

Wednesday, April 5, 2017

Invited Faculty

7:30 – 7:45 a.m.

Announcements – *Peter J. Carek, MD, MS, FAAFP*

7:45 – 8:30 a.m.

Female Athlete Triad – *Siobhan Statuta, MD, CAQSM*

- Explain the relationship between low energy availability, amenorrhea, and bone health.
- Relate problems commonly associated with the female athlete: ACL injury, stress fractures, menstrual dysfunction, bone disorders, and eating disorders with the condition of Female Athlete Triad.
- Use evidence based tools, recommendations and guidelines to provide routine screening, early diagnosis and management (including return to play) for patients at risk for Female Athlete Triad.

8:30 – 9:15 a.m.

Osteoarthritis and Sports Participation: Causes and Treatments – *Bryan Prine, Jr., MD*

- Identify appropriate injury prevention programs for common community sports programs.
- Educate pediatric patients on primary prevention strategies for joint injuries.
- Outline a non-operative evidence-based treatment strategy for ACL injury that includes neuromuscular rehabilitation and activity modification.
- Determine need for orthopedic referral.

9:15 – 10:00 a.m.

Dietary & Nutrition Supplements - *Siobhan Statuta, MD, CAQSM*

- Assess patients' nutritional needs and goals, and their use of nutritional supplements.
- Recognize the limitations and risks of dietary supplements and identify situations that they might be beneficial
- Discuss commonly encountered nutritional supplements and counsel patients on their use (athlete and non-athlete)

10:00 – 10:15 a.m.

Question and Answer/Panel Discussion #1

10:15 – 10:30 a.m.

Break

10:30 – 11:15 a.m.

Exercise for the Geriatric Patient: Morbidity & Injury Prevention – *W. Joshua Cox, DO, FACOFP*

- Compare the four major types of exercise recommended for older adults: Flexibility, strengthening, aerobic, and balance.
- Develop physical activity plans for older adults with DJD/OA, using evidence-based recommendations and guidelines, aimed at promoting and maintaining health and physical independence.
- Provide strategies to address common barriers to physical activity.
- Counsel competitive older adults on preventive measures for sports-related risks and injuries.

11:15 a.m. – 12:00 p.m.

Skin Conditions in Athletes – *Charlie Michaudet, MD, CAQSM*

- Diagnose and manage common dermatologic infections seen in athletes utilizing the most current evidence based recommendations and guidelines.
- Advise patients, parents, coaches, and schools of the recommendations for return to play.
- Provide education to athletes on methods to prevent spread of contagious skin infections.

12:00 – 12:15 p.m.

Question and Answer/Panel Discussion #2

12:15 – 1:45 p.m.

Lunch On Your Own

1:45 – 2:30 p.m.

STOP Sports Injuries: Pediatric Overuse Injury Prevention and Treatment –

Peter J. Carek, MD, MS, FAAFP

- Implement risk screening of pediatric patients for the potential overuse injuries as a part of routine wellness visits and the pre-participation evaluation.
- Delineate the risk factors and causes of overuse injuries in the pediatric patient.
- Diagnose and manage common overuse injuries seen in pediatric patients using current recommendations for diagnosis, treatment and return-to-play guidelines.
- Counsel patients, parents and coaches as to the recommendations for recovery time and rest from high-intensity training to prevent overuse injuries.

2:30 – 3:15 p.m.

Concussion & Return to Play Decisions – *Michael Seth Smith, MD, CAQSM*

- Identify the immediate and delayed symptoms of concussion or mild traumatic brain injury and recommend appropriate testing or monitoring of the patient.
- Recognize when altered consciousness might have been caused by an intracranial blood clot and recommend additional testing, monitoring, and treatment.
- Perform clinical examination and sideline assessment for possible concussion using evidence-based tools, including but not limited to the SCAT3 and King-Devick test for visual performance.
- Advise athletes and coaches on when an athlete is able to return to play following a concussion or mild traumatic brain injury.

3:15 – 3:30 p.m.

Question and Answer/Panel Discussion #3

3:30 – 3:45 p.m.

Break

3:45 – 4:45 p.m.

