

Course Syllabus

2019 Primary Care Update



March 25 - 27, 2019
Hale Koa Hotel, Waikiki Ballroom
Honolulu, Hawaii

**The Hawaii Association of
Osteopathic Physicians and Surgeons**

Spencer Lau, DO, Program Chair

www.hawaiiosteopathic.org
haops@osteopathic.org



OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body’s ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to: *Provide compassionate, quality care to my patients;*

Partner with them to promote health;

Display integrity and professionalism throughout my career;

Advance the philosophy, practice and science of osteopathic medicine;

Continue life-long learning;

Support my profession with loyalty in action, word and deed; and

Live each day as an example of what an osteopathic physician should be.

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Attached, available on-site only:

CME Attendance Attestation Form
Conference & Speakers Evaluation Survey

SCHEDULE-AT-A-GLANCE

HAOPS PRIMARY CARE UPDATE 2019

Hale Koa Hotel, Waikiki Ballroom
Honolulu, Hawaii

Monday, March 25, 2019

- 7:30 - 8:00 *Registration, Continental Breakfast, **Welcoming Remarks** / Program Chair Spencer Lau, DO*
- 8:00 - 9:00 **Diabetes Update – Part 1** / Sophia Hazel Hox, DO
- 9:00 - 10:00 **Diabetes Update – Part 2** / Sophia Hazel Hox, DO
- 10:00 - 10:15 *Break*
- 10:15 - 11:15 **Controversies in Mammography** / Steven Wilson, MD
- 11:15 - 1:00 *Break, Lunch & Visit Display Booths*
- 1:00 - 2:00 **Physician Assisted Suicide** / S. Y. Tan, MD, JD
- 2:00 - 3:00 **Emergency Intervention in Acute Stroke** / Matthew J. Glowacki, DO
- 3:00 - 3:15 *Break*
- 3:15 - 4:15 **Preventing Physician Burnout** / Jone Geimer-Flanders, DO, FACP, FACC
- 5:00 - 6:30 *Social Event – Bibas Courtyard Grill*

Tuesday, March 26, 2019

- 7:30 - 8:00 *Registration & Continental Breakfast*
- 8:00 - 9:00 **Anticoagulant Therapy for DVT & PE** / Michael Bergquist, DO
- 9:00 - 10:00 **Building on Employees Strengths for Success** / Mary Krueger, DO
- 10:00 - 10:15 *Break*
- 10:15 - 11:15 **The Ongoing Changes in Medicine: Discussion on Where We Were and Where We Are Headed in the Future** / Bernyce M. Peplowski, DO, MS, FACOEM

Tuesday continued

- 11:15 – 11:30 *Break*
- 11:30 – 1:00 *Lunch served*
- 11:45 – 12:10 **AOA Update from the President** / *William Mayo, DO*
- 12:15 - 1:00 **Preventive Medicine: DISABILITY Prevention, don't aid the process** / *Ron Kienitz, DO*
- 1:00 - 2:00 **Evaluation and Treatment of Gout** / *Christina Starks, PA-C*
- 2:00 - 3:00 **Update on Tuberculosis** / *Gerald Murphy, MD*
- 3:00 - 3:15 *Break*
- 3:15 - 4:15 **Treatment of Legionnaires Disease** / *Gerald Murphy, MD*

Wednesday, March 27, 2019

- 7:30 - 8:00 *Registration & Continental Breakfast*
- 8:00 - 9:00 **Diagnostic Approach to Abnormal Uterine Bleeding** / *Allison Flaim, DO*
- 9:00 -10:00 **Five Topics in Radiology** / *Timothy Wulfestieg, DO*
- 10:00 - 10:15 *Break*
- 10:15 - 11:15 **Hands-On FAST Ultrasonography** / *Timothy Wulfestieg, DO*
- 11:15 - 12:00 *Break and Lunch served*
- 12:00 - 1:00 **Cephalgia** / *Sidney Jackler, MPA, PA-C*
- 1:00 - 2:00 **Pediatric Sleep Disorders** / *Jordanna Hostler, MD, FACP, FCCP*
- 2:00 - 3:00 **Introduction to Fascial Distortion Model** / *Ken Nakasone, PT, PhD, FMD IC, ATC*
- 3:00 - 3:15 *Break*
- 3:15 - 4:15 **Fascial Distortion Workshop – Diagnosis and Treatment of Ankle Injuries** / *Ken Nakasone, PT, PhD, FMD IC, ATC*
- 4:15 – 4:30 **Final Remarks from the Program Chair** / *Spencer Lau, DO*

Conference Information

Conference Questions, Comments?

