Best Practices: Treating Mind, Body and Spirit

ROCKY MOUNTAIN
at the Beaver Run Resort & Conference Center

February 1–4, 2018

CO-SPONSORED BY:
The Colorado Society of Osteopathic Medicine (CSOM) and The American Osteopathic Association (AOA)

The Colorado Society of Osteopathic Medicine (CSOM) is accredited by the AOA to provide osteopathic continuing medical education for physicians. CSOM designates this program for a maximum of 25 AOA Category 1A credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

Application for CME Credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body’s ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to:

Provide compassionate, quality care to my patients;
Partner with them to promote health;
Display integrity and professionalism throughout my career;
Advance the philosophy, practice and science of osteopathic medicine;
Continue life-long learning;
Support my profession with loyalty in action, word and deed; and
Live each day as an example of what an osteopathic physician should be.
2018 Rocky Mountain

Syllabus Table of Contents

Osteopathic Pledge of Commitment Page 2
Program at a Glance Page 4
Conference Information Page 6
CME and Specialty Credits Information Page 7
Disclosure, Acknowledgements, Disclaimer, Commercial Support Statement Page 8

PROGRAM GUIDE
Thursday, February 1 Page 10
Friday, February 2 Page 15
Saturday, February 3 Page 19
Sunday, February 4 Page 24

Post Conference Surveys Information Page 28
Notes Page & Upcoming CME Programs Page 29

Resort Layout Map Back Cover

Attached, separate documents (available on site only)
CME Attendance Attestation Form
Conference and Speaker Evaluation Survey
Exhibitors Signature Card/Raffle Entry
List of Pre-Registered Attendees
**PROGRAM**

**ROME Rocky Mountain** February 1–4, 2018
at the Beaver Run Resort & Conference Center

PLEASE NOTE: Program details are subject to change without notice. Last revised: 1/11/2018

CSOM designates this program for a maximum of 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.

<table>
<thead>
<tr>
<th>Thursday, Feb. 1</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 am–12:30 pm</td>
<td>Exhibitor Set-Up</td>
<td></td>
<td></td>
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<tr>
<td>Noon–8 pm</td>
<td>Registration Open</td>
<td></td>
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<tr>
<td>12:30–7:30 pm</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>12:45–1 pm</td>
<td>Welcoming Remarks</td>
<td>Joseph Giaimo, DO</td>
<td></td>
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<tr>
<td>1–2 pm</td>
<td>Hyperbaric Oxygen and its Use in Medical Conditions</td>
<td>John C. Hughes, DO</td>
<td></td>
</tr>
<tr>
<td>2–3 pm</td>
<td>Altitude Illness and its Effect on Preexisting Medical Conditions</td>
<td>Douglas Hill, DO, FACOEP, dist., FACEP</td>
<td>EM</td>
</tr>
<tr>
<td>3–4 pm</td>
<td>Diagnosis and Treatment of Heavy Menses</td>
<td>Lisa Kitagawa Lewis, DO, MPH, FACOG</td>
<td>OB/GYN</td>
</tr>
<tr>
<td>4–4:30 pm</td>
<td>Exhibitor Break</td>
<td></td>
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<tr>
<td>4:30–5:30 pm</td>
<td>Advances in Heart Failure</td>
<td>Amy Barley, DO</td>
<td>IM</td>
</tr>
<tr>
<td>5:30–6:30 pm</td>
<td>Cannabis for Chronic Pain</td>
<td>Rob Ivker, DO, ABIHM, FAAFP</td>
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<tr>
<td>6:30–7 pm</td>
<td>Exhibit Break</td>
<td></td>
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<tr>
<td>7–8pm</td>
<td>COPIC Lecture: Emergent and Recurrent Issues in Patient Safety and Risk Management</td>
<td>Eric Zacharias, MD</td>
<td>IM</td>
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<tr>
<th>Friday, Feb. 2</th>
<th>PRESENTATIONS/EVENTS</th>
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<tbody>
<tr>
<td>6–10 am</td>
<td>Registration Open</td>
<td></td>
<td></td>
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<tr>
<td>2:30–7:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6–7 am</td>
<td>Breakfast served</td>
<td></td>
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<tr>
<td>6–10 am</td>
<td>Exhibit Hall Open</td>
<td></td>
<td></td>
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<tr>
<td>2:30–6:30 pm</td>
<td></td>
<td></td>
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<tr>
<td>6:30–7:30 am</td>
<td>Osteoarthritis Update</td>
<td>Eric Porritt, DO</td>
<td>ORS</td>
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<tr>
<td>7:30–8:30 am</td>
<td>Managing Competitive Young Athletes with Cardiovascular Conditions</td>
<td>Natasha Pyzocha, DO, FAWFM</td>
<td>FM</td>
</tr>
<tr>
<td>8:30–9 am</td>
<td>Exhibitor Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–10 am</td>
<td>Measuring What We Do: Milestones, EPAs, Competencies</td>
<td>Scott D. Robinson, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>10 a.m.–2:30 pm</td>
<td>Mid-Day Recreation Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30–3:30 pm</td>
<td>Treatment of Hep C in the Primary Care Setting</td>
<td>Paul Cump, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>3:30–4:30 pm</td>
<td>Physician Burnout: Restoring the Joy of Practice</td>
<td>Robert Lam, MD, FAAEM</td>
<td>EM</td>
</tr>
<tr>
<td>4:30–5:30 pm</td>
<td>Famous People with Diabetes: A Case Study Exploring the Use of New and Emerging Basal Insulins</td>
<td>Richard Sadovsky, MD</td>
<td>FM</td>
</tr>
<tr>
<td>5:30–6 pm</td>
<td>Exhibitor Break — Exhibit Hall to close at 6:30 p.m. Light dinner served</td>
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### Saturday, Feb. 3

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>6–10:30 am</td>
<td>Registration Open</td>
<td></td>
<td></td>
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<tr>
<td>3–6 pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>6–7 am</td>
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<td></td>
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</tr>
<tr>
<td>7:30–10:30 am</td>
<td>Osteopathic Educational Service</td>
<td>Ellice Goldberg, DO, FACOFP with OMT Fellows</td>
<td>FOM, NMO</td>
</tr>
<tr>
<td>3–5 pm</td>
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<tr>
<td>6:30–7:30 am</td>
<td>OMM Workshop: Lumbar and Pelvic OMT</td>
<td>Joseph Morreale, MD</td>
<td>ORS</td>
</tr>
<tr>
<td>7:30–8:30 am</td>
<td>Targeted Disk Replacement Surgery vs. Spinal Fusion</td>
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<td></td>
</tr>
<tr>
<td>8:30–8:45 am</td>
<td>Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45–9:45 am</td>
<td>Non-Melanoma Skin Cancer, Surgical (MOHS &amp; Other Surgeries) vs. Non-Surgical Approaches</td>
<td>Reagan Anderson, DO, MPH, MCS, FAOCD, FAAD, FASMS</td>
<td>Derr, DMS</td>
</tr>
<tr>
<td>9:45–10:45 am</td>
<td>Understanding Immunotherapy for Allergy Treatment</td>
<td>Nathanael Brady, DO</td>
<td>PD, PAI</td>
</tr>
<tr>
<td>10:45 am–3:30 pm</td>
<td>Mid-Day Recreation Break</td>
<td></td>
<td></td>
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<tr>
<td>11 am–1 pm</td>
<td>CSOM Board of Trustees Meeting</td>
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<td></td>
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<tr>
<td>2:30–3:30 pm</td>
<td>ACOFP-Colorado Chapter Meeting</td>
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<tr>
<td>3–6 pm</td>
<td>Poster Presentations &amp; Balloting</td>
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<td></td>
</tr>
<tr>
<td>3:30–4:30 pm</td>
<td>Review and Updates in Statistical Methodology in Medical Research—Deciphering Evidence</td>
<td>Shannon M. Constantinides, RN, MSN, NP-C, FNP</td>
<td></td>
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<tr>
<td>4:30–5:30 pm</td>
<td>Prostate Cancer: Real World vs. Data in Structuring Best Treatment</td>
<td>J. Eric Derksen, MD</td>
<td>URS</td>
</tr>
<tr>
<td>5:30–6 pm</td>
<td>Light dinner and limited bar hosted by RMOPTI Final Balloting for Poster Contest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6–6:30 pm</td>
<td>Rocky Mountain OPTI Graduate Medical Poster Competition: Presentations by Winners</td>
<td>Moderator: Christopher Unrein, DO</td>
<td>IM, IHP</td>
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</table>

