermitage B
		<b>Lessons from Pediatric Healthcare Providers <span style="color: #0070C0;">CME</span></b> <i>Ronald M. Sobecks, M.D.</i> Hermitage C
		<b>Hippocratic Oath and Why It Still Matters <span style="color: #0070C0;">CME</span></b> <i>Cynthia Jones-Nosacek, M.D.</i> Hermitage D
		<b>Selfless Self-Preservation: The Paradoxical Duty of Resilience <span style="color: #0070C0;">CME</span></b> <i>Rev. Robert McTeigue, S.J., Ph.D., M.Th.</i> Hermitage E
		<b>Spiritual Strategies for Living the Fulfilled Life in Medicine <span style="color: #0070C0;">CME</span></b> <i>Gwendolyn T. Dean, M.D.</i> Cheekwood ABC
3:30 PM	<b>General Assembly – All encouraged to attend</b> Agenda Includes • 2020 Board Installation • Award Presentations: • Evangelium Vitae Award • Linacre Quarterly Award • Outstanding Guild Award • Outstanding Student Chapter Award • Outstanding Guild Chaplain Award • Poster Session Awards	Tennessee Ballroom
8:00 PM	<b>Praise and Worship</b> <i>Matt Maher</i>	Tennessee Ballroom



# 88th Annual Educational Conference of the Catholic Medical Association

## 2019 CONFERENCE SCHEDULE

### SATURDAY, SEPTEMBER 28

6:30 AM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
6:30 AM	<b>Rosary</b>	Tennessee Ballroom
7:00 AM	<b>Mass</b> <i>Celebrant: Rev. Matthew J. Gutowski, S.T.L.</i>	Tennessee Ballroom
8:00 AM	<b>Breakfast</b>	Ryman Exhibit Hall B1
9:00 AM	<b>Gratitude: A Pathway to Physician Resiliency and Happiness</b> .75 CME Francie Broghammer, M.D.	Tennessee Ballroom
10:00 AM	<b>Choosing (or Re-Choosing) Your Medical Specialty: What to Do When You Don't Know What to Do</b> .75 CME Thomas W. McGovern, M.D.	Tennessee Ballroom
10:45 AM	<b>Break</b>	Tennessee Lobby
10:45 AM	<b>Confession</b>	Tennessee Lobby, Davidson C, D
11:00 AM	<b>Clinician Experience: What is it &amp; How do we Create it?</b> .75 CME Stephen C. Beeson, M.D.	Tennessee Ballroom
12:15 PM	<b>Lunch</b>	Ryman Exhibit Hall B1
1:15 PM	<b>Hospice Palliative Medicine - Practicing End of Life Care as a Catholic</b> CME <i>Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.</i>	Tennessee Ballroom
	<b>Tackling Burnout Through A Theological Analysis of Sorrow in the Physician: An Augustinian and Thomistic Approach</b> CME <i>Sr. Mary Rachel Nerbun, R.S.M., M.D.</i>	Hermitage A
	<b>Wellness in Graduate Medical Education: A Problem to Solve</b> CME <i>Ricardo Correa, M.D.</i>	Hermitage B
	<b>Dying of Despair: America's Epidemic of Loneliness and Suicide</b> CME <i>Francie Broghammer, M.D.</i>	Hermitage C
	<b>From the Mitral Valve to the St. Vitus Dance: Medical Terms with Catholic Roots</b> <i>Thomas Heyne, M.D., M.St</i>	Hermitage D
	<b>Seeing the Body in Medical School</b> CME <i>Ethan Schimmoeller</i>	Hermitage E
	<b>Dignity at End of Life - Discussion of PAS and Euthanasia</b> <i>E. Wesley Ely, M.D., M.P.H.</i>	Cheekwood ABC



