



Mid-Winter  
Medical Education  
Conference 2017

# HAWAII42

**Fairmont Orchid  
Big Island, Hawaii**

**Promenade 1/2 (February 10-11)  
Plaza 3 (February 13-17)**



**UnityPoint Health**

UnityPoint Health - Des Moines  
UnityPoint Clinic

## UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference February 9-18, 2017

In celebrating forty-two consecutive years, the Iowa Lutheran Hospital Medical Staff Conference has provided practicing physicians and other healthcare professionals an opportunity to share professional practice concepts with colleagues in practice and academic settings. For the 2017 conference, UnityPoint Health- Des Moines has collaborated with UnityPoint Clinic to provide physicians with current evidence-based, valid and reliable practice information. The physicians also have the opportunity to network and interact with professional colleagues who are confronted with similar practice challenges and clinical questions. All conference topics are identified in the program agenda. Each lecture will be followed by discussion and multiple questions from the conference attendees.

### **Professional Practice Gaps**

Topics presented at UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference were identified as professional physician practice gaps. The planning committee utilized information sources listed below to identify clinical and administrative medicine professional physician practice gaps:

- Evaluation results from previous Mid-Winter Conferences
- Current UnityPoint Health-Des Moines clinical quality initiatives
- Quality initiatives from state and national health care organizations including CMS, Iowa Healthcare Collaborative, and the Iowa Department of Public Health
- Review of medical literature
- Print / news media reports



IOWA MEDICAL SOCIETY  
Ensuring quality education for Iowa physicians

UnityPoint Health - Des Moines is accredited by the Iowa Medical Society to provide continuing medical education for physicians.

UnityPoint Health – Des Moines designates this live activity for a maximum of 28.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*This Live activity, UnityPoint Mid-Winter Medical Education Conference 2017, with a beginning date of 02/10/2017, has been reviewed and is acceptable for up to 28.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Program Administration**

**Daniel Allen, MD, FACP**

Hawaii42 Medical Program Director  
Chief Medical Officer  
UnityPoint Clinic

**Sarah Zeidler, MHA**

Hawaii42 Program Coordinator  
Executive Director, Oncology  
UnityPoint Health- Des Moines

**Eric Lothe, MHA, FACHE**

Hawaii42 Program Administrator  
Senior Vice President/ COO  
UnityPoint Health- Des Moines

**Additional Planning Committee Members:**

<b>Steven Goldstein, DO-</b>	UnityPoint Clinic, General Surgeon
<b>Douglas Layton, DO-</b>	UnityPoint Clinic, Ankeny Prairie Trail
<b>Amy Bethel, MPA, RN, NE-BC-</b>	UnityPoint Health- Des Moines, Clinical Education Specialist, Manager Eye Surgery/ Laser Eye Center
<b>Jeri Paca, C-TAGME-</b>	Residency Coordinator, Iowa Lutheran Hospital Family Medicine Residency

UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Hawaii42 Faculty**

**Raja Akbar, MD, FAPA**

Psychiatry  
UnityPoint Clinic, Waterloo

**Daniel Allen, MD, FACP**

Chief Medical Officer  
UnityPoint Clinic

**Amy Bethel, RN, MPA, NE-BC**

Clinical Education Specialist  
Manager Eye Surgery/ Laser Eye Center  
UnityPoint Health- Des Moines

**Marina Bogdanic, MA**

Bioethics and Health Policy  
Waterloo, Iowa

**Vinko Bogdanic, MD**

Internal Medicine  
UnityPoint Clinic, Waterloo

**Tom Evans, MD**

President/ CEO  
Iowa Healthcare Collaborative

**Steven Goldstein, DO, FACOS**

General Surgery  
UnityPoint Clinic, Des Moines

**Wanda Goranson, MSN, RN-BC, CHSE, CHSOS**

Simulation Education Manager  
UnityPoint Health- Des Moines

**Megan Hart-Fernandez, DNP**

Occupational Medicine  
UnityPoint Clinic Work Well, Cedar Rapids

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Stephen House, MPA**

Director of Cardiovascular Diagnostic and Therapeutic Services  
UnityPoint Health- Des Moines

