



Maine Osteopathic Association: 2022 Midwinter Symposium

Virtual: February 12-13, 2022 | 21.5 AOA Cat-1 A CME/ 21.5 AMA PRA Category 1 Credits™ /14.0 AAFP Prescribed Credits**

***Draft Agenda (As of February 4th, 2022), subject to change**

Saturday, February 12, 2022

8.0 CMEs

Saturday February 12th, 2022: Live & Virtual Sessions – Join Us live for Q&A!

6:30am – 7:00am	Welcome & Announcements presented by MOA President Brian Kaufman, DO & Executive Director Amanda Richards, MA
7:00am-8:00am	Predicting, Preventing, and Reversing Cognitive Impairment presented by Lewis Mehl-Madrona, MD Session Objectives: 1. Describe at least three elements of the Bredesen protocol for reversing dementia. 2. Describe the conventional medical critique of the Bredesen protocol 3. Participants will be able to list four reversal factors that can prevent dementia
8:00am-9:00am	Breastfeeding 101 presented by Kara Kaikini, IBCLC Session Objectives: This session will review the importance of prenatal education; basic knowledge providers should have about common breastfeeding challenges. Following this lecture, participants will be able to: Describe 3 breastfeeding-related conversations that should take place prenatally. Identify 3 infant feeding resources available to providers and new parents. Demonstrate the most effective strategies of supporting a lactating parent. Assess and manage common 3 breastfeeding challenges
9:00am -10:00am	Clarifying COVID-19: the Impact of Long COVID & Epidemiology for the Everyday Physician presented by Meghan May, PhD. Session Objectives: 1. Provide a basic Epidemiology primer for the everyday physician 2. Discuss the latest COVID-19 epidemiological Facts from fiction, including long COVID and how to advise patients on how to discern ever changing information
10:00am-10:30am	RESEARCH FORUM BREAK – Check out Student and Resident Research Presentations via the Research Forum Tab
<ul style="list-style-type: none"> 10:30am-12:00pm 	<ul style="list-style-type: none"> MOA Business Meeting & AOA Update (AOA update Presented by Joseph Giaimo, DO, AOA President) This session will provide attendees with important updates regarding the osteopathic profession in Maine and nationally.
12:00pm-1:30pm (1 hr CME)	KEYNOTE: What is the C-suite? My Journey to becoming a CMO Presented by Elissa J. Charbonneau, DO, MS Following this lecture, participants will be able to: 1. Identify their leadership style. 2. Describe how to mentor and develop future physician leaders. 3. Articulate the attributes of a successful physician leader
1:30pm-2:30pm	Maine’s Death with Dignity Law in Practice, presented by Mark Wrona, MD; Carl DeMars, MD; & Jason Libby, HSM Session Objectives: Understand the requirements to qualify for Maine's Death with Dignity Law. Review the clinical aspects: cases, drugs, and data. Learn about the process of qualifying and then be able to counsel patients and families on the risks of Ingestion. Review legal background and history of medical aid in dying in America.
2:30pm-3:00pm	EXHIBIT HALL BREAK – Mingle <i>virtually</i> with exhibitors via Zoom! Check the sponsor/exhibitor tab.
3:00pm-4:00pm	Neuro-optometry: What a PCP Should Know presented by Amy Pruszenski, OD

	<p>Session Objectives: Following this presentation, participants will be able to: 1. Understand that retinal neuro-modulation can be used to help patients non-invasively integrate vision with their other senses, as well as influence other systems (balance sympathetic/parasympathetic) to affect and/or reflect the patient's general health. 2. Understand the difference between general Doctors of Optometry and Neuro-Developmental Optometrists, and how our philosophies of healthcare align with Osteopathic Doctors regarding structure and function being reciprocally inter-related. 3. Be able to identify patients in their practices who may benefit from collaboration with a neuro-optometrist, addressing the "where" or "when" of vision, which allows patients to maintain their posture, walk straight down a hallway, and find the next word or next line of text when reading.</p>
4:00pm-5:00pm	<p>Public Health Update featuring Nirav Shah, MD, Maine CDC Director</p> <p>This session will provide important Public Health Updates from Maine's CDC Director and provide an opportunity for audience Q&A.</p>
5:00pm -5:45pm	LIVE Zoom Happy Hour & Poster Awards Presentation

