



June 2-4th, 2023 | The Samoset Resort, Rockport, ME

21.25 AOA Category 1A CMEs | 21.25 AMA PRA Category 1 Credit™ | up to 9.25 Live AAFP Prescribed credits.

Convention Agenda*

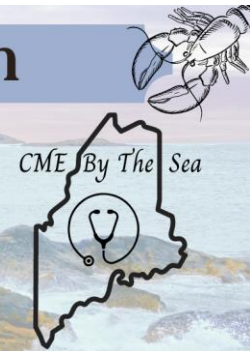
Friday June 2nd			
Time	Session/Topic	Presenter	CME
7:00 AM	REGISTRATION DESK OPENS		
7:30-8:30AM	<p>A Treatment Option for Patients with Heart Failure -- Sponsored by AstraZeneca Pharmaceuticals, LP (No CME)</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the prevalence and burden of HF in the US, and the intersection of HF with Chronic Kidney Disease • Describe the use of dapagliflozin (Farxiga) in patients with HFrEF, the results of the Landmark DAPA-HF trial • Describe the use of dapagliflozin (Farxiga) in patients with CKD, the results of the DAPA-CKD trial, focusing on a consistent benefit in those patients with CKD with and without a history of heart failure. • Describe strategies for implementation of dapagliflozin in clinical practice for the treatment of HFrEF 	Victor N. Howard, MD, FACC; Justin Fongemie, PharmD	N/A
8:00 AM	<p>ME ACOFP Chapter Breakfast Meeting – All family physicians welcome to attend</p> <p>To include updates from ACOFP President David Park, DO, FACOF, <i>dist.</i> & AOBFP Leadership</p>		N/A
9:00AM-11:00AM	<p>Pain Management and Opioids: Balancing Risks and Benefits (2.0 hrs Opioid prescribing CME)</p> <p>Presented by the California Academy of Family Physicians (CAFP), a member of the Collaborative on REMS Education (CO*RE), 10 interdisciplinary organizations working together to improve pain management and prevent adverse outcomes, including AAFP, AANP, AAPA, AAHPM, AOA, ASAM, IPMA, NPHF & AAOS. See www.core-rems.org.</p>	Annette Carron, DO	2

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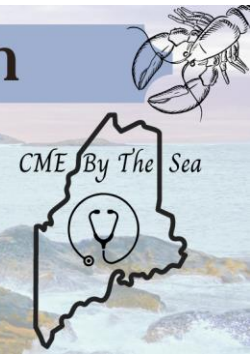
	<p>The Pain Management and Opioids: Balancing Risks and Benefits curriculum meets the latest FDA Blueprint and CDC guidelines for opioid prescribing and pain management, and includes the impact of COVID-19, new pain relieving treatments, and opioid therapies. This education includes Maine state-specific information and meets 2 hours of the new 8 hour DEA CME requirement when renewing or obtaining your DEA license.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> -Describe the pathophysiology of pain as it relates to the concepts of pain management -Develop a safe and effective pain treatment plan -Identify evidence-based non-opioid options for the treatment of pain -Identify the risks and benefits of opioid therapy -Manage ongoing opioid therapy -Recognize behaviors that may be associated with opioid use disorder 		
11:00AM-12:00PM	<p>“No one listens to me” Approaching personality disorders in primary care</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Understand common personality disorder diagnoses 2. Learn some of the treatment options for personality disorders, specifically borderline personality disorder 3. Develop strategies to improve care delivery to patients with personality disorders 	Kristen Mazoki, DO	1
10:00AM-2:30PM	Exhibit Hall Open		
12:00-12:30PM	Lunch Break in Exhibit Hall		
12:30-1:30PM	<p>Important diagnostic and therapeutic considerations for managing serious infections in patients with substance abuse, the homeless or incarcerated and the elderly.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Recall the recommended diagnostic approaches to 	Emil Lesho, DO	1

