

2023 Midwinter Symposium

Maine Osteopathic Association

A Hybrid Event
February 10th & 11th, 2023
at the Holiday Inn by the Bay Portland, ME & Online

Better Together

20+ CMEs Expected!

Maine Osteopathic Association: 2023 Midwinter Symposium

February 10-11, 2023 | 20.5 AOA Category 1A, AMA PRA Category 1 Credits™ 13.5 Live AAFP Prescribed Credits

***Draft Agenda (As of January 20th, 2023), subject to change**

Friday February 10 th , 2023: Live In Person Sessions, 10.0 CMEs (7.0 single track)		Location
8:30am	Maine Chapter of the American College of Osteopathic Family Physicians (ACOFPP) Breakfast Meeting	TBA
9:00am	Registration Desk Opens	Lobby
<i>MORNING WORKSHOPS:</i>		
10:00am-12:00pm	Opening Workshop with Keynote Speaker -- Influence in turbulent times: Adopting a leadership model for excellence in the exam room and beyond , Presented by Kenneth G. Brown, PhD Learning objectives: <ul style="list-style-type: none"> • Explain major factors that determine outcomes of influence • Identify personal strengths and weaknesses • Craft a personal development plan to improve your persuasiveness as a leader • Recognize the value of persuasion for the field of Osteopathic Medicine. • Explain challenges to DEIBA work, recognizing common pitfalls • Propose diversity strategies for teams and organizations that will succeed • Articulate fundamental skills that foster an inclusive leadership style • Create a personal roadmap for developing capacity to lead inclusively 	Vermont Ballroom
12:00pm-1:00pm	Lunch Workshops Financial Success at Any Age: SaveWell by Baystate--Two tailored sessions for Early and Late Career Physicians led by Michael Genetti, Rob LaRochelle, and Chris Perry of Baystate Financial Learning objectives: <ol style="list-style-type: none"> 1. Learn the importance of Financial Control, gaining and understanding of the process necessary to attain and maintain your Fiscal Health. 2. Gain and understanding of the Risk Factors which need to be addressed in order to accomplish your financial objectives. 3. Explain how to effectively save for retirement and other specific goals 	Vermont Ballroom (Early Career) NH/Mass Ballroom (Mid/Late Career)
<i>AFTERNOON TRACKS: Choose from two concurrent tracks to watch live and watch the other track via recordings post-event!</i>		
TRACK A:	2.5 CMEs	
1:00pm - 2:00pm	External Factors Contributing to Cardiac Disease: The research and how it can impact policy, Presented by Loren Wold, PhD Learning objectives: <ol style="list-style-type: none"> 1. Identify the risk factors from environmental exposures on cardiac disease. 2. Examine policies influenced by latest research. 3. Determine the impact of environmental exposures of toxins, including air pollution and e-cigarette vapor, on the heart and other organ systems. 	NH/Mass Ballroom
2:00-3:00pm	DOing the Research! How to Honor & Contribute to the Body of Osteopathic Research, Presented by Emil Lesho, DO	NH/Mass Ballroom

