



2021 Upper Midwest Virtual Spring Conference April 23-25, 2021

Friday, April 23, 2021

8:00am

Anatomy and Physiology in Osteopathic Manipulative Treatment (OMT)

Robert Taylor, DO

Learning Objectives:

1. Describe anatomy pertinent to physiologic processes.
2. Discuss how Osteopathic Manipulative Treatment affects physiology.
3. Develop an osteopathic treatment plan based on examination of the patient and integration of manipulation of structure (anatomy) to alter function (physiology).

Disclosure: No conflicts of interest.

9:00am

Sudden Cardiac Death and the American Athlete

Scott Mikesell, DO, FACC, FSCAI

Learning Objectives:

1. Describe the potential pathologic conditions that cause SCD in an athlete.
2. Describe the pathophysiology of hypertrophic obstructive cardiomyopathy.
3. Describe the potential cardiovascular workup for the American athlete.

Disclosure: No conflicts of interest.

10:00am *Break*

10:15am

Pediatric Depression: An Overview

Bipinchandra H. Krishna, MD

Learning Objectives:

1. Describe depressive disorders across development.
2. Discuss pharmacological treatments of pediatric depressive disorders.
3. Discuss psychosocial interventions for pediatric depressive disorders.

Disclosure: No conflicts of interest.

11:15am

The Impact of Hearing Loss on Individual and Society

Michael Oldenburg, MD

Learning Objectives:

1. Describe the prevalence of hearing loss.
2. Describe the impact of hearing loss on the individual.
3. Describe the benefits of treating hearing loss.

Disclosure: Dr. Oldenburg is a consultant for Cochlear Corporation and did not receive support or sponsorship for this presentation.

12:15pm

Lunch Break

12:45pm

The “T” in LGBTQ+: Providing Appropriate & Affirming Care to Transgender Patients

Ronni Hayon, MD

Learning Objectives:

1. Explore transphobia and privilege.
2. Discuss key topics in medical care of the patients.
3. Develop concrete skills for providing affirming care to transgender patients.

Disclosure: No conflicts of interest.

1:45pm

Updates in Pediatric Obesity: Are New Treatments Worth the Weight?

Maggie Larson, DO

Learning Objectives:

1. Visualize and evaluate the obesity pandemic as a public health crisis.
2. Recognize and manage social determinants of health (SDOH) that may affect weight.
3. Gain comfort in a multidisciplinary approach to evaluate and manage pediatric obesity.

Disclosure: No conflicts of interest.

2:45pm

Break

3:00pm-5:00pm

Opioid Prescribing in Minnesota & Wisconsin Based on Guidelines and Evidence

Lucas Hammell, DO

Learning Objectives:

1. Describe opioid prescribing guidelines for Minnesota and Wisconsin.
2. Review key research from the past ten years.
3. Describe the pitfalls that led us to our current opioid crisis.

Disclosure: No conflicts of interest.

5:00pm - *Adjourn*

**8 Hours Category 1-A CME on Friday*

Saturday, April 24, 2021

8:00am

Supporting People with Dementia and their Caregivers

Julia Lubsen, MD

Learning Objectives:

1. Diagnose dementia and discuss the diagnosis with patients and caregivers.
2. Evaluate and treat behavioral and psychological symptoms of dementia.
3. Connect people with dementia and their families to community resources.

Disclosure: No conflicts of interest.

9:00am

More Than Meets the A1c: Maximizing Cardiovascular and Renal Benefits of Diabetes Medications

Hannah Poppen, PharmD

Learning Objectives:

1. Review cardiovascular and renal benefits of sodium-glucose co-transporter 2 inhibitors and glucagon-like peptide-1 receptor agonists.
2. Select appropriate diabetes medication based on patient-specific characteristics.
3. Discuss strategies on how to optimize diabetes care in clinical practice.

Disclosure: No conflicts of interest.

10:00am

Break

10:15am

Fracture Nomenclature and Splinting

Troy Erickson, DO, FAAOS

Learning Objectives:

1. Discuss fracture nomenclature.
2. Evaluate fractures.
3. Properly splint common fractures.

Disclosure: No conflicts of interest.