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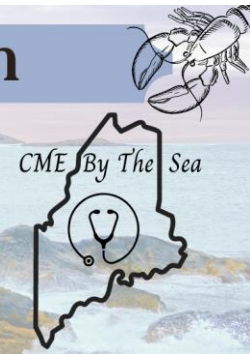
	<p>differentiate between complicated and uncomplicated bacteremia, and identify important differences in how each is managed</p> <p>2. Recall at least two treatment alternatives in patients who elope from the hospital or who can not have indwelling central venous catheters for longer term antibiotics</p> <p>3. Recall three lesser known, but serious antibiotic side-effects of commonly used antibiotics (especially in elderly); and 3 important antibiotic 'donut holes'</p> <p>4. Become familiar with the approach to evaluating a fever in a complex or special population patient</p> <p>5. Identify the commonly encountered bacteria that is causing a wave of severe infections in the Northeast US and recall standard and newer treatment recommendations</p>		
1:30-2:30PM	<p>OMM for the busy physician</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Refresh your memory of some effective osteopathic manipulation techniques 2. replenish your tool box to treat common complaints in the physician's office 3. Learn new techniques that can be adapted to your skills and office setting 	Mary Yee, DO	1
2:30-3:00 PM	<i>Exhibit Hall Break</i>		
3:00-4:00PM	<p>Gait Impairment: Parkinsonisms</p> <p>Objectives: Following this lecture, attendees will:</p> <ul style="list-style-type: none"> -Know early non-motor symptoms of Parkinson Disease -Distinguish between Parkinson Disease and Parkinsonism -Be able to name three "Parkinson Plus" diseases 	Hunter Sweet, DO	1
4:00-5:00PM	<p>An Experiential Exploration of the Energetics Of The Human Body and Biofield</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Experience a treatment using an augmented, osteopathic modality that works within the human body and its biofield. • Receive an experience that restores The Health of the osteopathic provider. • Gain an introduction to a modality, a new toolset, that can be used for healing of the provider as well as one 	Jessica Bell, DO	1

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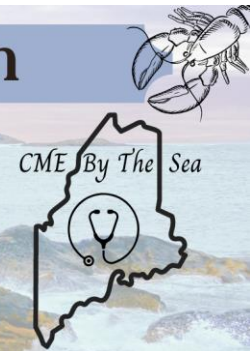
	that can be taught to their patients. Description: In this 60 minute practical experience, Jessica Bell, D.O., will implement the information from the virtual lesson into a practical experience. She will also demonstrate how this modality can be applied either in person or virtually.		
5:00-6:00PM	<i>Past President's Meeting & Champagne Reception</i>	MOA Past Presidents & guests	
6:45 PM	<i>Lobster Dinner Shuttle Begins</i>	NA	
6:30-8:00PM	Lobster Dinner at The Landings Restaurant in Rockland – All welcome, tickets required.	Tickets available for purchase, \$75 lobster, \$55 non-lobster	
Saturday, June 3rd			
6:30 AM	REGISTRATION DESK OPENS		
7:00-8:00AM	Breakfast Lecture-- Treating Sleep Apnea – sponsored by Inspire Sleep Apnea (NO CME)	Rebecca Harvey, MD Inspire Sleep Apnea	NA
8:00AM-4:00PM	<i>Exhibit Hall Open</i>		
8:00-8:30AM	BREAK		
8:30-9:30AM	KEYNOTE: Sound as Medicine: Connecting the Dots in Music and Health By the end of this talk participants will: 1. understand levels of mechanisms involved in use of music related to health. 2. be able to identify multiple ways to deliver the “audioceutical” components of music and sound to the mind and body. 3. be able to describe three ways sound as vibration affects the body. 4. be able to cite clinical research examples of dosed audioceutical “treatments” for common health conditions.	Lee Bartel, PhD	1
9:30- 10:00 am	<i>Exhibit Hall Break</i>		
10:00 - 11:30am	MOA Business Meeting (1 hr CME) Objectives: 1) Update members on current activity of the	Jodie Hermann, D.O., MOA President-Elect Presiding with Reports from: Ernest Gelb,	1