### Sunday, Sun. 4

<table>
<thead>
<tr>
<th>Time</th>
<th>PRESENTATIONS/EVENTS</th>
<th>SPEAKER</th>
<th>SPECIALTY</th>
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<tbody>
<tr>
<td>6–11:30 am</td>
<td>Registration Open</td>
<td></td>
<td></td>
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<tr>
<td>6–7 am</td>
<td>Breakfast Served, co-sponsored by PHA Medical Education</td>
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<tr>
<td>6:30–7 am</td>
<td>Exercise Prescription</td>
<td>Terri Bowland, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>7–8 am</td>
<td>Dermatology Updates</td>
<td>Elizabeth (Lisa) Swanson, MD</td>
<td>PD, Dermm</td>
</tr>
<tr>
<td>8–9 am</td>
<td>Direct Primary Care Broad Scope Practice Design</td>
<td>Phil Eskew, DO, JD, MBA</td>
<td>FOM</td>
</tr>
<tr>
<td>9–9:15 am</td>
<td>Break</td>
<td></td>
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<tr>
<td>9:15–10:15 am</td>
<td>Wellness in a New Reality: Physician Suicide, Our Silent Epidemic</td>
<td>Robin Lynne Smith, DO</td>
<td>FOM</td>
</tr>
<tr>
<td>10:15–11:15 am</td>
<td>Tips on Achieving a Healthy Work-Life Balance from a Physician Who Loves Her Practice</td>
<td>Lisa Davidson, DO</td>
<td>FM</td>
</tr>
<tr>
<td>11:15 am–12:15 pm</td>
<td>Screening, Diagnosis, and Treatment of Pulmonary Arterial Hypertension: An Overview</td>
<td>David Badesch, MD, FACP, FCCP</td>
<td>IM, CCM, PUL</td>
</tr>
<tr>
<td>12:15 pm</td>
<td>Conference Adjourns</td>
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</table>
General Conference Information

Conference Co-Sponsors/Planning Committee
ROME® Rocky Mountain is co-sponsored by the Colorado Society of Osteopathic Medicine (CSOM) with support from the American Osteopathic Association. Planning Committee DO members are: Joseph Giaimo, DO, Chair; Terri Bowland, DO; Alex Constantinides, DO; Ellice Goldberg, DO; Stephen Stacey, DO.

Conference Materials/Registration Desk
Speaker handouts, slides, and CVs are available for download at: www.osteopathic.org/romehandouts. Copies of the Syllabus and Attendance Attestation Form will be distributed at the Registration Desk. A limited number of hard copies of the Evaluations and the Pre-Registrants list will also be available on site. Registration desk will be open Thursday, Noon – 8:00pm; Friday, 6:00-10:00am and 2:30 – 7:30pm; Saturday, 6:00-10:30am and 3:00-6pm; and Sunday, 6:00-11:30am.

Evaluations
Please fill out the speaker and program evaluation form completely. This information not only helps the speaker in future presentations, it helps the ROME Planning Committee continue to develop valuable programming valuable for you. Evaluations may be completed hard copy or online until March 18 at www.surveymonkey.com/r/ROME18RockyMtEvals.

A link to a second survey – Outcomes Measures – will be sent to attendees via email February 21. This survey is designed to gauge how much you retain and/or put into practice after our conference, and is only open 15-30 days following the conference. This means you must reply by Tuesday, March 6. Those who complete this second survey will earn an additional 2 credits of 1-A CME at no extra charge. You will need your name and AOA number, which will be provided with the link.

Exhibit Hall
ROME® Rocky Mountain Education Committee and staff have worked hard to provide a mix of pharmaceutical and medical device representatives with a variety of service providers in our Exhibit Hall. The official hours for the Exhibit Hall are 12:30-7:30 pm Thursday plus 6:00-10:00 am and 2:30-6:30 pm Friday. Please remember that their financial support is very important to keeping our conference rates level and moderate. You have received a form for exhibitors to initial – this completed form will serve as your raffle ticket (must be present to win). Additional details will be announced by Moderators.

Grievance Policy
All grievances should be in writing and specify the nature of the grievance and any particulars. Initially, all grievances should be directed to CSOM Affiliate Executive, Lawrence Cunningham, IOM. Mr. Cunningham will review all grievances and resolve if possible. If no resolution is possible, he may then pass the information on to the ROME® Educational Program Planning Committee. If the participant does not receive a satisfactory response, they may then notify the Council on Continuing Medical Education of the American Osteopathic Association at 142 E. Ontario St., Chicago, IL 60611.

Americans with Disabilities Act
AOA and CSOM are committed to making this program accessible to all individuals. Every effort will be made to accommodate requests per the Americans with Disabilities Act, as noted in your registration.

Questions, Comments?
Please stop by the Registration Desk – open each day. After the conference, call the ROME® office at (312) 202-8064 or email us at ROME@osteopathic.org. Our fax number is (312) 202-8224.
CME & Specialty Credits Information

CME Credits Information
You MUST complete and sign the Attendance Attestation form and return it to ROME® Rocky Mountain staff in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. No exceptions due to accreditation requirements. Please return the CME form when you leave, whichever day that is for you. Please be sure to sign-in each day as well.

The Colorado Society of Osteopathic Medicine (CSOM) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. CSOM designates this program for a maximum of **25 AOA Category 1-A credits** and will report CME and specialty credits commensurate with the extent of the physician’s activity in this activity. Application for CME credits has been filed with the American Academy of Family Physicians. Determination of credit is pending.

The CME credits breakdown for each day is: Thursday, February 1: **6 credits**; Friday, February 2: **7 credits**; Saturday, February 3: **6.5 Credits**; and Sunday, February 4: **5.5 1-A Credits**.

CME certificates will be E-mailed approximately two weeks after the conference. Certificates cannot be processed on-site, and certificates will be held until all fees are paid in full. **The last day to submit your form to ROME® Headquarters is MONDAY, FEBRUARY 19, 2018. Attestation forms submitted AFTER this date will require a $25 processing fee in order for credits to be granted.**

Specialty Credits Information

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<tr>
<th>Specialty</th>
<th>Anticipated Credits</th>
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<tr>
<td>FOM / FP</td>
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<tr>
<td>Derm</td>
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<tr>
<td>DMS</td>
<td>1</td>
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<td>EM</td>
<td>2</td>
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<td>IM</td>
<td>3</td>
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<tr>
<td>NMO</td>
<td>1</td>
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<tr>
<td>OB/GYN</td>
<td>1</td>
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<td>ORS</td>
<td>2</td>
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<td>Peds</td>
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<td>Peds A&amp;I</td>
<td>1</td>
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<tr>
<td>URS</td>
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*FYI: This program has been pre-routed to the Osteopathic Specialty Boards for confirmation of credits. Bolded information has been confirmed by print deadline.

