



# **Course Syllabus**

## **2023 Primary Care Update**

June 24, 2023  
Mid-Pacific Country Club  
266 Kaelepulu Drive, Kailua, Hawaii

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

Michael Jaffe, DO, Program Chair

[www.hawaiiosteopathic.org](http://www.hawaiiosteopathic.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:*

Conference & Speakers Evaluation Survey\*

*\* NEW REQUIREMENT: must be completed and turned in  
to receive attendance attestation form*

CME Attendance Attestation Form

## **PROGRAM-at-a-GLANCE: SATURDAY, JUNE 24, 2023**

7:30 - 8:00a	<i>Registration, Continental Breakfast</i> <b>Welcoming Remarks and Housekeeping Announcements</b> <i>HAOPS Program Chair Michael Jaffe, DO</i>
8:00 - 9:00a	<b>Chronic Pain Management</b> <i>Jonathan D. Carlson, MD</i>
9:00 - 10:00a	<b>Update on CDC Opiate Prescribing Practices</b> <i>Michael Jaffe, DO, FSMB, AAOE</i>
10:00 - 10:15a	<i>Coffee Break</i>
10:15 - 11:15a	<b>Occupational Medicine: Paperwork, Payers and Patients as Hoaloa</b> <i>Bernyce M. Peplowski, DO, MS, FACOEM</i>
11:15 - 12:15p	<b>Neurosurgery: The Highlights</b> <i>William F. Beringer, DO, FACOS</i>
12:15 – 1:00p	<i>Break, Lunch &amp; Visit Display Booths</i>
1:00 - 2:00	<b>Choosing Wisely: Rheumatology</b> <i>Jefferson Roberts, MD</i>
2:00 - 3:00	<b>Optimizing Headache Management in Primary Care 2023</b> <i>Monique M. Canonico, DO</i>
3:00 - 3:15	<i>Break</i>
3:15 - 4:15p	<b>Headaches, Shoulders and Feet: an Osteopathic Perspective</b> <i>Robert S. Gitlin, DO</i>
4:15 - 5:15p	<b>Headaches, Shoulders and Feet: an Osteopathic Perspective OMT Hands-On Workshop</b> <i>Karla S. Frey-Gitlin, DO and Robert S. Gitlin, DO</i>
5:15 – 5:30 p	<b>Closing Comments, Collect CME Evaluations, then collect CME Credit Attendance Attestations</b>

## **CONFERENCE INFORMATION**

**The Mission of the Hawaii Association of Osteopathic Physicians and Surgeons is to:**

- Aid and encourage those actively engaged in the practice of osteopathic medicine and surgery in the state of Hawaii to maintain high standards of osteopathic practice;
- Collect and disseminate information for the education and improvement of the profession, as well as, encouraging active participation in the legislative process to advocate for our patients and our profession, and to promote opportunities for fellowship among the osteopathic community in the State of Hawaii; and
- Support and encourage AOA CME activities and programs in the state of Hawaii.

### **Conference Questions, Comments?**

Spencer Lau, DO, HAOPS President: (808) 382-3366 – [drspencerlau@gmail.com](mailto:drspencerlau@gmail.com)

### **Conference Audience**

This live in-person CME program is designed to provide a well-balanced clinical update on various topics for primary care and specialty physicians including: chronic pain management, update on CDC opiate prescribing practices, occupational medicine, rheumatology, neurology, headache management and a hands-on workshop on manual medicine.

### **Practice Gaps, Outcomes**

Physicians need to comprehend, update, and manage changes in patient care and practice management in order to provide optimal patient care. This activity will help to close gaps in physician knowledge and practices to improve their performance and patient outcomes. This activity was developed based on the needs of physicians identified through:

- evaluation surveys of CME meeting participants
- new advances in treatment and practice management identified in major publications or research studies
- new methods of diagnosis or treatment
- availability of new medication(s) or indication(s)
- development of new technology
- input from experts regarding advances in medical knowledge
- legislative, regulatory or organizational changes effecting patient care
- epidemiological data
- journal articles/literature citations
- among other methods.

Specific outcomes for each session are included in the Program Guide of this Syllabus.

