Wednesday, April 10, 2019
7:30 am to 8:25 am - Sonora
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
SPECIALTY: FM
CREDITS: 1.0

8:30 am to 9:25 am - Sonora
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
SPECIALTY: FM
CREDITS: 1.0

Concurrent Tracks
9:55 am to 10:50 am - Concurrent Session - Sonora
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.
SPECIALTY: FM
CREDITS: 1.0

9:55 am to 10:50 am – Grand 4
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
SPECIALTY: FM, IM, RHEU
CREDITS: 1.0
10:55 am to 11:50 am - Sonora
It Takes a Village to Attend a Patient -- Embracing Interprofessional Practice in the New Healthcare Paradigm
Michelle Mifflin, DO; Erin Appelt, PT, DPT; Cara Copeland, DMD; Liz Harrell, DNP, RN, PMHNP-BC
- Share the importance of interdisciplinary teams in improving patient care
- Create appropriate partnerships and referrals to improve individual patient care
- Evaluate recommendations to office management to improve teamwork and intra/interoffice communication
SPECIALTY: FM
CREDITS: 1.0

10:55 am to 11:50 am – Grand 4
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
SPECIALTY: FM
CREDITS: 1.0

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

1:00 pm to 2:25 pm - Sonora
Physician Burnout: Understanding the Landscape, Shifting the Narrative and Charting a Course Forward in Arizona
Swapna Reddy, JD, MPH; Matthew Speer, MS
- Outline the prevalence and physician perceptions of burnout in the state of Arizona
- Compare and contrast the various ways through which burnout has been defined and measured
- Distinguish potential innovative and responsive policy solutions at the individual, group, enterprise and government levels
SPECIALTY: FM
CREDITS: 1.5

2:30 pm to 2:55 pm - Sonora
Physician Burnout and Medical Malpractice
Jeremy M. Hodder DHSc, MSc, Pg Dip Law, BScN (Hons), CPHRM, RN
- Summarize physician burnout
- Outline relationship between burnout and malpractice
- Assess strategies to prevent burnout
SPECIALTY: FM, OB/GYN, PEDS, PMR, PM
CREDITS: .50

3:25 pm to 4:55 pm - Sonora
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

SPECIALTY: FM, IM
CREDITS: 1.5

Thursday, April 11, 2019
7:30 am to 8:25 am – Grand 1-3
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

SPECIALTY: FM, IM, IM-IC, CVD
CREDITS: 1.0

8:30 am to 9:25 pm – Grand 1-3
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

SPECIALTY: FM, IM, CVD
CREDITS: 1.0

9:40 am to 10:35 am – Grand 1-3
Management of Mitral Valve Disease
Alphonse Ambrosia, DO, FACC
- Distinguish the diagnostic testing for mitral insufficiency
- Evaluate the symptoms and progression of mitral valve disease
- Assess the options for treatment of mitral insufficiency and mitral stenosis

SPECIALTY: FM, IM, IM-IC, CVD
CREDITS: 1.0

10:40 am to 11:35 am – Grand 1-3
Tuberculosis: A Global One Health Challenge
Lawrence Sands, DO, MPH, DABPM
Donald Noah, DVM, MPH, DACVPM
- Mitigate the impact Mycobacterium tuberculosis complex has on human and animal health worldwide.
- Differentiate the challenges to the prevention and control of tuberculosis.
- Evaluate evidence-based actions and strategies directed at tuberculosis elimination in both human and animal populations

SPECIALTY: FM
CREDITS: 1.0
11:45 am to 12:45 pm – Grand 1-3
Luncheon Lecture: Health Disparities: Moving Beyond 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
SPECIALTY: FM
CREDITS: 1.0

12:50 pm to 1:45 pm – Grand 1-3
What's New in Irritable Bowel Syndrome (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
SPECIALTY: FM, IM, GE
CREDITS: 1.0

1:50 pm to 2:45 pm – Grand 1-3
What’s New in Diabetes?
Allison Peckumn, DO, FACE
• 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
SPECIALTY: FM, IM, END
CREDITS: 1.0

3:00 pm to 4:55 pm – Grand 1-3
Concussion Roundtable
My Concussion Story
Tyler Roland
The Role of the Athletic Trainer in the Management of Sport-Related Concussions
Ashley Marshall, PhD, ATC
Can’t Your See It? – The Hidden Side of mTBI
Susan M. Wolf, PhD
Complexity and Challenges of Return to Play After a Mild Traumatic Brain Injury
Katrina Wilson, MD, MPH, CAQSM
• 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
• 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
**Concurrent Tracks**

**7:30 am to 8:25 am – Grand 1-3**

**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

**SPECIALTY: FM, IM**
**CREDITS: 1.0**

**7:30 am to 8:25 am – Grand 4**

**Office Gynecology: Women's Health Update 2019**
BJ Ho, DO, FACOG

- Share women’s health screening through all life stages
- Evaluate and treat common bleeding/menstrual problems
- Outline how to safely and confidently manage hormone replacement

