



Mid-Winter  
Medical Education  
Conference 2019

# HAWAII44

**February 1-8, 2019**

Fairmont Orchid  
Big Island, Hawaii  
Promenade 23



UnityPoint Clinic

## UnityPoint Clinic 44<sup>th</sup> Annual Mid-Winter Conference February 1-8, 2019

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 44<sup>th</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

*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Iowa Medical Society (IMS) through the joint providership of UnityPoint Health – Des Moines and UnityPoint Health Clinic. UnityPoint Health – Des Moines is accredited by IMS to provide continuing medical education for physicians.*

*UnityPoint Health – Des Moines designates this live activity for a maximum of 27.00 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**

Hawaii44 Medical Program Director General  
Surgeon  
UnityPoint Clinic

**David Jones, MD**

Hawaii44 Medical Program Director  
Palliative Care  
UnityPoint Clinic

**Melissa Berry**

Hawaii44 Program Coordinator  
UnityPoint Clinic

**Additional Planning Committee Members:**

<b>Daniel Allen, MD</b>	UnityPoint Clinic, Chief Medical Officer
<b>Nicole Artz, MD</b>	UnityPoint Health- Des Moines, Palliative Care
<b>Amy Bethel, MPA, RN, NE-BC</b>	UnityPoint Health- Des Moines, Clinical Education
<b>Roshan Lewis, MD</b>	UnityPoint Clinic, Infectious Disease- Multi-Specialty- Methodist Plaza
<b>Eric Lothe, FACHE</b>	Chief Operating Officer, UnityPoint Health- Des Moines
<b>Lindsay R. Vogel, ARNP</b>	Hospitalist, Grundy Center

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**Hawaii44 Faculty**

**Nicole Artz, MD**

Palliative Care  
UnityPoint Health, Des Moines

**Laura Baker, ARNP, FNP-C, MSN**

Director, Advanced Practice Nursing  
UnityPoint Health, Des Moines

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

Clinical Education Specialist  
UnityPoint Health, Des Moines

**Todd Butler, MD**

Internal Medicine  
UnityPoint Clinic, Hiawatha

**Hanna Engle-Brower, MD**

Family Medicine  
UnityPoint Clinic, Waukee

**Steven Goldstein, DO, FACOS**

General Surgery  
UnityPoint Clinic, Des Moines

**Alexa Hach, MA**

Rural Outreach Liaison  
Iowa Department of Public Health

**Matthew Herrmann, MD**

Family Medicine  
UnityPoint Clinic, West Des Moines

**David Jones, MD**

Medical Director, Trinity Palliative Medicine  
UnityPoint Clinic, Fort Dodge

**Roshan Lewis, MD**

Infectious Disease, Multi-Specialty  
UnityPoint Clinic, Des Moines

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**Paul Mcloone, MD**

Family Medicine  
UnityPoint Clinic, Rock Island

**Susan Mcloone**

Co-owner, Motherhood Matters  
Owner, Kindred Minds

**Matthew McMahon, DO, FACC**

Chief Medical Information Officer  
Cardiology  
UnityPoint Health- Cedar Rapids

**Eric Neverman, DO, FACP, FAAP**

Internal Medicine and Pediatrics  
UnityPoint Clinic, Grundy Center

**Anastasia Skrobish, PA-C**

Family Medicine, Urgent Care  
UnityPoint Clinic, Urbandale

**Shawn Spooner, MD FAAFP**

Sports Medicine  
UnityPoint Clinic, Urbandale

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**Friday, February 1**

7:00 am      **Program Introduction/ Conference Design and Presentation**

David Jones, MD

7:15 am      Topic:            **Management of Statin Intolerance, Coronary Calcium Score Use**

Speaker:      Matthew McMahon, DO

Participants will be able to:

- Identify statin intolerance
- Management of statin intolerance
- Review the role of calcium scoring in CAD

8:15 am      Topic:            **Child and Dependent Adult Abuse Annual Module**

Speaker:      Amy Bethel, RN

Participants will be able to:

- Review Role of Mandatory Reporter
- Discuss current reporting requirements for the State of Iowa
- Review UnityPoint Health policies and procedures for Child and Dependent Adult Abuse

9:15 am      **BREAK**

9:30 am      Topic:            **Abdominal Pain in Acute Care**

Speaker:      Anastasia Skrobish, PA-C

Participants will be able to:

- Review clinical presentation common abdominal pain etiologies
- Discuss advanced diagnostic modalities to evaluate abdominal pain in the acute care setting
- Discuss treatment options of common and critical abdominal disorders

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- 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 tears and detachments
  - Discuss diagnosis and treatment of 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 2**

7:00 am      Topic:            **Multidisciplinary Management of Concussions**

Speaker:      Shawn Spooner, MD

Participants will be able to:

- Acute recognition and management of a concussion
- Multidisciplinary treatment strategies
- Management of post-concussion syndrome

8:00 am      Topic:            **Preventing Readmissions in Surgical Patients**

Speaker:      Steven Goldstein, DO

Participants will be able to:

- Understand potential causes of readmission
- Understand ways to prevent readmissions post operatively

9:00 am      **BREAK**

9:15 am      Topic:            **Infections and Rashes**

Speaker:      Roshan Lewis, MD

Participants will be able to:

- Become familiar with rashes
- Identify common infections that present in adults as rashes
- Learn when to get a consult for your patient with a rash

10:15 am    Topic:            **Weight Stigma in Medicine**

Speaker:      Hanna Engel-Brower, MD

Participants will be able to:

- Learn about weight stigma
- Understand the consequences of weight stigma
- Learn how to address stigma in your practice

11:15 am    **Adjourn**



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**Monday, February 4**

- 3:00 pm      Topic:            **Compassion Fatigue Education: Addressing Physician/Provider wellbeing**  
Speaker:       Paul Mcloone, MD and Susan Mcloone  
Participants will be able to:
- Describe neural pathways that regulate the stress response and evidence of self-moderation of these pathways
  - Learn organizational and personal strategies to increase resilience
  - Define Compassion fatigue and burnout in the healthcare setting
- 4:00 pm      Topic:            **Hospital Elder Life Program (HELP)**  
Speaker:       Laura Baker, ARNP  
Participants will be able to:
- Discuss the goals of the Hospital Elder Life Program (HELP)
  - Describe patients most appropriate for referral to HELP
  - Identify potential patient and organizational outcomes from use of HELP
- 5:00 pm      **BREAK**
- 5:15 pm      Topic:            **Prosthetic Device Infections**  
Speaker:       Roshan Lewis, MD  
Participants will be able to:
- Identify prosthetic devices and how they can get infected
  - Learn what to do when an infection is suspected and who to contact
  - Determine when to start appropriate therapy
- 6:15 pm      Topic:            **Prognostication at the End of Life**  
Speaker:       David Jones, MD  
Participants will be able to:
- Discuss why prognostication is important
  - Discuss the four trajectories that the end of life may follow
  - Identify tools that may be useful to assist with prognostication
- 7:15 pm      **Adjourn**

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**Tuesday, February 5**

- 7:00 am      Topic:            **New HTN Guidelines Q&A from the ACC**
- Speaker:        Matthew McMahon, DO
- Participants will be able to:
- Review the guidelines from the ACC for HTN
  - Discuss currently recommended evaluations and management of HTM
  - Identify the classification of HTN as per the new guidelines
- 8:00 am      Topic:            **Common Apophyseal and Physeal Injuries**
- Speaker:        Shawn Spooner, MD
- Participants will be able to:
- Review anatomy of developing bones
  - Highlight specific apophysis and physeal injury and treatment
  - Discuss differences between avulsion and apophysitis
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **Hypothyroidism/Hyperthyroidism**
- Speaker:        Todd Butler, MD
- Participants will be able to:
- Identify who should be screened for thyroid disorder
  - Review how to treat hypothyroidism including when to treat subclinical hypothyroidism
  - Review how to treat hyperthyroidism
- 10:15 am     Topic:            **Pre-Operative CV Assessment Current State**
- Speaker:        Matthew McMahon, DO
- Participants will be able to:
- Familiarize those present to the current guidelines from the ACC/AHA
  - Understand who does and does not need additional CV assessment preoperative
  - Review the current risk calculations for perioperative CV risk
- 11:15 am     **Adjourn**