Sunday, February 13, 2021

4 CMEs Track A/ 9.5 CMEs Track B

Sunday February 13th, 2022: Virtual Sessions – Join Us live for Q&A!	
TRACK A CONTENT:	<i>These sessions will be available on the virtual platform, tune in live for QA with presenters!</i>
8:30am-10:00am (1.5 CME)	<p>An osteopathic approach to the evaluation and treatment of carpal tunnel syndrome (Lecture & Lab Demo), presented by Gregory Stevens, DO</p> <p>Session Objectives: Differentiate true carpal tunnel syndrome from other peripheral and central neurological processes, as well as myofascial pain patterns, using a simple and effective screening exam. Review the epidemiology, pathophysiology and anatomical considerations relevant to carpal tunnel syndrome. Demonstrate a variety osteopathic manipulative treatments decompress peripheral nerve entrapments, improve circulation, and promote healing of multiple upper extremity complaints.</p>
10:00am-10:15 am	BREAK
10:15am-11:45am (1.5 CME)	<p>Osteopathy In the Cranial Field: Review for the GP, presented by Shawn Higgins, DO</p> <p>Session Objectives:1. To understand the history of Osteopathy in the Cranial Field and how Dr. William Garner Sutherland came to define the Primary Respiratory Mechanism (PRM), an inherent potential for whole body healing. 2. To understand the five phenomena of the PRM, as well as the anatomy and motion of its mechanism. 3. To understand the concept of the Fluid Body in the context of cerebrospinal fluid fluctuation and physiology. 4. To learn how to palpate motion of the PRM within the human body. 5. To learn noninvasive, simple techniques for balancing the cranial mechanism (PRM) in a busy office practice.</p>
11:45am-12:00pm	BREAK
12:00pm-1:00pm	<p>Introduction to Point of Care UltraSound, presented by Andrew Jersey, DO</p> <p>Session Objectives: 1. Participants will become familiar with the basic concepts of point of care ultrasound 2. Participants will become familiar with the various applications of point of care ultrasound 3. Participants will be able to identify patients in their practice that may benefit from point of care ultrasound</p>
1:00pm	Track A Adjourns
TRACK B CONTENT:	<i>These sessions will be available on the virtual platform, tune in live for QA with presenters!</i>
6:30am-6:45am	Announcements from Planning Committee Chair Josie Conte, DO & Staff Amanda Richards
6:45am-7:45am	<p>Post-Acute COVID Syndrome, presented by Persis Hope, NP & Amy Trelease Bell, MD</p> <p>Session Objectives: 1. Following this lecture, the participants will have a general understanding of the pathophysiology of covid infection and post covid acute syndrome (PASC) 2: Following this lecture, the participants will have an appreciation for the therapeutics for PASCs and how to use them. 3: Following this lecture the participants will be reminded of the importance of self-care during these difficult times.</p>
7:45am-8:30am	Quick Cardio Update, presented by Jims Jean-Jacques, DO

