



OGDEN SURGICAL-MEDICAL SOCIETY  
CME Excellence Since 1948



# Movement in Primary & Specialty Medicine

Critt Aardema, MD Presiding

MAY  
12-15  
2026

## Accreditation

The Ogden Surgical-Medical Society designates this live activity for a maximum of 29.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Ogden Surgical-Medical Society is accredited by the Utah Medical Association to provide continuing education to physicians.

The Ogden Surgical-Medical Society is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The AOA designates this program for a maximum of 29.75 AOA Category 1A credits. Physicians should claim only the credit commensurate with the extent of their participation.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

ACGME Competencies: This course is designed to meet the following Accreditation Council of Graduate Medical Education Competencies: Patient Care, Medical Knowledge, Practice-Based Learning and Improvement, Interpersonal and Communication Skills, Professionalism, and System-Based Practice.

|         |                                                                                                                                               |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 4:30 PM | <b>Poster Contest Presentation</b> (2 AMA PRA Category 1 Credit(s) <sup>™</sup> )<br>Residents, Medical School Students, and Pre-med Students |
| 6:30 PM | <b>Keynote Lecture:</b> Lessons on Movement from a Runner, Olympian, & Team USA Coach (1.50 CME)<br>Coach Ed Eyestone                         |

### 7:00 AM Welcome and Announcements

7:30 AM **Pearls from My Specialty**  
New Concussion Protocol & Health Approach (.50 CME)  
Josh Hansen, MD

8:00 AM **Pearls from My Specialty**  
Hospice & Palliative Care (.50 CME)  
Gary Holland, MD

8:30 AM **Pearls from My Specialty**  
New Guidelines for Pediatric Obesity (.50 CME)  
Jacqueline T. Chan, MD

9:00 AM **Pearls from My Specialty**  
Update of the Recent Utah Legislature from the  
UMA Perspective (.50 CME)  
Michelle McOmber, MBA, CEO

### 9:30 AM Break with Exhibitors

10:00 AM Modern Mechanisms for Old Medicine Part 1: Leveraging  
Osteopathic Neuromusculoskeletal Medicine for Enhanced  
Patient Outcomes (1 CME)  
Scott Moore, DO

11:00 AM Wound Care (1 CME)  
Jeremy Kessler, MD

### 12:00 PM Lunch

12:30 PM **Keynote Lunch Lecture: The Comfort Crisis** (1.5 CME)  
Michael Easter

### 2:00 PM Break with Exhibitors

2:30 PM Women's Health: Women in Sports, Balance Needed (1 CME)  
Sarah Callister Sellers, CRNA

3:30 PM Women's Health: Menopause (1 CME)  
Camille Moreno, DO

4:30 PM Women's Health: Sexual Medicine (1 CME)  
Anna H. Nash, PhD, PA-C

2:30 PM ONLY **Skill Lab #1** - Exercise Science Regime for Clinicians and  
Their Patients (1 CME)  
Michael Easter

3:30 & 4:30 PM ONLY **Skill Lab #2** - Hands-on Wound Care (1 CME)  
Jeremy Kessler, MD & Advanced Wound Care & Hyperbaric  
Specialists Team

2:30, 3:30, & 4:30 PM **Skill Lab #3** - NRP Recertification (1 CME)  
CommonSpirit Holy Cross Hospital-Davis Education Team

3:30, & 4:30 PM ONLY **Skill Lab #4** - Modern Mechanisms for Old Medicine Part 2:  
Practical OMT Implementation for Your Everyday Clinic (1 CME)  
Scott Moore, DO & Nathan Nakken, DO



