Iowa Lutheran Hospital Mid-Winter Medical Educational Conference 2016

HAWAII 41

February 4 - 13, 2016
Fairmont Orchid
Big Island, Hawaii

Plaza 3

UnityPoint Health
Des Moines
In celebrating forty-one 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.

While updating the attending 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 multiple questions from the conference physician attendees.

**Professional Practice Gaps**

Topics presented at Iowa Lutheran Hospital’s 41st 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 ILH 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

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, Iowa Lutheran Hospital Mid-Winter Medical Education Conference 2016, with a beginning date of 02/04/2016, 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.
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Sarah Zeidler, MHA  
Executive Director, Oncology Services  
UnityPoint Health- Des Moines
Friday, February 5

7:00 am  Program Introduction/ Conference Design and Presentation
          Steven Goldstein, DO, FACOS

7:15 am  Topic:  Common Anorectal Disorders
          Speaker:  Steven Goldstein, DO, FACOS
          Participants will be able to:
          •  Describe the common anorectal diseases that present to primary care
          •  Describe the initial treatments for common anorectal diseases
          •  Describe when it is time to refer to a specialist

8:15 am  Topic:  Approach to a Family Conference
          Speaker:  David Jones, MD
          Participants will be able to:
          •  Describe one step-wise approach to a family goal-setting meeting
          •  List three strategies for resolving conflict concerning end-of-life goals
          •  Describe management options for working with a dysfunctional family system

9:15 am  BREAK
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Participants will be able to:</th>
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| 9:30 am | Patient Safety- Are we making a difference? | Amy Bethel, MPA, RN, NE-BC | • Discuss 30 safe practices in healthcare  
• Discuss new data released from HHS  
• Discuss ways to participate in patient safety initiatives |
| 10:30 am | Meeting the Needs of Cancer Patients | Sarah Zeidler, MHA        | • Describe research regarding the psychosocial needs of cancer patients  
• Discuss ways in which to identify psychosocial needs of cancer patients  
• Describe tactics to address the psychosocial needs of cancer patients |
| 11:30 am | Adjourn                                   |                          |                                                                                                 |
| 5 pm-6 pm | Welcome Reception – Luana Lounge       |                          | Guests Welcome                                                                                   |
Saturday, February 6

7:00 am  Topic:  Transcatheter Aortic Valve Replacement  
Speaker:  Stephen House, RT(R), BA, MPA  
Participants will be able to:

- Describe the progressions of valve disease  
- Discuss treatment options of aortic valve stenosis  
- Describe the work up to determine patient selection  
- Discuss members of the TAVR team  
- Describe the three modes of TAVR implantation  
- Discuss patient outcomes with TAVR  
- Discuss the future of transcatheter valve replacement

8:00 am  Topic:  So... Where were you born?  
Speaker:  Dan Allen, MD, CPE  
Participants will be able to:

- Name the determinants of health  
- Discuss 5 factors in the social environment that contribute to or detract from the health of individuals and communities  
- Identify 3 community resources to help impact adverse social determinants of care

9:00 am  BREAK
Iowa Lutheran Hospital’s 41st Annual Mid-Winter Conference
February 4-13, 2016

9:15 am    Topic:    Interventional Radiology: The role of the Interventionalist in the Treatment of Liver Cancer and Spontaneous Extraperitoneal Hemorrhage
Speaker:    Andrew Nish, MD

Participants will be able to:

- Describe the natural history of stage 4 metastatic colon cancer to the liver and the role of interventional radiology in its treatment
- Describe the natural history of hepatocellular carcinoma and the role of interventional radiology in its treatment
- Describe the natural history of spontaneous extraperitoneal hemorrhage, risk factors, and treatment

10:15 am    Topic:    RAD, TICS, and ACES
Speaker:    Dina Nightingale, MBL, BA, RN

Participants will be able to:

- Discuss the long-term psychological and physical effects of Adverse Childhood Events
- Describe the importance of trauma-informed care
- Explain the difficulties experiences by individuals who are abused or neglected early in life

11:15 am    Adjourn
Monday, February 8

7:00 am  Topic:  **Burn Baby Burn**  
Speaker:  Dan Allen, MD, CPE

Participants will be able to:

- Identify signs and symptoms of burnout
- Discuss what are the causes of burnout
- Name some strategies to address burnout in yourself and others

8:00 am  Topic:  **Vaccine Update 2016**  
Speaker:  Stephen Rinderknecht, DO

Participants will be able to:

- Describe how our recommended vaccine schedule is built and updated
- Describe why PCV13 was added to the adult schedule at greater than or equal to 64 years of age
- Describe what is meant by a category B recommendation

9:00 am  **BREAK**

9:15 am  Topic:  **Improving Diabetic Care Through Implementing Point of Care HbA1c and utilizing the Care Coordinator in PCMH**  
Speaker:  Josh Strehle, DO

Participants will be able to:

- Discuss the process of implementing point of care HbA1c in the office
- Discuss efficient and appropriate referrals to the care coordinator
- Describe the effect on our patient population

10:15 am  Topic:  **Trauma Care in a Rural Setting**  
Speaker:  Richard McDowell, MD, FACEP

Participants will be able to:

- Describe the history of trauma care in the state of Hawaii over the past 15 years
- Discuss the current status of rural trauma care in Hawaii

11:15 am  **Adjourn**

11:30 am  **Group Lunch- Hale Kai**
Tuesday, February 9

Walter J Riley, MD Honorary Lecture

7:00 am  Topic:  PICC Line Usage and Complications at Iowa Lutheran Hospital from 2013-2014

Speaker:  Josh Strehle, DO

Participants will be able to:

- Discuss PICC line usage
- Describe PICC line complications
- Describe PICC line indications

8:00 am  Topic:  Vaccine Hesitancy and Refusal- What to do?