Krystal White, MBA, HAOPS Affiliate Executive: (888) 626-9262, ext. 8432 or HAOPS@osteopathic.org.

Conference Handouts

Conference handouts and slides, where available from the speakers, will be posted online at this website: <http://hawaiiosteopathic.org/conference2019>. The list will be updated as additional materials and authorizations from speakers are received. A copy of this Syllabus will also be posted. Note, Attendance Attestation and Evaluation Forms will not be posted online – they are available on site only.

TWO Post Conference Surveys

There are **two post-conference surveys** for this CME. First, we hope you will take a moment to complete our anonymous conference and speaker evaluation. You are welcome to fill out a hard copy and leave it at the registration desk, or if you prefer, please submit online via this website: <https://www.surveymonkey.com/r/HAOPS2019evals>. This survey will be open six weeks, until May 10th.

Second, by April 12th you will receive via email a link to an Outcomes Measurement Questionnaire. This survey is designed to gauge how much you retain and/or put into practice after our conference, and is only open 15-30 days following the conference. This means you must reply by Friday, April 26th. **Those who complete this second survey will earn an additional 2 credits of 1-A CME at no extra charge.** You will need your name and AOA number (will be provided in the invitation email).

Grievance Policy

If you are in any way dissatisfied with your experience at the conference, please contact HAOPS staff at (888) 626-9262, ext. 8432 so that we may address your concerns.

Americans with Disabilities Act

HAOPS is committed to making this program accessible to all individuals. Every effort will be made to accommodate requests per the Americans with Disabilities Act. Please contact HAOPS staff at HAOPS@osteopathic.org.

Disclaimer

This continuing medical education (CME) course is made available by the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS). The material presented in this CME course is for education purposes only. This material is not intended to represent the best or only methods or procedures appropriate for the medical situation discussed; rather, the material is intended to present an approach, view, statement, or opinion of the presenter(s), which may be helpful, or of interest, to all attendees, including clinical practitioners. The content of any CME presentation is the personal view, statement, or opinion of the presenter and such content is intended for the attending audience as a whole and not to the specific circumstance of any individual attending the CME program. Statements of fact and opinion expressed in any HAOPS CME program are those of the individual presenters and, unless expressly stated, are not the views, statements, or opinions of the co-sponsors. HAOP does not endorse or approve, and does not assume any responsibility for, the content, accuracy, or completeness

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All attendees participate in this CME program with the full knowledge and awareness that the attendee waives any claim he or she may have against the CME Program sponsor for reliance on any information presented in the CME program. Furthermore, the attendee waives any claim he or she has or may have against the sponsor for any injury or any other damage whatsoever that may result in any way from his or her participation in the CME program. All of the presentations of the Conference are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved to the speaker or the sponsor. No statement or presentation made at the CME Conference is to be construed or in any way regarded as dedicated to, or intended for, the public domain. Any sound reproduction, transcript, or any other use of the material presented at any CME Conference is prohibited to the full extent of common-law copyright to, and in, such material.

Disclosure Statement

It is the policy of the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) to ensure balance, independence, objectivity, and scientific rigor in all of their sponsored educational activities. All faculty participating in a sponsored activity are expected to disclose to the activity audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing medical education program, including significant financial interest or other relationship: (1) with manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship may include such things as grants or research support, employee, consultant, major stockholder, member of speaker's bureau, etc.)

The intent of this disclosure is not to prevent a presenter with a significant financial or other relationship from making a presentation, but rather to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether the presenter's interests or relationships may influence the presentation.

Speakers were asked to declare any financial interest/arrangement or affiliation that may be perceived as a conflict of interest in the context of their presentations along with any anticipated off label use or unlabeled/unapproved uses of drugs or products. The information reported by Speakers is included along with their biographical sketch, explanation of availability of their slides, and their learning objectives in the "Program Guide" section of this Syllabus.

Acknowledgements & Commercial Support

The Hawaii Association of Osteopathic Physicians and Surgeons Continuing Medical Education programs ensure balance, independence, objectivity and scientific rigor in their educational programs. Individual activities are developed independently of educational grant support. In accordance with the standards of the AOA Council on Osteopathic CME, any commercial supporters of this meeting have had no influence over topics or speakers. Acknowledgement of commercial support is provided in conference program materials.