# 2019 CONFERENCE SCHEDULE

2:15 PM <b>Breakout 2</b>  Choose one .75 CME (if applicable)	<b>Hospice Palliative Medicine - Practicing End of Life Care as a Catholic</b> <b>CME</b> <i>Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.</i> Tennessee Ballroom
	<b>God's Mercy and Lourdes</b> <i>Rev. Michael Mary Dosch, O.P.</i> Hermitage A
	<b>Catholic Telehealth: Practice with Passion and Work-Life Balance</b> <b>CME</b> <i>Kathleen M. Berchermann, M.D.</i> Hermitage B
	<b>Out in the Deep: Moving from Medical Missions and Voluntourism to STEGH</b> <b>CME</b> <i>Brian C. Bamberger, M.D., M.P.H.</i> Hermitage C
	<b>Integrative Treatment Approaches to Autism, ADHD and Mental Illness</b> <b>CME</b> <i>Allen T. Lewis, M.D.</i> Hermitage D
	<b>Fertility Awareness Management Education in Medical Practices: Empowering Patients to Participate in Care/Simplifying the Office Visit</b> <b>CME</b> <i>Martha S. Winn, R.N.</i> Hermitage E
	<b>Aligning Our Mission and Vocation: Making Every Day Count</b> <b>CME</b> <i>Brian B. Burkey, M.D.</i> Cheekwood ABC
3:00 PM	<b>Buses begin loading for the White Mass</b> Magnolia Lobby/Portico, Gaylord Opryland Resort
5:00 PM	<b>White Mass</b> <i>Celebrant: Most Rev. J. Mark Spalding, J.C.L.</i> Cathedral of the Incarnation
6:30 PM	<b>Banquet Cocktail Reception</b> Tennessee Lobby
7:30 PM	<b>Banquet Dinner</b> Tennessee Ballroom
	<b>Keynote Address: The Power of One</b> <i>John O'Leary</i>
<b>SUNDAY, SEPTEMBER 29</b>	
8:00 AM	<b>Travelers Mass</b> <i>Rev. Matthew J. Gutowski, S.T.L.</i> Tennessee Ballroom



SPECIAL EVENT

# 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)*





## GAYLORD OPRYLAND RESORT & CONVENTION CENTER



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.





88th Annual Educational Conference of the Catholic Medical Association

# CONFERENCE BANQUET

88TH ANNUAL NATIONAL CONFERENCE

# BANQUET

Saturday, September 28, 2019 • Tennessee Ballroom



Cocktail Reception 6:30 PM • Invocation and Banquet 7:30 PM

## Program

### WELCOME

**Michael S. Parker, M.D.**

*Conference Chair*

### INVOCATION

**Most Rev. James D. Conley, D.D.**

## Dinner

### DISTINGUISHED GUARDIAN OF THE FAITH AWARD PRESENTATION

### REMARKS

**John A. Schirger, M.D.**

*President*

**Michael S. Parker, M.D.**

*President-Elect*

### KEYNOTE ADDRESS

**John O'Leary**  
*"The Power of One"*

### FINAL BLESSING

**Most. Rev. James D. Conley, D.D.**

## Menu



### SALAD

Mixed baby greens, blue cheese, candied walnuts, dried cherries and red wine vinaigrette



### ENTRÉE

Chili-Rubbed Pork chop, grilled asparagus, roasted garlic mashed potatoes and charred tomatoes



### DESSERT

Caramel Cheesecake, apple-walnut cake and linzer cookie





**THURSDAY, SEPTEMBER 26**



*Why Do I Feel This Way? The Epidemic of Caregiver Burnout*



**THURSDAY, SEPTEMBER 26**



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**THURSDAY, SEPTEMBER 26**



*Burn Brightly: How to Resist the Provider-of-Services Model and Recover the Intrinsic Rewards of Practicing Good Medicine*



*Chronic Stress: Doctor, what's wrong with you - Burnout, Compassion Fatigue, PTSD?!*

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**THURSDAY, SEPTEMBER 26**



## *Rebuilding a Cathedral: Building an Authentic Catholic Healthcare Culture*



# SCHEDULE OF PRESENTERS

## THURSDAY, SEPTEMBER 26 • BREAKOUT 1



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

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

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

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

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

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

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**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*