If a specialty is not listed, credits are unlikely; however, ALL those specialties NOT bolded are still pending review so numbers may change depending on the specific board’s determination.
DISCLOSURE STATEMENT

It is the policy of ROME® Rocky Mountain to ensure balance, independence, objectivity, and scientific rigor in all of its sponsored educational activities. All faculty participating in a sponsored activity are expected to disclose to the activity audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing medical education program, including significant financial interest or other relationship: (1) with manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (2) with any commercial supporters of the activity. (Significant financial interest or other relationship may include such things as grants or research support, employee, consultant, major stockholder, member of speaker’s bureau, etc.)

The intent of this disclosure is not to prevent a presenter with a significant financial or other relationship from making a presentation, but rather to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether the presenter’s interests or relationships may influence the presentation. In addition, presenters must make a meaningful disclosure to the audience of their discussion of unlabeled or unapproved drugs or devices.

Speakers were asked to declare any financial interest/arrangement or affiliation that may be perceived as a conflict of interest in the context of their presentations along with any anticipated off label use or unlabeled/unapproved uses of drugs or products. The information reported by Speakers is included along with their biographical sketch, explanation of availability of their slides, and their learning objectives in the “Program Guide” section of this Syllabus.

ACKNOWLEDGMENTS

ROME® Rocky Mountain gratefully acknowledges support for this program from:

- **COPIC** Insurance Company, who is providing the 1-hour didactic presentation “Emergent and Recurrent Issues in Patient Safety and Risk Management” by Eric Zacharias, MD and hosting the light dinner on Thursday evening.

- **The France Foundation**, who is providing the 1-hour didactic presentation “Famous People with Diabetes: A Case Study Exploring the Use of New and Emerging Basal Insulins” presented by Richard Sadovsky, MD, MS. This activity is supported by an educational grant from Sanofi US.

- **Rocky Vista University College of Osteopathic Medicine**, who is providing the “OMM Workshop: Lumbar and Pelvic OMT” on Saturday morning and Osteopathic Educational Service on Saturday with Ellice Goldberg, DO, FACOFP. Dr. Goldberg will be joined by two Pre-Doctoral Junior Fellows in Osteopathic Principles and Practice: Melanie White, OMS-III and Jacob Pearson, OMS-III.
• **Rocky Mountain OPTI**, who is supporting the Graduate Medical Poster Competition, ½ hour didactic “Presentations by Contest Winners” and the light dinner on Saturday evening.

• **PHA Medical Education**, who is providing the 1-hour didactic presentation on “Screening, Diagnosis, and Treatment of Pulmonary Arterial Hypertension: An Overview” by David B. Badesch, MD, FACP, FCCP. This speaker is being supported through a grant from the PHA Medical Education “Focus on Pulmonary Arterial Hypertension” program. This activity is supported by educational grants from: Actelion Pharmaceuticals USA, Inc.; Gilead Sciences, Inc.; United Therapeutics Corporation; and Bayer Healthcare.

**DISCLAIMER**
All continuing medical education (CME) joint courses are made available by the Regional Osteopathic Medical Education (ROME®). The material presented in these joint CME courses is for education purposes only. This material is not intended to represent the best or only methods or procedures appropriate for the medical situation discussed; rather, the material is intended to present an approach, view, statement, or opinion of the presenter(s), which may be helpful, or of interest, to all attendees, including clinical practitioners. The content of any CME presentation is the personal view, statement, or opinion of the presenter and such content is intended for the attending audience as a whole and not to the specific circumstance of any individual attending the CME program. Statements of fact and opinion expressed in any Joint IOMS/MWU CCOM CME program are those of the individual presenters and, unless expressly stated, are not the views, statements, or opinions of the co-sponsors. Neither co-sponsor endorses or approves, and does not assume any responsibility for, the content, accuracy, or completeness of the information presented in any CME program. The CME program is not intended, nor should it be construed in any way, to replace the independent professional judgment and study of the specific facts and circumstances an attendee may be experiencing. The information presented in any CME presentation is not intended to be, and should not be received as, medical advice or a substitute for medical advice, and attendees are advised to seek an independent, competent medical opinion as to any specific set of circumstances the attendee seeks to address.

All attendees participate in this Joint CME program with the full knowledge and awareness that the attendee waives any claim he or she may have against the Joint Program co-sponsors for reliance on any information presented in the CME program. Furthermore, the attendee waives any claim he or she has or may have against the Joint Program co-sponsors for any injury or any other damage whatsoever that may result in any way from his or her participation in the CME program. All of the presentations of the Conference are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved to the speaker or the co-sponsors. No statement or presentation made at the Joint CME Conference is to be construed or in any way regarded as dedicated to, or intended for, the public domain. Any sound reproduction, transcript, or any other use of the material presented at any Joint CME Conference is prohibited to the full extent of common-law copyright to, and in, such material.

**COMMERCIAL SUPPORT**
ROME® Continuing Medical Education program planning ensures balance, independence, objectivity and scientific rigor in their educational programs. Individual activities are developed independently of educational grant support. In accordance with the standards of the AOA Council on CME, any commercial supporters of this meeting have had no influence over topics or speakers. Acknowledgement of commercial support is provided in conference program materials.
A fellow of the American College of Osteopathic Internists and the American College of Chest Physicians, **Joseph Giaimo, DO** is an AOA-board certified osteopathic internal and pulmonary medicine physician in private practice in Palm Beach Gardens, Florida. In addition to his work in pulmonology, Dr. Giaimo specializes in various forms of sleep medicine, including treatment of insomnia and hypersomnia. Dr. Giaimo has served the AOA in several capacities, including chair of the Department of Affiliate Affairs, Department of Business Affairs, Department of Education and Department of Research. He is also a past president of the Florida Osteopathic Medical Association (FOMA) and the American Lung Association. In 2017, Jupiter Magazine recognized Dr. Giaimo and his wife, Shannon Cake, as a power couple making a difference in Palm Beach. He also was honored by FOMA as Physician of the Year in 2010.

A health policy fellow of the AOA, Dr. Giaimo served on the Centers for Medicare & Medicaid Services' (CMS) Practicing Physicians Advisory Council (PPAC), which, before being disbanded, provided input to the federal government on how CMS rules affect practicing physicians.

After earning his osteopathic medical degree at the Philadelphia College of Osteopathic Medicine, Dr. Giaimo completed a rotating internship at the former Metropolitan Hospital of Philadelphia and his residency at what is now the Rowan University School of Osteopathic Medicine.

Dr. Giaimo is the Program Chair for all three of the 2018 Regional Osteopathic Medical Education (ROME®) Conferences: Rocky Mountain in Breckenridge, CO; Southeast in Hilton Head, SC; and New England in Connecticut.

**Hyperbaric Oxygen and Its Use in Medical Conditions**

**John C. Hughes, DO** practices osteopathic, integrative, and regenerative medicine. His clinic, Aspen Integrative Medicine, Inc., provides the latest innovations in modern and natural medical care in Basalt and Aspen, Colorado. Dr. Hughes graduated from the Arizona College of Osteopathic Medicine in 2007 and trained in family practice at the University of Arizona. He has specialized in integrative and regenerative medicine, prolotherapy, platelet rich plasma (PRP) therapy, and osteopathic manual medicine since 2009.