Speaker:  Stephen Rinderknecht, DO

Participants will be able to:

- Describe the reasons parents will refuse vaccinations
- Describe how to answer vaccine safety questions
- Discuss how vaccine safety is monitored

9:00 am  BREAK
9:15 am  Topic:  
**Past, Present, and Future: The Challenges of Generational Changes in the 21st Century**

Speaker: Dennis Linderbaum, BA, MA

Participants will be able to:

- Describe the history of the impact of philanthropy at UPH-DM and our patients and families
- Describe giving trends both national and locally
- Describe the challenge we face with the changes in demographics in our population: Greatest Generation, Baby Boomers, Generation X, and Millennials

10:15 am  Topic:  
**Gynecologic Cancer Screening Update**

Speaker: Timothy Drevyanko, MD, MS

Participants will be able to:

- Describe the pathologic classification system with comparisons to older classification schemes
- Describe etiologic causes of cervical dysplasia/carcinoma
- Discuss current recommendations for screening and management

11:15 am  Adjourn
Wednesday, February 10

3:00 pm  
**Topic:** Nutrition and Cancer  
**Speaker:** Andrew Nish, MD  
Participants will be able to:  
- Describe the role food and nutrition play in the development and growth of cancer  
- Describe the role chronic hyperinsulinemia plays in the induction and growth of cancer  
- Describe the cancers that are associated with obesity

4:00 pm  
**Topic:** Caring for the LGBT Patient  
**Speaker:** Andrew Stefani, DO  
Participants will be able to:  
- Describe why this is a relevant topic for health care providers  
- Describe what health issues are different for gay/bi men, lesbian/bi women, and transgender patients  
- Describe the disparities faced by the LGBT community  
- Discuss ways to be a more culturally competent provider/healthcare setting  
- Provide a list of local and national resources for providers to use for additional training and information

5:00 pm  
**BREAK**

5:15 pm  
**Caring for the LGBT Patient (Continued)**

6:15 pm  
**Topic:** Management of Pain and Opioid Titration  
**Facilitator:** David Jones, MD  
Participants will be able to:  
- Assess for the presence of cancer-related and non-cancer-related pain  
- Identify social, emotional, and spiritual pain  
- Differentiate between bone, neuropathic, and visceral pain

7:15 pm  
**Adjourn**

7:30 pm  
**Group Dinner (Brown's Beach House) – Time is Tentative**
Thursday, February 11

7:00 am  Topic:  Antimicrobial Resistance- The Driving Force of Antimicrobial Stewardship  
Speaker:  Amanda Bushman, PharmD, BCPS  
Participants will be able to:  
- Describe the current state of antimicrobial resistance  
- Identify multi-drug resistant organisms and the treatment impact that occurs  
- Describe opportunities to fight back against resistance

8:00 am  Topic:  BioFire Film Array Gastrointestinal Panel  
Speaker:  Timothy Drevyanko, MD, MS  
Participants will be able to:  
- Describe traditional laboratory procedures for gastrointestinal pathogens  
- Discuss BioFire Film Array and newly FDA approved gastrointestinal panel  
- Discuss advantages and performance of the BioFire gastrointestinal panel vs. traditional laboratory procedures

9:00 am  BREAK

9:15 am  Topic:  Sugar and Metabolic Syndrome: A Public Health Crisis  
Speaker:  Andrew Nish, MD  
Participants will be able to:  
- Describe the association of sugar consumption and chronic metabolic diseases and how our current nutritional recommendations have led to these diseases  
- Describe the intra-hepatic biochemistry of glucose, fructose and ethanol metabolism  
- Describe neuro-hormonal regulation of appetite and feeding

10:15 am  Topic:  Hypertension Management  
Speaker:  Amar Nath, MD  
Participants will be able to:  
- Discuss etiology of hypertension (primary and secondary)  
- Discuss a step by step approach for treating hypertension  
- Describe newer modalities in management of hypertension

11:15 am  Adjourn
Friday, February 12

7:00 am  Topic:  Antimicrobial Stewardship- Keeping Ahead of the Bugs  
Speaker:  Amanda Bushman, PharmD, BCPS  
Participants will be able to:  
- Describe the Infectious Disease Society of America (IDSA) antimicrobial stewardship guidelines  
- Discuss antimicrobial stewardship metrics  
- Describe the upcoming NHSN/CMS/Joint Commission role in antimicrobial stewardship  

8:00 am  Topic:  The Ins and Outs of Organ Donation  
Speaker:  Jennifer Filipiak, RN  
Participants will be able to:  
- Describe the growing and continued need for organs  
- Explain the transplant process and how allocation works  
- List religious beliefs associated with organ donation  
- Explain the reasons why someone cannot be a donor  

9:00 am  BREAK  

9:15 am  Topic:  Comfort Care for Hospitalized Patients at End of Life  
Speaker:  David Jones, MD  
Participants will be able to:  
- Describe the importance of goal-oriented treatment and communication skills  
- Outline communication techniques that can be used to help terminally ill patient identify their values, goals, and preferences  
- Describe evidence-based management of symptoms in dying patients  

10:15 am  Topic:  Management of Gastroesophageal Reflux Disease  
Speaker:  Steven Goldstein, DO, FACOS  
Participants will be able to:  
- Describe the pathophysiology of GERD  
- Describe medical management of GERD  
- Discuss surgical options of GERD  

11:15 am  Program Closure  
Steven Goldstein, DO, FACOS  

11:30 am  Adjourn