

# 10th Annual Essentials of Clinical Medicine CME Conference

FOUNDED BY THE LMU-DCOM ALUMNI ASSOCIATION

June 12-14, 2026



**LMU**

DeBusk College of Osteopathic Medicine  
LINCOLN MEMORIAL UNIVERSITY



# PROGRAM OBJECTIVES

1

Provide an interdisciplinary, primary-care focused, and evidence-based hybrid format educational program for all attendees with the opportunity to earn CME to fulfill requirements established by states, certification bodies, and other credentialing authorities while learning about aspects of care they can immediately incorporate into practice in any setting.

2

Create and provide a collaborative learning environment for diverse medical clinicians and other stakeholders pertaining to many current essential health care issues across the patient care continuum.

3

Provide attendees with essential cutting-edge information on common topics in medicine.

4

Ensure all attendees learn through shared experiences as well as education on best evidence-based clinical practices related to acute and chronic illnesses and conditions commonly encountered in primary care in rural, urban, multicultural and underserved settings.

5

Discuss the best clinical practices for assessing, diagnosing and treating patients with common medical conditions.

6

Utilize modern technology to provide attendees with an engaging, fast-paced experience emphasizing updates on key medical topics.

# PROGRAM AGENDA

## Friday, June 12 - all times are Eastern

- 9 a.m. - 10 a.m.                      **On-site Pre-registration**
- 10 a.m. - Noon                        **OMT Sessions (in-person attendees only)**  
**Rapid Sacral & Pelvic Techniques**  
Speaker: Paula Archer, DO  
Assistant Professor of OMM and Chair of OPP, LMU-DCOM  
Additional Presenter: Elizabeth Sutton, OMS-III  
**High-Yield Visceral OMT: Efficient Techniques for Everyday Practice**  
Speaker: Tyler McCurry, DO'13  
Part-time Assistant Professor of OMM, DCOM at LMU-Knoxville
- Noon                                        **On-site Registration**
- 1 p.m.                                      **Adult Vaccination Updates**  
Speaker: Elizabeth Brewer, DO'11  
Family Medicine Physician, Tulsa, Oklahoma
- 1:50 p.m.                                **Q&A with Dr. Brewer**
- 2 p.m.                                      **Travel Medicine for the Primary Care Provider**  
Speaker: Daniel Omire-Mayor, DO'14, MS, MBA, FAAFP  
Family Medicine Physician, Unity Healthcare/ Ascension Health:  
Providence Hospital, Washington, DC
- 2:50 p.m.                                **Q&A with Dr. Omire-Mayor**
- 3 p.m.                                      **Comprehensive Review of Cardiac Auscultation**  
Speaker: Christopher Yonts, DO  
Assistant Dean of Clinical Medicine and Associate Professor of Family Medicine,  
LMU-DCOM
- 3:50 p.m.                                **Q&A with Dr. Yonts**
- 4:00 p.m.                                **Approaches to Treating Patients with Personality Disorders**  
Speaker: Paul Doucet, DO'22  
PGY-4, USC-Greenville School of Medicine, Greenville, South Carolina
- 4:50 p.m.                                **Q&A with Dr. Doucet**
- 5 p.m.                                      **Posters and Partners event in the Exhibit Hall (On-site only)**

## Saturday, June 13 - all times are Eastern

- 6:30 a.m.                                **On-site Breakfast**
- 7 a.m.                                      **Dementia Management in the Outpatient Care Setting**  
Speaker: Jason Greenhagen, DO'14  
Assistant Professor of Clinical Psychiatry and Behavioral Sciences, Division of  
Geriatric Psychiatry, Vanderbilt University Medical Center, Nashville, Tennessee
- 7:50 a.m.                                **Q&A with Dr. Greenhagen**
- 8 a.m.                                      **The Expanding Spectrum: How Shifts in Criteria and Culture are Changing  
Autism Statistics**  
Speaker: Leah Snodgrass, MD  
Professor and Chair of Psychiatry, LMU-DCOM
- 8:50 a.m.                                **Q&A with Dr. Snodgrass**