|                       |                                                                                                                                                                |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:00 AM               | <b>Welcome and Announcements</b>                                                                                                                               |
| 7:30 AM               | <b>Pearls from My Specialty</b><br>Orthopedics (.50 CME)<br>Blake Sellers, MD                                                                                  |
| 8:00 AM               | <b>Pearls from My Specialty</b><br>Urology-Prostate Cancer Screening and the Evolution of Active Surveillance (.50 CME)<br>Brian Heaton, MD                    |
| 8:30 AM               | <b>Pearls from My Specialty</b><br>Tobacco Data and Enforcement in Weber and Morgan Counties (.50 CME)<br>Amanda Jones, MPH & Bryce Sherwood, MHA              |
| 9:00 AM               | <b>Pearls from My Specialty</b><br>Vaccine Politics (.50 CME)<br>Candice K. Smith, MD                                                                          |
| 9:30 AM               | <b>Break with Exhibitors</b>                                                                                                                                   |
| 10:00 AM              | Vascular & Lead Surgeon for Project Recovery (1 CME)<br>Mark R. Sarfati, MD                                                                                    |
| 11:00 AM              | Project Recovery: Sarah's Story (1 CME)<br>Sarah Frei Mills                                                                                                    |
| 12:00 PM              | <b>Lunch</b>                                                                                                                                                   |
| 12:30 PM              | <b>Keynote Lunch Lecture: What the Health is Happening?</b> (1.50 CME)<br>US Congressman Blake Moore                                                           |
| 2:00 PM               | <b>Break with Exhibitors</b>                                                                                                                                   |
| 2:30 PM               | Nephrology Lecture: Home Dialysis Modalities (1 CME)<br>Josephine D. Abraham, MD, MPH                                                                          |
| 3:30 PM               | Nephrology Lecture: Polycystic Kidney Disease (1 CME)<br>Stephen Sammons, MD                                                                                   |
| 4:30 PM               | Nephrology Lecture (1 CME)<br>TBD                                                                                                                              |
| 2:30, 3:30, & 4:30 PM | <b>Skill Lab #1 - ACLS Recertification</b> (1 CME)<br>CommonSpirit Holy Cross Hospital-Davis Education Team                                                    |
| 2:30 PM to 4:30 PM    | <b>Skill Lab #2 - Medical Cannabis in Utah: Law Update and Best Practices for Safe Use of Medical Cannabis</b> (2 CME)<br>Rich Oborn, MPA & Matthew McIlff, MD |
| 2:30, 3:30, & 4:30 PM | <b>Skill Lab #3 - Prescribing Movement: Yoga (Floor &amp; Chair)</b> (1 CME)<br>Andrea Allen                                                                   |
| 2:30, 3:30, & 4:30 PM | <b>Skill Lab #4 - Vestibular Rehab</b> (1 CME)<br>Brent Webb, PT                                                                                               |

|         |                                                                                                                |
|---------|----------------------------------------------------------------------------------------------------------------|
| 7:00 AM | <b>Welcome and Announcements</b>                                                                               |
| 7:30 AM | <b>Pearls from My Specialty</b><br>Complex Regional Pain Syndrome & Testing (.50 CME)<br>Kirsten Baca, MD      |
| 8:00 AM | <b>Pearls from My Specialty</b><br>Genetics/Ehlers-Danlos Syndrome (.50 CME)<br>Douglas J. Ball, MD            |
| 8:30 AM | <b>Pearls from My Specialty</b><br>Alternative Treatments for Depression (.50 CME)<br>Ben Van Leeuwen, MD, MPH |
| 9:00 AM | <b>Pearls from My Specialty</b><br>Weight Loss Medicines (GLP-1) (.50 CME)<br>Sarah Iannacone, Pharm D, BCACP  |

|                       |                                                                                                                                                                                            |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30 AM               | <b>Break with Exhibitors</b>                                                                                                                                                               |
| 10:00 AM              | <b>Resident Lectures (2 CME)</b><br><i>Third-Year Residents</i>                                                                                                                            |
| 12:00 PM              | <b>Lunch</b>                                                                                                                                                                               |
| 12:30 PM              | <b>Keynote Lunch Lecture: Creating the BYU School of Medicine (1.50 CME)</b><br><i>Mark Ott, MD</i>                                                                                        |
| 2:00 PM               | <b>Break with Exhibitors</b>                                                                                                                                                               |
| 2:30 PM               | <b>Adventure Medicine (1 CME)</b><br><i>Michael L. Rhodes, MD</i>                                                                                                                          |
| 3:30 PM               | <b>Adventure Medicine (1 CME)</b><br><i>TBD</i>                                                                                                                                            |
| 2:30, 3:30, & 4:30 PM | <b>Skill Lab #1 - Taping Skill Lab (1 CME)</b><br><i>Mercedes Ealey, WSU Athletic Trainer</i>                                                                                              |
| 2:00 PM to 6:15 PM    | <b>Skill Lab #2 - Pain Management &amp; Opioids: A Patient-Centered Approach* (4 CME)</b><br><i>Norman Bowers, PA-C, Lisa Hrushka, DO, Joshua Minori, DO, &amp; Mathew Romankowski, MD</i> |

\*58-37-6.5 continuing education for controlled substances prescribers

### Overall Program Objectives

At the completion of the medical conference, attendees will have a better idea of how to treat, manage, and educate their patients by:

1. Addressing pearls from specialty medicine (and when to refer) concerning orthopedics; vaccine politics; weight loss medicines (GLP-1); hospice & palliative care; alternative treatments for depression; genetics/Ehlers-Danlos syndrome; new guidelines for pediatric obesity; new concussion protocol & health approach; complex regional pain syndrome & testing; Urology-Prostate Cancer Screening and the Evolution of Active Surveillance; and tobacco data and enforcement in Weber & Morgan Counties.
2. Identifying current medical issues (and when to refer) concerning wound care: adventure medicine; nephrology lecture: home dialysis modalities; women's health: women in sports/balance needed, menopause, and sexual medicine; and modern mechanisms for old medicine part 1: leveraging osteopathic neuromusculoskeletal medicine for enhanced patient outcomes.
3. Providing education of interest concerning the comfort crisis; lessons on movement from a runner, Olympian, and Team USA coach; what the health is happening; creating BYU medical school; vascular & lead surgeon for project recovery; and project recovery: Sarah's Story.
4. Completing an opioid education CME course to fulfill the Utah DOPL prescription licensure.
5. Completing a medical cannabis course, Medical Cannabis in Utah: Law Update And Best Practices for Safe Use of Medical Cannabis
6. Experiencing hands-on performance skill labs concerning exercise science regime for clinicians and their patients; hands-on wound care; prescribing movement: yoga (floor & chair); vestibular rehab; taping skill lab (ankles & knees), NRP recertification, and ACLS recertification.
7. Identifying resident, medical student, and undergraduate quality improvement research and/or clinical project lectures and posters.
8. Addressing the current medical issues, and through review or integration of new or improved discoveries of current medical issues, improve competence and performance in clinical practice for patient care.
9. Identifying recent changes in healthcare laws and policies from the update of the recent Utah legislature from the UMA perspective. With this information, it is important to discuss the impact on the medical practice and practitioner.
10. Enhancing competence and performance skills of the interdisciplinary team to improve care of patients needing primary and/or specialty care. The intent is to facilitate productive, collegial action between the medical team, including physicians, physician assistants, nurses, nurse practitioners, social workers, and first responders.



**NOORDA COLLEGE**  
"OSTEOPATHIC MEDICINE"



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**BE A PRECEPTOR  
FOR NOORDA  
MEDICAL STUDENTS!**



|                              |                                                                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tuesday,<br/>May 12</b>   | <p><b>Tuesday Evening Dinner with CME</b><br/>4:30 PM: Pre-Registration Starts</p> <p>4:30 PM-6:30 PM: Poster Contest with pre-med students, medical school students, and residents (1 CME)</p> <p>6:30 PM-8:00 PM: Dinner with CME (1.5 CME)</p> <p>Seating is limited. Reservations required. +1 free.</p> <p><i>Sponsored by Stewart Education Foundation</i></p>                                                  |
| <b>Wednesday,<br/>May 13</b> | <p><b>McKay-Dee Physician Family Night</b><br/><i>information coming soon!</i></p> <p><i>Sponsored by Intermountain McKay-Dee Hospital</i></p>                                                                                                                                                                                                                                                                        |
| <b>Thursday,<br/>May 14</b>  | <p><b>Ogden Regional Medical Center Pickleball Tournament OR Dinner</b></p> <p>Dinner with musical entertainment by Peter Breinholt 6:30 PM-8:00 PM<br/>Weber State University<br/>Sheperd Union Building 3rd Floor<br/>3910 West Campus Drive<br/>Ogden, UT 84408</p> <p>The Picklr 6:00 PM-9:00 PM Thursday<br/>2491 East 6700 South, Uintah, UT 84405</p> <p><i>Sponsored by Ogden Regional Medical Center</i></p> |
| <b>Friday,<br/>May 15</b>    | <p><b>CommonSpirit Holy Cross Hospital-Davis and Tanner Clinic Family Night</b><br/>6:30-9:00 PM</p> <p>Seaquest Interactive Aquarium<br/>Layton Hills Mall, 1201 N. Hill Field Rd., Layton, UT 84041</p> <p>Limited attendance.<br/>Reservations required.</p> <p><i>Sponsored by CommonSpirit Holy Cross Hospital-Davis and Tanner Clinic</i></p>                                                                   |

# REGISTRATION FORM

## Registration Information

By registering for the conference, you receive:

- ✓ Membership in Ogden Surgical-Medical Society
- ✓ 50+ CME credits
- ✓ 29.50 CME live credits and
- ✓ 35+ CME recorded credits
- ✓ Breakfast, lunches and breaks
- ✓ Free evening events and dinner events

## Hotel Accommodations

Hilton Garden Inn;  
OSMS Room Block Reserved  
[ogdensurgical.com/registration/](http://ogdensurgical.com/registration/)  
Click Book Reservation > Group Code 902

## Special Needs

The Ogden Surgical-Medical Society and Weber State University fully comply with legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant needs accommodations, call Teresa at 801-564-5585.