## **Inclusion of Osteopathically Distinct CME**

Osteopathically distinct Continuing Medical Education (CME) is evidence or practice-based medical education which includes the body of knowledge and skills essential to the osteopathic profession and patient care, and integrates osteopathic tenets and philosophy

HAOPS CME Committee works to assure the inclusion of appropriate Osteopathic content in the CME activities it presents and to assure their activities will achieve the stated objectives of each session in a setting which is evidence-based, culturally sensitive and free of commercial bias. The Committee will monitor the quality of all activities conducted. The Osteopathic Core Competencies of Osteopathic Philosophy, Principles, Practice and Manipulative Medicine, Medical Knowledge, Patient Care, Interpersonal and Communications Skills, Professionalism, Practice-Based Learning and Improvement and System-Based Practice will also be incorporated into all CME activities.

## **Conference Handouts**

Conference handouts and slides, where available from the speakers, will be posted online at this website: <http://hawaiiosteopathic.org/conference2023>. A copy of this Syllabus will also be posted. Note, Attendance Attestation and Evaluation-Outcomes Measures Survey will not be posted online – they are available on-site only.

## **Post-Conference Evaluation/Outcomes Measurements**

Submission of the Conference Evaluation-Outcomes Measurement survey is required, so the Attendance Attestation form is available on-site *after* you submit your evaluation. Note that your name on the conference evaluation form is only used for verification that it has been turned in before you may receive your Attendance Attestation Form.

## **Internet Access, CME Location**

Wireless internet will be available in the conference space. The password is **lanikai808**.

The conference space at the Mid-Pacific Country Club will include CME presentations in the Ka'ohao Ballroom. The lunch buffet will be served at the Lanai Poolside.

## **Exhibit Hall**

Exhibitors will be located in the Lanikai Room, which is a separate room from the classroom.

## **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 President in advance at (808) 382-3366 or [drspencerlau@gmail.com](mailto:drspencerlau@gmail.com).

## **Grievance Policy**

If you are in any way dissatisfied with your experience at the conference, please contact HAOPS President Spencer Lau, DO at (808) 382-3366 so that HAOPS may address your concerns.

Unresolved issues regarding compliance with the AOA “Uniform Guidelines” can be brought to the attention of the AOA Division of CME by calling: (800) 621-1773 or by writing to AOA CME Office, 142 East Ontario Street, Chicago, IL 60611.

## **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 of the information presented in any HAOPS CME program. The CME program is not intended, nor should it be construed in any way, to replace the independent professional judgment and study of the specific facts and circumstances an attendee may be experiencing. The information presented in any CME presentation is not intended to be, and should not be received as, medical advice or a substitute for medical advice, and attendees are advised to seek an independent, competent medical opinion as to any specific set of circumstances the attendee seeks to address.

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 and their learning objectives in the "Program Guide" section of this Syllabus. Any potential conflicts have been resolved per our review process.

In addition to presenters, the Planning Committee also provided disclosures. These are the members of the Committee with their conflicts and disclosures:

Program Chair Michael Jaffe, DO	no conflicts; nothing to disclose
President Spencer Lau, DO	no conflicts; nothing to disclose
Vice President Sharon Hiu, DO	no conflicts; disclosed stock ownership in Gilead Sciences, Proctor & Gamble, Pfizer, Merck, GSK
Secretary/Treasurer Terri Kakugawa, DO	no conflicts; nothing to disclose
Delegate to AOA Jone Geimer-Flanders, DO	no conflicts; nothing to disclose
Member Ashley Baldauf, DO	no conflicts; nothing to disclose
Member Devin Hazama, DO	no conflicts; nothing to disclose
CME Consultant Elizabeth F. Harano, CHCP	no conflicts; disclosed stock ownership in Abbvie, Ecolab, GE, Proctor & Gamble

*\*Hiu and Harano potential conflicts both resolved by Program Chair through our review process. Both recused themselves from controlling aspects of planning where financial relationship exists*

## **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 Bureau of Osteopathic Education, any commercial supporters of this meeting have had no influence over topics or speakers. Acknowledgement of commercial support is provided in conference program materials.

HAOPS did not receive any commercial support for this conference.

## **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 or by 5:30pm. **If you do not return the form at the end of the conference, you MUST scan and email to HAOPS CME consultant at [efharano@sbcglobal.net](mailto:efharano@sbcglobal.net) not later than Monday, July 10, 2023.**

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 8 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's activity in this activity.