## SCHEDULE OF PRESENTERS

### THURSDAY, SEPTEMBER 26 • BREAKOUT 2



**Richard J. Fehring, R.N.,  
Ph.D.**

*Healing the CMA after  
Humanae vitae*

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**Rev. Glenn J. Kohrman,  
M.Div.**

*If I Wasn't So Busy, I Would  
Pray Less*

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**Cynthia B. Hunt, M.D.**

*Physician Suicide Crisis*

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**J. Robert Parkey, M.D.**

*Accompanying the Dying:  
How Hospice Care Can  
Heal Our Patients and  
Ourselves*

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**Lisa Gilbert, M.D.**

*The Fulfilled Life of  
International Mission Service:  
How serving those most in need  
heals the doctor and the world*

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**Thomas A. Baril, Ph.D.**

*Compassion is not the  
Cause of Fatigue But its  
Cure!*

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**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*



## SCHEDULE OF PRESENTERS

### THURSDAY, SEPTEMBER 26 • BREAKOUT 3



**John Oertle, N.M.D.**

*Small Changes Big Impacts*

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**Nicole Shirilla, M.D.**

*By His wounds We are Healed: Encountering of the Suffering Christ in Haiti*

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**Deborah Rodriguez, M.D.**

*Self Care in Health Care: A Look at the Current Treatments for Physician Self Care*

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**Sr. Maria Lin Pacold, R.S.M., M.D.**

*Perfectionism: Does It Prevent or Promote Burnout?*

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**Jason T. Eberl, Ph.D.**

*Conscience, Compromise, and Complicity*

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**Deacon John M.**

**Travaline, M.D.**

*Remembering Who We Are*

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**Ashley K. Fernandes, M.D., Ph.D. and William E. Chavey, M.D.**

*Social Media and Wellness*

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*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.*



**FRIDAY, SEPTEMBER 27**



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



**FRIDAY, SEPTEMBER 21**



*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.*



**FRIDAY, SEPTEMBER 21**

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FRIDAY, SEPTEMBER 27 • *BREAKOUT 1*

*Mentoring: The Gift that Gives Back*

*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.*



## SCHEDULE OF PRESENTERS

### FRIDAY, SEPTEMBER 27 • BREAKOUT 2



**Paul W. Day, M.D.**

*The Art of Patient Story-Telling; an Antidote to Physician Burnout*

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**Monica Ashour, M. Hum. M.T.S.**

*Even Doctors Need Healing from Others: A Theology of the Body Perspective on Healing the Whole Person*

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**Jennifer Barr, M.D.**

*A Sword Shall Pierce Your Heart: Embracing the Pain of Perinatal Loss*

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**Teresa Camp-Rogers, M.D.**

*Clinical Performance Coaching as a Method to Prevent Physician Burnout*

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**Jeremy Jones, D.O.**

*Physician Resilience and the Little Way*

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**Katharine Callaghan, M.D. and Brittany Gatta, M.D.**

*Renewal in Residency*



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## SCHEDULE OF PRESENTERS

### FRIDAY, SEPTEMBER 27 • BREAKOUT 3



**Raul Enad, M.D.**

*Meditation and Self Reinvention:  
A Key Practice in Physician  
Burnout prevention*

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**Paul M. Shaniuk, M.D.**

*Can Religion and Spirituality Prevent  
Burnout in Medical Trainees? – A  
Suggested Approach for Academic  
Physicians*

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**Ronald M. Sobecks,  
M.D.**

*Lessons from Pediatric  
Healthcare Providers*

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**Cynthia Jones-Nosacek, M.D.**

*Hippocratic Oath and Why It Still  
Matters*

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**Rev. Robert McTeigue, S.J.,  
Ph.D., M.Th.**

