Caring in the Carolinas: 2026 Symposium on Geriatrics and Post-Acute Care

Embassy Suites by Hilton Charlotte-Concord Golf Resort & Spa
5400 John Q Hammons Dr. NW Concord, North Carolina 28027
October 23 - 25, 2026
PALTmed-Carolinas

Friday, October 23, 2026

5:00 pm	**Registration Open** Location: Concord I
5:30-7:30 pm	**Welcome Reception / Mixer** Location: Atrium

Saturday, October 24, 2026

6:45 am	**Registration Open** Location: Concord I
7:30 am – 8 am	**Breakfast** Location: Concord G&H **Visit Exhibitors** Location: Concord I
8 am – 9 am	**Sticky Situations, Part II** ***AMA PRA Category 1 Credit™ 1.0 / CMD Credit Management 1.0*** Location: Concord J *Scott Shelton, MD, CMD* *Tim Beittel, MD, CMD* *Laurie Theriot, MD, CMD* • Case presentations highlighting how to work well within the multi-disciplinary team • How to work through moments of conflict • How to approach crucial conversations
9 am – 10 am	**Legislative, Regulatory & Future Policy Developments that Impact PALTC** ***AMA PRA Category 1 Credit™ 1.0 / CMD Credit Management 1.0*** *Alex Bardakh, MPP, PLC* Location: Concord J • Update on legislation that affects PALTC • Update on policy changes for PaltMed
10 am – 10:30 am	**Break/Visit Exhibitors** Location: Concord I
10:30 am – 11:15 am	**Infestation Update: Resist the Urge to Scratch** ***AMA PRA Category 1 Credit™ 0.75 / CMD Credit Clinical 0.75*** *Scott Sheldon, MD, CMD* Location: Concord J

- How to identify and treat and prevent bedbugs
- How to identify and treat and prevent lice
- How to identify and treat and prevent scabies

11:15 am – 12 pm

Evolving Together: The Medical Director & Clinician in the Age of Value-Based SNF Care

AMA PRA Category 1 Credit™ 0.75 / CMD Credit Management 0.75

Sandeep Patel, MD, CMD

Location: Concord J

- Analyze the converging regulatory, financial, and market forces — OIG scrutiny of medical director engagement (OEI-07-25-00130), F841 as a clinical-governance tag, and the 2030 value-based care mandate — that are redefining the expectations for medical directors and clinicians in the SNF.
- Differentiate the facility-level clinical governance responsibilities of the medical director from the individual bedside care responsibilities of the attending clinician, NP, and PA, and explain how the two roles intersect to drive value-based outcomes.

12 pm – 12:30 pm

Break/Visit Exhibitors

Location: Concord I

12:30 pm – 2 pm

Lunch/Product Theater (No CME):

Location: Concord G&H

2 pm – 3 pm

ISNP Whisperer: Collaborating for Better Outcomes Panel Discussion

AMA PRA Category 1 Credit™ 1.0 / CMD Credit Management 1.0

Thad Clements, MD, CMD, FPALTC
Marykay Holt MPH, MSN, FNP-C
Milta Little DO, CMD
Jayme Mason, FNP

Location: Concord J

- Understand the evolution of ISNPs and their role in Value Based Care
- Articulate challenges between Fee For Service and Value Based Care Reimbursement Models
- Discuss strategies to enhance collaboration, integration between ISNP and FFS provider care

3 pm – 4 pm

Intentional Weight Loss in PALTC

AMA PRA Category 1 Credit™ 1.0 / CMD Credit Clinical 1.0

Julianna Marwell, MD

Location: Concord J

- Review the risks and benefits of intentional weight loss in older adults
- Review treatment options for older adults with obesity

4 pm – 4:30 pm

Break/Visit Exhibitors

4:30 pm – 6 pm

The Year in Review

AMA PRA Category 1 Credit™ 1.5 / CMD Credit Clinical 1.5
Geriatric Medicine Fellows of the Carolinas:
Olivia Ahearn, MD
Swapna Gangasani, MBBS
Monica Gobrial, MD
Kelley Mark, MD
Rashmi Muthukkumar, MD
Lyda Rossi, MD
Sarah Subhi, DO
Rebecca Vassallo, MD
Ilija Zeceric, MD
Location: Concord J