	<p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Articulate the rationale and importance of osteopathic research, and the current status of osteopathic research in today's healthcare environment 2. Identify the various types of major study designs and the feasibility considerations for each 3. For each stage of a research project (before, during , and after), list at least two key activities or tasks that, if performed, will enhance the likelihood of a successful project 	
3:00-3:30pm	EXHIBIT HALL BREAK	Casco Bay (Ground level)
3:30-4:30pm	<p>Research Forum Podium Presentations from Top Resident & Student Submissions</p> <p>This session will highlight the latest findings from new and seasoned osteopathic researchers, featuring the top submissions in this years' MOA Research Forum. Attendees will gain insights on exciting new osteopathic medical research.</p> <p>Student Doctor Aishwarya Ayyappan, OMS 3 (Case Presentation) Title: Investigating Complication of Acute Diverticulitis: Inferior Mesenteric Vein Thrombosis Mentor: Naveed Qasim, DO, Columbia Memorial Health, Department of Internal Medicine</p> <p>Student Doctor Sarah Lafleur, OMS 1 (Basic Science Research) Title: Exploring Tryptophan-induced Macropinocytosis as a Metabolic Vulnerability of Tuberous Sclerosis Complex (TSC) in Lymphangioliomyomatosis (LAM) Mentor: Harilaos Filippakis, PhD, UNE COM, Department of Biomedical Sciences.</p> <p>Student Doctor Isabel Smith, OMS 3 (Clinical Research) Title: Accessibility of Gender-Affirming Surgery in Maine: Identifying Barriers to Care for Gender-Diverse Patients Mentor: Marilyn Gugliucci, MA, PhD, UNE COM, Division of Geriatrics</p> <p>Student Doctor Aarsal Shah, OMS 1 (Clinical Research) Title: Association of Repetitive Head Impacts and Chronic Traumatic Encephalopathy with Neurodegeneration in the Cortical Sulcus Mentor: Thor Stein, MD, PhD, Boston University Alzheimer's Disease and CTE Center, VA Boston Healthcare System</p>	NH/Mass Ballroom
TRACK B:	2.5 CMEs	
1:00pm - 2:00pm	<p>Low dose naltrexone - High voltage applications! Presented by Brian Kaufman, DO & Andrew Gray, PharmD</p> <p>Learning objectives:</p> <ol style="list-style-type: none"> 1. Following this presentation, participants will be familiar with the common dosage forms of low dose naltrexone, and their applications. 2. Following this presentation, participants will be able to identify patients who may benefit from Low Dose Naltrexone. 3. Following this presentation, participants will know appropriate dosing for Low Dose Naltrexone. 	Vermont Ballroom
2:00-3:00pm	<p>Legal Medicine Pot Pourri --Navigating Liability & Risk in Today's Medical Practice Environment, Presented by Joseph D. Piorkowski, Jr., DO, JD, MPH</p> <p>Longer Description: This presentation will review several important medical-legal subjects with the objective of providing guidance to physicians about reducing the risks of potential liability without compromising effective patient care. In particular, attendees will learn the ruling of the United States Supreme Court in Ruan v. United States and the implications of that decision with respect to physician's prescribing controlled substances. The presentation will also discuss the role of expert witnesses in a variety of contexts including licensing actions, medical malpractice actions, and peer review proceedings as well as the role of a non-expert treating physician in</p>	Vermont Ballroom