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 MONDAY, JULY 10, 2023. **Attestation forms submitted AFTER this date will require a \$25 processing fee in order for credits to be granted.**

### **Specialty Credits Information**

As FYI, CME Policies from the AOA are found here: <https://osteopathic.org/cme/cme-guide/>.

### **Important – to get your CME Credits:**

- 1. Learners must complete and turn in CME Evaluations (necessary to get the attendance attestation form), and*
- 2. Complete and turn in the CME credits attestations*

*Certificates of CME Credit Earned will be emailed approximately a week following the conference. They will be sent by our CME consultant whose email address is: [efharano@sbcglobal.net](mailto:efharano@sbcglobal.net).*

*FYI, for DO participants, credits will be posted directly to the AOA and will be included in your AOA Report (a benefit for members of the AOA).*

# **PROGRAM GUIDE – HAOPS Primary Care Update 2023**

**Saturday, June 24, 2023**

**7:30 – 8:00 am**

***Registration, Continental Breakfast, and Welcoming Remarks***

***Michael Jaffe, DO, HAOPS CME Program Chair***

**8:00 – 9:00 am**

**Chronic Pain Management**



**Jonathan D. Carlson, MD** is the founding clinician at Hawai'i Pain & Spine on the Windward side of O'ahu in Kailua, Hawai'i. He is an interventional pain specialist who is ABMS double board-certified in pain management and anesthesiology. Dr. Carlson received his medical degree in 2004 from the University of Oklahoma in Oklahoma City and undertook his residency in anesthesiology at the University of California-Davis in Davis, California. He then completed an ACGME accredited interventional pain management fellowship at Texas Tech University in 2009.

## **Disclosure**

Dr. Carlson has no conflicts. Dr. Carlson discloses that he:

- has received grants/research support from Saluda and Medtronic
- is a consultant to Biotronik and Mainstay
- has served on speakers bureau's for Abbott, Boston Scientific, and
- holds stock in Corner Loc.

He further discloses that he intends to reference the off-label use of epidural steroids.

Dr. Carlson treats a wide variety of chronic pain disorders at Hawai'i Pain & Spine. He has a strong focus in not just treating pain but restoring function and quality of life. He believes whenever possible a multi-modal, comprehensive treatment approach to chronic pain is paramount. He does numerous interventional pain treatments treating a comprehensive range of chronic pain conditions.

Dr. Carlson enjoys educating about pain management as well as seeing his patients at Hawai'i Pain & Spine. He is a nationally published author in several peer-reviewed pain journals and medical textbooks. He gives lectures locally, nationally, and internationally on advanced pain procedures and pain management best practices. He's also a principal investigator with several ongoing research studies in pain. Dr. Carlson was recently appointed treasurer and national executive board member for the American Society of Pain and Neurosciences (ASPN).

## Slides

His slides will not be posted, per the speaker.

## Learning Objectives

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

- Recognize the role of pain-management provider in the community
- Implement evidence-based treatment algorithm
- Guide chronic pain patient to different treatment options

## 10:00 – 10:15 am Break

<b>9:00 – 10:00 am Update on CDC Opiate Prescribing Practices</b>
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### Michael Jaffe, DO, FSMB, AAOE

comes to us via San Diego where he ran the department of Pain Management and was a staff physician in Physical Medicine and Rehabilitation at Kaiser Permanente for 21 years. He is board certified in Physical

Medicine & Rehabilitation and Chronic Pain Management. Dr. Jaffe moved to Hawaii in 2017 and is in private practice with Hawaii Brain and Spine in Kailua. He is an associate clinical professor at ATSU College of Osteopathic Medicine and Western University of Health Sciences in California.

He contributes to many peer review journals and has written a book on golf and low back pain called, “Play Golf Forever”. He currently serves on the Hawaii Medical Board and is affiliated with Adventist Health Castle Hospital in Kailua, Oahu. Dr. Jaffe is the Program Chair for this CME.

## Disclosure

Dr. Jaffe has no conflicts and no disclosures.

## Slides

are posted on the conference webpage.