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	MOA, AOA, ACOFP and activities of each related to the advancement of the osteopathic profession in Maine 2) Demonstrate opportunities for members to become involved in these professional associations	D.O., AOA President; David Park, D.O. FACOFP, <i>dist.</i> , ACOFP President; Melissa Michaud, PA-C, Chair of the Maine Osteopathic Board of Licensure; Leadership from UNE COM	
11:30am-12:00pm	BREAK		
12:00- 1:00pm	MOA Awards Luncheon & Presidential Inauguration <i>Co-Sponsored by Medical Mutual Insurance Co. of Maine</i>	Presentation of MOA Awards & Service Pins, Incoming MOA President Oath of Office	NA
1:00-1:30pm	<i>Exhibit Hall Break</i>		
1:30-2:30pm	PFAS: What Clinicians Should Know Objectives: -Participants will be able to name sources of background and high level PFAS exposure -Participants will be able to name groups who are at risk of high levels of exposure -Participants will be able to name health conditions associated with elevated PFAS exposure and how to monitor for them	Rachel Criswell, MD	1
2:30-3:30pm	"Quick Hits" Acute Orthopedic Injuries Objectives: -Review common sports medicine injuries that primary care providers may encounter. -Enhance injury pattern recognition and broaden understanding of common sports medicine conditions. -Discuss return to play considerations for common sports medicine injuries.	Robert Stevens, DO	1
3:30-3:45pm	<i>Stretch/Movement Break</i>		
3:45-5:00pm	Panel Discussion: Caring for Patients with Disabilities Objectives:	K. Emily Redding, DO (moderator), Janet May -- Coordinator, UMaine Center for Community Inclusion and Disability Studies, Avery	1.25

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CME By The Sea



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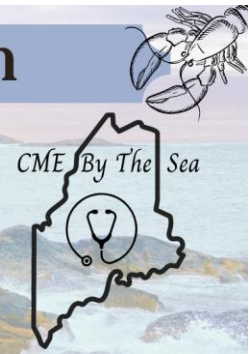
	<ul style="list-style-type: none"> -Understand the lived experience of patients with disabilities in Maine -Outline the barriers to equitable rights (Voting, transportation, medical care) -Describe some practical considerations and tips for creating more welcoming environments for these individuals (both in the exam room and in the world more generally) 	Olmstead, MLIS, activist, writer, and public speaker.	
5:30-6:15 pm	Presidential Reception Honoring Incoming MOA President Jodie Hermann, DO	<i>All attendees & their guest welcome to attend these events</i>	
6:15-7:30PM	Comedy Show featuring Karen Morgan <i>Sponsored by UNE COM</i>		NA
5:30-8:00pm	Camp MOA – supervised fun for kids aged 3+ (crafts, dinner and a movie)		
Sunday, May 4th			
On Site Activities & Virtual CME <i>(no live in person CME today, no exhibit hall)</i>			
8:00 AM	5k Fun Run Walk Roll	Meet at the Fitness Center Entrance	
9:00 AM	Yoga on the Lawn (Rain location- Fitness Center)	led by MOA's Madison Purdy	
10:00AM-12:00PM	Golf Putting Tournament to benefit MOEF	Golf Course Putting Green	
	Tennis, Pickleball and other outdoor activities on your own!		
ON DEMAND SESSIONS – 9.0 CMEs Anticipated			
<i>Available for viewing upon access to virtual platform and for 30 days post-event</i>			
	<p>Screening, Diagnosis, and Treatment of Pulmonary Arterial Hypertension (PAH): An Overview</p> <p>Objectives: At the conclusion of this talk, participants should be better able to:</p>	Joel Wirth, MD	1