## For More Information

Go to [www.ogdensurgical.com](http://www.ogdensurgical.com)

Contact Teresa Puskedra, OSMS Executive Director, at 801-564-5585 or email [teresapuskedra@ogdensurgical.com](mailto:teresapuskedra@ogdensurgical.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Medical school graduation year \_\_\_\_\_

## Check all that apply:

- ☐ I will be attending only in-person meetings
- ☐ I will be attending only online meetings
- ☐ I will be attending a hybrid of in-person and online meetings
- ☐ Already paid
- ☐ \$595 Doctorate Level Provider (MD, DO, PhD, DPM, DDS, DMD, DNP)
- ☐ \$570 Doctorate Level attending first time ever (MD, DO, PhD, DPM, DDS, DMD, DNP)
- ☐ \$495 Advanced Practice Clinicians
- ☐ \$345 Retired Doctorate Level Provider, and Advanced Practice Clinicians
- ☐ \$320 Nurse, Social Worker, & EMS Professional
- ☐ All registration fees paid after April 1, 2026 will have an added \$50 late fee.
- ☐ Member Guest Lunch \$30
- ☐ Member Guest Breakfast \$20

## Dietary Restrictions

- ☐ Vegetarian
- ☐ Vegan
- ☐ Gluten-Free
- ☐ Food Allergy
- ☐ Other
- ☐ None



- ☐ I would not like to be included in mailings from Ogden Surgical-Medical Society-affiliated organizations.

## Select the days you plan to attend:

|           | Breakfast                | Lunch                    |
|-----------|--------------------------|--------------------------|
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday  | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday    | <input type="checkbox"/> | <input type="checkbox"/> |

## Registration Options

You may register online at [www.ogdensurgical.com](http://www.ogdensurgical.com)

or mail completed form and check to  
**Ogden Surgical-Medical Society**  
P.O. Box 9311  
Ogden, Utah 84409

**Questions? Contact Teresa at 801-564-5585  
or [teresapuskedra@ogdensurgical.com](mailto:teresapuskedra@ogdensurgical.com)**

*The 2026 OSMS conference will not include Social Worker CEUs, or Nursing CEs, or Nurse Practitioner with Pharmacology contact hours.*

*The Ogden Surgical-Medical Society is a non-profit organization with 501(c)(3) status and all donations are tax-deductible to the extent allowed by law.*

## REGISTRATION FORM (continued)

### Wednesday, May 13, 2026

**Skill Lab #1 - Exercise Science Regime for Clinicians and Their Patients (1 CME)** Michael Easter

☐ 2:30 PM

**Skill Lab #2 - Hands-on Wound Care (1 CME)** Jeremy Kessler, MD & Advanced Wound Care & Hyperbaric Specialists Team

☐ 3:30 PM

☐ 4:30 PM

**Skill Lab #3 - NRP Recertification (1 CME)** CommonSpirit Holy Cross Hospital-Davis Education Team

☐ 2:30 PM

☐ 3:30 PM

☐ 4:30 PM

**Skill Lab #4 - Modern Mechanisms for Old Medicine Part 2: Practical OMT Implementation for Your Everyday Clinic (1 CME)** Scott Moore, DO & Nathan Nakken, DO

☐ 3:30 PM

☐ 4:30 PM

### Thursday, May 14, 2026

**Skill Lab #1 - ACLS Recertification (1 CME)** CommonSpirit Holy Cross Hospital-Davis Education Team

☐ 2:30 PM

☐ 3:30 PM

☐ 4:30 PM

**Skill Lab #2 - Medical Cannabis in Utah: Law Update and Best Practices for Safe Use of Medical Cannabis (2 CME)** Richard Oborn, MPA & Matthew S. McIlff, MD