*Selfless Self-Preservation: The  
Paradoxical Duty of Resilience*

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**Gwendolyn T. Dean, M.D.**

*Spiritual Strategies for Living  
the Fulfilled Life in Medicine*

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## SATURDAY, SEPTEMBER 28



## Gratitude: A Pathway to Physician Resiliency and Happiness

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## SATURDAY, SEPTEMBER 28



## *Choosing (or Re-Choosing) Your Medical Specialty: What to Do When You Don't Know What to Do*

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## SATURDAY, SEPTEMBER 28



### *Clinician Experience: What is it and How do we Create it?*

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## SCHEDULE OF PRESENTERS

### SATURDAY, SEPTEMBER 28 • BREAKOUT 1



**Sr. Mary Rachel Nerbun, R.S.M., M.D.**

*Tackling Burnout Through A Theological Analysis of Sorrow in the Physician*

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**Ricardo Correa, M.D.**

*Wellness in Graduate Medical Education: A Problem to Solve*

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**Francie Broghammer, M.D.**

*Dying of Despair: America's Epidemic of Loneliness and Suicide*

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**Thomas Heyne, M.D., M.St**

*From the Mitral Valve to the St. Vitus Dance: Medical Terms with Catholic Roots*

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**Ethan Schimmoeller**

*Seeing the Body in Medical School*

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**E. Wesley Ely, M.D., M.P.H.**

*Dignity at End of Life - Discussion of PAS and Euthanasia*

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**Natalie Rodden, M.D. and Deacon Alan J. Rastrelli, M.D.**

*Hospice Palliative Medicine - Practicing End of Life Care as a Catholic*

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## SCHEDULE OF PRESENTERS

### SATURDAY, SEPTEMBER 28 • BREAKOUT 2



**Rev. Michael Mary  
Dosch, O.P.**

*God's Mercy and Lourdes*

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**Kathleen M.  
Berchelmann, M.D.**

*Catholic Telehealth: Practice  
with Passion and Work-Life  
Balance*

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**Brian C. Bamberger,  
M.D., M.P.H.**

*Out in the Deep: Moving  
from Medical Missions and  
Voluntourism to STEGH*

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**Allen T. Lewis, M.D.**

*Integrative Treatment  
Approaches to Autism,  
ADHD and Mental Illness*

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**Martha S. Winn, R.N.**

*Fertility Awareness  
Management Education in  
Medical Practices*

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**Brian B. Burkey, M.D.**

*Aligning Our Mission and  
Vocation: Making Every  
Day Count*

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**Natalie Rodden, M.D. and  
Deacon Alan J. Rastrelli, M.D.**

*Hospice Palliative Medicine -  
Practicing End of Life Care as a  
Catholic*

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# THE LINACRE AWARDS

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

1998	C. Ward Kischer, Ph.D. "The Big Lie in Human Embryology: The Case of the Preembryo"	2009	William G. White, M.D. "The Physician's Fee: A Historical Reflection"
1999	Patrick G.D. Riley, Ph.D. "Medicine as a Moral Art: The Hippocratic Philosophy of Herbert Ratner, M.D."	2010	Erik J. Meidl, M.D. "Effect of Abortion, In Vitro Fertilization, and Other Causes of Prenatal Death on Life Expectancy in the United States from 1925 to 2005"
2000	Diane Nutwell Irving, Ph.D. "Cloning: Legal, Medical, Ethical and Social Issues"	2011	Byron D. Calhoun, M.D. "Perinatal Hospice: Compassionate and Comprehensive Care for Families with Lethal Prenatal Diagnosis"
2001	Ned Masbaum, M.D.	2012	Richard Fitzgibbons, M.D., and Dale O'Leary "Sexual Abuse of Minors by Catholic Clergy"
2002	N. Gregory Hamilton, M.D. "Expressions of the Spirit in Catholic Medical Practice"	2013	The Ad-Hoc PEG Tube Study Group "When to Recommend a PEG Tube"
2003	Thomas W. Hilgers, M.D. "Reproductive Medicine and the Violation of the 'Free Exercise' Clause of the United States Constitution"	2014	CMA Study Group on POLST "The POLST Paradigm and Form: Facts and Analysis"
2004	Rev. Patrick Boyle, S.J. "The Theology of Suffering"	2015	Rev. Philip G. Bochanski "Professing Faith, Professing Medicine: Physicians and the Call to Evangelize"
2005	Kevin J. Murrell, M.D. "Aspects of the Formation of the Human Personality"	2016	Louise A. Mitchell, M.A., M.T.S. "Integrity and Virtue: The Forming of Good Character"
2006	Lynne Bissonnette-Pitre, M.D., Ph.D. "Divine Paternity"	2017	Daniel P. Sulmasy, M.D., Ph.D., Deacon John M. Travaline, M.D., Louise A. Mitchell, M.A., M.T.S., E. Wesley Ely, M.D. "Non-faith-based Arguments Against Physician-Assisted Suicide & Euthanasia"
2007	John E. Foran, M.D. "Mater et Magistra and 'Loyal Dissent'"	2018	Susan Caldwell, M.D. "Building a Culture of Life by Embracing the Feminine Genius: A Message to Catholic Women in Health Care"
2008	Rev. James R. Gould "Psychological Screening for Seminary Candidates: Consideration and Review of the Recent Vatican Statement on Homosexuals in the Seminary"		