**Benjamin Kolner, PA-C, MPAS**

Family Medicine  
UnityPoint Clinic, Davenport

**Douglas Layton, DO, FAAFP**

Family Medicine  
UnityPoint Clinic, Ankeny

**Richard McDowell, MD, FACEP**

Chief Medical Officer  
Chairman, Department of Emergency Medicine  
Associate Trauma Medical Director  
Kona Community Hospital

**Patricia Newland, MD**

Vice President/ Regional Medical Director  
UnityPoint Clinic, Des Moines

**Christina Olson, DO**

Family Medicine  
Sanford Health, Sioux Falls, South Dakota

**Bill Shannon, MD**

Medical Director, Physical Medicine and Rehabilitation  
Meriter Hospital, Madison, Wisconsin

**Andrea Silvers, MD**

Family Medicine  
UnityPoint Clinic, Norwalk

**Lynn Struck, MD**

Neurologist/ Movement Disorders Specialist  
UnityPoint Clinic, Des Moines

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Darko Zdilar, MD, PhD**  
Psychiatry  
UnityPoint Clinic, Waterloo

**Sarah Zeidler, MHA**  
Executive Director, Oncology Services  
UnityPoint Health- Des Moines

UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Friday, February 10**

7:00 am      **Program Introduction/ Conference Design and Presentation**  
Daniel Allen, MD, FACP

7:15 am      Topic:            **To Error is Human**  
Speaker:        Daniel Allen, MD, FACP

Participants will be able to:

- Describe our understanding of decision making
- Identify types of errors we commit in decision making
- Describe strategies to mitigate our chances of making errors in decision making

8:15 am      Topic:            **Clostridium Difficile**  
Speaker:        Steven Goldstein, DO

Participants will be able to:

- Discuss the pathogens of C Diff
- Discuss the diagnosis of C Diff
- Describe treatment options of C Diff

9:15 am      **BREAK**

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

9:30 am      Topic:            **Child and Dependent Adult Abuse Annual Module and Service Animals**

Speaker:      Amy Bethel, MPA, RN, NE-BC

Participants will be able to:

- Describe the role of mandatory reports
- Discuss UnityPoint's Policy and Procedure for child/ adult abuse
- Identify service animals according to ADA
- Discuss assessment and documentation related to patients with service animals

10:30 am    Topic:            **Treatment of Parkinson's Disease**

Speaker:      Lynn Struck, MD

Participants will be able to:

- Discuss appropriate medication options for Parkinson's Disease
- Discuss surgical treatment of Parkinson's Disease

\*Disclosure of Off-Label and/or Investigational Uses: Dr. Struck will discuss off-label uses of medications for treatment of Parkinson's Disease.

\*Disclosure of Relevant Financial Relationships: Dr. Struck participates in the speaker's bureau and received grant/ research support from Allergan, Medtronic, GSK, Teva, Kyowa, Merck, and Adamas.

11:30 am    **Adjourn**

5 pm-6 pm    **Welcome Reception** – Luana Lounge  
Guests Welcome



UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Saturday, February 11**

- 7:00 am      Topic:            **Arboviruses in 2017: Zika, Fun in the Sun, and More**
- Speaker:        Andrea Silvers, MD
- Participants will be able to:
- Describe emerging arthropod viruses including Zika and Chikungunya
  - Describe which arboviruses are recognized to have potential endemic transmission in the continental US
  - Compare and contrast real threats of emerging arboviruses as opposed to media hype
- 8:00 am      Topic:            **Simulations- Creating a Safe Practice Environment**
- Speaker:        Wanda Goranson, MSN, RN-BC, CHSE, CHSOS
- Participants will be able to:
- Define simulation education
  - Discuss the innovations in simulation education over the last decade
  - Discuss the impact of simulation on patient outcomes
- 9:00 am      **BREAK**

UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Walter J Riley, MD Honorary Lecture**

9:15 am      Topic:            **Early A1C use in Predicting Gestational Diabetes Mellitus (GDM)**

Speaker:      Christina Olson, DO

Participants will be able to:

- Discuss current GDM screening methods and the utility of A1C testing in pregnancy
- Describe how to assess the predictive value of early hemoglobin A1C testing in GDM development
- Describe how to examine the predictive value of traditional risk factors for GDM

10:15 am      Topic:            **Non-Motor Symptoms of Parkinson's Disease**

Speaker:      Lynn Struck, MD

Participants will be able to:

- Identify non-motor symptoms of Parkinson's Disease
- Describe treatments for non-motor symptoms of Parkinson's Disease

\*Disclosure of Off-Label and/or Investigational Uses: Dr. Struck will discuss off-label uses of medications for treatment of Parkinson's Disease.