	<p>litigation involving a physician's patient. Finally, the presentation will review some considerations regarding the law of informed consent in light of the ever-increasing range of treatment options available to patients for many different diagnoses.</p> <p>Objective 1: Following this lecture, participants will be knowledgeable about the legal standards by which physicians can be held accountable in criminal prosecutions for alleged inappropriate prescribing of controlled substances.</p> <p>Objective 2: Following this lecture, participants will understand the role of expert witnesses in a variety of different proceedings potentially affecting the rights of physicians ranging from licensing proceedings, peer review proceedings and medical malpractice actions.</p> <p>Objective 3: Following this lecture participants will understand the obligations of physicians with respect to providing informed consent to their patients in terms of informing them of anticipated benefits, potential risks, and information about alternative options for treatment.</p>	
3:00pm	Past President's Council Meeting	Oxford/ Somerset Rooms (2nd Floor)
3:00-3:30pm	EXHIBIT HALL BREAK	Casco Bay (Ground level)
3:30-4:30pm	<p>Stigma- Substance Use and the House of Medicine, Presented by Elisabeth Fowlie-Mock, MD</p> <p>This session will address ways to effect change and reduce stigma against people with substance use disorders (SUDs), people who use drugs and others.</p> <p>Objectives: 1. Review aspects of stigma toward people with substance use disorders (SUDs) 2. Practice evolving language and terms to use when discussing SUDs 3. Describe actions healthcare providers can take to reduce stigma</p>	Vermont Ballroom
<i>PLENARY SESSION:</i>		
4:30pm-5:30pm	<p>Mini Journal Club: Highlights from the Top Medical Journal Articles from 2022, presented by John Diefenderfer, DO</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. Review published research from 2022 that has potential to change practice 2. Disseminate evidence based medicine with special focus on general medicine topics 3. Highlight resources that are easily accessible for busy clinicians 	NH/Mass Ballroom
FRIDAY SPECIAL EVENTS		
5:30pm - 7:00pm	Opening Reception & Silent Auction to benefit the MOEF – live entertainment, apps & cash bar <i>Generously Co-Sponsored by UNE COM</i>	CT/RI Rooms
7:15pm	<i>Optional:</i> Mariner's Hockey Home Game @ Cross Insurance Arena– tickets available for attendees & guests!	<i>Cross Arena</i>
Saturday February 11th, 2023: Live In Person Sessions, 8.5 CMEs		
6:30am	Registration Desk Opens	Lobby
7:00-8:00am	<p>Breakfast Session: Winter Hazards for the Aging Patient, Presented by Lauren Hall, DO</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Following this lecture, participants will be able to identify several conditions related to colder weather to which older adults are more susceptible. 2. participants will gain an increased awareness of preventative measures to promote winter safety. 3. participants will be able to identify patients in their practice more likely to suffer an adverse event related to winter weather. 	Vermont Ballroom
8:00-9:00am	<p>Opioid Use Disorder or Pain Management: Getting it Right, Presented by Lewis Mehl-Madrona, MD</p> <p>Learning Objectives:</p> <p>Following this lecture, participants will be able to differentiate chronic pain and SUD/OD and gain a better understanding of appropriate treatment plans for each.</p>	NH/Mass Ballroom
9:00-10:00am	Laboratory workup and management in inflammatory disorders, Presented by Charles Radis, DO	NH/Mass

	<p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. At the conclusion of this lecture, attendees will be able to avoid pitfalls in laboratory assessment of inflammatory disease symptoms. 2. Attendees will learn key tips in avoiding over-ordering low-specificity tests in inflammatory disease 3. Participants will learn more about specificity and sensitivity of commonly ordered tests 	Ballroom
10:00-10:30am	EXHIBIT HALL BREAK	Casco Bay (Ground level)
10:30am-12:00pm (1 CME)	<p>MOA Business Meeting & Updates on the Osteopathic Profession</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1) Update members on current activity of the MOA, and its activities related to the advancement of the osteopathic profession in Maine 2) Understand implementation of the MOA Strategic Plan 3) Demonstrate opportunities for members to become involved in MOA 	NH/Mass Ballroom
12:00-1:00pm	<p>Luncheon Keynote: What next? Framing a diversity journey for mutual gain, Presented by Kenneth G. Brown, PhD</p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Explain challenges to DEIBA work, recognizing common pitfalls • Propose diversity strategies for teams and organizations that will succeed • Articulate fundamental skills that foster an inclusive leadership style • Create a personal roadmap for developing capacity to lead inclusively 	Vermont Ballroom
1:00-2:30pm	<p>OMM Considerations for the Winter Season-- Round Robin Hands On Table Training, Presented by Michael Conte, DO; Lee Smilowicz, DO, FAAO; & Mary Yee, DO</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Following this presentation, participants will be able to identify common areas of upper and lower extremity, ribs and thoracic region and pelvis and sacrum somatic dysfunction associated with winter activities. 2. Learn how to evaluate, diagnose and treat these related somatic dysfunctions with OMT 3. Practice a few OMM treatment techniques to be applied easily and briefly in an office visit 	NH/Mass Ballroom
2:30-3:00pm	EXHIBIT HALL BREAK	Casco Bay (Ground level)
3:00-4:00pm	<p>ECG Masterclass, presented by Jims Jean-Jacques, DO</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Interpret various 12 lead ECG examples. 2. Recognize ECG changes related to various pathophysiologic events. 3. Describe causes, clinical presentation and treatments of various ECG abnormalities. 	NH/Mass Ballroom
4:00-5:00pm	<p>LGBTQIA+ Care, Presented by Brock Libby, MD</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Learners will learn an appreciation of what trauma informed care is 2. Learners will appreciate the special needs of LGBTQ Youth 3. Learners will appreciate how caring for LGBTQ Youth through a trauma informed lens improves outcomes, both medical and psychosocial 	NH/Mass Ballroom
VIRTUAL ON DEMAND SESSIONS, 2.0 CMEs		
<i>Watch anytime during or for 30 days after the live event.</i>		
On Demand	<p>Why Lunch Matters, Presented by Adrian Fugh-Berman, MD</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify several techniques used in pharmaceutical marketing. 2. Recognize the obligation created by accepting “free” gifts or meals. 3. Discuss the purpose of samples from industry’s point of view. 	Available in the Virtual Event Platform
On Demand	<p>Why You should talk to Reporters: PR, Media and Social Media Tips for Physicians, Presented by Ernst Lamothe Jr.- AOA Public Relations and Social Media Director, with Physician Co-Presenter TBA</p>	Available in the Virtual Event Platform