CME & Credit Hours Information

CME Credits Information

You **MUST** complete and sign the CME credit attendance attestation form and return it to HAOPS in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. No exceptions due to accreditation requirements. Please return the form when you leave, whichever day that is for you, or by 4:15pm Wednesday. **If you do not return the form at the end of the conference, you MUST fax to HAOPS at 312-202-8483 not later than April 10, 2019.**

The Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. HAOPS designates this program for a maximum of 20 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's activity in this activity.

The CME credits breakdown for each day is 6 credits on Monday, 7 credits on Tuesday and 7 credits on Wednesday.

CME certificates will be **e-mailed** approximately 2 weeks after the conference, so please be sure we have your correct and LEGIBLE e-mail address on the attestation form. Certificates cannot be processed on-site, and will be held until all fees are paid in full. The last day to submit your form is WEDNESDAY, APRIL 10, 2019. **Attestation forms submitted AFTER this date will require a \$25 processing fee in order for credits to be granted.**

Specialty Credits Information

NEW: CME Policy Updates (<https://osteopathic.org/cme/cme-guide/cme-requirements/>):

"The new standards eliminate the requirement for specialty-specific CME. Each individual certifying board has set its own standards for osteopathic continuous certification. In addition, 120 hours of CME per cycle is now required for diplomates holding non-time-limited certification."

Program Guide – HAOPS Primary Care Update 2019

Monday, March 25, 2019

7:30 – 8:00 am ***Registration, Continental Breakfast, and Welcoming Remarks***
Spencer Lau, DO, HAOPS President and CME Program Chair

8:00 – 9:00 am	Diabetes Update – Part 1
9:00 – 10:00 am	Diabetes Update – Part 2

Sophia Hazel Hox, DO is a 2002 graduate of Midwestern University, Arizona College of Osteopathic Medicine. She completed her residency training in Internal Medicine at Providence St. Vincent Medical Center in Portland, Oregon. Dr. Hazel Hox completed her fellowship in endocrinology at University of California Davis Medical Center, in Sacramento, California. Dr. Hox practices at the Veteran's Health Administrations' Pacific Islands Health Care System (VA PIHCS), where she serves as chief of specialty medicine and of endocrinology. Dr. Hox also serves as an Associate Clinical Professor at the University of Hawaii at Manoa, John A. Burns School of Medicine. Dr. Hox is board certified in Endocrinology, Diabetes and Metabolism as well as Internal Medicine.

Disclosure

No conflicts. Any additional disclosures not provided as of print deadline will be announced on site.

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

Diabetes Update Part 1

- Review the new agents available for treating Type 2 Diabetes
- Discuss the most recent treatment guidelines for Diabetes
- Review the relationship of Cardiovascular disease and Diabetes especially in regards to choice of treatment

Diabetes Update Part 2

- Review new technology available for the treatment of diabetes
- Discuss the progress being made for closed-loop technology
- Review the benefits of non-medical therapy for the treatment of diabetes

NOTES:

10:00 – 10:15 am ***Break***

10:15 – 11:15 am Controversies in Mammography

Stephen J. Wilson, MD, FACOG has been a general practitioner in Honolulu for 18 years. Before that, he was a board certified Ob/Gyn in Hawaii for 14 years, completing his Ob/Gyn residency training and his General Surgery internship at the University of Hawaii after graduating from Yale University Medical School. Dr. Wilson has been honored by the King of Thailand for his humanitarian work during and after the 2004 tsunami. His research interests are medical cannabis and functional medicine, especially hormone replacement therapy.

Disclosure

No conflicts

Slides

Will be posted following the conference, pending presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Recognize the conflicting guidelines
- Discuss mammograms for 40-year-old women
- Critique life-saving aspect of mammography
- Discuss the consequences of false-positive mammograms
- Describe how mammograms can cause breast cancer

NOTES:

11:15 am – 1:00 pm Break, Lunch, Visit Display Booths

1:00 – 2:00 pm	Physician Assisted Suicide
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S. Y. Tan, MD, JD studied medicine at McGill and Yale, and is board certified in Internal Medicine and Endocrinology. He is also an attorney, having graduated from the University of Hawaii's William S. Richardson School of Law, where he served on Law Review. He is currently an Emeritus Professor of Medicine at the U.H. John A. Burns School of Medicine.

