WE ARE FAMILY

Program Description: The Arizona Osteopathic Medical Association 94th 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
Arizona Osteopathic Medical Association
94th Annual Convention
April 13 – 17, 2016
Convention Agenda
(all times, lectures, and speakers subject to change)

WEDNESDAY, APRIL 13, 2016

7:00 am to 5:00 pm Registration

7:00 am to 8:00 am Breakfast

7:30 am to 9:00 am Opening General Session
The Eating Conundrum: Diets & Disease in the 21st Century
Deanna Minich, Ph.D., FACN, CNS
- Understand the role of nutrition in health
- Review the science of clinical application of popular diets
- Discuss ways to personalize a diet to a patient
SPECIALTY: FM, IM
CREDITS: 1.5

9:00 am to 9:30 am Break

CONCURRENT TRACKS – Morning

TRACK I
9:30 am to 10:30 am An Update in Oncology and Malignant Hematology for the Primary Care Physician
Brendan Curley, D.O., MPH
- Develop a working knowledge of the recent advancements in oncology and malignant hematology and the changes in standards of care
- Recognize the most common and most serious adverse events associated with these new therapies
- Understand the possible sequences and insertion of new therapies into clinical practice oncologic care
SPECIALTY: FM, IM, ONC
CREDITS: 1.0

10:30 am to 11:30 am Substance Abuse and Addiction in Professional Pilots: Is the Public Safe to Fly with a Pilot Who is in Recovery?
David Bryman, D.O.
- Understand the scope of addiction and substance abuse in commercial aviation
- Discuss the Federal Aviation Administration’s role in returning alcoholic and chemically dependent pilots back to work
- Review the Aviation Medical Examiner/Independent Medical Sponsor responsibilities in monitoring dependent pilots and keeping the public safe
SPECIALTY: FM
CREDITS: 1.0

TRACK II
9:30 am to 10:30 am The Art of Motivational Interviewing: Optimizing Patient Adherence and Clinical Outcomes Using Precision Behavioral Medicine Techniques
Gregory Petersburg, D.O.
- Explain how the current provider-patient interview and communication styles contribute to very low patient adherence rates for both chronic disease treatment and preventive lifestyle recommendations
- Identify the stage of a patient’s readiness and confidence for making healthful behavior changes
- Utilize precision interviewing techniques to help patients resolve patient ambivalence to making lifestyle changes
- Transition from a traditional directive interview style to a precision, guided style of communication

SPECIALTY: FM
CREDITS: 1.0

10:30 am to 11:30 am  
**Phytonutrients**
Deanna Minich, Ph.D., FACN, CNS
- Understand the importance of phytonutrients in health
- Apply new findings from the scientific literature to clinical practice
- Instruct patients on getting more phytonutrients from their diet
SPECIALTY: FM, IM
CREDITS: 1.0

11:30 am to 1:30 pm  
**Keynote Luncheon**
Nutrition Plans in Disease Management
Sharon Day, RD, CSO, CNSC
Stephanie Paver, RD, CSO, CNSC
- Discuss the incorporation of a nutrition plan into the treatment of cancer patients
- Identify other medical conditions and considerations that may affect the choice of nutrition plan
- Review case studies of customized nutrition plans depending on types of cancer and courses of treatment
- Recognize and prepare healthy meal choices for disease prevention
SPECIALTY: FM, PMR
CREDITS: 2.0

CONCURRENT TRACKS – Afternoon

**TRACK I**
1:45 pm to 2:45 pm  
**Transcatheter Aortic Valve Implantation: Update on Patient Selection, Technology, and Outcomes**
Alphonse Ambrosia, D.O., FACC
- Identify the indications for transcatheter aortic valve implantation, testing, and pre-procedure planning
- Review the procedure to transcatheter aortic valve implantation, complications, and follow up
- Discuss the impact on patients with case studies
SPECIALTY: FM, IM, IVC, CVD
CREDITS: 1.0

2:45 pm to 3:00 pm  
Break

3:00 pm to 4:00 pm  
**Rethinking Irritable Bowel Syndrome (IBS)**
David Leff, D.O.
- Recognize that IBS is a system-based diagnosis, its prevalence, and its impact on society and quality of life
- Understand the pathophysiology of IBS
- Review treatment options for IBS
SPECIALTY: FM, IM, GE
CREDITS: 1.0