**SPECIALTY: FM, OB/GYN**
**CREDITS: 1.0**

**8:30 am to 9:25 am – Grand 1-3**

**Biologics in Atopic Disease**
Todd Hrabak, DO, FACAAl, FAAAAI

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

**SPECIALTIES: FM, IM, AI**
**CREDITS: 1.0**

**8:30 am to 9:25 am – Grand 4**

**Updates in Ovarian Cancer Detection 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

**Best Practices 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

**SPECIALTIES: FM, OB/GYN, ONC**
**CREDITS: 1.0**
9:40 am to 10:35 am – Grand 1-3
Hepatitis C(ure): Treating Hepatitis C as A Primary Care Physician
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
SPECIALTIES: FM, IM, Peds
CREDITS: 1.0

9:40 am to 11:35 am - Sonora
Clinically-Based Point of Care Ultrasound Procedures for the Primary Care Physician
Charles Finch, DO, FACOEP; Inder Raj S. Makin, MD, PhD, RDMS; Joel Sellers, DO, FAOASM, CAQSM, RMSK
- 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
SPECIALTY: FM, EM
CREDITS: 2.0

10:40 am to 11:35 am – Grand 1-3
Telemedicine in Rural Areas
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
SPECIALTY: FM, OB/GYN, Peds, PM, PMR
CREDITS: 1.0

11:45 am to 1:10 pm - Luncheon Lecture  Grand 1-3
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
SPECIALTY: FM
CREDITS: 1.50

1:15pm to 2:40 pm – Grand 1-3
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
SPECIALTY: FM, IM, PATH
CREDITS: 1.50
Care for the Spinal Cord Injured 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
SPECIALTY: FM, PMR
CREDITS: 1.0

Saturday, April 13, 2019
6:00 am to 6:45 am - Sonora
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
SPECIALTY: FM, OM, EM
CREDITS: .75

Concurrent Tracks
7:30 am to 8:25 am – Grand 1-3
2018 Cholesterol Guidelines
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
SPECIALTY: FM, FM/OMT
CREDITS: 1.0

7:30 am to 8:25 am - Sonora
OMM: Nonpharmaceutical 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
SPECIALTY: FM, IM
CREDITS: 1.0

8:30 am to 9:25 am – Grand 1-3
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.
SPECIALTY: FM, FM/OMT
CREDITS: 1.0

8:30 am to 9:25 am - Sonora
How Did You Do That? OMM - Extremity Pain in Athletes
James Keane, DO, MEd
• Assess common etiologies of pain in athletes
• Evaluate diagnostic process for extremities
• Perform several OMM techniques
SPECIALTY: FM, IM
CREDITS: 1.0

9:40 am to 10:35 am – Grand 1-3
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
SPECIALTY: FM, N
CREDITS: 1.0

9:40 am to 11:35 am - Sonora
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
SPECIALTY: FM, FM/OMT, SM, NMM/OMM
CREDITS: 2.0

10:40 am to 11:35 am - Grand 1-3
Adult Immunizations - Update 2019
Joseph Zachariah, DO
• Evaluate appropriate indications for adult vaccines
• Outline controversies & side effects
• Share new vaccines that are on the horizon
SPECIALTY: FM, IM, IM-ID
CREDITS: 1.0

11:45 am to 1:15 pm – Grand 1-3
Clinical Case Competition Luncheon – CME Available
SPECIALTY: FM
CREDITS: 1.5
**Concurrent Tracks**

**1:20 pm to 2:15 pm – Grand 1-3**

**Pediatric Vaccine Updates & Recommendations for Healthcare 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

SPECIALTY: FM, PEDS
CREDITS: 1.0

**1:20 pm to 3:15 pm - Sonora**

**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

SPECIALTY: FM, OMM/NMM
CREDITS: 2.0

**2:20 pm to 3:15 pm – Grand 1-3**

**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

SPECIALTY: FM, N
CREDITS: 1.0

**3:30 pm to 4:55 pm – Grand 1-3**

**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

SPECIALTY: FM
CREDITS: 1.5

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**Sunday, April 14, 2019**

**8:00 am to 8:55 am – Grand 1 & 2**

**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

SPECIALTY: FM
CREDITS: 1.0
9:00 am to 9:55 am - Grand 1 & 2
How Much Sleep Do We 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
SPECIALTY: FM, N, SLEEP
CREDITS: 1.0

10:10 am to 11:05 am - Grand 1 & 2
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
SPECIALTY: FM
CREDITS: 1.0

11:10 am to 12:05 pm - Grand 1 & 2
Provider's 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
SPECIALTY: FM, N/PSY
CREDITS: 1.0

12:15 pm to 2:00 pm - Grand 3 & 4
AOMA Awards Ceremony and Luncheon - No CME
All are welcome