

About The Symposium

The 2026 UMC Provider Education and Well-Being Symposium is far more than a traditional medical conference. It is a distinctive experience created to educate, inspire, and renew today's healthcare professionals. Developed by clinicians for clinicians, this innovative event combines high-quality clinical education with a meaningful emphasis on well-being, connection, and interprofessional collaboration.

This energizing symposium brings healthcare professionals together to exchange ideas, strengthen teamwork, and explore new approaches to advancing patient care and provider wellness. Attendees will engage with evidence-based clinical updates, innovative team-based care strategies, and practical tools for population health, preventive care, and chronic disease management. The program will also highlight the impact of social determinants of health, strengthen interprofessional communication, and offer strategies to recognize and address provider burnout. Designed to spark collaboration and support meaningful change, the symposium equips healthcare teams with actionable insights to improve care coordination, reduce disparities, and enhance outcomes for the diverse communities they serve.

Symposium Objectives

1. Describe current evidence-based guidelines and population health strategies relevant to team-based care delivery.
2. Explain the impact of social determinants of health on patient outcomes across diverse populations.
3. Recognize signs, risk factors, and system contributors to provider burnout and their effects on healthcare teams.
4. Apply evidence-based guidelines in clinical decision-making within an interprofessional team setting.
5. Demonstrate effective interprofessional communication strategies to enhance care coordination.
6. Integrate social determinants of health into patient assessment and management plans
7. Implement team-based workflows that support preventive care and chronic disease management.
8. Evaluate current practice patterns for gaps in guideline adherence, care coordination, and health equity.
9. Develop strategies to improve team-based care delivery and reduce health disparities.
10. Incorporate provider well-being strategies into practice to reduce burnout and improve team performance.

Schedule

7:00- 7:30 AM **Sunrise Coffee & Connection** - Espresso Bar + Networking
(Optional – No CME Provided)

7:30 - 7:50 AM **Registration Opens & Breakfast**

7:50 - 8:00 AM **Opening Remarks** Jessica Gray, MD, FAAFP, Course Director

8:00 - 9:00 AM **AI in Healthcare: What Every Physician Needs to Know Right Now** TMB Ethics Credit 1.0
Ogechika "Oge" Alozie, MD, TTUHSC El Paso Infectious Disease

9:00- 10:00 AM **Moving the Needle: HIV, Hepatitis, STI Updates**
Alyssa Tochtermann, MD, FAAFP, Deputy Health Authority, City of Lbk
TTUHSC Family & Community Medicine

10:00-10:10 AM **Mid-Morning Break**

10:10 - 11:10AM **The Modern Pain Landscape: Balancing Pharmacotherapy and Procedural Interventions** DEA TMB Pain Credit 1.0
Shiraz Yazdani, MD, DABA, FIPP, TTUHSC Anesthesiology & Pain Management, Lubbock Spine Institute

11:10 - 12:10 PM **Redefining Cancer Care Through Innovation & Integrative Medicine: UMC TLC2 Cancer Center Panel**
Karla Daniele, MD, Breast Surgical Oncology
Muhammad Bilal Abid, MD, Medical Oncology
Tyler Mouw, MD, Surgical Oncology Director
Marisabelle Trevino, DC, Acupuncture & Integrative Medicine

12:10 - 1:00PM **Lunch & Exhibits**

1:00 - 2:00PM **Breakout Session Round 1**
Track A - The Menopause Toolbox: Evidence Based Compassionate Care
David E. Rogers, MD, MBA, FACOG, MSCP
Track B - Changing the Conversation: Normalizing Palliative Care in your Practice TMB Ethics Credit 1.0
Sandra Scherpereel, FNP-C, Amy Blazek, PA-C,
Dusty Goldston, FNP-C, Jessica Sanders, MSN-RN, CHPN-BC

2:00-2:10 PM **Transition Break**

2:10- 3:10 PM **Breakout Session Round 2**
Track A - Brick by Brick: Building Better Bone
Taylor Warmoth, MD, Rheumatology, Arthritis & Osteoporosis Associates
Track B - Kegels Are Not Always the Answer: An Interactive Pelvic Floor Workshop
Kim Fisher, DPT, UMC Pelvic Floor Physical Therapy