"S. Y." has written over 100 peer-reviewed articles and his published books include the 2006 text, "Medical Malpractice: Understanding the Law, Managing the Risk," and the 2012 Halsbury legal treatise, "Medical Negligence and Professional Misconduct in Singapore". He continues to write a monthly column on Law and Medicine for the medical periodical, Internal Medicine News.

Disclosure

No conflicts

Slides

Have been posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Understand Hawaii's new law on Physician-Assisted Suicide

NOTES:

2:00 – 3:00 pm

Emergency Intervention in Acute Stroke

Matthew J. Glowacki, DO is a board certified emergency physician and internist working primarily in the Chicagoland area. A graduate of Des Moines University College of Osteopathic Medicine, he completed residency in Chicago. Dr. Glowacki is currently employed at Little Company of Mary Hospital Emergency Department and MetroSouth Medical Center, two of the first certified stroke centers in the Chicago metropolitan area. He will be speaking on stroke protocols in the emergency department, evaluating patients with acute CVA symptoms, selecting and preparing patients for acute treatment for stroke.

Disclosure

No conflicts

Slides

Have been posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Recognize acute CVA (cerebrovascular accident)
- Identify candidates for acute intervention
- Quantify acute stroke severity using stroke scale

NOTES:

3:00 – 3:15 pm Break

3:15 – 4:15 pm

Preventing Physician Burnout

Jone Geimer-Flanders, DO, FACP, FACC is a staff cardiologist at the Tripler Army Medical Center where she is chief of Inpatient Medicine Services. She also is the Medical Director at Mountain-Pacific Quality Health. Dr. Flanders graduated from Des Moines University-College of Osteopathic Medicine in 1992, completed her IM and cardiology residency at the University of Texas San Antonio where she also did her cardiology fellowship until 2000. Dr. Geimer-Flanders is an Assistant Clinical Professor at the University of Hawaii John A. Burns School of Medicine. She serves on the Advisory Board for AlohaCare and on the Hawaii Association of Osteopathic Physicians and Surgeons board of directors. Dr. Geimer-Flanders is board certified in Internal Medicine Cardiovascular Diseases.

Disclosure

No conflicts. Any additional disclosures not provided as of print deadline will be announced on site.

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

Not provided as of print deadline – will be announced on site

NOTES:

5:00 – 6:30 pm

Social Event at Bibas Courtyard Grill

Tuesday, March 26, 2019

7:30 – 8:00 am

Registration & Continental Breakfast

8:00 – 9:00 am

Anticoagulant Therapy for DVT & PE

Michael Bergquist, DO is a board certified internal medicine specialist who has worked for more than 25 years in both outpatient and inpatient IM practices. He is a graduate of Des Moines University College of Osteopathic Medicine and completed residencies in Family Medicine at Metropolitan Hospital in Grand Rapids, MI, and internal medicine at Spectrum Health, also in Grand Rapids. After spending the majority of his career in west Michigan, Dr. Bergquist joined the hospitalist staff at Tripler Army Medical Center involved with inpatient care and resident training.

He will be speaking today on current anti-coagulation treatments for deep vein thrombosis and pulmonary emboli, particularly from the clinician's standpoint.

Disclosure

No conflicts

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Understand current treatments for VTE
- Discuss inpatient vs. outpatient treatment options for VTE

NOTES:

9:00 – 10:00 am

Building on Employees' Strengths for Success

Col. (Dr.) Mary Krueger, DO, MPH, FAAFP is an Army Family Physician whose 24-year career has included clinical care, residency education, global health, health policy development, and command experience. She received her degree of osteopathic medicine from Philadelphia of Osteopathic medicine in 1995, completing residency and faculty development fellowship at Madigan Army Medical Center, in Tacoma, WA. She holds master's degrees in Public Health, Military Arts and Sciences, and Strategic Planning and Resource Management. She has served as a residency director, Division Surgeon, Health Policy Advisor at the Army Secretariat, and currently Commands Tripler Army Medical Center, a hospital with over 4000 employees. Dr. Krueger continues to practice family medicine, not only to maintain clinical currency, but also to keep her grounded in what is important: caring for staff and patients. She is excited to speak with us today on how to optimize employee engagement by focusing on bringing individual staff strengths to bear on organizational success.