*Daily Sign-in Required*

# PROGRAM AGENDA

- 9 a.m.** **Medical Ethics**  
Speaker: Timothy Elledge, PhD  
Assistant Professor of Ethics, LMU-DCOM
- 9:50 a.m.** **Q&A with Dr. Elledge**
- 10 a.m.** **MASLD/MASH Relative to Primary Care**  
Speaker: Leonard Lacefield, III, DO'13  
Transplant Hepatology Fellow, Mount Sinai, Manhattan, New York
- 10:50 a.m.** **Q&A with Dr. Lacefield**
- 11 a.m.** **Obesity: Pathophysiology and Treatment**  
Speaker: Kenneth Copperwheat, DO'16, FASMBS, DABOM  
Director of Metabolic Bariatric Surgery and Director of Obesity Medicine  
Piedmont Columbus Regional, Columbus, Georgia
- 11:50 a.m.** **Q&A with Dr. Copperwheat**
- Noon - 2 p.m.** **Networking Lunch in the Exhibit Hall (on-site only)**
- 2 p.m. - 4 p.m.** **OMT Sessions (in-person attendees only)**  
**From Congestion to Flow: Restoring the Head and Neck System**  
Speaker: Jana Bunsic, DO  
Part-time Assistant Professor of OMM, LMU-DCOM  
**Quick OMT for the Busy Outpatient Clinic**  
Speaker: Elizabeth Dockery, DO'16, DABOM  
Director of Osteopathic Education and Metabolic Medicine  
Methodist Family Medicine Residency Program, Oak Ridge, Tennessee  
Additional Presenters: Ashley Conley, DO, PGY-2; Lilly Do, DO, PGY-1

## Sunday, June 14 - all times are Eastern

- 6:30 a.m.** **On-site Breakfast**
- 7 a.m.** **Advancing Menopause Care: A Practical Framework for Hormone Therapy**  
Speaker: Jessica Chandler, DO'11, FACOOG, MSCP  
Gynecologist, Sacramento, California
- 7:50 a.m.** **Q&A with Dr. Chandler**
- 8 a.m.** **Quadriceps Contusion**  
Speaker: J. Michael Wieting, DO, MEd, FAOCPRM-D, FAOSMR  
Clinical Medicine Faculty, LMU-DCOM
- 8:50 a.m.** **Q&A with Dr. Wieting**
- 9:00 a.m.** **Common Complications of Oncology Treatment**  
Speaker: Kayla Lakin-Southern, DO  
Director, City of Hope Emergency Treatment Center, Goodyear, Arizona
- 9:25 a.m.** **Recent Topics in Thyroid Pharmacology**  
Speaker: Mohammed Sayed, BPharm, MSc, PhD  
Assistant Professor and Vice Chair of Pharmacology, DCOM at LMU-Knoxville
- 9:50 a.m.** **Q&A with Dr. Lakin-Southern and Dr. Sayed**
- 10 a.m.** **Artificial Intelligence in Primary Care**  
Speaker: Nicholas Perkins, DO'11, MBA, MS, FACP  
Chief Clinical Analytics Officer, Prisma Health, Greenville, South Carolina  
*Daily Sign-in Required*

# PROGRAM AGENDA

<b>10:50 a.m.</b>	<b>Q&amp;A with Dr. Perkins</b>
<b>11 a.m.</b>	<b>Community Pain Management</b> Speaker: Cameron Cunningham, MD Pain Management Physician, UNC Health, Morganton, North Carolina
<b>11:50 a.m.</b>	<b>Q&amp;A with Dr. Cunningham</b>
<b>Noon</b>	<b>Completion of CME Attestations and Program Evaluation</b>

## SPEAKERS/FACULTY

### **Paula Archer, DO**

Dr. Paula Archer is the chair of osteopathic principles and practice and an assistant professor of osteopathic manipulative medicine at LMU-DCOM. She is board certified in neuromusculoskeletal medicine and osteopathic manipulative medicine and completed her ONMM residency at Greenbrier Valley Medical Center in West Virginia. Dr. Archer earned her DO degree from Pacific Northwest University of the Health Sciences and holds a bachelor of arts in chemistry from Colorado College. She is actively involved in several professional organizations, including the American Academy of Osteopathy, American Osteopathic Academy, and American Fascial Distortion Model Academy, and contributes to national education and service initiatives within the osteopathic profession.

*Dr. Archer has no financial relationships to disclose.*

### **Elizabeth Brewer, DO'11**

Dr. Elizabeth Brewer is a family medicine physician in Tulsa, Oklahoma. She graduated from LMU-DCOM in 2011 as part of the inaugural class. She completed her family medicine residency at Oklahoma State University Center for Health Sciences in 2014. In 2022, Dr. Brewer opened her own direct primary care clinic in the Tulsa area. In addition to running her DPC practice, she is also adjunct faculty at OSU College of Osteopathic Medicine and is a team physician for professional hockey and arena football teams in Tulsa.