In 2013, Dr. Hughes gained an interest in the treatment of traumatic brain injuries after, incidentally, treating a patient with a severe TBI using a regenerative medicine protocol of hyperbaric oxygen, an
intranasal PRP/insulin/nutrient cocktail, IV nutrition, cranial therapy, and autologous stem cells. In 2014, Dr. Hughes founded TBI Therapy, LLC, a TBI treatment clinic in Colorado focused on the development of specific protocols for mild to severe brain injury patients.

In 2016, Dr. Hughes received a patent for his TBI Therapy Protocol and intranasal cocktail formulation. His TBI rehabilitation work has been recognized by the U.S. military, the regenerative medical community, brain injury specialists, and patients. Dr. Hughes sees patients from around the U.S. on a regular basis in Basalt, Colorado and Lafayette, Colorado through TBI Therapy.

Hyperbaric medicine therapy has indications for a variety of medical conditions. In most big hospitals, HBOT is used for wound care, particularly for diabetic wound ulcers, but there are many other indications, backed by solid scientific studies, for hyperbaric oxygen therapy's use in medicine. This lecture will discuss the HBOT's scientific mechanisms, its common and less well-known clinical indications, treatment protocols, and clinical cases for the conditions treated.

**Faculty Disclosure:** No conflicts. Dr. Hughes intends to discuss the use of Hyperbaric Oxygen Therapy for neuro-regenerative use, chronic infection, and orthopedic treatments.

**Slides are not available as of Syllabus print deadline.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Describe how hyperbaric oxygen helps the mitochondrial tissues in the body
- Explain the applications of the hyperbaric oxygen chamber
- Identify indications and contraindications along with how often treatment should be done

**2:00 – 3:00 PM Altitude Illness and Its Effect on Preexisting Medical Conditions**

**Douglas M Hill, DO, FACEP-D, FACEP** graduated from Kansas City University of Medicine and Biosciences and completed his Residency at Green Cross General Hospital and Akron General Medical Center in Ohio. He is Board Certified by both the American Osteopathic Board of Emergency Medicine and the American Board of Emergency Medicine.

He has recently retired from the clinical practice of Emergency Medicine in the greater Denver area, but plans to continue his teaching, consulting, mentoring, and volunteering both locally and nationally. He currently serves as the Director of Emergency and Trauma Services at Mountain View Regional Hospital in Casper, Wyoming. Dr Hill is a Professor of Emergency Medicine at the Kansas City University of Medicine and is an adjunct faculty member at Rocky Vista University in Colorado.

He is a member of the Wilderness Medical Society, the Colorado Doctors Ski Patrol Association, and the Colorado Mountain Club, where he previously served as Medical Director. Dr Hill is a past National Board Member of the American College of Emergency Physicians and is a recipient of ACEP’s highest award, the James D Mills Outstanding Contribution to Emergency Medicine. He is also past Board member of the American College of Osteopathic Emergency Physicians, and recipient of ACOEP’s Bruce D. Hornton Lifetime Achievement Award. His special interests include Pharmacology, Toxicology, Wilderness, and High Altitude Medicine. He is a Black Belt in Shotokan Karate, and in his leisure time enjoys Backpacking, Hiking, High-pointing, and Mountain Climbing. He has been on climbing expeditions on 6 continents and has completed the Colorado 14’ers.
Many individuals with preexisting medical problems can travel safely to altitude. Discussion will include what prophylactic measures can be undertaken so their visit will be safe and enjoyable. High Altitude syndromes will be reviewed, discussing the early recognition of symptoms and what treatment options are proven to be effective. Discussion will also include which patients with chronic medical conditions should not venture to high altitude and the rationale.

Faculty Disclosure: No conflicts

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Identify medical problems, from the benign to life-threatening that can occur at high altitude
• Describe both prophylaxis and symptomatic treatment of common altitude illnesses including Acute Mountain Sickness, HACE, and HAPE
• Counsel patients regarding their preexisting medical conditions, who can and cannot visit altitude, and what can be done to prevent decompensation when exposed to altitude

3:00 – 4:00 PM  Diagnosis and Treatment of Heavy Menses  
Lisa Kitagawa Lewis, DO, FACOG is a Kirksville grad. She completed a one-year rotating internship at Rocky Mountain Osteopathic Hospital then moved to St. Joseph Hospital in Denver as a Family Practice intern. Within 6 months at St. Joseph’s, she was recruited over to the Obstetrics/Gynecology department and has practiced Ob/Gyn in West Denver since graduating in 1992.

Lisa left her large practice to start a Gynecology solo practice in Lakewood in 2011. Her small practice became the pilot small office for ACOG’s Safety Certification program in 2011 and remains the only office in Colorado to have received this status. Her practice, Sustaina Center for Women, is also a top performing practice in the Quality Improvement arena, working with the Colorado Transforming Clinical Practice initiative.

She hopes to provide you a lively and interactive presentation on one of your favorite subjects – vaginal bleeding! Lisa’s goal is to make you smile the next time you see these words as a chief complaint!

Faculty Disclosure: No conflict

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Recognize when bleeding is abnormal
• Identify when to test abnormal bleed further, and pick best test to run
• Choose which patients to refer to a specialist and which tests to run prior to referral

4:00 – 4:30 pm  Exhibitor Break
**Advances in Heart Failure**

Amy J. Barley, DO, is an Interventional Cardiologist in Denver, working with the Aurora Denver Cardiology Associates and HCA/HealthOne Hospitals. Previously, she was the Medical Director for the Cardiac Intensive Care Unit/Cardiac Telemetry Unit at Allegheny General Hospital in Pittsburgh, PA where she completed her Cardiovascular Disease Fellowship and her Internal Medicine Residency. A 2002 graduate of Philadelphia College of Osteopathic Medicine, she is board certified in Internal Medicine, IM Cardiovascular Disease, Echocardiography and Nuclear Cardiology.

**Faculty Disclosure:** No conflict

Slides have been posted to the presentations website.

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Discuss nomenclature changes and stages of heart failure
- Discuss new diagnostic strategies
- Discuss new therapies and use

**Cannabis for Chronic Pain**

Rob Ivker, DO, ABIHM, FAAFP (“Rav”) is a holistic healer, family physician, cannabis clinician, health educator, and best-selling author of seven holistic healing books, most notably SINUS SURVIVAL: The Holistic Medical Treatment for Sinusitis, Allergies, and Colds, 4th edition. He is a board-certified integrative holistic physician (ABIHM), a fellow of the American Academy of Family Physicians, a past-president and co-founder of the American Board of Integrative Holistic Medicine (ABIHM), past-president of the American Holistic Medical Association (AHMA), and a certified Healing Touch practitioner.

Dr. Rav began practicing medicine in 1972 as a family doctor. During the past six years in his Fully Alive Medicine practice in Boulder, CO, he has evaluated and worked with nearly 7000 patients seeking a license issued by the Colorado Department of Public Health & Environment to legally obtain medical marijuana. Well over 90 percent of these patients are suffering with chronic pain. His comprehensive holistic treatment program includes medical marijuana, diet, supplements, exercise, affirmations, visualization, prayer, meditation, counseling, and energy medicine/Healing Touch.

As one of the pioneers and the co-founder of the specialty of Integrative Holistic Medicine (IHM), he regards his new book, Cannabis for Chronic Pain (Simon & Schuster, Sept. 2017), as an introduction to the holistic sub-specialty of Cannabis Medicine. The book is specifically focused on the application of medical marijuana for relieving chronic pain (its greatest therapeutic benefit), and the use of MMJ as a complement to a holistic treatment program for potentially curing the underlying condition causing the pain. With Cannabis for Chronic Pain, Dr. Rav is helping to establish the standard of care for the safe and effective use of medical marijuana.