Disclosure

No conflict

Slides

Will be posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Describe the impact of engaged employees on workplace satisfaction and productivity
- Identify factors associated with increased levels of employee engagement
- Recognize the relationship between leading from a position of strength and increasing employee engagement
- Employ strengths based leadership principles to increase productivity and satisfaction in the workplace

NOTES:

10:00 – 10:15 am

Break

10:15 – 11:15 am	The Ongoing Changes in Medicine: Discussion on Where We Were and Where We Are Headed in the Future
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Bernyce M. Peplowski, DO, MS, FACOEM has practiced Osteopathic Emergency Medicine for more than 35 years. Her diverse career spans from the on-site 24-hour care prevention model with large employer, to 2 large multi-specialty medical groups and to 2 payors. She currently provides consulting services for medical groups and insurers, with an emphasis on bundled pay and integrated occupational and non-occupational services, linked to outcomes. An Associate Clinical Professor in Preventive Medicine at Loma Linda University, she is on the Advisory Council of the Center for Occupational and Environmental Health at University of California Berkeley; she chaired the Western Occupational Health Conference in 2013 and 2017; and holds a Masters in Health Professions Education (adult medical education) as well as in Occupational and Environmental Health. Her special interests include the integration of Workers' Compensation and health plans, to include risk-shared bundled payment based upon outcomes. Dr. Peplowski is the President of the Western Occupational and Environmental Medical Association and is a member of the Legislative Committee of the Hawaii Medical Association. She is board certified in Preventive Medicine Occupational Medicine.

Disclosure

No conflicts

Slides

Have been posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Summarize the evolution of US healthcare from Medicare in the 70's (do more, get paid more, technology rules), to HMO purchasing power, the slow but steady adoption of Practice Guidelines, Obamacare (expanded coverage but high deductibles), direct pay walk in clinics, and now a country demanding for reform because of increasing costs and weak outcomes
- Relate the cause and effect of pricing of labor and goods (pharma, devices, admin) on creating a US system that spends up to 10 times as much on healthcare than other developed countries (UK, Canada, Australia, Japan, Denmark), with inferior outcomes
- Evaluate and be able to Integrate into new models, including single payer system (which provides subsidies and requires 100% participation of population), technology (remote visits, telemedicine), bundled payment, risk sharing, and lifestyle medicine

NOTES:

11:15 – 11:30 am **Break**

11:30 – 1:00 pm **Lunch served**

11:45 am – 12:10 pm AOA Update from the President

On July 21, 2018, the AOA inaugurated **William S. Mayo, DO**, as the 2018-19 President of the AOA. Dr. Mayo is a board-certified ophthalmologist practicing in Oxford, Mississippi. He also is a clinical instructor at the William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi, where he served as chairman of the Department of Ophthalmology from 2010–2012.

Throughout his tenure, Dr. Mayo has served the AOA in many capacities, including as chair of the Department of Governmental Affairs, the Department of Affiliate Relations, the Department of Business Affairs, and as vice chair and chair of the Department of Educational Affairs. Additionally, Dr. Mayo is a past president of the Mississippi Osteopathic Medical Association and the Mississippi EENT Society. He also has served on the Mississippi State Board of Medical Licensure since 2006 and was president from 2010-2012. After earning his osteopathic medical degree from what is now the Kansas City (Missouri) University of Medicine and Biosciences College of Osteopathic Medicine in 1981, Dr. Mayo completed an internship and ophthalmology residency at the University of Mississippi Medical Center in Jackson.

Disclosure

No conflicts

Slides

Will be posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Articulate how osteopathic medicine is growing and changing in response to an evolving healthcare landscape
- Identify how the American Osteopathic Association is strategically positioning the profession to anticipate, respond to and thrive
- Describe how AOA is meeting the needs of an increasingly diverse osteopathic medical community, with the aim of advancing and expanding access to patient-centered osteopathic care

NOTES:

12:15 – 1:00 pm

Preventive Medicine: *DISABILITY* Prevention, don't aid the process

Ronald Kienitz, DO is board certified in Occupational Medicine and a graduate of Michigan State University College of Osteopathic Medicine. He is a past President of HAOPS.

Disclosure

No conflicts. Any additional disclosures not provided as of print deadline will be announced on site.

Slides

Will be posted following the conference, pending presenter's direction

Learning Objectives

Not provided as of print deadline – will be announced on site

NOTES:

1:00 -2:00 pm Evaluation and Treatment of Gout

Christina Starks, MPA, PA-C is a Physician Assistant in a mixed specialty orthopedic rehabilitation practice in Honolulu. Previously she worked in a high-volume rheumatology practice and honed a niche for gout. Her passion for gout is personal as her father struggled with chronic refractory gout for decades. She travels throughout the state of Hawaii giving community talks on Gout education for the Arthritis Foundation as well as CME lectures at the Aloha Medical Conference.