## Learning Objectives

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

- Better recognize the risk/benefits of chronic opiate therapy
- Better explain the 12-point CDC guideline to safe and responsible opiate prescribing
- Better differentiate the opiates available to treat chronic pain

## 10:00 – 10:15 am Coffee Break

<b>10:15 – 11:15 am Occupational Medicine: Paperwork, Payers and Patients as Hoaloha</b>
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**Bernyce Peplowski, DO, MS,  
FACOEM**

has practiced Osteopathic Emergency Medicine for 40 years. Her diverse career spans on-site 24 hour care/prevention model with large employer to 2 large multi-specialty medical groups to 2 payers. She currently provides consulting services for medical groups and insurers, with 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 also serves on the Advisory Council to the Center for Occupational and Environmental Health at the University of California, Berkeley. She was Chair of the Western Occupational Health Conferences in 2013 and 2017. She holds Masters in Health Professions Education (adult medical education) as well as Occupational and Environmental Health. Her special interests include the integration of Workman's Compensation and Health Plan, to include risk-shared bundled payment based upon outcomes.

Dr. Peplowski is past Chair of Board for the Western Environmental and Occupational Medicine, and currently is on the executive advisory committee. She participated in American College of Osteopathic Emergency Medicine Practice Guides development from inception.

**Disclosure**

Dr. Peplowski has no conflicts and has nothing to disclose.

**Slides**

She will not be using slides, but has two handouts that are posted to the conference webpage.

**Learning Objectives**

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

- Compose treatment reports, requests for authorization and work status' that reflect our osteopathic emphasis on risk versus benefit decision-making while satisfying payer needs for cost versus benefit.
- Develop specific relationships with payers that differentiate our osteopathic focus on return to function and treating whole person.
- Strive and seek friendships with payers, patients and even the paperwork.



**William F. Beringer, DO, FACOS** is the President of Hawaii Brain and Spine since 2017, a multi-specialty practice offering general neurosurgery with minimally invasive and complex spine emphasis. He provides spine and neurosurgery coverage at a Level 1 trauma center and a Level 3 trauma center. He came to Hawaii following 3 years with the Spine Institute of

Idaho where he practiced general neurosurgery with complex and minimally invasive spine emphasis. Prior to that he practiced with East Tennessee Brain and Spine and Surgical Specialists of Oklahoma.

After graduating from Nova Southeastern College of Osteopathic Medicine in 2001, he completed a rotating internship at Garden City Hospital in Michigan and a Neurosurgery Residency with Bromenn in Bloomington, IL. He followed with a one year spine fellowship with the Indianapolis Neurosurgical Group. He is board certified in neurosurgery by the American Osteopathic Board of Surgeons. He remains active in the profession and continues to study new techniques/technologies.

#### **Disclosure**

Dr. Beringer has no conflicts. He identifies current industry affiliations with:

- LDR (training and proctoring for Avenue L lateral trans-posas ALIF procedure);
- Spine Wave (product evaluation for Sniper percutaneous pedicle screw system);
- and Spine Wave and Orthofix (intellectual property agreements).

#### **Slides**

Have been posted

#### **Learning Objectives**

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

- Develop a basic “game plan” for what to do for your patients requiring a neurological consult.
- Prepare for calling in a neurosurgeon:
  - define the clinical problem,
  - have test results or imaging to support diagnosis, and
  - identify when issue so urgent need to call neurologist right away.

**12:15 – 1:00 pm      Break for lunch on the lanai and visits with exhibitors**



**Jefferson R. Roberts, MD** (COL US Army, Retired) attended medical school in Charleston, South Carolina. He did his medicine residency at Tripler and completed his fellowship in Rheumatology at Walter Reed in DC in 2007. He returned to Hawaii in 2012 as Chief of Rheumatology Service and has since been Tripler's sole

rheumatologist for all rheumatologic inpatient and outpatient needs. He actively teaches and mentors residents and students as Subspecialty Education Coordinator and for ten years ('12-'22) was Director of Medical Simulation. He remains Musculoskeletal Simulation Coordinator and Assistant Clinical Professor for University of Hawaii Burns School of Medicine. He is board certified in Rheumatology.

Dr. Roberts loves the Yankees and is a Gamecock from the other USC. He's delighted to be here and share his knowledge of Rheumatology.

#### **Disclosure**

He has no conflicts or disclosures.

#### **Slides**

Have been posted to the conference webpage

#### **Learning Objectives**

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

- Differentiate when to test ANA sub-serologies.
- Manage gout using updated guidelines.
- Recall that MRI of the peripheral joints is not the study of choice to routinely monitor inflammatory arthritis.
- Choose when to prescribe biologics in rheumatoid arthritis.
- Restate the utility of HLA B27 testing.