4:00 pm to 5:00 pm  
**Update on Breast Cancer Risk Assessment and Strategies for Risk-Reduction and Prevention**
Mary Cianfrocca, D.O.
- Assess the breast cancer risk for an individual woman
- Identify lifestyle modifications to decrease the risk of breast cancer
- Analyze the risks and benefits of synthetic estrogen receptor modulators (SERMs) and aromatase inhibitors (AIs) in breast cancer prevention
SPECIALTY: FM, IM, ONC
CREDITS: 1.0

TRACK II
1:45 pm to 2:45 pm
*Hot Off the Press: An Evidence-based Review of Herbal Supplements that Made Headlines*
Dawn Gerber, Pharm.D., CGP, FASCP

- Compare and contrast regulatory standards of prescription medications and dietary supplements
- Elucidate on the many guidelines and references available to treat Vitamin D deficiency
- Describe the best way to assess the risks and benefits of dietary supplements marketed for sexual dysfunction
SPECIALTY: FM, EM, OPH/OTL
CREDITS: 1.0

2:45 pm to 3:00 pm
Break

3:00 pm to 4:00 pm
*Diagnosis and Current Treatments in Sports Medicine*
Joel Sellers, D.O., FAOASM

- Diagnose common and atypical musculoskeletal injuries, both acute and chronic
- Review therapeutics, including ultrasound assisted injection therapies and new interventional regenerative therapies, such as platelet rich plasma, stem cell, and Tenex procedures
- Apply osteopathic manipulation and principals with physical therapies and evidence-based protocols
SPECIALTY: FM
CREDITS: 1.0

4:00 pm to 5:00 pm
*Promoting Oral Health and Improving Health Literacy through Innovative Mobile Technology*
Tony Hashemian, DDS

- Discuss potential advantages provided by the healthcare apps for patient oral and systemic health
- Review research that supports the use of text-based health messaging
- Describe the current state of the science connecting salivary testing to oral and systemic health
- Identify the types of data acquired through the apps and how to integrate it with oral and systemic health recommendations
SPECIALTY: FM
CREDITS: 1.0

6:00 pm to 9:00 pm
Board of Trustees Dinner & Meeting

THURSDAY, APRIL 14, 2016

7:00 am to 5:00 pm
Registration

7:00 am to 5:00 pm
Exhibit Hall

7:00 am to 8:00 am
Breakfast in the Exhibit Hall
7:30 am to 9:00 am  
**Opioid Prescribing: Safe Practice, Changing Lives**  
*John Manfredonia, D.O.*

- Describe appropriate patient assessment for treatment with ER/LA opioid analgesics, evaluating risks and potential benefits of ER/LA therapy as well as possible misuse.
- Apply proper methods to initiate therapy, modify dose, and discontinue use of ER/LA opioid analgesics, applying best practices including accurate dosing and conversion techniques as well as appropriate discontinuation strategies.
- Demonstrate accurate knowledge about how to manage ongoing therapy with ER/LA opioid analgesics and properly use evidence-based tools while assessing for adverse effects.
- Employ methods to counsel patients and caregivers about the safe use of ER/LA opioid analgesics, including proper storage and disposal.
- Review/assess general and product-specific drug information concerning ER/LA opioid analgesics and identifying potential adverse effects of ER/LA opioids.

SPECIALTY: FM, HPM  
CREDITS: 1.5

9:00 am to 9:30 am  
**Break**

9:30 am to 11:00 am  
**D.O.T. Talks - D.O. Trending Topics**  
*Doctors That DO – John Becher, D.O., AOA President*

- Communicate and embrace the “D.O. Difference”

*The Politics of Food – Lori Kemper, D.O., FACOFP*

- Review the history and politics behind the food pyramid

*MACRA Update – Kimberly Harris-Salamone, M.D.*

- Prepare for Medicare reimbursement changes

*Arizona Politics & Medicine – Pete Wertheim*

- What’s new and what’s not in healthcare policy & politics

SPECIALTY: FM  
CREDITS: 1.5

11:00 am to 12:00 pm  
**Leadership in Healthcare**  
*Robert Trenschel, D.O., MPH*

- Discuss various roles and opportunities in healthcare leadership
- Identify skills and experience for a career in healthcare leadership
- Recognize the potential risks and sacrifices for a career in healthcare leadership