# THE EVANGELIUM VITAE AWARDS

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

2011 Archbishop José Gomez  
2012 Brother Paul O'Donnell, F.B.P.  
2014 Debi Vinnedge  
2015 Doris Fernandes, M.D.

2016 Paul Church, M.D.  
2017 Deacon Alan J. Rastrelli, M.D.  
2018 Rick & Karen Santorum



## EVANGELIUM VITAE AWARD

*For Outstanding Service to the Pro-Life Movement*

PRESENTED AT

The Annual Conference of the  
Catholic Medical Association

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**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*



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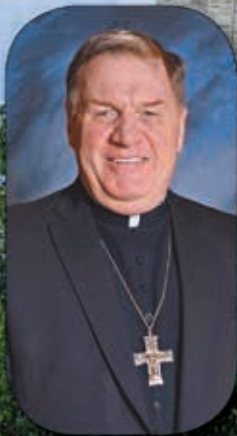


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for Your Commitment to Catholic  
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You Always.*



*Cardinal Joseph W. Tobin*  
Cardinal Joseph W. Tobin, C.Ss.R.  
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Catholic Medical Guild of the  
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Milwaukee Guild



**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

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



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Babies  
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**Bottom <sup>9<sup>th</sup></sup>  
of the**

INNING

**Japan**

**2**

**BALL**

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**9**

**STRIKE**

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**U.S.A.**

**0**

**OUT**

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*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

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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.



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and the

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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.**



**CATHOLIC DIOCESE  
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**CATHOLIC MEDICAL ASSOCIATION**  
*Upholding the Principles of the Catholic Faith in the Science and Practice of Medicine*

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## CATHOLIC MEDICAL ASSOCIATION'S 88TH ANNUAL EDUCATIONAL CONFERENCE

