2nd Annual Musculoskeletal Update for Primary Care

April 14-15, 2016
The Resort at the Mountain
Welches, Oregon

Division of Continuing Professional Development/CME
School of Medicine, Oregon Health & Science University

COURSE DESCRIPTION

This program has been designed to explore the diagnosis and treatment of musculoskeletal conditions of the shoulder, knee and spine. Each half day will follow the same format, covering common complaints, imaging options, performing the exam and treatment. Special attention will be given to the management of pain on Friday afternoon. We will end each day with “Name That Groan” … testing program faculty on how quickly they can identify musculoskeletal conditions, one symptom at a time.

This program is designed for internists, family physicians, nurse practitioners, physician assistants, physical therapists and others who care for patients with joint or muscle symptoms. There will be time for interaction with the faculty, hands on exam techniques and opportunities to test your knowledge on a variety of topics.

At the conclusion of this activity, participants will be able to:

• Apply current advances in musculoskeletal exam skills to common shoulder, knee and spine problems
• Diagnose less common symptoms that can mimic routine musculoskeletal problems
• Select the appropriate imaging modalities with respect to musculoskeletal symptoms
• Implement appropriate use of opioids and other drugs in the management of musculoskeletal pain
Musculoskeletal Update for Primary Care

THURSDAY, April 14, 2016

7:15  Registration
7:50  Welcome and Introduction to the Course

THE SHOULDER

8:00  Panel: Common Shoulder Complaints - What Not to Miss  
      - James Chesnutt, MD
8:30  Shoulder Imaging: Indications, Interpretations, Implications  
      - Eric Foss, MD
9:00  Panel/Questions & Answers
9:30  BREAK
9:45  Hands-On Session - Hans Carlson, MD; Nels Carlson, MD;  
      James Chesnutt, MD & Jackie Munch, MD
10:35  Treatment & Management of the Shoulder: Conservative Treatment  
       & Minimally Invasive Treatment - Jackie Munch, MD
11:05  Panel/Questions & Answers
11:30  LUNCH

THE KNEE

12:15  Common Knee Complaints: What Not to Miss - Ligament Tears,  
       Meniscus Tears & Arthritis - James Chesnutt, MD
12:45  Knee Imaging: Indications, Interpretations, Implications  
       – Eric Foss, MD
1:15  Panel/Questions & Answers
1:45  BREAK
2:00  Hands-On Session - Hans Carlson, MD; Nels Carlson, MD  
       & Andrea Herzka, MD
2:50  Treatment & Management of the Knee: Conservative Treatment  
       - Andrea Herzka, MD
3:20  Panel/Questions & Answers
3:50  Name That Groan - Hans Carlson, moderator - Andrea Herzka, MD;  
       Jackie Munch, MD & Nels Carlson, MD - panelists
4:45  ADJOURN
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FRIDAY, April 15, 2016

7:50  Announcements

THE SPINE

8:00  Common Spine Complaints - What Not to Miss - Nels Carlson, MD
8:30  Spine Imaging: Indications, Interpretations & Implications
      - David Pettersson, MD
9:00  Panel/Questions & Answers
9:30  BREAK
9:45  Hands-On Session - Nels Carlson, MD; Hans Carlson, MD & Kim Mauer
10:35  Treatment & Management of the Spine: Conservative Treatment &
       Minimally Invasive Treatment - Nels Carlson, MD
11:05  Panel/Questions & Answers
11:30  LUNCH

MANAGING PAIN

12:15  Appropriate Pharmacologic Management of Musculoskeletal Pain
       - Kim Mauer, MD
12:45  Opioids: What Every Provider Should Know - Kim Mauer, MD
1:15  Panel/Questions & Answers
1:45  BREAK
2:00  Complementary & Alternative Medicine Treatments - Catriona Buist, PsyD
3:20  Panel/Questions & Answers
3:50  Name That Groan - Hans Carlson, moderator - Nels Carlson, MD;
     Kim Mauer, MD & Catriona Buist, PsyD - panelists
4:45  ADJOURN
GENERAL INFORMATION

Location: The course will be held at The Resort at the Mountain, 68010 East Fairway Avenue, Welches, Oregon, on Highway 26 towards Mt. Hood. The Resort at the Mountain is a premier Oregon golf (and ski – at the right time of year) resort. Please visit their website www.mthood-resort.com for more activities and amenities.

To book your room at The Resort at the Mountain call 1-800-733-0800. Reference the group name OHSU Continuing Professional Development/CME and/or Group Code “OHSU” when booking your room.

Please make your reservations as soon as possible; the room blocks will be released on March 15, 2016 and are subject to sell-out prior to that date.

Tuition/Registration: The tuition is $300 and includes lunch both days and all course materials. To help meet administrative costs, a $35.00 service charge will be assessed on all refund requests received by April 4, 2016; no refunds can be issued after that date. Early registration is encouraged as enrollment may be limited. Should conditions warrant, the sponsors reserve the right to cancel this program with a full tuition refund.

Additional Information: For more information, contact the Division of Continuing Professional Development/CME at 503-494-4898, cme@ohsu.edu or visit our website at www.ohsu.edu/som/cme

Hans Carlson, MD, Associate Professor of Orthopaedics & Rehabilitation
Nels Carlson, MD, Associate Professor of Orthopaedics & Rehabilitation
James Chesnutt, MD, Clinical Associate Professor of Orthopaedics & Rehabilitation

If you have a disability and require assistance to participate in the conference, please contact the Division of Continuing Professional Development/CME at 503-494-8700 or email cme@ohsu.edu as early as possible, but no later than ten (10) business days before the meeting.

OHSU is an equal opportunity, affirmative action institution.
FACULTY

(All faculty are from the School of Medicine, Oregon Health & Science University)

Catriona Buist, PsyD, Clinical Director, Progressive Rehabilitation Associates

Hans Carlson, MD, Associate Professor of Orthopaedics & Rehabilitation

Nels Carlson, MD, Associate Professor of Orthopaedics & Rehabilitation

James Chesnutt, MD, Clinical Associate Professor of Orthopaedics & Rehabilitation

Erik Foss, MD, Associate Professor of Diagnostic Radiology

Andrea Herzka, MD, Assistant Professor of Orthopaedics & Rehabilitation

Kimberly Mauer, MD, Assistant Professor of Anesthesiology & Perioperative Medicine

Jacqueline Munch, MD, Assistant Professor of Orthopaedics & Rehabilitation

David Pettersson, MD, Assistant Professor of Diagnostic Radiology

(Speakers subject to change)

CREDIT

The School of Medicine, Oregon Health & Science University (OHSU), is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

American Medical Association: Oregon Health & Science University School of Medicine, Division of Continuing Professional Development/CME designates this live activity for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.