SPECIALTY: FM, PMR  
CREDITS: 1.0

12:00 pm to 1:00 pm  
**Lunch in the Exhibit Hall**

1:15 pm to 2:15 pm  
**Responding to an Investigation of the Arizona Osteopathic Medical Board**  
*Stephen Myers, J.D., LLM*

- Develop and better understanding of the Board’s statutory definitions of unprofessional conduct
- Identify the most common findings of unprofessional conduct
- Recognize the importance of responding comprehensively, truthfully, and even candidly to the Board investigation
- Understand the value of voluntary remedial education when indicated

SPECIALTY: FM, DERM, N/PSY, Nuclear, PATH, PM, PROC  
CREDITS: 1.0

2:15 pm to 2:45 pm  
**Break**

Rev. 4-7--16
2:45 pm to 4:15 pm  
**The “F” Word**  
*Brent Gear, D.O., FACEP, FACOEP*

- Define obesity and its incidence and prevalence
- Describe the genetic, environmental, and cultural factors of obesity
- Review the pathophysiology of treatable obesity related disorders such as hypertension and diabetes

SPECIALTY: FM, BM, EM,  
CREDITS: 1.5

4:15 pm to 5:15 pm  
**What NOT to Say to Patients**  
*Pamela Johnson, RN, BSN*

- Discuss the dynamics of the patient/doctor relationship
- Identify phrases/statements not to say to patients
- Review communication skills to enhance patient discussions to achieve therapeutic outcomes

SPECIALTY: FM, OB/GYN, PEDS, PM, PMR  
CREDITS: 1.0

5:15 pm to 6:45 pm  
**Exhibit Hall Reception**

FRIDAY, APRIL 15, 2016

7:00 am to 5:00 pm  
**Registration**

7:00 am to 8:00 am  
**Breakfast in the Exhibit Hall**

7:00 am to 12:00 pm  
**Exhibit Hall**

7:30 am to 8:30 am  
**The Patient Experience**  
*Joshua Rosenberg, D.O., FACP, FHM*

- Improve patient interactions that lead to improved Hospital Consumer Assessment of Healthcare Providers and Systems) HCAHPS scores
- Understand the relationship between HCAHPS and patient safety
- Demonstrate ways physicians can work within their hospital to improve the patient experience

SPECIALTY: FM, IM  
CREDITS: 1.0

8:30 am to 9:30 am  
**Update on Multiple Sclerosis**  
*Jeffrey Gitt, D.O.*

- Discuss the disease state and diagnostic criteria for multiple sclerosis (MS)
- Improve recognition of patients who might have MS
- Review the changes in treatment of patients with MS

SPECIALTY: FM, N, N/PSY, SM  
CREDITS: 1.0

9:30 am to 10:00 am  
**Break**

10:00 am to 11:00 am  
**New and Emerging Trends in Toxicology**  
*Keith Boesen, Pharm.D., CSPI*

- Discuss the importance of the poison center system in the U.S.
- Identify the loop holes to bring designed drugs to the market
- Review how to use the poison centers in the U.S. as a resource for new and emerging trends

SPECIALTY: FM, EM, OPH/OTL  
CREDITS: 1.0

11:00 am to 12:30 pm  
**Clinical Case Competition Luncheon**

Rev. 4-7--16
SPECIALTY: FM  
CREDITS: 1.5

12:30 pm to 1:30 pm  
Palliative Care, Death Panels, and Rationing Resources:  
Medicare and End-of-Life Care  
Gobi Paramanandam, MD, MHSM
  
- Discuss the Centers for Medicare and Medicaid Services (CMS)  
  approved payment for voluntary end-of-life counseling as part of its  
  2016 Medicare physician fee schedule  
- Demonstrate how healthcare providers can effectively have advance  
  directive conversations with their patients

SPECIALTY: FM  
CREDITS: 1.0

2:00 pm to 3:00 pm  
Illicits: Current Fads in Street Drugs  
Gwen Levitt, D.O., FAPA
  
- Discuss the new illicit drugs being used in the community  
- Review the potential side effects and complications related to these  
  new illicit drugs  
- Identify skills to obtain a patient drug use history to improve care  
- Understand the power of addiction
SPECIALTY: FM, FPSY, PSY  
CREDITS: 1.0

