

FROM PODIUM TO PRACTICE: WHAT YOU MISSED AT IGNITE 2026

Dear FAFP Members,

If you weren't in Orlando for Ignite: 2026 FAFP Spring Forum held April 17–19 at the Hilton Orlando (yes, the one with the lazy river and steps away from the parks) — here's what you missed.

Family physicians from across Florida gathered — both in person and virtually — for three days of high-yield, practice-changing education. Nearly 200 medical students and residents joined us as well, a powerful reminder that the future of family medicine is bright and engaged.

From the podium to the exam room, the focus was clear: translate evidence into action. The FAFP Continuing Professional Development (CPD) Committee curated a dynamic curriculum designed to immediately impact patient care.

TOP TAKEAWAYS FROM IGNITE 2026

Safer Pain Management Starts with Systems:

Florida's HB21 still shapes prescribing — remember the 3-day acute pain limit (with proper documentation for exceptions) and consistent PDMP checks to improve safety.

Dermatology Made Practical:

In darker skin types, avoid worsening hyperpigmentation — strong steroids, harsh peels/lasers, or irritating treatments can make it worse. Focus on sun protection and consider azelaic acid.

Obesity & Weight Management:

Don't overlook combination therapy and sequencing — for example, adding topiramate or bupropion to patients with suboptimal GLP-1 response can enhance weight loss.

Coding That Counts:

Don't overlook G0537 — a newer add-on code for cardiovascular risk assessment and counseling, even without an established ASCVD diagnosis.

ADHD Updates:

Incorporate validated rating scales for ongoing monitoring, reassess at each visit for functional impairment (school/work/home), and screen routinely for coexisting conditions (anxiety, depression, sleep disorders).

Asthma Advice:

Focus on what's often missed — confirm inhaler technique and adherence at every visit and use step-up/step-down therapy intentionally. Ensure that every patient has a written asthma action plan.

Promote Plant-Based Diets:

Start small — have patients try a “plant-based breakfast swap” (e.g., oatmeal with nuts/fruit instead of eggs) or one plant-based day per week to improve cardiometabolic health without requiring a complete diet overhaul.

Beyond the lectures, the energy was unmistakable — colleagues reconnecting, ideas sparking, and a shared commitment to advancing primary care in Florida. And if you felt a little FOMO reading this... good! That's the point!

With appreciation for all you do,

FAFP-F Continuing Professional Development (CPD) Committee

**Join us at the Elevate: 2026 FAFP
Family Medicine Summer Retreat
Wyndham Grand Clearwater Beach
July 10-12, 2026**



Expect the same high-impact education — this time with Gulf views and even more opportunities to connect, recharge, and elevate your practice.

