



Mid-Winter
Medical Education
Conference 2018

HAWAII43

Fairmont Kea Lani, Maui, Hawaii
February 2-9, 2018



UnityPoint Clinic

UnityPoint's 43rd Annual Mid-Winter Conference February 2-9, 2018

In celebrating forty-three consecutive years, the Mid-Winter Medical Education Conference has provided practicing physicians and other healthcare professionals an opportunity to share professional practice concepts with colleagues in practice and academic settings. The objective of the conference is 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 43rd 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.

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Program Administration

Steven Goldstein, DO

Hawaii43 Medical Program Director
General Surgeon
UnityPoint Clinic

Sarah Zeidler, FACHE

Hawaii43 Program Coordinator
Executive Director, Oncology
UnityPoint Health- Des Moines

Additional Planning Committee Members:

Daniel Allen, MD-	UnityPoint Clinic, Chief Medical Officer
Douglas Layton, DO-	UnityPoint Clinic, Ankeny Prairie Trail
Eric Lothe, FACHE-	Chief Operating Officer, UnityPoint Health- Des Moines
Amy Bethel, MPA, RN, NE-BC-	UnityPoint Health- Des Moines, Clinical Education Specialist, Manager Eye Surgery/ Laser Eye Center
Jeri Paca, C-TAGME-	Residency Coordinator, Iowa Lutheran Hospital Family Medicine Residency

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Hawaii43 Faculty

Amy Bethel, RN, MPA, NE-BC

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

Todd Butler, MD

Internal Medicine
UnityPoint Clinic, Hiawatha

Regina Butteris, MD, FAAFP

Family Medicine
Medical Director, Child Protection Center
UnityPoint Health- St. Luke's, Cedar Rapids

Thomas Cahill, PhD

Director of Behavioral Science
Adventist La Grange Memorial Hospital, La Grange, Illinois

Steven Goldstein, DO, FACOS

General Surgery
UnityPoint Clinic, Des Moines

C. Jason Guca, MD

Psychiatry
UnityPoint Health- Des Moines

Elaine Himadi, MD

Associate Professor of Psychiatry
University of Iowa

Cynthia Hoque, DO

Family Medicine
Knoxville Hospital and Clinics

Julia Jenkins, DO, FAAFP, MMM

Family Medicine
Medical Director, UnityPoint Accountable Care
UnityPoint Clinic, Des Moines

David Jones, MD

Medical Director, Trinity Palliative Medicine
UnityPoint Clinic, Fort Dodge

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Brian Lindsay, MD

Internal Medicine, Pulmonary Medicine, and Critical Care
UnityPoint Clinic, Cedar Rapids

Jeff Malik, MD

Pathology
Iowa Pathology Associates, Des Moines

Andrew Nish, MD

Interventional Radiology
Medical Director, John Stoddard Cancer Center
Iowa Radiology, P.C., Des Moines

Rachna Patel, DO

The Medical Marijuana Expert
Walnut Creek, California

Romaroo Pradeep, MD, FACE

Endocrinology and Lipidology
Quad Cities, Iowa/ Illinois

David Sommerfeld, MD

Hospitalist
UnityPoint Health- Meriter, Madison, Wisconsin

Douglas Timboe, MD

Family Medicine
ACO Board Chair
UnityPoint Clinic, West Des Moines

Marla Tobin, MD, FAAFP

Family Medicine
Dr. T's Medical Services, P.C., Missouri

David Ulin, MD

Chief Medical Director
Maui Health System

Julie Vogel, DO

Internal Medicine
UnityPoint Clinic, Des Moines

Sarah Zeidler, FACHE

Executive Director, Oncology Services
UnityPoint Health- Des Moines

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Friday, February 2 -LOBBY MEZZANINE & FOYER

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

7:15 am Topic: **Surgical Site Infections**

Speaker: Steven Goldstein, DO

Participants will be able to:

- Understand the classifications of surgical site infections
- Understand SCIP Measures
- Understand factors that affect SSIs

8:15 am Topic: **Understanding Generational Differences**

Speaker: Sarah Zeidler, FACHE

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

9:15 am **BREAK**

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9:30 am Topic: **Sugar: A Metabolic Disaster**

Speaker: Andrew Nish, MD

Participants will be able to:

- Understand the epidemiology and impact of obesity and metabolic syndrome in our country
- Understand how sugar consumption affects our health and promotes disease
- Understand the biochemistry of how fructose is processed in the liver
- Understand how pervasive sugar is in our food system
- Understand how to avoid sugar in our daily lives

