



Arizona Osteopathic Medical Association 97th Annual Convention – April 10-14, 2019 Leading the Way

Program Description: The Arizona Osteopathic Medical Association 97th Annual Convention has been developed by the physician members of the AOMA Professional Education Committee to provide continuing medical education for osteopathic physicians based on the seven core competencies of osteopathic medicine. This multi-specialty program is designed to present current evidence-based information that will augment practice skills and enhance patient care.

Educational Objectives:

- Review and update clinical and technical knowledge
- Identify and discern new clinical and technical information
- Discuss and relate medical knowledge and skills with peers
- Distinguish and practice the osteopathic approach to diagnoses and treatment of illness
- Recognize the interrelationships between physicians, patients, environment, and the community as a whole

Tentative Agenda

All topics, speakers, and times subject to change.

Wednesday, April 10, 2019

7:30 am to 8:25 am

The Interstate Medical Licensure Compact

Scott Steingard, DO

- Outline how interstate compacts can be utilized to facilitate license portability
- Summarize qualification physicians must meet to be eligible to participate in the Interstate Medical Licensure Compact
- Illustrate how the Interstate Medical Licensure Compact Commission serves as an administrative clearinghouse of licensing and disciplinary information among participating member states

8:30 am to 9:25 am

State of the Opioid Crisis in Arizona

Lisa Villarroel, MD, MPH

- Assess the local Arizona data on opioid prescriptions, use and overdoses
- Outline the new resources available for Arizona providers for pain and addiction
- Illustrate the culture shift and new approach to pain and addiction in Arizona

Concurrent Morning Continuing Medical Education Sessions

Session A

9:55 am to 10:50 am - Concurrent Session

Value-Based Care for the Seriously Ill Patient - Using a Home-Based Interdisciplinary Model

Gobi K Paramanandam, MD, MHSM

- Summarize the challenges associated with caring for both chronically ill and aging populations
- Evaluate the role of Palliative Care in a home-based setting
- Demonstrate compassionate communication with patients and recommended interventions to enhance comfort and quality of life.

10:55 am to 11:50 am

It Takes a Village to Attend a Patient – Embracing Interprofessional Practice in the New Healthcare Paradigm

Michelle Mifflin, DO

Erin Appelt, PT, DPT, OCS

Cara Copeland, DMD

Liz Harrell, DNP, RN, PMHNP-BC

- Summarize the benefits of having an Interprofessional Practice
- Illustrate the impact of culture on healthcare delivery and an interprofessional clinical component
- Summarize recommendations for best practices including the need for administrative support, interprofessional infrastructure.

Session B

9:55 am to 10:50 am

Management of Rheumatoid Arthritis - Early Detection to Ensure Appropriate Care

Joy Schechtman, DO, FACR, FACOI

- Share new and updated classification criteria, management guidelines in rheumatic diseases
- Evaluate the principles behind current and future therapy of RA
- Illustrate clinical recognition of Rheumatologic and autoimmune diseases

10:55 am to 11:50 am

Medicare Quality Payment Program (QPP) Payments Not Penalties Year 3 Final Rule

Howard Pitluk, MD, MPH, FACS

- Evaluate provider eligibility for participation in the CMS Quality Payment Program (QPP)
- Differentiate various models for individual and group reporting for the QPP
- Distinguish how to maximize Medicare payments for specific practice configurations

11:50 am to 1:00 pm Lunch in the Exhibit Hall (No CME)

Afternoon Continuing Medical Education Sessions

1:00 pm to 2:25 pm

Physician Burnout and Administrative Simplification

Swapna Reddy, JD, MPH

Matthew Speer

- Analyze results from physician burnout survey conducted by ASU College of Health Solutions
- Evaluate statistics and risk factors for physician burnout
- Illustrate signs and symptoms of burnout
- Share strategies to prevent and address burnout

2:30 pm to 2:55 pm

Physician Burnout as it Relates to Liability and Medical Malpractice

Jeremy M. Hodder DHSc, MSc, Pg Dip Law, BScN (Hons), CPHRM, RN

- Outline how physician burnout affects a physician's liability and malpractice insurance
- Share what is being done to address the consequences of physician burnout and the impact on patient care