Learning Objectives:

Following this session, attendees will:

1. Understand why and how physicians can share their knowledge and advocate for their profession by serving as a media correspondent
2. Learn some pearls & tips for serving as a media correspondent for different formats (social media, Zoom interviews, responding to questions over email, Op Eds, etc)

Planning Committee Chair: Josephine Conte, D.O. & John Diefenderfer, D.O.

** The MOA's professional and public education committee reserves the right to adjust the program agenda as deemed necessary. Some topics and session times may change. For more information, please contact the MOA at 207-623-1101 or by email at office@mainedo.org.*

To Register, please visit <https://www.mainedo.org/midwinter2023>

CONFERENCE DETAILS

Program Objectives: The overall objectives of this program are to 1. Highlight the evidence on new, revised, and standard approaches, guidelines and tools for screening, diagnosis and treatment for a variety of medical conditions as it pertains to medical practitioners in various specialties, with an emphasis on primary care; 2. Encourage & demonstrate the integration of osteopathic philosophy and principles into the practice of medicine; and 3. Provide information pertinent to improving the practice of medicine with themes such as professionalism, teamwork, communication and ethics. Each CME topic has its own set of learning objectives, which will be made available to registered attendees.

Accreditation Statement

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 the Maine Osteopathic Association. The American Osteopathic Association is accredited by the ACCME to provide continuing medical education for physicians.

AMA Credit Designation Statement – Physicians

The American Osteopathic Association designates this live activity for a maximum of **20.50 AMA PRA Category 1 Credits™**. Physicians should claim only the 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 20.5 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 MOA 2023 Midwinter Symposium: Better Together and deemed it acceptable for up to **13.50 Live AAFP Prescribed credits**. Term of Approval is from 02/10/2023 to 02/11/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity, as presented live.

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

- Financial Success at Any Age: SaveWell by Baystate
- MOA Business Meeting & Updates on the Osteopathic Profession
- Low Dose Naltrexone - High Voltage Applications!
- On Demand: "Why Lunch Matters" and
- On Demand: "Why You Should Talk to Reporters: PR, Media and Social Media Tips for Physicians"

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 February 10th & 11th, 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 March 15th, 2023. Virtual-only attendees will have access to any virtual event content as well as session recordings following the presentation of in person content. We do not anticipate offering a comprehensive livestream option.

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. Register before 12/19/22 for the early registration discount.

Special Needs: If you or your guest require any special arrangements or dietary needs to attend this program, please indicate your need on the registration form, 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 January 15, 2023. No refunds will be provided after this date.