

WASHINGTON ACADEMY OF FAMILY PHYSICIANS' FOUNDATION
2023 STUDENT & RESIDENT RETREAT Olympia Hotel at Capitol Lake, OLYMPIA, WA
February 4-5, 2023

Saturday, February 4, 2023				
9:00 – 9:30 AM	ARRIVE/REGISTRATION			
9:30 – 9:45 AM	Welcome/Orientation - Student & Resident Trustees			
9:45 – 10:00 AM	<i>Break/transition</i>			
10:00 AM – 11:30 AM	Workshop 1: An Introduction to Primary Care POCUS Dr. Stephen Erickson	Workshop 3: Suicide Interventions for Adolescence Dr. David Bauman	Workshop 4: Dermoscopy Dr. Miranda Lu	
11:30 – 11:45	<i>Break/transition</i>			
11:45 AM – 1:15 PM	Lunch & Keynote Speaker: Reproductive Health Dr. Ying Zhang			
1:15 - 1:30	<i>Break/transition</i>			
1:30 PM – 2:30 PM	Workshop 5: Papaya Workshop/Uterine Aspiration Dr. Grace Shih	Workshop 6: Basic Obstetric Procedures Dr. Michelle Richards	Workshop 7: Structural Competency Dr. Alexa Lindley	Workshop 8: Suturing Dr. Addie Spencer
2:30 – 2:45 PM	<i>Break/transition</i>			
2:45 - 3:45 PM	Workshop 9: Go Ahead, Make a Rash Decision: Primary Care Dermatology in Community Health Dr. Matthew Perez	Workshop 10: Negotiating a Contract for Residents		
3:45 – 4:00 PM	<i>Break/transition</i>			
4:00 – 5:00 PM	Faculty Panel (Practicing physicians and Fellows): <i>Students: Finding passion in Family Medicine</i> <i>Residents/Students: How to be successful in Residency</i>			
5:00 – 6:00 PM	Social Hour beverages, light appetizers, and mingling			
6:00 PM	Break for day – Dinner on own- Evening free - Explore town			
Sunday, February 5, 2023				
7:00 – 8:00 AM	Yoga			
7:00 - 9:00 AM	Continental breakfast			
9:00 - 10:00 AM	Workshop 11: Snip-Snip a Vasectomy Primer Dr. Michalyn Powers	Workshop 12: Care of Recently Incarcerated Patients Dr. Zoe Taylor	Workshop 13: Suboxone Training Dr. Lucinda Grande	
10:00 - 10:15 AM	<i>Break – (check out of hotel if needed)</i>			
10:15 - 11:15 AM	Workshop 15: Trauma Informed Sexual history Dr. Kevin Wang	Workshop 16: End of life planning Dr. Gregg Vandekieft	Workshop 17: IUD Placement Dr. Elizabeth Brallier	
11:15 - 11:30	<i>Break / Transition-On Own</i>			
11:30 AM - 1 PM	Lunch & Closing Plenary Speaker Physician Advocacy in the Community with Dr. Mark Johnson, Dr. Ann Diamond, and Dr. Kristin Larson.			