3:00 pm to 4:00 pm  
Clinical Decision Support Systems:  
The Future of Medicine and Why It will Change Your Practice  
Forever  
Stephen Ruffenach, D.O., MS
  
- Discuss the clinical decision support systems structure and function  
- Describe the relationship of man, medicine, and machines – now and  
  in the future  
- List the three most important reasons machines will have increasingly  
  significant roles in medicine in the future  
- Identify what machines can and cannot due in medicine
SPECIALTY: FM, IM  
CREDITS: 1.0

4:00 pm to 6:30 pm  
AOMA House of Delegates – No CME

6:00 am to 7:00 am  
Walk with the Doc: Patient-Centered Physical Activity  
Brent Gear, D.O., FACEP, FACOEP
  
- Review safety precautions for overweight patients before and during  
  physical activity  
- Experience progressive levels of difficulty for each activity and how to  
  apply those for use with your patients  
- Understand how to write an exercise prescription using FITTE
SPECIALTY: FM, BM, EM,  
CREDITS: 1.0

7:00 am to 5:00 pm  
Registration

7:00 am to 8:00 am  
Breakfast

CONCURRENT TRACKS – Morning

Rev. 4-7--16
TRACK I
7:30 am to 8:30 am  **Science of Migraines**  
*Eric Eross, D.O.*  
- List the diagnostic criteria for migraine headache and apply them effectively in clinical practice  
- Explain the pathophysiology behind the main clinical features seen in migraine  
- Describe the site and mechanism of action of at least 3 acute and 3 preventative migraine treatments  
SPECIALTY: FM, N  
CREDITS: 1.0

8:30 am to 9:30 am  **Updated AHA/ACC/HRS Guidelines for the Management of Atrial fibrillation**  
*Chad Link, D.O., FACC*  
- Review the mechanism of Atrial fibrillation and the available treatment strategies  
- Identify which patients will benefit from anticoagulation therapy  
- Compare the novel anticoagulants currently available vs. warfarin  
- Discuss new surgical technologies available for Atrial fibrillation including the Watchman Device and AF Ablation  
SPECIALTY: FM, IM, CVC, NC  
CREDITS: 1.0

9:30 am to 9:45 am  Break

9:45 am to 10:45 am  **Eustachian Tube Dysfunction and Those Vague Ear Complaints**  
*Bryan Friedman, D.O.*  
- Recognize Eustachian tube dysfunction  
- Identify preliminary treatment modalities  
- Review how Eustachian tube structure and function are intimately intertwined  
SPECIALTY: FM, CS, FCS, OTL/FACPS  
CREDITS: 1.0

10:45 am to 11:45 am  **Valley Fever**  
*Craig Rundbaken, D.O., FACOI, FCCP*  
- Diagnose and evaluate Valley Fever by recognizing signs and fever  
- Recognize high risk groups for developing Valley Fever  
- Review current treatment therapies  
SPECIALTY: FM, IM, PD, SM  
CREDITS: 1.0

TRACK II  
8:00 am to 9:30 am  **Enhancing Osteopathic Palpatory Diagnosis and Treatment of Shoulder Pain through the Use of Ultrasound Imaging**  
*Deborah M. Heath, DO, CSPOMM*  
*Inder Raj S. Makin, MD, PhD, RD*  
- Discuss the fundamentals of ultrasound imaging  
- Identify appropriate instrumental controls  
- Use and apply ultrasound imaging to identify shoulder anatomy  
- Palpitate and perform OMM on relevant structures  
SPECIALTY: FM, OMM/NMM  
CREDITS: 1.5

10:00 am to 11:30 am  **Enhancing Osteopathic Palpatory Diagnosis and Treatment of Shoulder Pain through the Use of Ultrasound Imaging**  
*Deborah M. Heath, DO, CSPOMM*  
*Inder Raj S. Makin, MD, PhD, RD*
- Discuss the fundamentals of ultrasound imaging
- Identify appropriate instrumental controls
- Use and apply ultrasound imaging to identify shoulder anatomy
- Palpitate and perform OMM on relevant structures