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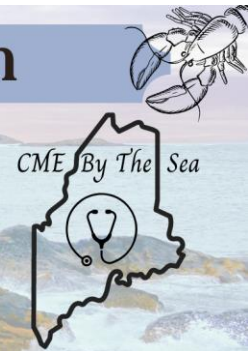
	<ul style="list-style-type: none"> • Accurately diagnose patients through comprehensive screening and early recognition of symptoms of pulmonary hypertension, especially pulmonary arterial hypertension (PAH) • Evaluate the patient's condition and identify when and how to treat and when to consult with colleagues at an established PAH center • Partner in long-term optimal collaborative management of PAH 		
	<p>Navigating Troubled Water: How Unprofessional Conduct Can Complicate Defense of Malpractice and Board Complaints and How to Find Your Way Back to Safe Harbor</p> <p>Objectives: How unprofessional conduct complicates defense of Board Complaints -How unprofessional conduct complicates defense of Malpractice Complaints -What to do if you review a complaint to the DO Board or a Notice of Claim for a malpractice complaint</p>	Emily Bloch, Esq. & Mark Lavoie, Esq.	1
	<p>PMP Features to Enhance Safety</p> <p>Objectives: Following this presentation, attendees will:</p> <ul style="list-style-type: none"> -Tour the PMP to analyze tools for patient safety -Discuss how checking the PMP can reduce overdose risk -Review higher-risk prescribing metrics and addiction risks 	Elisabeth Fowlie-Mock, MD	1
	<p>A Scientific Exploration of The Energetics of the Human Body, the Human Biofield and Their Contribution to Osteopathic Treatment</p> <p>Description: In this virtual presentation, Jessica Bell, D.O. will bring us the latest scientific information about the energetics that underlie all biological processes in the human body and its accompanying biofield. The lecture will outline the electromagnetic field within the body and its</p>	Jessica Bell, DO & Charles Bell, DO	1.25

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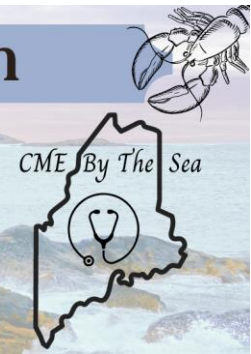
	<p>relationship with the magnetic field that encompasses the body. We will discuss how learning this information allows us to understand and discover the root cause of all dis-ease states and gain an understanding of how to work within this energetic framework.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Better understand the underlying energetic framework of the human body that governs all body systems. • Gain an understanding of how to osteopathically interact with the energetics of the human body and its biofield for healing purposes. • Receive an expanded view of the human anatomic and energetic systems, to augment osteopathic insight, service and skills. 		
	<p>Addressing Scope of Practice Issues Nationwide and in Maine: Review of Resources and Strategies</p> <p>At the end of this session, you will be able to:</p> <ul style="list-style-type: none"> -Name at least three 2023 state proposals to inappropriately expand non-physician clinicians' scope of practice. -Identify at least two resources available to help combat scope creep in their state or specialty. -Describe one example of a successful Scope of Practice Partnership grant campaign" 	<p>Raine Richards, JD (AOA) Joel Kase, DO, Amanda Richards</p>	<p>1</p>
	<p>The original Lifestyle Medicine- - Case Based Discussion from an Ayurvedic & Osteopathic lens</p> <p>Objectives:</p> <ul style="list-style-type: none"> -Following this lecture attendees will have a better understanding of Ayurveda as a complete traditional system of preventative medicine -Following this presentation attendees will list three common philosophies shared by Ayurveda and Osteopathic medicine -Following this lecture participants will be able to explain the role that a healthy digestive system has on pain 	<p>Josie Conte, DO, Kim Povey -- Ayurveda doctoral candidate</p>	<p>1</p>
	<p>Update on Billing/Coding Issues: What's New & What's Coming</p>	<p>Cynthia Penkala</p>	<p>1</p>