*Dr. Brewer has no financial relationships to disclose.*

### **Jana Bunsic, DO**

Dr. Jana Bunsic graduated from residency in family medicine/OMT from Palmetto General Hospital in 2005. She has been committed to serving patients and improving health outcomes throughout her 20+ year career. She has been clinical adjunct faculty at LMU-DCOM since shortly after moving to East Tennessee in 2008. For the last two years, in addition to her practice at Abundance Wellness Center in Morristown, Tennessee, Dr. Bunsic has served as an assistant professor of osteopathic principles and practice part-time at LMU-DCOM's Harrogate location.

*Dr. Bunsic has no financial relationships to disclose.*

### **Jessica Chandler, DO'11**

Dr. Jessica Chandler is board-certified in gynecology with fellowship training in minimally invasive gynecologic surgery from the American Association of Gynecologic Laparoscopists. She is also a Menopause Society-certified practitioner. Dr. Chandler currently practices in Sacramento, California. She received her doctor of osteopathic medicine degree from LMU-DCOM in 2011. She is a fellow of the American College of Osteopathic Obstetricians and Gynecologists and a member of the American College of Obstetricians and Gynecologists.

*Dr. Chandler has no financial relationships to disclose.*

# SPEAKERS/FACULTY

## **Kenneth Copperwheat, DO'16, FASMBS, DABOM**

Dr. Kenneth Copperwheat is the director of metabolic and bariatric surgery and director of obesity medicine at Piedmont Columbus Regional in Columbus, Georgia. He received his doctor of osteopathic medicine degree from LMU-DCOM in 2016 and completed general surgery residency at St. Joseph Hospital in Chicago, Illinois. He completed a fellowship in bariatric surgery at Bariatric & Metabolic Specialists in Overland Park, Kansas, in 2022. He is board certified by the American Board of Surgery, is a fellow in the American Society for Metabolic and Bariatric Surgery, and a diplomate in the American Board of Obesity Medicine.

*Dr. Copperwheat has disclosed that he is a training proctor for Intuitive, a robotic surgery company. This financial relationship has been mitigated by having a non-conflicted physician review Dr. Copperwheat's presentation content.*

## **Cameron Cunningham, MD**

Dr. Cameron Cunningham currently practices in a hospital-based practice in the foothills region of Western North Carolina at UNC Health Blue Ridge in Morganton, with clinics in Valdese and Hickory, North Carolina. He received his medical degree from the University of Missouri-Kansas City in 2014. He completed an integrated intern year, anesthesiology residency, and pain management fellowship at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. He enjoys running, hiking, traveling and spending time outside with his wife and four children.

*Dr. Cunningham has no financial relationships to disclose.*

## **Elizabeth Dockery, DO'16, DABOM**

Dr. Elizabeth Dockery is board certified in family medicine, OMT, and obesity medicine. She is the director of osteopathic education and metabolic medicine at the Methodist Family Medicine Residency Program in Oak Ridge, Tennessee. She received her doctor of osteopathic medicine degree from LMU-DCOM in 2016.

*Dr. Dockery has no financial relationships to disclose.*

## **Paul Doucet, DO'22**

Dr. Paul Doucet is a 2022 graduate of LMU-DCOM and a current PGY-4 resident in the psychiatry department of USC-Greenville School of Medicine in Greenville, South Carolina. He looks forward to returning to Knoxville to practice outpatient general adult psychiatry beginning in August 2026.

*Dr. Doucet has no financial relationships to disclose.*

## **Timothy Elledge, PhD**

Dr. Timothy Elledge holds an MA and PhD in Philosophy/Medical Ethics from the University of Tennessee, Knoxville. He is currently an assistant professor of medical ethics at LMU-DCOM. Prior to joining the LMU-DCOM faculty, Dr. Elledge was at Oak Ridge National Laboratory with the Protecting Human Research Subjects Program.

*Dr. Elledge has no financial relationships to disclose.*

## **Jason Greenhagen, DO'14**

Dr. Jason Greenhagen is a Tennessee native who received his doctor of osteopathic medicine degree from LMU-DCOM in 2014. He completed general psychiatry residency at Rowan School of Osteopathic Medicine in 2018. After residency he specialized in geriatric psychiatry at the New Jersey Institute for Successful Aging. His professional interests include maintaining independence and dignity for the elderly as well as working with patients with varying types of dementia.