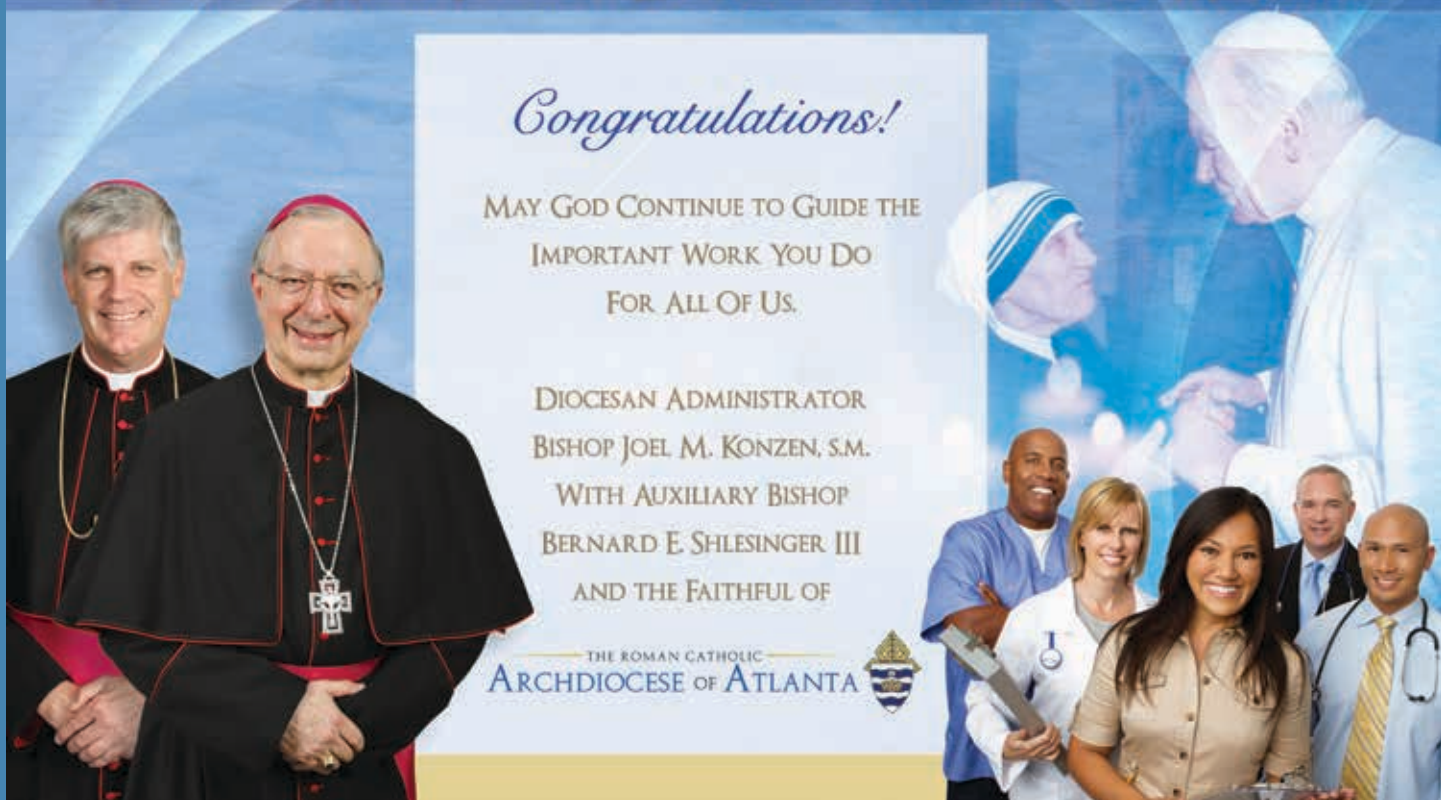
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MAY GOD CONTINUE TO GUIDE THE  
IMPORTANT WORK YOU DO  
FOR ALL OF US.

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WITH AUXILIARY BISHOP  
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*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

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### 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](http://www.hhmm.org).**

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## 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.*

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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**

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ASSOCIATION**

*sends prayers and  
encouragement  
to all attending the  
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from the home of  
America's First Cathedral.*

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**Bishop James D. Conley**  
and the faithful of the Diocese of Lincoln  
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**Catholic Medical Association**  
on the occasion of their  
**88th annual**  
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*"Physician Heal Thyself:  
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AND THE CLERGY, RELIGIOUS, AND  
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BEST WISHES TO THE

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CATHOLIC MEDICAL ASSOCIATION'S  
**88TH ANNUAL**  
EDUCATIONAL CONFERENCE



Prayerful best wishes and gratitude to the  
**Catholic Medical Association**  
on the occasion of the  
88th Annual Educational Conference.



Bishop John M. LeVoir  
and the faithful of the  
DIOCESE OF NEW ULM, MINN.



CATHOLIC  
MEDICAL  
ASSOCIATION

## LOOKING TOWARD THE FUTURE

# 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.



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### FACT

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Total Boot Camp Attendees since 2013



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Reclaiming the Doctor-Patient Relationship



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