10:30 am Topic: **Eye Surgery Updates**

Speaker: Amy Bethel, RN

Participants will be able to:

- Describe diagnosis and treatment of glaucoma
- Describe diagnosis and treatment of retinal detachments
- Describe diagnosis and treatment of patients with cataracts including pre and post op care

11:30 am **Adjourn**

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

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Saturday, February 3 - ORCHID & PLUMERIA

- 7:00 am Topic: **ACO 101**
- Speaker: Julia Jenkins, DO
- Participants will be able to:
- Understand UnityPoint Accountable Care value based contract participation
 - Identify key drivers of success in population health
 - Discuss predictive analytics, and how they can benefit your patients

*Disclosure: Dr. Jenkins is employed by UnityPoint Accountable Care

- 8:00 am Topic: **Update on Sexually Transmitted Infections**
- Speaker: Marla Tobin, MD
- Participants will be able to:
- Discuss the trends in STIs
 - Understand the CDC and USPSTF STI recommendations
 - Describe ways to screen patients and discuss behavioral interventions

9:00 am **BREAK**

- 9:15 am Topic: **NAFLD Update**
- Speaker: Douglas Timboe, MD
- Participants will be able to:
- Define NAFLD
 - Discuss the diagnosis of NAFLD
 - Describe treatment options for NAFLD

- 10:15 am Topic: **Giving Bad News**
- Speaker: David Jones, MD
- Participants will be able to:
- Identify what constitutes “bad news”
 - Describe how patients benefit from well-performed critical conversations
 - Describe the steps involved in performing critical conversations

11:15 am **Adjourn**

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Monday, February 5 -ORCHID

3:00 pm

Topic: **Bipolar Disorders: The Nuts and Bolts**

Speaker: C. Jason Gucfa, MD

Participants will be able to:

- Describe differential bipolar disorder versus other common psychiatric illness
- Discuss treatment of bipolar disorder, both manic and depressive symptoms
- Describe the risk factors associated with this illness and the pitfalls of treatment

4:00 pm

Topic: **Lung Nodule Screening**

Speaker: Brian Lindsay, MD

Participants will be able to:

- Discuss the history of lung cancer screening research
- Describe the National Lung Screening Trial and its results and implications
- Discuss Unity Point Lung Screening program and give examples of how patients are worked up

5:00 pm

BREAK

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- 5:15 pm Topic: **Physician Suicide**
- Speaker: Elaine Himadi, MD
- Participants will be able to:
- Increase awareness of physician suicide
 - Identify which physicians are most likely to commit suicide
 - Describe how to prevent suicide
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- 6:15 pm Topic: **Restless Leg Syndrome**
- Speaker: Todd Butler, MD
- Participants will be able to:
- Discuss the causes of restless leg syndrome
 - Describe the treatment of restless leg syndrome
- *Disclosure: Gabapentin and Pregabalin use for Restless Leg Syndrome are off-labels uses.
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- 6:45 pm Topic: **Thyroid Nodules**
- Speaker: Todd Butler, MD
- Participants will be able to:
- Describe management of thyroid nodules
 - Discuss the causes of thyroid nodules
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- 7:15 pm **Adjourn**
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- 7:30 pm **Group Dinner (Guests Welcome)- Ko Garden**

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Tuesday, February 6 -PIKAKE & PROTEA

- 7:00 am Topic: **Managing Chronic Pain Under the New CDC Guidelines**
- Speaker: David Jones, MD
- Participants will be able to:
- Recognize the risk of prescribing opioids
 - Understand the key principles and recommendations of the 2016 CDC guideline for assessing and treating a patient with pain
 - Understand criticisms of the guidelines and potential impact to patients
- 8:00 am Topic: **Treating Demoralization with Lifestory Counseling: An integrated behavioral health model in family medicine residency**
- Speaker: Thomas Cahill, PhD
- Participants will be able to:
- Describe components of a “good” patient story- maladaptive pattern plus patients’ strengths
 - Discuss ways to instill hope in a patient, interpret patient evaluation, and implement therapeutic change strategies
 - Discuss ways to give patients more control over their circumstances by enhancing self-awareness and motivation
- 9:00 am **BREAK**
- 9:15 am Topic: **Hyponatremia for the Non-Nephrologist**
- Speaker: David Sommerfeld, MD
- Participants will be able to:
- Define hyponatremia
 - Discuss clinical significance and etiology of hyponatremia
 - Describe workup and treatment of hyponatremia
- 10:15 am Topic: **Infectious Diarrhea: A review and update on diagnostic testing**
- Speaker: Jeff Malik, MD
- Participants will be able to:
- Understand traditional methods of infectious diarrhea testing
 - Understand recent advances in molecular microbiology
 - Understand the advantages and limitations of multiplex RT-PCR testing
- 11:15 am **Adjourn**