**Monique M. Canonico, DO**

Originally from Pittsburgh, PA, Dr. Canonico joined the Army while attending Kansas City University of Medicine and Biosciences. She completed her residency at Walter Reed Army Medical Center in Washington

DC. She says “there was a request for a neurologist at Tripler Army Medical Center and I was quick to volunteer.”

She is board certified in neurology, and subspecialty board certified in headache medicine. Dr. Canonico is an Assistant Clinical Professor at University of Hawaii John A. Burns School of Medicine

A member of the Hawaii Neurological Society, she has been a neurologist at Kaiser Permanente for more than 20 years.

**Disclosure**

Dr. Canonico has no conflicts. She discloses that she anticipates referencing unlabeled use of venlafaxine and amitriptyline for headache prevention.

**Slides**

Have been posted

**Learning Objectives**

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

- Review red flag headaches.
- Recognize and confidently make the diagnosis of migraine as appropriate.
- Expand knowledge of acute treatment, migraine prevention and other management strategies.

**3:00 – 3:15 pm      Break**



**Robert S. Gitlin, DO** is Founder and Medical Director for the Redwood Valley Health Clinic and Redwood Clinic South. He attended Kirksville College of Osteopathic Medicine, Kirksville, Missouri where he completed a 5<sup>th</sup> year pre-doctoral OMM Teaching Fellowship. His Internship/Residency was performed at Mercy Medical Center, Redding, California. Dr. Gitlin's special interests are Osteopathic

Manipulative Medicine, Nutritional Medicine and Preventative Medicine. Dr. Gitlin is Adjunct Clinical Faculty for Touro University, California (1998 to present) and for Western University Health Sciences (1998 to present).

Dr. Gitlin is dually boarded in Family Medicine.

His CV's Personal Statement includes: "As an Osteopathic physician, my goal as a facilitator of healing takes into account all of the Osteopathic Principles: Structure and function are interrelated. The body is a unit. The body has its own innate ability to heal itself, and a rational approach incorporates all of the above."

#### **Disclosure**

No conflicts. He has nothing to disclose.

#### **Slides**

One set of slides posted for Dr. Gitlin's and Dr. Frey-Gitlin's presentations from 3:15 – 5:15 pm.

#### **Learning Objectives**

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

- Recognize and locate common areas of Somatic Dysfunction that cause headaches, as well as shoulder and foot issues
- Utilize multiple Osteopathic Manipulative Treatments (OMT) for common disorders like rotator cuff strain, shoulder pain, foot and heel pain, as well as musculoskeletal-related headaches
- Utilize their Osteopathic skills for headaches, shoulder and foot pain; recognizing when it is time to use OMT and when it is time to obtain X-rays and/or surgical consultation

<b>4:15 – 5:15 pm</b>	<b>Headaches, Shoulders and Feet: an Osteopathic Perspective. OMT Hands-On Workshop</b>
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**Karla Frey-Gitlin, DO, C-FP, C-NMM/OMM** is board certified in Family Medicine and Osteopathic Manipulative Medicine. Since 1999 she has practiced medicine with the Redwood Valley Health

Clinic in Redwood Valley and Sebastopol, CA. Beginning in 2016 she has been adjunct faculty in the OMM Department of Touro University College of Osteopathic Medicine in Vallejo, CA.

A 1992 graduate of Kirksville College of Osteopathic Medicine in MO, she completed a 5th year pre-doctoral OMM Fellowship there as well. Her Family Medicine residency was with Shasta-Cascade program in Redding, CA with the University of California, Davis School of Medicine.

**Disclosure**

Dr. Frey-Gitlin has no conflicts and nothing to disclose.

**Slides**

One set of slides posted for Dr. Gitlin's and Dr. Frey-Gitlin's presentations from 3:15 – 5:15 pm.

**Learning Objectives**

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

- Demonstrate improved skills and confidence with OMT that addresses complaints such as headaches, shoulder and foot pain.
- Explore different OMT techniques, such as BLT/MFR, articulatory, and muscle energy (DO participants).
- Feel more comfortable using their hands as a treatment tool to assist their patients with common complaints such as headaches, shoulder and foot pain (DO participants).

**5:15 – 5:30 pm**      ***Closing Comments, thank speakers and learners***

# ***Mahalo***

***We hope you will join us again  
next year for the  
2024 Primary Care Update.***



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