Athletes with Common Medical Conditions (Asthma, Infectious Mononucleosis, Sickle Cell Trait, Diabetes Mellitus) – *Bryan Prine, Jr., MD*

- Explain diagnostic strategy for asthma in athletes
- Identify treatment options suitable for competitive athletes in accordance with WADA rules.
- Explain return to play guidelines for patients diagnosed with infectious mononucleosis
- Educate athletes, trainers, parents and coaches as to recommended prevention and treatment strategies for athletes with sickle-cell trait
- Provide individualized evaluation and recommendations for blood sugar management to diabetic athletes.

4:45 – 5:15 p.m.

Cardiovascular Screening in Young Athletes – *Peter J. Carek, MD, MS, FAAFP*

- Analyze current evidence surrounding the use of ECG testing for cardiovascular screening in athletes.
- Apply evidence based criteria to determine the use of ECG screening in young athletes to minimize the risk of false positives.
- Identify patients at increased risk for sudden cardiac death for whom ECG screening is appropriate
- Educate patients and families on safety measures for athletes, including: proper nutrition, safety surrounding supplement use, monitoring for drug abuse and eating disorders (also potential causes of sudden death in athletes).

5:15 – 5:30 p.m.

Question and Answer/Panel Discussion #4

5:30 p.m.

Adjourn



Thursday, April 6, 2017

7:55 – 8:00 a.m.

Announcements

8:00 – 9:00 a.m.

Upper body evaluations, examination, and injury management (Cervical) –

Michael J. Petrizzi, MD, FAAFP

- Perform a neck and cervical spine examination
- Compare and contrast common cervical spine disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with cervical spine conditions and acute injuries that can be treated in the ambulatory setting.

9:00 – 10:00 a.m.

Upper body evaluations, examination, and injury management (Shoulder) –

Michael J. Petrizzi, MD, FAAFP

- Perform a shoulder examination
- Compare and contrast common shoulder disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with shoulder conditions and acute injuries that can be treated in the ambulatory setting.

10:00 – 10:15 a.m.

Question and Answer/Panel Discussion #1

10:15 – 10:30 a.m.

Break

10:30 – 11:30 a.m.

Upper body evaluations, examination, and injury management (Elbow) – *Bryan Prine, Jr., MD*

- Perform an elbow examination
- Compare and contrast common elbow disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with elbow conditions and acute injuries that can be treated in the ambulatory setting.

11:30 a.m. – 12:00 p.m.

Physician Wellness: Tools to Combat Burn-out – *Peter J. Carek, MD, MS, FAAFP*

- Identify possible components of burnout: emotional exhaustion, depersonalization, decreased sense of personal accomplishment, loss of confidence, etc.
- Identify personal stressors that may increase the risk of physician burnout.
- Select interventions to address existing stressors to reduce the risk of physician burnout.

12:00 – 12:15 p.m. Question and Answer/Panel Discussion #2

12:15 – 1:30 p.m. Lunch On Your Own



Musculoskeletal and Sports Care
April 5-8, 2017
Las Vegas (Henderson), NV

CLINICAL PROCEDURES WORKSHOPS: *(Separate registration and fee required)*

1:30 – 4:30 p.m. Joint Injection – *Bryan Prine, Jr., MD and Michael Seth Smith, MD, CAQSM*

- Describe indications and contraindications for joint injections and aspiration.
- Select appropriate equipment/supplies for performing joint injections and aspiration.
- Illustrate appropriate anatomic landmarks.
- Demonstrate proper technique for various joint injections (via use of models).

1:30 – 4:30 p.m. Splinting and Casting – *Charlie Michaudet, MD, CAQSM and Siobhan Statuta, MD, CAQSM*

- Compare splinting vs casting and identify common conditions treated with appropriate splints and casts
- Demonstrate effective application of common splints and casts
- Describe proper patient education for cast and splint care

Friday, April 7, 2017

7:55 – 8:00 a.m.

Announcements

8:00 – 9:00 a.m.

Upper body evaluations, examination, and injury management (Hand & Wrist) –***W. Joshua Cox, DO, FACOFP***

- Perform a hand and wrist examination
- Compare and contrast common hand and wrist disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with hand and wrist conditions, and acute injuries that can be treated in the ambulatory setting.

9:00 – 10:00 a.m.

Lower body evaluations, examination and injury management (Lumbar) –***Michael J. Petrizzi, MD, FAAFP***

- Perform a lumbar spine examination
- Compare and contrast common lumbar spine disorders and the recommendations for diagnostic criteria.
- Determine the indications for surgical intervention and referral.
- Identify evidence-based non-opioid treatment strategies for patients with chronic back pain.