The majority of chronic pain patients are suffering from low back pain, arthritis, or migraine headaches; and he has written separate books on the holistic medical treatment for each of these three conditions - - Backache Survival (2003), Arthritis Survival (2001), and Headache Survival (2002).
**Faculty Disclosure:** No conflicts. Dr. Ivker intends to discuss the use of Medical Cannabis for treating chronic pain.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Recognize how to use cannabis safely and effectively to treat chronic pain, and how to integrate it into a holistic medical treatment program
- Recognize cannabis as a solution to the opioid crisis
- Utilize specific cannabis recommendations for the most common chronic pain conditions

**6:30 – 7:00 PM** *Exhibitor Break - Light dinner served, hosted by COPIC*

**7:00 – 8:00 PM** *Emergent and Recurrent Issues in Patient Safety and Risk Management*

**Eric Zacharias, MD** practices Internal Medicine at the Boulder Medical Center and is an Assistant Clinical Professor of Medicine for the University of Colorado Health Services Center. He is board certified in Internal Medicine. He earned his MD at Vanderbilt University School of Medicine where he was a Justin Potter Medical Scholar and where served his residency.


**Faculty Disclosure:** No conflicts. This speaker is supported by COPIC.

**Slides will not be posted to the presentations website, per COPIC policy.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Associate and describe different patient safety situations which can lead to liability claims or patient safety breaches
- Review and summarize current high risk clinical areas

**8:00 PM** *Program concludes for Thursday*
FRIDAY, FEBRUARY 2, 2018

6:00 – 10:00 AM  Registration Open, Exhibit Hall Open

6:00 – 7:00 AM  Breakfast Served

6:30 – 7:30 AM  Osteoarthritis Update

Eric W. Porritt, DO is a board certified orthopedic surgeon practicing in North Denver region. He is a graduate of Touro-COM and completed his residency in Orthopedics at Midwestern University/St. James Hospital outside Chicago, Illinois in 2011.

Upon completion of his training he practiced on active duty with the US Army stationed at Landstuhl Medical Center with a focus on war trauma. Dr. Porritt was a member of the special operations unit 160th Forward Surgical Team (FST) where he deployed to Afghanistan in support of Special Forces operations.

Upon leaving the military he started a new practice in the north Denver region with North Suburban Medical Center (NSMC) commissioned with the task of facilitating the hospital’s transition to a Trauma Center and an “Orthopedic Center of Excellence.” He currently serves as Chief of Surgery and Orthopedic Chair to the Trauma Committee at NSMC. Dr. Porritt’s areas of interest are Trauma and Hip & Knee Replacement.

Faculty Disclosure:  No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Effectively utilize recent developments in conservative management for OA
- Discuss where medicine is at with PRP and STEM cell research
- Recognize appropriate usage of narcotics with OA
- Identify when advanced imaging is appropriate
- Appropriately value computer-assisted and robotic-assisted joint replacement
- Utilize minimally invasive techniques for hip replacement

7:30 – 8:30 AM  Managing Competitive Young Athletes with Cardiovascular Conditions

Natasha J. Pyzocha, DO, FAWM is a board certified Family Physician, Fellow of Wilderness Medicine, and United States Army Flight Surgeon for the 6-17 Calvary, 4th Combat Aviation Brigade, 4th Infantry Division. She earned her Bachelor of Science degree with honors in Biology from Elmira College in Elmira, NY. She then earned her Doctor of Osteopathic Medicine degree from the University of New England in Biddeford, ME where she was part of Sigma Sigma Phi. She completed her residency at Madigan Army Medical Center in Tacoma, WA where she was awarded the Colonel Robert Skelton Award, given annually to the most outstanding resident. In 2016 she completed a Wilderness Medicine Fellowship from the Wilderness Medicine Society. She is the staff Family Physician for the Army’s World Class Athlete Program and is a physician volunteer for the United States Olympic Committee. Dr.
Pyzocha is a guest lecturer and clinical preceptor for Rocky Vista College of Osteopathic Medicine students and also precepts students from the University of Colorado School of Medicine.

Dr. Pyzocha has delivered and authored numerous presentations and articles on both wilderness medicine and sports medicine topics. She is a Help Desk Answer Deputy Editor for Evidenced Based Practice, a monthly evidenced based medicine publication sent out by the Family Physician’s Inquiries Network. In her free time she enjoys volunteering with the Special Olympics, skiing, hiking, and mountain biking with her husband and two dogs.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Identify three cardiovascular conditions requiring further workup in the young athlete
- Describe an appropriate primary care assessment for three harmful cardiovascular conditions in the young athlete
- Recommend a safe exercise routine for young athletes with pathologic cardiovascular conditions
- Identify three cardiovascular conditions requiring further workup in the young athlete

8:30 – 9:00 AM Exhibitor Break

Scott D. Robinson, DO is the founding Program Director of Colorado Springs’ only primary care training site, having started the Family Medicine residency sponsored by Still OPTI and under the Peak Vista Community Health Centers system. The program, with eight residents per class, is currently AOA accredited and achieved initial ACGME accreditation on the first attempt.

Dr. Robinson has a passion for training our future colleagues to care for the underserved, with an emphasis on producing a well-rounded family physician able to provide up to date care in both the inpatient and outpatient settings.

He has inpatient practices at Penrose St. Frances and University of Colorado Memorial hospitals and outpatient clinic at the Peak Vista residency continuity clinic. His greatest joy is providing care to the elderly patients who he has known for years and who continue to share their lives with him.

Faculty Disclosure: No conflict

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Define the goal of medical education
- Describe the Quadruple Aim
- Identify at least two adult learning styles
- Describe the use of Milestones and how to reference the Milestones for Family Medicine
- Understand EPAs
10:00 AM – 2:30 PM  Mid-Day Recreation Break

2:30 – 7:30 PM  Registration

2:30 – 6:30 PM  Exhibit Hall Open

2:30 – 3:30 PM  Treatment of Hep C in the Primary Care Setting

Paul W. Cump, DO is a graduate of the College of Osteopathic Medicine of the Pacific Class of 1995 and completed his Residency in Family Medicine at Aurora Presbyterian in Aurora Colorado in 1998. After residency he worked in a rural setting in Kremmling, Colorado for 8 years before moving to Charleston, SC where he worked in Urgent Care, again for 8 years. For the last 5 years he has worked at Peak Vista Community Health Care Center in Colorado Springs and is one of the core faculty members for the Peak Vista Family Medicine Residency. He is a Clinical Assistant Professor for A. T. Still University College of Osteopathic Medicine.

Faculty Disclosure:  No conflict

Slides and handouts have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Discuss Primary Care’s changing role in the Hep C epidemic
• Describe Hepatitis basics, including the scope of this epidemic, WHO 2030 goal, and natural history of Hep C
• Identify those at risk
• Diagnose cases of Hep C, including who to treat or refer and what to discuss with patients
• Conduct work-up per Medicaid guidelines and review checklist

3:30 – 4:30 PM  Physician Burnout: Restoring the Joy of Practice

Robert Lam, MD, FAAEM is the Director of Medical Education for the Emergency Department at Memorial Hospital in Colorado Springs and a Clinical Assistant Professor of Emergency Medicine in the Department of Emergency Medicine at the University of Colorado School of Medicine. He has a passion for Physician Resilience and Well-Being. He currently serves as Chairman for the American Academy of Emergency Medicine Wellness and Burnout Prevention Committee. He is a member of the University of Colorado School of Medicine Resiliency Council.