	<p>Session Objectives: Characterize importance of developing collaborative strategies and a multidisciplinary team for heart failure management. Describe recent published guideline updates for emerging therapies in heart failure. Characterize appropriate use of heart failure pharmacotherapeutics. Characterize importance of addressing non-cardiac comorbidities.</p>
8:30am-9:15am	<p>Migraine Update, presented by John Dolan, DO</p> <p>Session Objectives: Identify key clinical indicators for migraine diagnosis Identify indicators for migraine prophylaxis and abortive therapy. identify recent advances in migraine management</p>
9:15am-10:00am	<p>Birth Control Update, presented by Romeo Lucas, DO</p> <p>Session Objectives: Provide an overview of the latest birth control methods available in 2022, side effects, indications, etc.</p>
10:00am-11:00am	<p>An Osteopathic Approach to Recovery, presented by Suzanne White, DO**</p> <p>Session Objectives: Dr. White will present a review of neurobiological processes associated with addiction behaviors, a treatment perspective informed by the osteopathic philosophy and case studies. Following this lecture, participants will be better able to understand the underlying neurobiological processes associated with addiction behaviors. Participants will be able to understand how an osteopathic approach to treatment of addiction can serve their patients.</p>
11:00am-12:00pm	<p>Physician Contracts: What to Look for? Presented by Elizabeth Olivier, Esq.</p> <p>Session Objectives: Following this presentation, participants will be able to: Understand the key provisions of an employment agreement and what they mean; and Learn what provisions they might be able to negotiate and change and what provisions they might be able to add to an agreement presented to them by a prospective employer.</p>
12:00 – 12:30pm (no CME)	Lunch and Learn: Belly of the Beast Film Screening -- NO CME for screening
12:30pm-1:30pm	<p>Advocacy Training 101 for the Physician: Panel Discussion</p> <p>Session Objectives: This session will discuss: 1. How do politics affect your practice of medicine -- national and local examples. 2. Who is looking out for you and how -- AOA advocacy overview, MOA advocacy role. 3. How can you get involved? -- Overview of grassroots/ AOA advocacy network, MOA legislative committee and other opportunities 4. General Advocacy tips -- how to talk to legislators, maintaining these relationships, how to prepare testimony and statements</p>
1:30pm -2:30pm	<p>Plant Based Diets: the what, the why and the how? Presented by Paige Picard, DO</p> <p>Session Objectives: Participants will understand the difference between a standard American diet, a plant-based diet, and a vegan diet. Participants will gain confidence in counseling patients on plant-based diets and the various health benefits. Participants will learn how plant-based diets help treat and prevent acute & chronic diseases including: diabetes, cardiovascular disease, obesity, and viral illnesses/COVID-19. Participants will learn simple strategies to eat more plants and where to direct patients for additional resources.</p>
2:30pm-3:30pm	<p>Pediatric Mental Health: Social Media and Sexuality, presented by Erin Belfort, MD & Amy Mayhew, MD</p> <p>Session Objectives: Attendees will learn about adolescent sexual practices, behaviors and attitudes Attendees will understand how the developmental tasks of adolescence interact with digital media Attendees will understand how youth explore identity/self and sexuality/other in online spaces</p>
3:30pm-3:45pm	BREAK
3:45-5:00pm	<p>Live Medical Ethics Panel: Belly of the Beast Film Discussion, led by Merideth Norris, DO, with panelists Courtney Hooks, CNM/WHNP, and Cait Vaughan</p> <p>Session Objectives: This panel discussion will include local physician leaders and women's health advocates as well as a national expert. Discussion will center around questions of medical ethics raised in the documentary film Belly of the Beast, which explores the history and ongoing legacy of eugenics and reproductive injustice in the United States through intimate accounts from currently and formerly incarcerated people.</p>
5:00pm	Closing Remarks

Planning Committee Chair: Josephine Conte, 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.*

**** This session is approved for 1.0 credits on opioid medication education as required by P.L. 2015, Chapter 488, Maine's legislation to address the opioid drug crisis.**

CME Accreditation Statements -- Updated 02/09/2022:

- In support of improving patient care, this activity has been planned and implemented by the American Osteopathic Association and the Maine Osteopathic Association. The American Osteopathic Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team. MOA designates this program for a maximum 21.5 AOA 1A CME credits. Physicians should claim credit commensurate with their participation in the activity.
- AMA Credit Designation Statement - Physicians
The American Osteopathic Association designates this live activity for a maximum of 21.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- The AAFP has reviewed MOA 2022 Midwinter Symposium and deemed it acceptable for up to 14.00 Live AAFP Prescribed credits. Term of Approval is from 02/12/2022 to 02/13/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

These topics do not carry AAFP credit:

- Predicting, Preventing, and Reversing Cognitive Impairment
- Physician Contracts: What to Look for
- Advocacy Training 101
- Post Acute COVID Syndrome
- Osteopathy in the Cranial Field

To Register, please visit <https://www.mainedo.org/midwinter-symposium-2022>

Venue Information:

VIRTUAL via our vendor CE21

Join us from anywhere! Fully virtual conference with flexible viewing options.
Content will be available to complete for credit until March 15th, 2022.

HOTEL LODGING NOTE: If you had made a reservation at the Holiday Inn by the Bay, it will be automatically canceled by hotel staff and your payment method will be refunded. This process may take some time (check with MOA or hotel staff if you would like an update), but there is nothing needed on your part. To Inquire About Reservation Questions Call: [207.775.2311](tel:207.775.2311)