Disclosure

No conflicts. Ms. Starks discloses that she has been a speaker for Horizon Pharmaceuticals.

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Outline pathophysiology of gout
- Recognize clinical manifestations of gout
- Review current gout treatments

NOTES:

2:00 – 3:00 pm

Update on Tuberculosis

Gerald S. Murphy, Jr., MD is an Infectious Disease Physician who treated a severe case of *Angiostrongylus Eosinophilic* Meningoencephalitis while working at Tripler Army Medical Center back in 2010. This led to his participation in the University of Hawaii's International Rat Lungworm Conference in 2011 and later mentored a Family Practice Resident in publishing the case and then co-authored a review of the diagnosis and treatment issues, both published in the Hawaii Journal of Medicine and Public Health.

He has recently returned to the Islands part time to participate in the Governor's Rat Lungworm Task Force. Dr. Murphy graduated from The George Washington University School of Medicine in Washington DC and did his Internal Medicine Residency and Infectious Disease Fellowship at Naval Medical Center San Diego. He is board certified in Internal Medicine Infectious Diseases. He served 20 years as a Naval Physician, working in hospitals, on ships, conducting tropical medicine field trials in Indonesia, Thailand, and the Philippines, and leading a dengue vaccine development team in Silver Spring, Maryland.

Disclosure

No conflicts. Any additional disclosures not provided as of print deadline will be announced on site.

Slides

Not provided as of print deadline

Learning Objectives

Not provided as of print deadline – will be announced on site

NOTES:

3:00 – 3:15 pm

Break

3:15 – 4:15 pm

Treatment of Legionnaire's Disease

Gerald S. Murphy, Jr., DO *(please see 2:00pm Tuesday)*

Disclosure

No conflict. Any additional disclosures not provided as of print deadline will be announced on site

Slides

Not provided as of print deadline

Learning Objectives

Not provided as of print deadline – will be announced on site

NOTES:

Wednesday, March 27, 2019

7:30 – 8:00 am

Registration and Continental Breakfast

8:00 – 9:00 am

Diagnostic Approach to Abnormal Uterine Bleeding

Allison Flaim, DO is a board certified family physician on the faculty of the Family Medicine Departments at the University of Hawaii and the Uniformed Services University School of Medicine. She practices medicine and supervises students and residents at Tripler Army Medical Center. She previously practiced in Manteca, CA; Seoul, South Korea; and Tacoma, WA. A civilian, she earned her DO degree at the Chicago College of Osteopathic Medicine then completed Residency and a Rural Family Practice Fellowship in Tacoma, WA.

Disclosure

No conflict

Slides

Have been posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Review anatomy and physiology to help direct differential diagnoses for abnormal uterine bleeding (UAB)
- Develop diagnostic approach to UAB
- Delineate treatment options for UAB

NOTES:

Timothy Wulfestieg, DO is a commissioned officer of the Army through the Health Professions Scholarship Program, and a current first year radiology Resident at Tripler Army Medical Center. He researches learning theory in the field of radiology and has applied his work by developing a trauma ultrasound curriculum taught to both residents and medics in the field.

Disclosure

No conflicts

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Develop an understanding for nephrogenic systemic sclerosis, gadolinium deposition, and which patients may be at risk of these complications
- Recognize which patients are at greatest risk for renal injury in association with use of iodinated contrast
- Respond to patient inquiries regarding IV contrast and breast feeding
- Manage patients on metformin who need a contrast enhanced scan
- Understand the risks of diagnostic radiation and utilize Appropriate Use Criteria for choosing the best imaging study

NOTES:

10:15 – 11:15am	Hands-On FAST Ultrasonography
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Timothy Wulfestieg, DO (*please see 9:00am Wednesday*)

Disclosure

No conflict

Slides

Are not available at the presenter's direction

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Understand the gist of ultrasonic generation of diagnostic images
- Employ a method to enhance the quality of an ultrasonographic image
- Appreciate each step of the FAST exam, which anatomic structures are visualized and where free fluid may pool
- Perform the FAST exam

NOTES:

11:15 am – Noon **Break, lunch served**

Sidney Jackler, MPA, PA-C is a neurology physician assistant at The Queen's Medical Center, where he treats outpatients with chronic pain along with cerebrovascular accident and Cephalgia patients. In addition, he precepts PA students with the University of Washington PA program and earned his Master of Physician Assistant from Eastern Virginia Medical School.