\*Disclosure of Relevant Financial Relationships: Dr. Struck participates in the speaker's bureau and received grant/ research support from Allergan, Medtronic, GSK, Teva, Kyowa, Merck, and Adamas.

11:15 am      **Adjourn**

UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference  
February 9-18, 2017

**Monday, February 13**

- 7:00 am      Topic:            **Generational Differences in Our Workforce and Patients**
- Speaker:      Sarah Zeidler, MHA
- Participants will be able to:
- Discuss circumstances that have shaped different generations
  - Describe how generational differences have shaped the workforce and patient preferences
  - Discuss tactics to engage different generations
- 8:00 am      Topic:            **Leading Transformation**
- Speaker:      Tom Evans, MD
- Participants will be able to:
- Describe the financial, performance and demographic trends driving health care reform
  - Discuss the transformative relationship between systems and aims
  - Discuss the impact of national hospital patient safety efforts
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **OH SNAP! Preventing and Treating Osteoporosis**
- Speaker:      Patricia Newland, MD
- Participants will be able to:
- Describe the prevalence of osteoporosis and associated fracture risks
  - Describe current screening recommendation for osteoporosis
  - Discuss treatment options for osteoporosis
- 10:15 am     Topic:            **Challenges of IntraState Acute Care Transfers**
- Speaker:      Richard McDowell, MD, FACEP
- Participants will be able to:
- Discuss the different methods of inter-hospital acute care transfers
  - Discuss the different reasons for inter-hospital acute care transfers
  - Discuss the importance of the statewide trauma system in maintaining transfer capabilities
- 11:15 am     **Adjourn**
- 11:30 am     **Group Lunch (Guests Welcome)- Tommy Bahama's, 68-1330 Mauni Lani Dr**  
15 minute walk or resort shuttle available

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Tuesday, February 14**

- 7:00 am      Topic:            **What's New in Cardiovascular Care at UPH-DM**
- Speaker:        Stephen House, MPA
- Participants will be able to:
- Describe the progress of TAVR (transcatheter aortic valve replacement)
  - Discuss Abiomed Impella Device and treatment options
  - Discuss new treatment options for treatment of heart failure coming soon to UPHDM
- 8:00 am      Topic:            **New Medications for Diabetes Mellitus**
- Speaker:        Douglas Layton, DO, FAAFP
- Participants will be able to:
- Discuss new medications available to treat diabetes mellitus
  - Describe the mechanisms that cause different diabetes medications to work
  - Discuss advantages and disadvantages of diabetes medications
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **Care of Migrant Farmworker Families in Iowa Health System**
- Speaker:        Megan Hart-Fernandez, DNP
- Participants will be able to:
- Discuss who are the migrant farmworkers in Iowa and why do we need them
  - Discuss challenges practitioners face when caring for migrant workers
  - Discuss common beliefs and cultural practices in this population and how they influence care and health outcomes
- 10:15 am     Topic:            **Atrial Fibrillation**
- Speaker:        Vinko Bogdanic, MD
- Participants will be able to:
- Describe various arrhythmias
  - Discuss the epidemiology of A-Fib scoring- CHA<sub>2</sub>DS<sub>2</sub>-VASc
  - Discuss anticoagulation, surgical, and invasive therapy
- 11:15 am     **Adjourn**

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Wednesday, February 15**

3:00 pm      Topic:            **Spirituality in Medicine and Health Care**  
Speaker:       Marina Bogdanic, MA  
Participants will be able to:

- Describe the role of spirituality in health care and the related responsibilities of health care providers for compassionate care giving
- Discuss the recognition of suffering within the practice of medicine and using spirituality as a way of helping patients find meaning in their suffering
- Describe and appreciate the relevance of spiritual needs to patient-centered, whole-person, health care

4:00 pm      Topic:            **Radical Redesign**  
Speaker:       Tom Evans, MD  
Participants will be able to:

- Describe Berwick's pillars of health care transformation
- Describe the history and framework of the MACRA Quality Payment Program (QPP)
- Discuss the timeline of the QPP deployment

5:00 pm      **BREAK**

5:15 pm      Topic:            **The Past, Present, and Future of Vascular Dementia**  
Speaker:       Benjamin Kolner, PA-C, MPAS  
Participants will be able to:

- Describe different forms of dementia
- Discuss risk factors for vascular dementia
- Discuss treatment and prevention of vascular dementia

\*Disclosure of Off-Label and/or Investigational Uses: Benjamin Kolner will discuss off-label uses of donepezil, galantamine, rivastigmine, and memantine for treatment of vascular dementia.