SPECIALTY: FM, OMM/NMM
CREDITS: 1.5

NOTE: This is a repeat of the 8:00 am lecture

11:45 am to 1:15 pm
Poster Session Judging – AOA 2-B CME Credit

12:00 pm to 12:45 pm
Sponsored Luncheon: Walser Wealth Management
No CME

GENERAL SESSION
1:15 pm to 2:15 pm

Why We Do What We D.O.
Moderator: Shannon Scott, D.O., FACOFP
Panel Participants: Datch Dorvil, D.O., MPH; David Engstrom, D.O.;
Robert Orenstein, D.O., FACP, FIDSA
- Discuss the future of osteopathic medicine
- Identify the unique power of connections in osteopathic medicine
- Describe the importance of leadership in osteopathic medicine
SPECIALTY: FM, IM
CREDITS: 1.0

CONCURRENT TRACKS – Afternoon

TRACK I
2:15 pm to 3:15 pm
Therapy Dogs: How to Incorporate Their Benefit into Your Practice
Brendan Curley, D.O., MPH
- Review the requirements for a therapy dog and volunteer team for both use in your clinic and/or training your own pet
- Discuss the research behind the benefits provided by a therapy dog
- Understand the possible pitfalls and issues that can arise with having therapy dogs in your clinic and how to address them
SPECIALTY: FM, IM, ONC
CREDITS: 1.0

3:15 pm to 3:30 pm
Break

3:30 pm to 5:00 pm
Best Practices for Effectively Precepting Osteopathic Medical Students (OMS)
Sharon Obadia, D.O., FNAOME
Lise McCoy, Ed.D.
- Examine the physician preceptor-student relationship in medical education
- Describe the student responsibility in respecting physician preceptor-student boundaries
- Identify the best practices for role modeling by physician preceptors to OMS
SPECIALTY: FM, IM
CREDITS: 1.5

TRACK II
1:45 pm to 3:15 pm
OMM: Still Techniques for Extremities Not in the Current Book
Richard Geshel, D.O.
- Review the component tenants of the Still Technique
- Demonstrate and apply Still Technique for dysfunctions found in different structures of the upper and lower extremities
- Incorporate Still Technique into clinical practice
SPECIALTY: FM, NMM/OMM

Rev. 4-7--16
3:30 pm to 5:00 pm  
*An Osteopathic Approach to Performing Arts Medicine: Principles of Music Medicine*
*David W. Shoup, D.O., C-NMM OMM*
- Review cases of musicians with medical problems, both performance-related problems and medical problems impacting performance
- Discuss the osteopathic approach to the care of a performing artist taking into consideration the physical demands of performing and medical issues common to performers
- Demonstrate and apply OMM techniques for treating musicians
SPECIALTY: FM, NMM/OMM  
CREDITS: 1.5

6:30 pm to 10:30 pm
Osteopathic Family Party – No CME

SUNDAY, APRIL 17, 2016

7:00 am to 1:00 pm  
Registration

7:00 am to 8:00 am
Breakfast

8:00 am to 9:00 am
*Pandemic Influenza Preparedness for U.S. Hospitals*
*Ha Tang, D.O.*
- Review the history of pandemics
- Recognize how and when an influenza can occur and the implications
- Understand the public health response at the hospital level
SPECIALTY: FM  
CREDITS: 1.0

9:00 am to 10:00 am
*Considerations in Caring for Native American Peoples at End of Life*
*Bridget Stiegler, D.O.*
- Self-reflect on personal attitudes and experience in caring for Native American patients
- Review population statistics for Native American tribes in Arizona
- Demonstrate and understanding of cultural norms regarding death and dying for the three largest tribes in Arizona
SPECIALTY: FM, IM  
CREDITS: 1.0

10:00 am to 10:15 am
Break

10:15 am to 11:15 am
*Impact of the Gastrointestinal Microbiome on Diabesity*
*Filomena Trindade, MD, MPH*
- Discuss how insulin resistance develops in the system
- Review the effects of alterations in gut bacteria on the development of obesity and diabetes
- Identify specialty diagnostics to help treat disturbances in the microbiome
SPECIALTY: FM  
CREDITS: 1.0

11:15 am to 12:15 pm
*History, Facts, and Research Surrounding Umbilical Cord Blood*
Charis Ober, Executive Director, Save the Cord Foundation
Jennifer Botsford, ABRC Coordinator

- Describe the history of umbilical cord blood collection and storage
- Discuss the facts and data about umbilical cord blood
- Review the current research surrounding umbilical cord blood transplants and regenerative medicine

SPECIALTY: FM
CREDITS: 1.0

12:30 pm to 2:00 pm          AOMA Awards Luncheon - No CME