3:25 pm to 4:55 pm

Sign Chi Do: An Effective Brain-Body Movement Intervention

Anne Borik, DO

- Demonstrate the brain-body connection by using sign gesture, music and movement
- Use the Sign Chi Do technique as a tool to manage stress
- Share a spiritual approach to enhance a sense of well-being

Thursday, April 11, 2019

7:30 am to 8:25 am

Interventional Cardiology the Next Generation

Haidar Yassin, MD

- Demonstrate clinical skill in management of patients with cardiovascular disease
- Outline the effectiveness and limitations of coronary interventional procedures in order to select patients and procedure types correctly
- Illustrate evaluation of patients and when to refer them to a specialist

8:30 am to 9:25 pm

Understanding Advanced Heart Failure

Jennifer Cook, MD

- Illustrate high risk of mortality in heart failure and when to consider advanced Therapy

- Outline when to consider advanced therapy
- Apply new pharmacologic therapy appropriately

9:40 am to 10:35 am

Mitral Valve Disease: Update on Diagnosis and Treatment Strategies

Alphonse Ambrosia, DO, FACC

- Distinguish the diagnostic testing for mitral insufficiency and treatment options
- Understand the symptoms and progression of mitral valve disease
- Understand the options for treatment of mitral insufficiency and mitral stenosis

10:40 am to 11:35 am

Pulmonary Hypertension – What you Need to Know

Lorie Loreman, DO

- Compare types of pulmonary hypertension and evaluate proper testing to diagnose
- Evaluate proper testing to diagnose pulmonary hypertension
- Evaluate who to refer for specialists

11:45 am to 12:45 pm

Luncheon Lecture: Health Disparities: Moving Beyond the Bias

Danielle Barnett-Trapp, DO

- Distinguish health disparities, health inequality, health equity and the social determinants of health
- Interpret implicit (unconscious) bias and the affect it has on health care delivery
- Outline local and national strategies aimed at addressing health disparities

Afternoon Continuing Medical Education Sessions

12:50 pm to 1:45 pm

What's New in IBS

Amy Foxx-Orenstein, DO, MACG, FACP

- Evaluate symptoms of IBS and describe strategies for diagnosing these conditions
- Distinguish patients with alarm symptoms who require further evaluation
- Differentiate among new therapies for IBS

1:50 pm to 2:45 pm

What's New in Diabetes?

Allison Peckumn, DO

- Share new medications available for the treatment of diabetes mellitus
- Outline new technology and its role in the management of diabetes
- Create a better understanding of the current management of diabetes

3:00 pm to 4:55 pm

Concussion Panel

Tyler Roland – My Concussion Story

Ashley Marshall, PhD, ATC - The Role of the Athletic Trainer in the Management of Sport-Related Concussions

Susan M. Wolf, PhD

- “Can’t you See It?” – The Hidden Side of *mTBI* (Concussion)
 - Assess common and uncommon sequelae (signs and symptoms of *mTBI*)
 - Interpret return to play and return to learn protocols for concussion management
 - Evaluate for *mTBI* in daily practice, sharing accessible resources with patients and families.

Katrina Wilson, MD, MPH, CAQSM

- Complexity and Challenges of Return to Play After a Mild Traumatic Brain Injury
 - Share the complexity of return to play decision after Mild Traumatic Brain Injuries
 - Manage complex ethical decisions with management of mild traumatic brain injuries

Evaluate approaches to discussion return to play decisions with patients and families

Friday, April 12, 2019

Concurrent Morning Continuing Medical Education Sessions

Session A

7:30 am to 8:25 am

Should Clinical Indication Be Required on Prescriptions?

Terri Warholak, PhD, RPh, CPHQ, FAPhA

Michael T. Rupp, BS Pharm, PhD, FAPhA

Anita Murcko, MD, FACP

- Share the benefits of indication-based prescribing by physicians
- Illustrate the benefits of providing pharmacists with clinical indication
- Outline the potential challenges and barriers to including clinical indication on prescription orders

8:30 am to 9:25 am

Dyslipidemia and Heart Disease – What Healthcare Providers Need to Know

Joseph Lillo, DO, FNLA, FAPCR, CPI

- Apply latest guidelines for the treatment of atherogenic dyslipidemia
- Manage treating residual risk in statin-controlled patients
- Distinguish how to risk stratify patients at cardiovascular risk