Faculty Disclosure:  No conflict

Slides and handout have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Be familiar with the job demands, job resources model of burnout
• Identify ways that institutions can support professional fulfillment
• Identify evidence-based resilience practices
**4:30 – 5:30 PM**  Famous People with Diabetes: A Case Study Exploring the Use of New and Emerging Basal Insulins

**Richard Sadovsky, MD, MS** earned his MD and completed his residency at SUNY-Health Science Center at Brooklyn. Following that, he accepted a faculty appointment in the Department of Family Practice, and he served as Director of the Residency Program from 1977 to 1988. He earned a Master of Science degree in Health Management from New York University in 1987. Dr. Sadovsky advanced from Assistant Professor to Clinical Associate Professor in 1985, and he was awarded tenure as Associate Professor in 1988. From 1988 to 1990, Dr. Sadovsky served as Associate Chairman of the Department of Family Practice.

Dr. Sadovsky has been active in the New York State Academy of Family Physicians to which he was elected President, and also was a Trustee of the American Academy of Family Physicians Foundation.

Dr. Sadovsky has written numerous articles and book chapters on a variety of topics related to Family Practice. He served as Medical Editor of the AAFP Collection, a series of clinical care books by family physicians for family physicians and he edited a volume for Clinics in Family Medicine on "Hepatobiliary Disease". He is widely published in the area of Men's Health.

**Faculty Disclosure:** No conflict. This presentation is sponsored by The France Foundation, supported by an educational grant from Sanofi US.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Overcome barriers and avoid common pitfalls that lead to inappropriate delays in initiating or intensifying insulin treatment
- Set treatment goals and select basal insulin formulations according to evidence, current guidelines, and individual patient needs and preferences
- Implement evidence-based, safe, and effective basal insulin regimens that incorporate appropriate initial dosing and up-titration strategies
- Explore use of newer basal insulins and fixed-dose basal insulin combinations in clinical practice

**5:30 – 6:00 PM – Exhibitor Break, Exhibit Hall to close at 6:30 PM. Light Dinner served.**

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**6:00 - 7:00 PM**  The Patient Hand Off: Emergency Department, Hospital, and Ambulatory Communication of Patient Care Transitions

**Gregory Alan Feucht, II, DO** is a Clinical Assistant Professor with Rocky Vista School of Osteopathic Medicine and A. T. Still University Kirksville College of Osteopathic Medicine. He earned his DO at Edward Via College of Osteopathic Medicine in Virginia in 2010 and completed his Internship and a Family Medicine Residency at Southern Colorado Family Medicine. He currently is a Hospitalist with DaVita Medical Group.

**Faculty Disclosure:** No conflict
Slides and handouts have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Define Patient Hand off
- Identify Risks of poor Hand Offs and Benefits of Good Hand Offs
- Recognize barriers to effective patient hand offs
- Identify aspects of effective patient hand offs
- Identify best practices for patient hand offs
- Demonstrate Mnemonics for patient hand offs
- Demonstrate how to implement in a private practice

**7:00 PM Program concludes for Friday**

**SATURDAY, FEBRUARY 3, 2018**

**6:00 – 10:30 AM Registration**

**6:00 – 7:00 AM Breakfast served**

**6:30 – 7:30 am OMM Workshop: Lumbar and Pelvic OMT**

Ellice Goldberg, DO, FACOFP graduated from Western Health Science College of Osteopathic Medicine of the Pacific in 1985. She did her post graduate training at Michigan Osteopathic Medical Center. Dr. Goldberg is board certified in Family Practice, Neuromuscular Osteopathic Manipulative Medicine, and Holistic Health Care by the American Board of Holistic Medicine. She is trained in Acupuncture, Prolotherapy and Injection Therapy.

Dr. Goldberg currently practices in Arvada, Colorado and is a table trainer in Osteopathic Manipulation at Rocky Vista University. She is the past president of the Colorado Society of Osteopathic Medicine and is a Past President of the Colorado Chapter of the American College of Osteopathic Family Physicians.

Dr. Goldberg will be joined by two Pre-Doctoral Junior Fellows in Osteopathic Principles and Practice: Melanie White, OMS-III and Jacob Pearson, OMS-III.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Recognize Muscle Energy, HVLA and Counterstrain Techniques and apply them for pelvic and lumbar Osteopathic Somatic Dysfunction
- Identify the anatomy and deduce how to apply the Osteopathic Principals in treatment techniques to regain homeostasis
- Formulate a treatment approach for the pelvis and the lumbar spine
**7:30 – 8:30 AM**  
**Targeted Disk Replacement Surgery vs. Spinal Fusion**

**Joseph Morreale, MD**, is a board certified spine and orthopedic surgeon. He completed his spine fellowship at Yale University and joined the Center for Spine and Orthopedics in 2009. Dr. Morreale has advanced training and expertise in degenerative disease of the cervical and lumbar spine and was the first surgeon in Colorado to perform lumbar arthroplasty (artificial disc replacement) for chronic low back pain. His other specialties include cervical arthroplasty, minimally invasive spine surgery, motion-sparing surgery, complex cervical spine surgery, herniated disc surgery, complex deformity surgery and spinal fusion, among other procedures.

Dr. Morreale earned his medical degree at Thomas Jefferson Medical College of Thomas Jefferson University in Philadelphia, PA. He completed an orthopedic surgery residency at Temple University Hospital in Philadelphia.

In his spare time, he enjoys traveling, reading, skiing, cycling and spending time with his wife and two sons.

**Faculty Disclosure:** No conflict. Dr. Morreale is a consultant for Aesculap Spine, Elevation Spine, Zimmer-Biomet Spine, and Allosource.

Slides have been posted to the presentations website.

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Provide overview of the history of and research on Lumbar TDR
- Discuss how Lumbar TDR is being used
- Identify when this is the right choice for patients with back pain

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**8:30 – 8:45 AM**  
**Break**

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**8:45 – 9:45 AM**  
**Non-Melanoma Skin Cancer, Surgical (MOHS & Other Surgeries) vs. Non-Surgical Approaches**

**Reagan B. Anderson, DO, MPH, MCS, FAOCD, FAAD, FASMS, FAAD** is President of the Colorado Dermatology Institute (CDI) and a graduate of A. T. Still University Kirksville College of Osteopathic Medicine. Following graduation, Dr. Anderson was commissioned in the US Navy where he spent the majority of his time serving the United States Marine Corps as the First Reconnaissance Battalion Surgeon. Upon leaving the Navy, Dr. Anderson completed a 3-year dermatology residency at the Michigan State University Consortium/Oakwood Southshore Medical Center. He was actively involved in academic pursuits which included national and international lecturing as well as publishing several dermatologic articles. From October 2008-October 2009 Dr. Anderson represented all Osteopathic Dermatology Residents as the Resident Liaison for the American Osteopathic College of Dermatology.

Since opening the CDI in July, 2010, Dr. Anderson has become: Board Certified in Dermatology; a Fellow Member of the American Society of Mohs Surgeons; and is one of approximately 40 Mohs surgeons in the U.S. to attain the prestigious American Osteopathic Board of Dermatology Certificate of Added Qualification in Mohs Micrographic Surgery. Dr. Anderson is on staff at Memorial and Penrose/St.

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Francis hospitals and is an assistant professor at Rocky Vista University College of Osteopathic Medicine in Parker, CO and in conjunction with Rocky Vista University, has founded the Colorado Dermatology Institute/Rocky Vista University Dermatology Residency program – the only one of its kind in Southern Colorado.

