

EMERGENCY MEDICINE Update



February 12, 2026
Peoria, Illinois

Focus on:

From Awareness to Action: Trauma Informed Care in the ED •
The Intersection of Burnout and Defensive Medicine in
Emergency Medicine • Obstetric Emergencies • ICEP Updates •
The Top 10 EM Articles of 2025 • and more!

Let EM Update help you meet the CME requirements for Illinois Physicians in 2026



Thursday, February 12, 2026
Peoria, Illinois



Illinois College of
Emergency Physicians
REGISTER NOW: ICEP.ORG

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SIMULATION &
EDUCATION CENTER



Join us for ICEP's premier Winter CME Conference in Peoria, now better than ever! The Emergency Medicine Update is a dynamic and comprehensive educational experience designed to empower and inspire every member of the emergency care team. With cutting-edge sessions led by expert faculty, this conference delivers actionable insights, evidence-based practices, and innovative solutions tailored to today's fast-paced emergency medicine environment.

Target Audience: Physicians, Residents, Physician Assistants, Advanced Practitioners, Nurses (All Levels), EMS Providers, and Medical Students

Whether you're a seasoned professional or early in your career, the Winter CME Conference offers valuable knowledge, networking opportunities, and practical tools to enhance patient care and professional growth. Don't miss this opportunity to stay ahead in emergency medicine!

Program Agenda

7:30 AM - 8:00 AM

Registration and Visit the Exhibits

8:00 AM - 8:05 AM

Welcome and Opening Remarks

Greg Podolej, MD, MHPE, FACEP, Chair

Chair, Assistant Professor, Emergency Medicine, University of Illinois College of Medicine at Peoria, Attending Physician, Department of Emergency Medicine, OSF Saint Francis Medical Center, Peoria, IL

8:05 AM - 8:45 AM

From Awareness to Action: Trauma Informed Care in the ED

Kristen Donaldson, MD, MPH, FACEP

President Elect, Illinois College of Emergency Physicians, Downers Grove, IL

OBJECTIVE:

- Define and understand the response to trauma
- Describe the importance of components of trauma informed care
- Identify ways to implement trauma informed care in your emergency department

8:45 AM - 9:10 AM

Break and Visit the Exhibits

9:10 AM - 9:50 AM

The Intersection of Burnout and Defensive Medicine in Emergency Medicine

Meaghan Mendoza, DO

Assistant Clerkship Director for the Southern Illinois University, Springfield, IL

OBJECTIVES:

- Define and discuss burnout in Emergency Medicine
- Linking burnout and defensive medicine
- Strategies for mitigation

9:50 AM - 10:05 AM

ICEP Update

Kristen Donaldson, MD, MPH, FACEP

President Elect, Illinois College of Emergency Physicians, Downers Grove, IL

OBJECTIVE:

- Describe current issues and challenges facing the Illinois College of Emergency Physicians and the American College of Emergency Physicians

10:05AM - 10:25 AM

Break and Visit the Exhibits

10:25 AM - 11:05 AM

Obstetric Emergencies

Evan Jenkins, MD

Physician, SIU School of Medicine

OBJECTIVE:

- Develop an approach to obstetric patients in the ED
- Review common obstetric emergencies

11:05 AM - 11:25 AM

Break and Visit the Exhibits

11:25 AM - 12:10 PM

The Top 10 EM Articles of 2025

John W. Hafner, Jr., MD, MPH, FACEP

Residency Director, Clinical Professor Emergency Medicine University of Illinois College of Medicine at Peoria, Attending Physician, Department of Emergency Medicine OSF Saint Francis Medical Center, Peoria, IL

OBJECTIVE:

- Review current literature to outline important advances in emergency medicine
- Describe the top 10 articles from 2025
- Analyze the implications and limitations of the studies on the practice of clinical emergency medicine

12:10 PM

Prize Winners Announcement & Adjourn