*Dr. Greenhagen has no financial relationships to disclose.*

# SPEAKERS/FACULTY

## **Leonard Lacefield, III, DO'13**

Dr. Leonard Lacefield is currently completing a transplant hepatology fellowship at Mount Sinai Hospital in Manhattan. He received his doctor of osteopathic medicine degree from LMU-DCOM in 2013 and completed internal medicine residency at Oklahoma State University in 2016. Since that time, he has worked as clinical faculty and a GI hospitalist before pursuing fellowship training. He will continue his training as a gastroenterology fellow at Mount Sinai South Nassau with the goal of returning to Tulsa to provide dedicated general liver medicine and transplant hepatology care. He is a member of the American Association for the Study of Liver Diseases, active in the Clinical Informatics and Digital Health Special Interest Group and involved in developing EHR-based clinical decision-support tools for practice, as well as non-ACGME fellowship program development and scholarly productivity metrics.

*Dr. Lacefield has no financial relationships to disclose.*

## **Kayla Lakin-Southern, DO**

Dr. Kayla Lakin-Southern received her doctor of osteopathic medicine degree from Oklahoma State University-CHS in 1982. She is board certified in family medicine but has practiced emergency medicine for over 20 years. She is an adjunct faculty member at OSU-CHS teaching clinical skills, standardized patient encounters, and clinical problem solving. She currently practices in Goodyear, Arizona, at the City of Hope Cancer Hospital. She is the director of the Emergency Treatment Center, providing urgent and emergency care for oncology patients. Dr. Lakin-Southern is also actively involved in physician recruitment, engagement and retention for the City of Hope.

*Dr. Lakin-Southern has no financial relationships to disclose.*

## **Tyler McCurry, DO'13**

Dr. Tyler McCurry is a family medicine and osteopathic manipulative medicine physician and full-time medical educator. He teaches osteopathic principles and practices at LMU-DCOM in Knoxville. His clinical background includes primary care, integrative medicine, hospice, and work as a medical examiner. Dr. McCurry's current academic interests include the use of OMT in concussion and traumatic brain injury. He is actively involved in osteopathic medical education and is on the board of the Tennessee Osteopathic Medical Association.

*Dr. McCurry has no financial relationships to disclose.*

## **Daniel Omire-Mayor, DO'14, MS, MBA, FAFAP**

Dr. Daniel Omire-Mayor is a double board-certified family medicine physician. He obtained a BS in general science: life science option at Pennsylvania State University followed by a masters of science in health promotion management from American University, as well as a masters of business administration from University of Maryland Global Campus. Dr. Omire-Mayor received his doctor of osteopathic medicine degree from LMU-DCOM in 2014. He is currently helping develop the next generation of doctors by serving as clinical faculty for Georgetown University School of Medicine. He is a fellow of the American Academy of Family Physicians, serves as medical director at Vydration Medical Spa in Maryland, and is chief medical officer of the mobile medical application "Fitmoji." His lifelong mission is to combat and prevent chronic diseases while improving health outcomes on both national and global scales. This is exemplified by his international medical mission work and his weekly work at community-based health centers.

*Dr. Omire-Mayor has no financial relationships to disclose.*

## **Nicholas Perkins, DO'11, MBA, MS, FACP**

Dr. Nicholas Perkins is chief clinical informatics officer at Prisma Health and medical director of the Prisma Health Hospital-at-Home program. A 2011 graduate of LMU-DCOM, he also holds an MS in health & clinical informatics from Oregon Health & Science University and an MBA from the University of Tennessee, Knoxville. Dr. Perkins is board certified in both internal medicine and clinical informatics. He leads the analytics strategy across population health, quality, professional practice, and regulatory domains, with a focus on AI-driven clinical decision support, predictive modeling, and Epic data infrastructure. He is a fellow of the American College of Physicians and an active contributor to Epic's clinical informatics advisory community.

*Dr. Perkins has no financial relationships to disclose.*

## SPEAKERS/FACULTY

### **Mohammed Sayed, BPharm, MSc, PhD**

Dr. Mohammed Sayed currently serves as vice chair and assistant professor of pharmacology at LMU-DCOM. He is a member of the NBOME national faculty and a pharmacology item writer for the COMLEX Level 1 exam. He holds a PhD in clinical and experimental therapeutics from the College of Pharmacy at the University of Georgia; graduate certificates in clinical trials design and management and international biomedical regulatory sciences from the College of Pharmacy at the University of Georgia; a master of science in neurosciences from the University of Goettingen in Germany; and a bachelor of pharmaceutical sciences from Ain Shams University in Cairo, Egypt.