9:40 am to 10:35 am

Hepatitis C(ure): Treating Hepatitis C as A Primary Care Provider

Brandon Abbott, DO, MPH, FAAP

- Interpret Hepatitis C lab tests and clinical sequelae

- Share with patients regarding treatment regimens and side effects
- Outline long term follow up and liver cancer screening after treatment

10:40 am to 11:35 am

Telemedicine in Rural Areas

Lavinia Smith, MSN, RN

Susan Jones, BA, LPN, CPHRM

- Evaluate the risks associated with telemedicine in rural areas
- Distinguish what is considered appropriate vs not telemedicine
- Summarize strategies to reduce risk with telemedicine in rural areas

Session B

7:30 am to 8:25 am

Office Gynecology: Women's Health Update 2019

B J Ho, DO

- Share options for treatment of non-pregnancy related issues
- Illustrate how to counsel patients on non-pregnancy related illnesses and how they may impact the pregnancy
- Outline medications that are safe for a pregnant patient

8:30 am to 9:25 am

Biologic Therapies for Atopic Disease

Todd Hrabak, DO, FAAAAI, FACAAI

- Manage appropriate atopic patients for biologic therapies
- Differentiate amongst biologic therapies for atopic disease
- Distinguish scientific rationale for diagnosing one biologic therapy vs. another for atopic disease

9:40 am to 11:35 am

The Point of Care Ultrasound: An Integrated Model

Charles Finch, DO

Inder Raj S. Makin, MD, PhD, RMS

Joel Sellers, DO, FAOASM

- Demonstrate ultrasound scanning for the primary care physician
- Share common ultrasound techniques used in the office setting
- Evaluate point of care ultrasound for common vascular, solid organ and musculoskeletal complaints

11:45 am to 1:10 pm – Luncheon Lecture

Sex Trafficking and Sexual Exploitation for Health Care Practitioners: Identification, Assessment and Treatment

Lara Yoblonski, MD, MPH

Jeff Gibbs

- Classify likely victims of human trafficking and sexual exploitation in the clinical setting
- Design and execute a treatment plan for the patient including numerous patient resources
- Utilize additional education resources for practitioners to serve this patient population

1:15pm to 2:40 pm

Getting to Know Your Medical Examiner

Leslie Wallis, DO

- Outline the role of Medical Examiner
- Illustrate how to properly complete a death certificate
- Distinguish if and when a death should be appropriately reported to the Office of the Medical Examiner

2:45 pm to 3:40 pm

Care of SCI Patient

Matthias Linke, DO, FAAPMR

- Outline the demographics of spinal cord injury including age, gender, cause of injury, and degree of injury
- Illustrate common illnesses and diseases only seen in a spinal cord injured patient

Share the treatment of chronic conditions seen in spinal cord injured patients

Saturday, April 13, 2019

6:00 am to 6:45 am

Rock with the DOC

Brent Gear, DO, FACEP, FACOEP, FOMA

- Create and perform total body exercises for the overweight or obese patients
- Outline a preplanned “Interval Walk” and discuss how patients can apply this to their home or work neighborhoods
- Share five fundamentals to creating a successful experience for each patient

Concurrent Morning Continuing Medical Education Sessions

Session A

7:30 am to 8:25 am

Updates in Ovarian Cancer Screening and Treatment

Uma Chandavarkar, MD

- Distinguish effective methods to detect ovarian cancer in patients
- Assess that there is no screening test for ovarian cancer in asymptomatic patients
- Illustrate that survival from ovarian cancer is improved for patients who are cared for

Advances in Cervical Cancer Prevention and Treatment

Amy Brockmeyer, MD

- Share the most up to date screening and how to apply it to patients
- Illustrate how the HPV Vaccine can prevent and treat cervical precancer and cancer
- Outline recent breakthroughs in care

8:30 am to 9:25 am

Ketogenics/Cholesterol

Adam Nally, DO

- Illustrate how risk of cholesterol and heart disease improve with ketogenic lifestyle.
- Share most recent evidence of clinical atherosclerosis risk and application at the clinical level in the outpatient office setting.
- Outline cholesterol biomarkers that are clinically applicable and how a low carbohydrate, high fat (ketogenic) diet affects them.