3:10 - 3:25 PM **Afternoon Break & Vendor Exhibits**

3:25- 4:25 PM **Breakout Session Round 3**
Track A - Brief Office Interventions for Pain Workshop
DEA TMB Pain Credit 1.0
Alyssa Tochtermann, MD, FAAFP, Deputy Health Authority, City of Lbk
TTUHSC Family & Community Medicine
Track B - Beyond PCOS: Understanding Polyendocrine Metabolic Ovarian Syndrome as a Whole-Body Disease
Jennifer Phy, MD, TTUHSC Reproductive Endocrinology & Infertility

4:25 - 4:45 PM **Closing Remarks**
CME Instructions, Door Prizes



Registration Information

Scan the QR code
to register online



EARLY REGISTRATION

OPENS JULY 15th

Physician Registration Fee	\$ 200
APP Registration Fee	\$ 100
Student Fee	Free

LATE REGISTRATION

OPENS AUG 25th

Physician Registration Fee	\$ 250
APP Registration Fee	\$ 150
Student Fee	Free

CANCELLATIONS

Notification of cancellation must be received in writing by August 14, 2026 to obtain a refund; thereafter no refunds will be made. A \$25 administrative fee will be retained from all cancellations.

Accommodations

Persons with disabilities who may need auxiliary aids or services must be submitted with online registration so that appropriate arrangements can be made, if any. If a written request is not received at least one week prior to the program date, individuals are responsible to hire and pay for their own auxiliary aids or services.

Note: Texas Tech University Health Sciences Center reserves the right to cancel this conference or make speaker substitutions in the event of unforeseen or extenuating circumstances.



ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by TTUHSC and UMC Health System. TTUHSC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation for Physician Assistant (AAPA), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



CREDIT DESIGNATIONS

This activity was planned by and for the healthcare team, and learners will receive Seven (7) *Interprofessional Continuing*

Education (IPCE) credits for learning and change.

Physicians: TTUHSC designates this live activity for a *maximum of 7 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: TTUHSC designates this activity for 7 *Nursing contact hours*. Nurses should only claim credit commensurate with the extent of their participation in the activity.



Physician Assistants: TTUHSC has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7 *AAPA Category 1 CME credits*. PAs should only claim credit commensurate with the extent of their participation.

PLANNING COMMITTEE

Jessica Gray, MD, FAAFP - Course Director
UMC Physicians Family Medicine

Megan Janson, MD
UMC Physicians Family Medicine

Jalyn Wall, FNP-C
UMC Physicians Family Medicine

Erika Radford, MD
Texas Tech University Student Health

Kristen Sharma, FNP-BC
TTUHSC Urology

Alyssa Tochtermann, MD, FAAFP
Lubbock Public Health and TTUHSC Family Medicine

Amy Sikes, MD
UMC Emergency Medicine

Anais Molina, FNP-C
Lynn County Health System

Brooke Zavala
UMC Patient Experience

ShaBre' Wilson
Program Coordinator
Office of Professional Development and
Accredited Continuing Education

We encourage attendees to dress comfortably and casually to support relaxation and full participation in our wellness-focused programming. Whether you're joining us for sunrise stretching or taking part in mindfulness and movement breaks, we want you to feel at ease. Think smart casual — with a focus on comfort and mobility.

If you have any questions regarding this conference, contact the TTUHSC Office of Accredited Interprofessional Continuing Medical Education:
Phone: 806.743.2929 • Fax: 806.743.2934
Email: CME@TTUHSC.edu



4TH ANNUAL UMC Provider Education and Well-Being Symposium 2026

FRIDAY,
September 25, 2026

Academic Event Center,
Texas Tech University
Health Sciences Center

3601 4TH Street, Lubbock, TX 79430



JOINT ACCREDITATION™
INTERPROFESSIONAL CONTINUING EDUCATION



umchealthsystem.com |