Disclosure

No conflict

Slides

Have been posted

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Define the different headache types
- Review inpatient/critical headache management
- Review outpatient headache treatments

NOTES:

1:00 – 2:00 pm

Pediatric Sleep Disorders

Jordanna Mae Hostler, MD, FACP, FCCP is a pulmonary, critical care, and sleep medicine physician at Tripler Army Medical Center. She earned her MD at Temple University School of Medicine in Philadelphia, and completed her post-graduate work, including a Pulmonary and Critical Care Medicine Fellowship at Tripler. She is board certified in Internal Medicine, Pulmonary Diseases and Critical Care Medicine.

Disclosure

No conflict

Slides

Will be posted when received

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Diagnose common pediatric sleep disorders
- Determine treatment strategy for pediatric obstructive sleep apnea (OSA)
- Treat pediatric insomnia with behavioral interventions

NOTES:

2:00 – 3:00 pm

An Introduction to the Fascial Distortion Model – Diagnosis and Treatment of Ankle Injuries

Ken Nakasone, PT, PhD, FMD IC, ATC earned his PhD from the National University of Medical Sciences, Naples, Florida and the International Certificate (IC) in the Fascial Distortion Model (FDM) in 2017. He earned two master degrees, one in physical therapy from the University of St. Augustine for Health Sciences in St. Augustine, Florida and the other in Athletic Training/Sports Medicine from the University of Hawaii at Manoa in Honolulu, Hawaii. He is licensed in physical therapy and registered as an athletic trainer in Hawaii and applies the FDM in his daily practice.

He was introduced to the FDM by purchasing the book, *Why Does It Hurt? The Fascial Distortion Model: A new paradigm for pain relief and restored movement* by Todd Capistrant, DO, MHA in late 2014. Dr. Nakasone continued his FDM training for the next 2.5 years and successfully passed the IC examination in Colorado Springs, Colorado. Currently, he is being mentored by Byron Perkins, DO and Keisuke Tanaka, FDM.O., President of the FDM Global Organization, as he prepares for the FDM instructor examination in the near future.

Disclosure

No conflict

Slides

An online handout will be provided

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Define the Fascial Distortion Model (FDM) and identify each of the six principle types of fascial distortions described by Stephen Typaldos, DO
- Describe and demonstrate the body language or gesturing for each of the six principle types of fascial distortions described by Stephen Typaldos, DO
- Recognize and analyze the examination process according to the FDM

NOTES:

3:00 – 3:15 pm

Break

3:15 – 4:15 pm

Fascial Distortion Workshop – Diagnosis and Treatment of Ankle Injuries According to the Fascial Distortion Model

Ken Nakasone, PT, PhD, FMD IC, ATC (*please see 2:00pm Wednesday*)

Disclosure

No conflict

Slides

An online handout will be provided

Learning Objectives

At the conclusion of the presentation, the learner will be able to:

- Integrate the FDM examination findings with the appropriate treatment strategies, with regard to selected ankle injuries, to eliminate pain and improve movement performance
- Communicate the FDM approach with patients and other medical professionals

NOTES:

4:15 – 4:30 pm

Final Remarks from Program Chair, Spencer Lau, DO

THERE WILL BE 2 POST-CONFERENCE SURVEYS

CONFERENCE AND SPEAKERS EVALUATIONS

Your post-conference feedback is very important to the speakers, the planning committee, and the success and educational value of future HAOPS CME conferences.

Please take a few minutes today to let us know what you think about the HAOPS 2019 Primary Care Update.

Two options: you may use the hard copy forms (turn in on site or fax to (312) 202-8224) or fill out online at: <https://www.surveymonkey.com/r/HAOPS2019evals>.

This evaluations survey will be open six weeks, until Friday, May 10, 2019.

OUTCOMES MEASURES QUESTIONNAIRE

Second, by April 12th you will receive by email a link to an Outcomes Measurement Questionnaire.

This is different from the Evaluations Survey.

It will be for open ONLY for two weeks until Wednesday, April 26, 2019.

*Those who complete this SECOND survey
– for Outcomes Measures –
will earn an additional 2 credits of 1-A CME at no extra charge*

Mahalo