This lecture will focus on not only being able to recognize clinically and biopsy appropriate lesions, but will also talk about the various treatment modalities that are old, new, and old that are now new again. Participants will discuss in particular Superficial Radiation Therapy, Mohs Surgery, and various systemic therapies when appropriate.

**Faculty Disclosure:** No conflict.

**Slides have not been posted to the presentations website per direction of the speaker.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Identify and have a general understanding of the three main forms of skin cancer
- Rationally think through the different treatment options (medical, surgical to include Mohs, and radiation) for the 3 main types of skin cancer and be able to explain them to patients

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**9:45 – 10:45 AM  Understanding Immunotherapy for Allergy Treatment**

Nathanael Brady, DO is board certified in Allergy and Immunology, having completed a fellowship in the specialty at the University Hospitals in Cleveland, OH. His Residency was in Pediatrics at Nationwide Children’s Hospital in Columbus, OH following graduation from Michigan State University College of Osteopathic Medicine in 2005.

Dr. Brady is a member of the American Academy of Allergy, Asthma, and Immunology, the American College of Allergy, Asthma and Immunology, Christian Medical and Dental Association, Clinical Immunology Society, Colorado Allergy and Asthma Society, Colorado Springs Osteopathic Foundation, and the El Paso County Medical Society.

Dr. Brady writes, “I grew up in the Midwest and moved to Colorado after completing my training. My free time is spent with my wife, daughter and two sons. I enjoy outdoor activities such as hiking, camping and running; watching college and professional sports; and actively participating in my church.”

**Faculty Disclosure:** No conflict. He may discuss off-label uses and if so, will announce those on site.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:

- Utilize basic terminology and immune mechanism related to immunotherapy
- Review preparation and administration of immunotherapy
- Identify patients who are candidates for immunotherapy and contraindications
- Discuss risk assessment related to immunotherapy
- Review new immunotherapy options

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**10:45 AM – 3:30 PM  Mid-Day Recreation Break**
11:00 AM – 1:00 PM  Colorado Society of Osteopathic Medicine Board of Trustees Meeting

2:30 – 3:30 PM  Colorado Chapter of ACOFP Luncheon Meeting

3:00 – 6:00 PM  Poster Presentations and Balloting, Registration

3:30 – 4:30 PM  Review and Updates in Statistical Methodology in Medical Research - Deciphering Evidence

Shannon Constantinides is a full-time PhD student at the Florida Atlantic University Christine E. Lynn College of Nursing and Health Sciences in Boca Raton, FL. Her area of academic interest is applied biostatistics and mixed methods research, particularly as related to primary care delivery and the geriatric population. She graduated with her Master of Science in Nursing in 2011 and her Bachelor of Science in Nursing in 2005, both with honors from the University of Colorado, where she minored in dietetics and human metabolism.

Shannon is a board-certified family nurse practitioner employed by UCHealth. In addition to maintaining a small panel of primary care patients, she runs a skeletal fragility clinic and performs imaging guided procedures. She has written and given several talks on the implications of skeletal fragility and treatment of metabolic bone disease. She is a surgical first-assist and before joining UCHealth spent the majority of her NP career in orthopedics.

Prior to becoming a nurse practitioner in 2011, Shannon worked as a critical care transport nurse in the United States Air Force, serving in support of Operations Iraqi and Enduring Freedom. In her free time, she enjoys mountain biking, backpacking, fly fishing, and traveling with her husband.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Recognize appropriate statistical models for testing medical hypotheses
• Identify appropriate and inappropriate statistical models in medical research as related to hypotheses in journal articles
• Apply knowledge of updated statistical models and appropriateness of fit of models to evidence when integrating research findings into clinical practice
• Use knowledge of updated statistical models in medical research, apply knowledge to question appropriateness of findings

4:30 – 5:30 PM  Prostate Cancer: Real World vs. Data in Structuring Best Treatment

J. Eric Derksen, MD graduated cum laude from St. Olaf College in 1992 and then worked for a biomedical firm for four years before going back to medical school. He graduated from the University of Minnesota medical School in 2000 and completed his residency training at the University of North Carolina – Chapel Hill. Throughout his residency he was extensively trained in complex laparoscopy and
Da Vinci robotic surgery, as well as performing extensive research on cox-2 inhibitors and prostate cancer.

He is a member of the American Urological Association. In his free time, Dr. Derksen and his wife Leah love spending time with their two children. He also enjoys outdoor biking, skiing, and playing tennis.

**Faculty Disclosure:** No conflict. Dr. Derksen anticipates discussing metformin, dutasteride, statins, ASA and celecoxib for potential use in prostate cancer.

**Slides have been posted to the presentations website.**

**Objectives** - At the conclusion of the presentation, the learner will be able to:
- Discuss new tests that seek to improve upon PSA to address patients with significant disease
- Recognize how conventional measures (PSA, Gleason groups) can lead clinicians/patients to treat a substantial number of cases where risks > benefits
- Distinguish dangerous disease (metastatic or lethal potential) from indolent cases

**5:30 – 6:00 PM**  
*Light dinner, limited bar served, hosted by RMOPTI; final balloting for Poster Contest*

| 6:00 – 6:30 PM | Rocky Mountain OPTI Graduate Medical Poster Competition: Presentations by Winners |

The Moderator for this session is **Christopher Unrein, DO, FACOI, FACP, CMD.** He is a self-described endangered species called a Colorado native! His family owned an ambulance service in Denver and he worked there during high school and college. He received his DO at Des Moines University, College of Osteopathic Medicine, in 1988.

After medical school, he went on to an ACGME-accredited internal medicine residency at Mountainside Hospital in Essex County, New Jersey. He is board certified by the American Osteopathic Board of Internal Medicine, American Board of Internal Medicine, and the National Board of Physicians and Surgeons in the fields of Internal Medicine and Hospice and Palliative Medicine. He is certified in nursing home medical direction through the American Board of Post-Acute and Long-Term Care Medicine.

Dr. Unrein is a fellow of the American College of Osteopathic Internists and a fellow of the American College of Physicians. Currently, he serves as fulltime faculty at Rocky Vista University, teaching various general medicine topics at the College of Osteopathic Medicine. Also at the University he is the medical director for the RVU Health Center and supervises internal medicine residents from the Sky Ridge Medical Center residency program as well as second year RVU medical students in the Health Center.

He is the chief academic officer for Rocky Mountain Osteopathic Postdoctoral Training Institute, the graduate medical education consortium founded by RVU. As of January 2018, Dr. Unrein is a Trustee of the American Osteopathic Board of Internal Medicine. In his spare time Dr. Unrein enjoys US history through the lens of presidential biography, and also loves to scuba dive. He also continues a keen and active interest in the ongoing challenges and debate regarding health care public-policy, both locally and at the national level.
Faculty Disclosure: No conflicts

Slides will not be used for this session.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Identify the topics of the top 3 posters presented at the ROME Rocky Mountain 2018 Poster Contest
- Briefly review current research and literature on these 3 topics

6:30 PM        Program concludes for Saturday

SUNDAY, FEBRUARY 4, 2018

6:00 – 11:30 AM   Registration

6:00 – 7:00 AM    Breakfast served, hosted by PHA Medical Education

6:30 – 7:00 AM    Exercise Prescription

Terri Bowland, DO completed her undergraduate work in Integrative Biology at the University of California Berkeley and her medical school at Western University of Health Sciences. She has been a physician for 15 years and is board certified in family practice. She is passionate about preventative medicine and dermatology as a part of her practice. She is new to Direct Primary Care and enjoys a work / life balance. She is a Colorado native and mom of busy twin toddler boys.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
- Explain the benefits of exercise prescriptions
- Discuss the risks of not offering an exercise prescription
- Overcome patient obstacles to exercise
- Define risk stratification of patients