11:45am

Common Upper and Lower Injections

Troy Erickson, DO, FAAOS

Learning Objectives:

1. List the risks of injections.
2. Identify common anatomical placement for injections.
3. List common injections.

Disclosure: No conflicts of interest.

12:45pm

Lunch Break

-Minnesota Osteopathic Medical Society (MOMS) Annual Membership Meeting

-Wisconsin Association of Osteopathic Physicians & Surgeons (WAOPS) Meeting

1:30pm

Opioid Use Disorder Management: Trends, Tricks and Tips

Jeremiah Fairbanks, DO

Learning Objectives:

1. Discuss recent trends in opioid use both locally and nationally.
2. Identify several misperceptions regarding management of opioid use disorder.
3. Utilize less frequently used management tools in opioid use disorder for their own patients.

Disclosure: No conflicts of interest.

2:30pm

The Hospital “Things We Do for No Reason™”

Allison Couture, DO, MPA

Learning Objectives:

1. Recognize examples of low-value care practices common in hospital pediatric, adult, and geriatric medicine.
2. Reduce the frequency of low-value, non-evidence-based hospital practices in their local communities.
3. Identify hospital medicine resources to educate about non-evidence-based hospital practices.

Disclosure: No conflicts of interest.

3:30pm

Break

3:45pm

Transitioning to Telemedicine

Michael Brown, DO

Learning Objectives:

1. Compare rules and regulations pre COVID-19 and post COVID-19.
2. Demonstrate a workflow to practice telemedicine in the participants clinics.
3. Choose the right technologies to perform telemedicine with patients.
4. Evaluate what diagnosis can or cannot be handled by telemedicine.

Disclosure: No conflicts of interest.

4:45pm - Adjourn

** 7.5 Hours Category 1-A CME on Saturday*

Sunday, April 25, 2021

8:00am

Confidently Documenting and Billing with OMT

Sarah James, DO, FACOFP

Learning Objectives:

1. Demonstrate knowledge of general guidelines for documentation, billing and coding for outpatient E/M visits.
2. Describe the procedural reimbursement for performing OMT
3. Comprehend specific scenarios when OMT is utilized and how to confidently document, bill and code for it.
4. Utilize new or refreshed knowledge of documentation and billing to cases.

Disclosure: No conflicts of interest.

9:30am

The Functional Medicine Approach to Small Intestinal Bacterial Overgrowth (SIBO)

Kat Hopkins, DO

Learning Objectives:

1. List the three subtypes of SIBO.
2. Explain dietary modifications that can decrease symptoms of SIBO.
3. Describe the clinical features of SIBO.

Disclosure: No conflicts of interest.

10:30am

Break

10:45am

Effectively Utilizing Herbs and Supplements in Primary Care

Joanne Genewick, DO

Learning Objectives:

1. Identify common nutrient deficiencies.
2. Describe the potential uses of the most common herbs used in the United States.
3. Identify reliable resources to evaluate the safety and efficacy of herbs and supplements.

Disclosure: No conflicts of interest.

11:45am

A Rational Approach to Therapy for COVID-19

Robert Orenstein, DO

Learning Objectives:

1. Describe the rationale for use of therapies for COVID-19.
2. Choose the appropriate therapies for stages of COVID-19 illness
3. Explain the limitations of current therapeutics.

Disclosure: No conflicts of interest.

12:45pm - Adjourn

** 4.5 Hours Category 1-A CME on Sunday*

Virtual/Live Format

This year's Spring Conference will be held virtually/live (online) due to COVID-19 and social distancing guidelines. Participants will be required to join the live Zoom meeting to verify meeting attendance. Recordings will not be available following the conference to receive credit for this CME activity.

Continuing Medical Education (CME) Credits

The MOMS and WAOPS are accredited by the American Osteopathic Association to provide osteopathic CME for physicians. The MOMS and WAOPS designates this program for a max of 20 AOA Category 1-A credits and will report CME credits to AOA commensurate with the extent of the physician's participation in these activities.

Application for CME credit will be filed with the American Academy of Family Physicians.