*Dr. Sayed has no financial relationships to disclose.*

### **Leah Cobb Snodgrass, MD**

Dr. Leah Cobb Snodgrass is a board-certified physician in child, adolescent and general adult psychiatry who serves as professor and chair of behavioral health at LMU-DCOM. She is a graduate of the University of Kentucky College of Medicine and completed her internship, residency and fellowship at Emory University in Atlanta. Dr. Snodgrass is a native of Middlesboro, Kentucky, and has been a member of the LMU-DCOM faculty since 2012. She is the national chair of the Christian Medical and Dental Association's Psychiatry Section and has given over 50 CME presentations at state, regional and national conferences.

*Dr. Snodgrass has no financial relationships to disclose.*

### **J. Michael Wieting, DO, MEd, FACOPMR-D, FAAPMR, FFSMB**

Dr. J. Michael Wieting is a professor of physical medicine and rehabilitation, osteopathic manipulative medicine and sports medicine at LMU-DCOM. He is a physician consultant for the International Olympic Committee and an internationally-certified Doping Control Officer and IOC-certified in Doping in Sport. He has experience as a team physician at the secondary school, university and elite levels involving Olympic and Paralympic sports. Dr. Wieting received his doctor of osteopathic medicine degree from Oklahoma State University Center for Health Sciences-College of Osteopathic Medicine and completed residencies in family medicine and physical medicine and rehabilitation. He completed a primary care sports medicine fellowship at Michigan State University and a health policy fellowship at Ohio University/New York Institute of Technology. He is a board member of the National Board of Osteopathic Medical Examiners and the Tennessee Osteopathic Medical Association; is chair of the American Osteopathic Association's Council on State and Health Affairs and Bureau of Federal Health Programs; and a member of the ACGME Review Committee for PM&R.

*Dr. Wieting has no financial relationships to disclose.*

### **Christopher Yonts, DO**

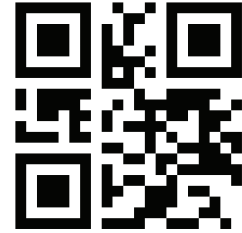
Dr. Christopher Yonts is assistant dean for clinical medicine for the Harrogate campus of LMU-DCOM, where he also serves as associate professor of family medicine and director of clinical distance learning. He earned his doctor of osteopathic medicine degree from Pikeville College School of Osteopathic Medicine and is board certified by both the American Osteopathic Board of Family Physicians and the American Board of Family Medicine. Dr. Yonts is an active member of the American College of Osteopathic Family Physicians, the American Osteopathic Association, and the Tennessee Osteopathic Medical Association. He has devoted more than 16 years to medical education, clinical skills training, and mentoring future physicians.

*Dr. Yonts has no financial relationships to disclose.*

## CME WEBSITE

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## CME CREDIT

AOA: The Lincoln Memorial University-DeBusk College of Osteopathic Medicine (LMU-DCOM) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. LMU-DCOM designates this program for a maximum of 18.0 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

AMA PRA: The University of New England College of Osteopathic Medicine (UNE COM) is accredited by the Maine Medical Association (MMA) Council on Continuing Medical Education and Accreditation to provide continuing medical education for physicians. UNE COM designates this educational activity for a maximum of 18.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>. UNE COM designates 18.0 University of New England contact hours for non-physicians. Contact hours may be submitted by non-physician, non-PA health professionals for continuing education credits. Physicians and other attendees should only claim credit commensurate with the extent of their participation in this activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Maine Medical Association through the joint providership of University of New England, and LMU-DCOM. University of New England is accredited by the Maine Medical Association to provide continuing medical education for physicians.

AAPA: The American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for AMA PRA Category 1 credit(s)<sup>TM</sup>. Physician assistants may receive a maximum of 18.0 hours of Category 1 credit for completing this program.

AANP: The American Academy of Nurse Practitioners Certification Program accepts certificates of participation for educational activities sponsored by the Accreditation Council for Continuing Medical Education (ACCME) and the American Osteopathic Association (AOA) for continuing medical education (CME). Nurse practitioners may receive one-to-one credit for a maximum of 18.0 continuing education (CE) for completing this program.

Physicians and other attendees should only claim credit commensurate with the extent of their participation in this activity.



Join us for the 11th Annual Essentials of Clinical Medicine CME Conference  
June 11-13, 2027  
Dollywood's DreamMore Resort and Spa  
Pigeon Forge, Tennessee

*We Hope to See You There!*