7:00 – 8:00 AM    Dermatology Updates

Elizabeth (Lisa) Swanson, MD is a dermatologist and pediatric dermatologist practicing in Denver, Colorado. She grew up in Scottsdale, AZ and attended college at University of Colorado-Boulder where she majored in English and graduated with honors. She attended medical school at Tulane in New Orleans and graduated as a member of the AOA society. She completed her dermatology residency at Mayo Clinic in Rochester, MN and then went on to complete a fellowship in Pediatric Dermatology at Phoenix Children’s Hospital. She has been in practice in Colorado for 7 years and has been voted a “Top Doc” in Denver’s 5280 magazine for the past 6 years.
Faculty Disclosure: No conflict. Dr. Swanson anticipates referencing use of biologics such as ustekinumab for children with psoriasis (FDA approved only for ages 12 and up) and use of topical acne medications in children under 12 (most approved only for ages 12 and up). In addition, Dr. Swanson discloses that she is with speakers’ bureaus for Amgen, Sanofi-Regeneron, Pfizer, Valeant, and Aqua.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify conventional and new treatment options for:
  - atopic dermatitis
  - psoriasis
  - acne therapies
- Treat various skin conditions with conventional and emerging therapies

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<thead>
<tr>
<th>8:00 – 9:00 AM</th>
<th>Direct Primary Care Broad Scope Practice Design</th>
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<tbody>
<tr>
<td>Phil Eskew, DO, JD, MBA</td>
<td>is a family physician and attorney. He founded DPC (Direct Primary Care) Frontier in February 2015 while completing his family medicine residency at Heart of Lancaster Regional Medical Center and was named the American Osteopathic Foundation’s 2015 family medicine resident of the year. He spends most of his time seeing patients in the &quot;on site&quot; DPC correctional (prison) medicine setting in Wyoming.</td>
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He joined Proactive MD in February 2016 and is the company’s Vice President of Clinical Development and General Counsel. His DPC research has been published in Journal of the American Board of Family Physicians, Family Practice Management, Journal of Legal Medicine, West Virginia Medical Journal, Journal of American Physicians & Surgeons, and Medscape. His work has been cited in many DPC articles appearing in Medical Economics, Medscape, and other news outlets. Dr. Eskew has advised state and federal legislators about DPC legislation, and is the general counsel of the Direct Primary Care Coalition. Dr. Eskew has spoken at CME and Continuing Legal Education events including the American Academy of Family Physicians, the American College of Osteopathic Family Physicians, the American College of Legal Medicine, the American Association of Physicians and Surgeons, the New York State Bar Association, Texas Medical Association, Kentucky Academy of Family Physicians, and Mississippi Academy of Family Physicians.

Faculty Disclosure: No conflict. Dr. Eskew discloses that he is on speaker’s bureau for Access Health and is a major stock shareholder in Proactive MD and DPC Frontier.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify the benefits of a DPC practice
- Review practice scope
- Evaluate business design
- Overcome legal barriers for entry
- Summarize policy efforts in the works related to DPC Practice Model
9:00 – 9:15 AM  Break

9:15 – 10:15 AM  Wellness in a New Reality: Physician Suicide, Our Silent Epidemic
Robin Lynne Smith, DO writes, “I have been in private family practice for 20 years in Westminster Colorado. I have served multiple positions on the CSOM board including president. I also now live and work on a large animal rescue that also is used to provide therapy for at risk children.” A graduate of the Western University of Health Sciences College of Osteopathic Medicine of the Pacific in Pomona, CA, she completed her residency at Community Hospital/HealthONE.

Faculty Disclosure: No conflict.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Recognize the prevalence of physician suicide
• Identify warning signs
• Discuss how and where to seek help

10:15 – 11:15 AM  Tips on Achieving a Healthy Work-Life Balance from a Physician Who Loves Her Practice
Lisa Davidson, DO is a Board Certified Family Physician who has practiced in the Denver area since 2000. She attended Western University of Health Sciences to obtain her DO degree and went on to graduate from the Rose Family Medicine Residency. Dr. Davidson ran her own successful insurance-based private practice for eight years before realizing how broken the medical system was becoming.

Dr. Davidson believes the administrative demands of today’s medical system have marginalized the physician’s role and are eroding the physician-patient relationship. She founded Insight Primary Care, a Direct Primary Care practice, in 2012. She has reclaimed the relationship with her patients and has empowered herself to be the doctor she set out to be. She enjoys mentoring other physicians and pays particular attention to work/life balance.

Her second job is being a wife and mother of two, which she loves even more than being a physician. She and her husband love exposing their children to different cultures around the world.

Faculty Disclosure: No conflicts.

Slides have been posted to the presentations website.

Objectives - At the conclusion of the presentation, the learner will be able to:
• Identify and appreciate the ‘ups and downs’ of a family physician in practice for 20 years
• Describe the changing landscape of healthcare including the demands on physicians both personally and professionally
• Share ideas on how to be a master of your own time management
**Screening, Diagnosis, and Treatment of Pulmonary Arterial Hypertension: An Overview**

David S. Badesch, MD is Professor, Medicine-CVP-Pulmonary; Director, Pulmonary Hypertension Center; and Chair, Pharmacy and Therapeutics Committee at University of Colorado, School of Medicine in Aurora, CO. He has dedicated his career to improving the treatment of patients who are afflicted with PAH, preferring to apply an evidence-based approach toward therapy. By serving as a member and/or chairman of many PAH-related planning committees, and presenting lectures on current clinical trials and advances in the field of PAH, he has been actively involved in furthering research, treatment options, and disease awareness.

**Faculty Disclosure:** No conflict. Dr. Badesch discloses that he or his spouse has had financial relationships within the past 12 months as follows: Research Grants: Actelion, Gilead, United Therapeutics/Lung LLC, Belleraphon, Reatta, Arena, Eigher, and AADI. Further discloses consulting/advisory committee activities with Actelion, Gilead, United Therapeutics/Lung LLC, Belleraphon, Liquidia, Arena, and Acceleron. He has long-term holding of stocks in Johnson & Johnson. While he participates in no speakers’ bureaus, he discloses that he has received honoraria for non-promotional talks from ScienceVision, Practice Point Communications, and the PHA.

This speaker is being supported through a grant from the PHA Medical Education “Focus on Pulmonary Arterial Hypertension.” This activity is supported by educational grants from: Actelion Pharmaceuticals USA, Inc.; Gilead Sciences, Inc.; United Therapeutics Corporation; and Bayer Healthcare.

**Slides have been posted to the presentations website.**

**Objectives -** At the conclusion of the presentation, the learner will be able to:

- Accurately diagnose patients through comprehensive screening and early recognition of symptoms
- Evaluate the patient’s condition and prescribe optimal long-term management
- Recognize when and how to treat and when to consult with colleagues at an established PAH center

**This concludes the ROME 2018 Rocky Mountain CME Conference.**

Please be sure to complete, sign and turn in your Attendance Attestation form in order to have your CME credits granted.
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OUTCOMES MEASURES QUESTIONNAIRE

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This is different from the Evaluations Survey.

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ROME® Rocky Mountain – Dates and Location to be determined – February 2019
General Sessions will take place in “Peak 17” – see Breckenridge Ballroom arrow
Exhibit Hall will be in “Peak 14-16”
Registration will be in the lobby just outside of “Peak 17”