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	<p>Objectives:</p> <ol style="list-style-type: none"> 1. Identify changes to the 2021 and 2023 E/M coding 2. Examine today's medical billing denial & audit culture 3. Comprehend the needed changes to make your documentation defensible 		
	<p>Early Identification and Diagnosis of Axial Spondyloarthritis)</p> <p>The learning objectives for individuals participating in the EIDA program are:</p> <p>Develop an awareness of axSpA as treatable cause of back pain, Recognize an inflammatory back pain pattern as a typical presentation of axSpA, Identify other common clinical features of axSpA that occur outside the spine, Understand appropriate testing for a patient with chronic back pain suspected of axSpA and apply criteria for referral to rheumatology, Gain knowledge of basic principles of diagnosis and treatment of axSpA as applied by rheumatologists."</p>	<p>Mohamad Bittar, MD</p>	<p>1</p>
	<p>Hospice: how to effectively treat and relieve suffering at end of life</p> <p>Objectives:</p> <ul style="list-style-type: none"> -Define comfort care -Define Hospice (who is eligible and how to refer) -Overview of end of life symptom palliation 	<p>Alexandra Barr, DO</p>	<p>1</p>

** Agenda, topics & presenters subject to change*

Format:

Content will be presented in a hybrid format, with opportunity to watch sessions live in person, or online with access to content for 30 days post-event.

CME ACCREDITATION:



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Osteopathic Association and Maine Osteopathic Association (MOA). The American Osteopathic Association is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT HOURS:

AMA CME: The American Osteopathic Association designates this live activity for a maximum of 21.25 AMA PRA Category 1 Credit™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

AOA CME Accreditation: The Maine Osteopathic Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Maine Osteopathic Association designates this program for 21.25 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

AAFP Accreditation: The AAFP has reviewed 112th MOA Annual Convention and deemed it acceptable for up to 10.25 Live AAFP Prescribed credits. Term of Approval is from 06/02/2023 to 06/03/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Please note that the following sessions do not carry AAFP credit.

- MOA Business Meeting
- Sound as Medicine: Neuroscience of Music Therapy

Prescribing CME: Designated sessions qualify for 3.0 Opioid Prescribing CME credit pursuant to licensing requirements for the Board of Licensure in Medicine in Maine and the Maine Osteopathic Board of Licensure. These sessions qualify for this credit:

- PMP Features to Enhance Safety (1.0 CME)
- Pain Management and Opioids: Balancing Risks and Benefits (2.0 CMEs)

DISCLOSURE AND CONFLICT OF INTEREST RESOLUTION:

All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

Certificate of Attendance: To claim CME and access your CME certificate, attendees will need to complete an evaluation for each session attended in person or online via the virtual conference platform.

Disclaimer: The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by the MOA. In no event will the MOA be liable for any decision made or action taken in reliance upon the information provided through this CME activity. This event may be supported by independent educational grants from



commercial interests. Complete information will be provided to participants prior to the activity. Conflict of Interest Disclosures for individuals in control of content will be provided prior to the start of the activity.

MOA Grievance Policy: All grievances should be initially directed in writing to the MOA Director by email to: info@mainedo.org who will share them with the MOA's Program Committee. Grievances will receive a response within 30 days of receipt. If you do not receive a satisfactory response, you may notify the Council of Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

Hybrid Conference Details: This conference will be held in person June 2nd & 3rd, 2023 with additional online, on demand content available via a virtual platform. Access to in person session recordings will be made available post-event for all attendees and continue until July 7th, 2023. In person CME content will be livestreamed for virtual participation.

Registration Procedure: To register for the conference, complete the registration form and return it to the MOA office: P.O. Box 315, Manchester, ME 04351 with the proper registration fee. Registration may also be completed online at www.mainedo.org or the form may be faxed if paying by credit card to 207-623-4228.

Special Needs: If you or your guest have concerns about accessibility or other accommodation needs such as dietary restrictions or food allergies, please indicate your needs on the registration form so that appropriate accommodations may be made, or contact MOA at 207-623-1101.

Health & Safety: The safety of attendees is our top priority. MOA will continue to monitor local, state, and federal guidelines and work with the conference venue to comply with any relevant health & safety measures. It is assumed in-person attendees are vaccinated and asymptomatic. Should any additional safety measures be determined necessary by MOA, attendees will be notified.

Cancellation/Refunds: If you must cancel, please notify the MOA in writing. A \$50 cancellation fee will be imposed if registration is cancelled prior to May 12, 2023. No refunds will be provided after this date.