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Wednesday, February 7 - ORCHID & PLUMERIA

7:00 am

Topic: **Burn Out**

Speaker: Elaine Himadi, MD

Participants will be able to:

- Define burnout
- Discuss factors that increase and decrease burnout
- Discuss treatment of burnout

8:00 am

Topic: **Statin Associated Muscle Symptoms**

Speaker: Ramarao Pradeep, MD

Participants will be able to:

- Define statin associated muscle symptoms (SAMS)
- Discuss the prevalence and causes of SAMS
- Describe treatment strategies for SAMS and statin intolerance

9:00 am

BREAK

Walter J Riley, MD Honorary Lecture

9:15 am

Topic: **Improving Pediatric Asthma Management**

Speaker: Cynthia Hoque, DO

Participants will be able to:

- Discuss current pediatric asthma trends
- Describe affiliated research project about pediatric asthma management
- Discuss insights to improving pediatric asthma project in any outpatient setting

10:15 am

Topic: **Respiratory Infections: A review and update on diagnostic testing**

Speaker: Jeff Malik, MD

Participants will be able to:

- Describe epidemiology, pathogenesis and clinical features of common respiratory infections
- Discuss traditional diagnostic and treatment options for common respiratory infections
- Discuss the clinical impact of rapid respiratory pathogen identification by molecular testing

11:15 am

Adjourn

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Thursday, February 8 -ORCHID & PLUMERIA

- 7:00 am Topic: **Overview of Child Maltreatment**
- Speaker: Regina Butteris, MD
- Participants will be able to:
- Describe the identification of child physical abuse
 - Discuss the evaluation and treatment of victims of child abuse
 - Discuss Child Advocacy Centers
- 8:00 am Topic: **Obesity**
- Speaker: Julie Vogel, DO
- Participants will be able to:
- Describe the problem/causes of obesity
 - Describe solutions- surgery, diet, drugs, exercise
 - Discuss complications- post weight loss surgery, comorbidities, supplements post weight loss surgery, lab monitoring
- 9:00 am **BREAK**
- 9:15 am Topic: **Medical Marijuana**
- Speaker: Rachna Patel, DO
- Participants will be able to:
- Describe the basic science of cannabinoids
 - Describe clinical outcomes in patients
 - Discuss the medico-legal logistics of patient access to medical marijuana
- 10:15 am Topic: **Sepsis: A review and update on diagnostic testing**
- Speaker: Jeff Malik, MD
- Participants will be able to:
- Understand the basic epidemiology of sepsis
 - Understand the updated international guidelines for the definition and management of sepsis
 - Understand the impact of rapid blood culture identification by molecular testing
- 11:15 am **Adjourn**

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Friday, February 9 -ORCHID & PLUMERIA

- 7:00 am Topic: **Pulmonary Fibrosis**
- Speaker: Brian Lindsay, MD
- Participants will be able to:
- Review definitions and differential diagnoses of pulmonary fibrosis
 - Discuss newer treatment options directed for idiopathic pulmonary fibrosis
- 8:00 am Topic: **Healthcare in the Middle of the Pacific Ocean**
- Speaker: David Ulin, MD
- Participants will be able to:
- Understand the challenges of practicing in paradise
 - Describe the vision for improvement: quality, community access, and staffing
 - Describe how culture plays into this work
- 9:00 am **BREAK**
- 9:15 am Topic: **Cancer and Nutrition: Before, During and After**
- Speaker: Andrew Nish, MD
- Participants will be able to:
- Understand the basic concepts of cancer
 - Understand the relationship of obesity and energy excess and the development of cancer
 - Understand the types of cancer related to obesity
 - Understand the underlying hormonal and biochemical influences obesity has on the growth of cancer
 - Understand how our current food system promotes cancer and how we can work to change this
- 10:15 am Topic: **Discussing Treatment Preferences with Patients Who Want "Everything" Done**
- Speaker: David Jones, MD
- Participants will be able to:
- Be able to formulate an approach to help patients define “everything”
 - Be able to understand concerns which may motivate a request for “everything”
 - Discuss the concept of medical futility
- 11:15 am **Program Closure**
- Steven Goldstein, DO
- 11:30 am **Adjourn**