- Review articles from the past year that apply to PALTC

6 pm – 6:30 pm

PALTmed-Carolinas Business Meeting (no CME)
Raffle to follow
Location: Concord J

6:30-8:00 pm

PALTmed-Carolinas Reception
Location: Concord G&H

Sunday, October 25, 2026

7:30 am – 8:00 am

Breakfast
Location: Concord G&H
Visit Exhibitors
Location: Concord I

8:00 am – 9:00 am

All Things GLP-1
AMA PRA Category 1 Credit™ 1.0 / CMD Credit Clinical 1.0
Emilie Siler, PharmD
Location: Concord J

- Basic pharmacology of GLP-1 inhibitors
- Current FDA indications for GLP-1 therapy
- Risks of GLP-1 therapy and how to mitigate these
- Indications to discontinue therapy

9:00 am – 10:00 am

Palliative Medicine in PALTC
AMA PRA Category 1 Credit™ 1.0 / CMD Credit Clinical 1.0
Surah Grumet, MD, MPH
Location: Concord J

- Describe what Palliative Medicine is and how it supports residents in long-term care
- Describe the role of Advance Care Planning in providing the best care and ensuring quality of life
- Explain the role of state-authorized portable orders in patient care in a crisis
- Describe what Informed Consent means

- Know decision-making capacity and who decides when a resident cannot decide for themselves
- Know SPIKES for Difficult Conversations

10:00 am – 10:30 am

Break/Visit Exhibitors
Location: Concord I

10:30 am – 11:30 am

Substance Use Disorder Management
AMA PRA Category 1 Credit™ 1.0 / CMD Credit Clinical 1.0
Magen Heide, MD
Location: Concord J

- Attendees will learn how to evaluate and treat alcohol use disorder using pharmacological and nonpharmacological interventions
- Attendees will learn how to evaluate and treat opioid use disorder using pharmacological and nonpharmacological interventions

11:30 am – 12:30 pm

Promoting Dignity for the Aging Patient
AMA PRA Category 1 Credit™ 1.0 / CMD Credit Management 1.0
Ryan Lavalley PhD, OTR/L
Location: Concord J

- Participants will be able to describe the contextual factors that influence aging experiences and their outcomes including and beyond biomedical variables.
- Participants will examine stigma and negative stereotypes around aging and explore a positive aging frame as an alternative.
- Participants will understand and discuss concrete actions to promote dignity for older adults and reduce aging disparities in health systems.

12:30 PM

Board of Directors Meeting
Location: Atrium

Program Planning Committee

Laurie Theriot Roley, MD, CMD - Prisma Health (President, PALTmed-Carolinas)
Timothy Beittel, MD, CMD – First Health Hospice and Palliative Care (Immediate Past President, PALTmed-Carolinas)
Sandeep Patel, MD, CMD - Eventus WholeHealth (President-Elect, PALTmed-Carolinas)
Erin Huston DO, CMD – Atrium Health (Secretary/Treasurer, PALTmed-Carolinas)
Thad Clements, MD, CMD, FPALTC - Eventus WholeHealth
Milta Little DO, CMD – Duke University
Kurtis Melin, MD, CMD – Spartanburg Regional (Board Member at Large, PALTmed-Carolinas)

PROGRAM INFORMATION

Intent and Overview
Through formal presentations as well as interactions with colleagues, participants are exposed to the latest clinical developments in geriatric medicine, best practices in medical direction, policy/regulatory updates, as well as practice tools to help implement new ideas in their practice settings.

Who Should Attend
This conference is intended for all healthcare professionals currently or considering serving geriatric populations including Medical Directors, Attending Physicians, Fellows, Nurses/Nurse Practitioners, IDT Members, Physician Assistants, Administrators, Directors of Nursing, and Consultant Pharmacists.

Credit Statements

Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Post-Acute and Long-Term Care Medical Association and PALTmed Carolinas. Post-Acute and Long-Term Care Medical Association is accredited by the ACCME to provide continuing medical education for physicians.

AMA PRA Category 1 Credit™

Designation Post-Acute and Long-Term Care Medical Association designates this live activity for a maximum of 11.0 AMA PRA Category 1 Credit(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CMD Credit

This CME activity has been pre-approved for up to 6.25 clinical hours and up to 4.75 management hours toward certification or recertification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. Each physician should claim only those hours of credit spent on the activity. The CMD program is administered by PALTmed. For further information, contact PALTmed at 410-992-3115 or at certification@paltmed.org

Financial Relationships Disclosure

No one in control of content disclosed a relevant financial relationship with an ACCME-defined ineligible company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.