10:00 – 10:15 a.m.

Question and Answer/Panel Discussion #1

10:15 – 10:30 a.m.

Break

10:30 – 11:30 a.m.

Lower body evaluations, examination and injury management (Hip) – *W. Joshua Cox, DO, FACOFP*

- Perform a hip examination
- Compare and contrast common hip disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with hip conditions, and acute injuries that can be treated in the ambulatory setting.

11:30 a.m. – 12:00 p.m.

Exercise Prescriptions and New Trends in Training – *Charlie Michaudet, MD, CAQSM*

- Devise collaborative exercise prescription plans, based on evidence-based recommendations and guidelines for age and gender.
- Develop strategies to address the barriers to implementing exercise prescription plans
- Compare current fitness trends such as High-Intensity Interval Training (HIIT), Body Weight Training, Functional Fitness, and wearable activity trackers.

12:00 – 12:15 p.m.

Question and Answer/Panel Discussion #2

12:15 – 1:30 p.m.

Lunch On Your Own



Musculoskeletal and Sports Care
April 5-8, 2017
Las Vegas (Henderson), NV

CLINICAL PROCEDURES WORKSHOPS: *(Separate registration and fee required)*

1:30 – 4:30 p.m. Splinting and Casting – *Charlie Michaudet, MD, CAQSM and Siobhan Statuta, MD, CAQSM*

- Compare splinting vs casting and identify common conditions treated with appropriate splints and casts
- Demonstrate effective application of common splints and casts
- Describe proper patient education for cast and splint care

1:30 – 4:30 p.m. S.M.A.R.T. Program – *Michael J. Petrizzi, MD, FAAFP and Steven L. Cole, ATC*

- Appropriately manage, on the field, an athlete with a suspected acute spinal injury.
- Appropriately manage, on the field, an athlete with a suspected acute fracture and/or dislocation.
- Perform a musculoskeletal evaluation of the upper and lower extremities on individuals wearing protective athletic equipment.
- Assess an individual's readiness to return to physical activities utilizing a progression of functional activities and concussion screening techniques.

OPTIONAL SESSION *(no fee required)*

**1:30 – 3:00 p.m. **MACRA: Medicare's Shift to Value-based Delivery & Payment Models –
Amy Mullins, MD, CPE, FAAFP****

- Define MACRA and the Quality Payment Program.
- Compare the two tracks for payment as established under the law – MIPS and APMs.
- Evaluate the bonuses and penalties associated with MIPS.
- Explain the criteria for eligibility and qualification for APMs.

Saturday, April 8, 2017

7:55 – 8:00 a.m.

Announcements

8:00 – 9:00 a.m.

Lower body evaluations, examination, and injury management (Knee) –

Michael Seth Smith, MD, CAQSM

- Perform a knee examination
- Compare and contrast common knee disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with knee conditions, and acute injuries that can be treated in the ambulatory setting.

9:00 – 10:00 a.m.

Lower body evaluations, examination and injury management (Ankle & Foot) –

Charlie Michaudet, MD, CAQSM

- Perform an ankle and foot examination
- Compare and contrast common ankle and foot disorders and the recommendations for diagnostic criteria and referral.
- Develop evidence-based management plans for patients with ankle and foot conditions, and acute injuries that can be treated in the ambulatory setting.

10:00 – 10:15 a.m.

Question and Answer/Panel Discussion #1

10:15 – 10:30 a.m.

Break

10:30 – 11:30 a.m.

Case Studies (Shoulder and Knee) – Siobhan Statuta, MD, CAQSM

11:30 a.m. – 12:00 p.m.

Altitude Illness - SMITH

- Compare and contrast symptom onset of Acute Mountain Sickness, High-altitude Cerebral Edema, and High altitude Pulmonary Edema
- Select appropriate pharmacologic prophylaxis for the prevention of altitude illness.
- Counsel patients on non-pharmacologic and pharmacologic methods to prevent altitude illnesses.
- Instruct patients on the actions to take at the onset of signs and symptoms of altitude illness.
- Explain the effect that high altitude may have on common chronic medical conditions

12:00 – 12:15 p.m.

Question and Answer/Panel Discussion #2

12:15 p.m.

Adjourn