6:15 pm      Topic:            **Let's Get Physical**  
Speaker:       Daniel Allen, MD, FACP  
Participants will be able to:

- Discuss the history of physical exams in medicine
- Discuss current debate and potential direction of performing physical exams
- Describe the value of physical exams in patient interaction

7:15 pm      **Adjourn**

7:30 pm      **Group Dinner (Guests Welcome)- Brown's Beach House, Time is Tentative**

**Wednesday, February 15**

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Thursday, February 16**

- 7:00 am      Topic:            **Acupuncture in Pain and Headache Management**
- Speaker:         Bill Shannon, MD
- Participants will be able to:
- Describe the theory and practice of acupuncture as it relates to pain and headache management
  - Discuss the use of acupuncture with patients including knowledge of risks, benefits and practical referral information
  - Describe the research support for the use of acupuncture in pain and headache management
- 8:00 am      Topic:            **Vitamin D**
- Speaker:         Douglas Layton, DO, FAAFP
- Participants will be able to:
- Discuss sources and levels of Vitamin D
  - Discuss studies implicating the benefit of Vitamin D
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **Suicide: An Interplay of Biological, Psychological and Environmental Factors**
- Speaker:         Darko Zdilar, MD, PhD
- Participants will be able to:
- Discuss the latest understanding of how biological, psychological, and environmental factors are implicated in suicide
  - Describe how suicide is, in essence, a brain disorder
  - Discuss the development of clinically useful assessment tools
- 10:15 am     Topic:            **Depression: Biological Treatment Options**
- Speaker:         Darko Zdilar, MD, PhD and Raja Akbar, MD
- Participants will be able to:
- Discuss the differences between existing biological treatment options
  - Describe how to match the right treatment to presenting symptoms
  - Discuss the future of treatment for depression
- 11:15 am     **Adjourn**

\*Disclosure of Off-Label and/or Investigational Uses: Drs. Zdilar and Akbar may discuss an off-label use of medications for treatment of depression.

**UnityPoint's 42<sup>nd</sup> Annual Mid-Winter Conference**  
**February 9-18, 2017**

**Friday, February 17**

- 7:00 am      Topic:            **Co-Management and Physician Engagement Models**  
Speaker:      Daniel Allen, MD, FACP and Sarah Zeidler, MHA  
Participants will be able to:
- Discuss different hospital-physician engagement tactics
  - Describe the structure of co-management agreements
  - Describe the advantages and disadvantages of co-management agreements
- 8:00 am      Topic:            **FMCSA (DOT) Physical Exams**  
Speaker:      Megan Hart-Fernandez, DNP  
Participants will be able to:
- Describe who can perform FMCSA (DOT) examinations
  - Describe the physical requirements of commercial drivers to pass the exam
  - Discuss those “tricky” situations and complicated medical conditions you will encounter when performing these exams
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **From Education to Execution**  
Speaker:      Tom Evans, MD  
Participants will be able to:
- Describe the Transforming Clinical Practice Initiative (TCPI) and national goals to equip providers to thrive in value-based reimbursement
  - Discuss the national impact of diabetes across the continuum
  - Describe the impact of Person and Family Engagement on diabetes management
  - Discuss options to better manage diabetic patients, and demonstrate improvement
- 10:15 am     Topic:            **Surgical Complications for Primary Care**  
Speaker:      Steven Goldstein, DO  
Participants will be able to:
- Describe what surgical complications may show up at a primary care office
  - Describe treatment options for surgical complications
  - Discuss when to call the surgeon for surgical complications
- 11:15 am     **Program Closure**  
Daniel Allen, MD, FACP
- 11:30 am     **Adjourn**