9:40 am to 10:35 am

Jennifer Yuen, DO

“You’ve Got to Move It, move It. Seizures and Other Movements”

- Differentiate a seizure from benign movements
- Decide When to refer to a neurologist
- Distinguish which movements are a neurologic emergency

10:40 am to 11:35 am

Adult Immunizations - Update 2019

Joseph Zachariah, DO

- Evaluate indications for adult vaccines
- Outline controversies & side effects
- Share new vaccines that are on the horizon

Session B – Osteopathic Manipulative Medicine (OMM)

7:30 am to 8:25 am

OMM: Non-Pharmacological Treatment of Back Pain

James Keane, DO, MEd

- Assess common presentation of back pain
- Evaluate and demonstrate OMM treatment for back pain
- Perform several OMM treatments

8:30 am to 9:25 am

OMM: Non-Pharmacological Treatment of Extremity Pain in Athlete

James Keane, DO, MEd

- Assess common etiologies of pain in athletes
- Evaluate diagnostic process for extremities
- Perform several OMM techniques

9:40 am to 11:35 am

An Osteopathic Approach to Headaches, Migraines, Muscle Tension, Concussions and TMJ
Carlton Richie, DO, FAAFP; Katherine Worden, DO, MS, SPOCF

- Demonstrate a knowledge of the underlying mechanisms of these headache types
- Share which somatic dysfunctions are commonly found in each type of headache
- Demonstrate how to identify a concussion

11:45 am to 1:15 pm

Clinical Case Competition Luncheon – CME Available

Concurrent Afternoon Continuing Medical Education Sessions

Session A

1:20 pm to 2:15 pm

Vaccine Updates and Recommendations for Health Care Professionals

Brett Hurliman, MD

- Evaluate influenza vaccine effectiveness data and 2018 recommendations for use
- Share Human Papilloma Virus (HPV) epidemiology and new vaccine recommendations
- Evaluate recommendations for use of Serogroup B Meningococcal (MenB) & Pneumococcal Polysaccharide (PPSV23) vaccines in children and adolescents

2:20 pm to 3:15 pm

Approach to Headache in the Primary Care Setting

Kerry Knievel, DO, FAHS

- Differentiate between primary and secondary headache
- Evaluate patient with headache, imaging, etc.
- Manage common headaches, preventative and abortive

3:30 pm to 4:55 pm

Stump the Doc Competition

- Differentiate common medical conditions presenting in a practice setting
- Manage appropriate treatment for identified conditions
- Illustrate need for referral and follow up

Session B – Osteopathic Manipulative Medicine (OMM)

1:20 pm to 3:15 pm

Osteopathic Manipulative Medicine (OMM) for the Cervical Spine

Richard Dobrusin, DO, MS (Ost.), FACOFP

- Perform an osteopathic structural examination on the cervical spine
- Demonstrate hands on skills in cervical manipulation

Outline documenting, diagnosing, treating and billing for manipulative medicine

Sunday, April 14, 2019

8:00 am to 8:55 am

Coffee as Medicine

Jane Li-Conrad, DO

- Distinguish physiological effects of coffee in healthy humans
- Assess when to use coffee as a medicine
- Illustrate the side effects of coffee

9:00 am to 9:55 am

How Much Sleep You Need and How to Get It

Matthew Troester, DO

- Summarize and apply new(ish) healthy sleep hour recommendations
- Illustrate the real-world application of sleep recommendations
- Formulate simple action plans with your patients of all ages to help promote better sleep

10:10 am to 11:05am

Influenza Pandemic Preparedness for Clinicians on the Frontline

Capt. Ha Tang, DO

- Share the history and lessons of past pandemics
- Demonstrate how and when an influenza pandemic can occur and the implications
- Illustrate what frontline providers can do to blunt the impact of an influenza pandemic

11:10 am to 12:05 pm

A Guide to Medical Marijuana

Gwen Levitt, DO, DFAPA

- Illustrate the mechanism of action of various marijuana strains
- Share what types of marijuana your patients may be using and why
- Outline various effects of marijuana products

The Arizona Osteopathic Medical Association (AOMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The AOMA designates this program for a maximum of 38.25 hours of AOA Category 1-A credit and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Touro University Nevada College of Osteopathic Medicine (TUNCOM) is accredited by ACCME to provide continuing medical education for physicians. This activity has been approved for *AMA PRA Category 1 Credits™*.

Application has been submitted for American Academy of Family Physicians (AAFP) Prescribed Credits. Determination of credits is pending.