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**Wednesday, February 6**

- 7:00 am      Topic:            **Comfort Care for Hospitalized Patients at the End of Life**  
Speaker:        David Jones, MD  
Participants will be able to:
- Understand the importance of goal-orientated treatment and communication skills
  - Outline communication techniques that can be used to help terminally ill patients identify their values, goals, and preferences
  - Review evidence-based management of symptoms and dying patients
- 8:00 am      Topic:            **Cardiologist Approach to DOE**  
Speaker:        Matthew McMahan, DO  
Participants will be able to:
- Discuss options for evaluation of dyspnea in patients with CVD
  - Review basic relationship between gas exchange and cardiac output
  - Discuss the role of cardiopulmonary exercise test in the evaluation of dyspnea
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **Working Together to Impact HIV, STDs, and Hepatitis C**  
Speaker:        Alexa Hach, MA  
Participants will be able to:
- Discuss HIV, STD, and HCV data, reporting. And screening recommendations/treatment
  - Differentiate between types of STD testing and recognize the importance of extra-genital testing
  - Discuss ways to implement sexual health assessments into primary care
- 10:15 am     Topic:            **Customize Dragon Medical One**  
Speaker:        Matthew McMahan, DO  
Participants will be able to:
- Understand how to add to the Dragon vocabulary
  - Learn that Dragon macros are quite powerful
  - Identify that Dragon can perform many Epic Functions

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10:45 am      Topic: **Epic SmartTools: Update with Q&A**

Speaker:      Matthew McMahon, DO

Participants will be able to:

- Review the different SmartTools available with UPH Epic to assist with documentation
- Discuss means to personalize Epic, Epic SmartTools and Epic workflows for daily efficiency
- Introduce problem-oriented charting

11:15 AM      **Adjourn**

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**Thursday, February 7**

- 7:00 am      Topic:            **Managing Chronic Kidney Disease in Primary Care Practice**
- Speaker:        Eric Neverman, DO
- Participants will be able to:
- Define chronic kidney disease (CKD) and appropriately identify patients with CKD in a general primary care practice
  - Identify and manage modifiable risks for progression and complications of CKD
  - Appropriately refer patients to Nephrology when indicated
- 8:00 am      Topic:            **The UnWell Physician: Burnout**
- Speaker:        Nicole Artz, MD
- Participants will be able to:
- Understand the difference between internal vs external factors and which ones impact our happiness
  - Describe the data supporting mindfulness meditation practices for improved well-being
  - Review specific practices that can impact our happiness
- 9:00 am      **BREAK**
- 9:15 am      Topic:            **Provider: Changing Our Minds, Changing Ourselves**
- Speaker:        Nicole Artz, MD
- Participants will be able to:
- Describe the prevalence of burnout among physicians
  - Describe potential system factors and individual factors that may contribute to burnout
  - Discuss the association between burnout, poor patient care, unprofessional behavior, and physician suicide
- 10:15 am     Topic:            **HIV Prevention and Care Services**
- Speaker:        Alexa Hach, MA
- Participants will be able to:
- Discuss the importance of early diagnosis of HIV, linkage to care, retention, or re-engagement in care
  - Discuss how viral suppression impacts the HIV epidemic
  - Discuss HIV prevention efforts and support services
- 11:15 am     **Adjourn**

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**Friday, February 8**

- 7:00 am      Topic:            **Infections and Travel**
- Speaker:        Roshan Lewis, MD
- Participants will be able to:
- Become familiar with travel medicine and infections in adults
  - Identify common and severe travel related infections in adults
  - Identify when to get a consult for your patient with travel related infection
- 8:00 am      Topic:            **Caring for LGBTQ Children and Adolescents**
- Speaker:        Eric Neverman, DO
- Participants will be able to:
- Understand common terminology related to LGBTQ health
  - Understand health disparities that affect LGBTQ youth
  - Develop an understanding of medical therapies available for LGBTQ youth in a general primary care practice
- 9:00 am      **BREAK**
- 9:15 am      Topic:            Regenerative Medicine, is it worth it?
- Speaker:        Matt Hermann, MD and Shawn Spooner MD
- Participants will be able to:
- Discuss bone marrow aspirate concentra mechanism & evidence
  - Discuss autologous protein solution mechanism & Evidence
  - Review current evidence for PRP
  - Discuss the description of PRP as a modality
  - Discuss proposed mechanism of action for PRP
- 10:15 am     **Program Closure**  
                                 Steven Goldstein, DO and David Jones, MD
- 10:30 am     **Adjourn**