☐ 2:30 PM

**Skill Lab #3 - Prescribing Movement: Yoga (Floor & Chair) (1 CME)** Andrea Allen

☐ 2:30 PM

☐ 3:30 PM

☐ 4:30 PM

**Skill Lab #4 - Vestibular Rehab (1 CME)** Brent Webb, PT

☐ 2:30 PM

☐ 3:30 PM

☐ 4:30 PM

### Friday, May 15, 2026

**Skill Lab #1 - Taping Skill Lab (1 CME)** Mercedes Ealey, WSU Athletic Trainer

☐ 2:30 PM

☐ 3:30 PM

☐ 4:30 PM

**Skill Lab #2 - Pain Management & Opioids: A Patient-Centered Approach (1 CME)** Norman Bowers, PA-C, Lisa Hrushka, DO, Joshua Minori, DO, & Mathew Romankowski, MD

☐ 2:30 PM

## Free Socials & Other Events

### Tuesday, May 12, 2026

☐ # Attending \_\_\_\_\_ Tuesday Evening Dinner with CME (6:30 PM)

### Wednesday, May 13, 2026

☐ # Attending \_\_\_\_\_ McKay-Dee Physician Family Night (6:00 PM)

### Thursday, May 14, 2026

☐ # Attending \_\_\_\_\_ Ogden Regional Medical Center Pickleball Tournament (6:00 PM)

☐ # Attending \_\_\_\_\_ Ogden Regional Medical Center Dinner With Entertainment (6:30 PM)

### Friday, May 15, 2026

☐ # Attending \_\_\_\_\_ CommonSpirit Holy Cross Hospital-Davis and Tanner Clinic Family Night (6:30 PM)



## Board Members 2026

Critt Aardema, MD, President  
Adam Taintor, MD, Past President  
Brian Heaton, MD, President Elect 2027  
Michael Grant, MD, President-Elect 2028  
Marc Johnson, MD, Chair  
Heather Heilesen, MD, Co-Chair  
Steve Scharmann, MD, Treasurer  
Kurt E. Rifleman, MD, CME Chair  
Bryan Campbell, MD, Secretary  
Val Johnson, MD, Historian/Trustee

Douglas K. Anderson, MD, Trustee  
Jason R. Hoagland, MD, Trustee  
Kirsten Baca, MD, Member-at-Large  
Frank H. Brown, MD, Member-at-Large  
Joelle Creager, FNP, Member-at-Large  
Michela Harris, MHA, Member-at-Large  
Albert Hartman, MD, Member-at-Large  
Clark Madsen, MD, MS, Member-at-Large  
Scott Moore, DO, Member-at-Large  
Robert Whipple, MD, Member-at-Large

## Program Description

At the completion of the 3.5-day Ogden Surgical-Medical Society CME conference 2026, attendees will have a better idea of how to treat, manage, and educate their patients by: Addressing Pearls from Specialty medicine (and when to refer); Identifying current medical issues concerning movement and primary care; Providing education of interest; Completing an opioid education course; Completing a medical cannabis course; Experiencing hands-on performance skill labs; Identifying resident quality improvement project lectures and posters; Identifying recent changes in healthcare laws, and policies; and Enhancing competence and performance skills independently and performance skills independently and as a medical team.

## DID YOU KNOW?



National Kidney Foundation™  
of Utah and Idaho

**1 in 3** American adults is at high risk for kidney disease (KD) • About **1 in 2** U.S. adults aged 30–64 will develop chronic kidney disease over the course of their lifetime.  
• **1 in 7** American adults has KD, and most don't know it • **Diabetes and high blood pressure** are the two leading causes of KD • Nearly **38.4 million** Americans (**1 in 10**) have diabetes • Diabetes is the leading cause of kidney failure in the U.S., accounting for roughly **40–45% of the more than 800,000** Americans living with end-stage kidney disease. • **About half** of American adults have high blood pressure, and roughly **1 in 5** of them don't know it • Kidney disease causes over **50,000 deaths** in the U.S. each year and is a leading cause of death. • Because KD often has **no symptoms**, it can go undetected until it is very advanced • **Early detection** and treatment can slow or prevent the progression of KD • Of the more than **100,000** Americans on the waiting list for a lifesaving organ transplant, over **90,000** need a kidney, and about **27,000** kidney transplants are performed each year • Every day, about **12 people die** waiting for a kidney transplant in the U.S. • Once the kidneys fail, dialysis or a kidney transplant is required • Over **540,000** Americans are on dialysis and more than **260,000** live with a functioning kidney transplant • People with kidney disease often require frequent medical care to manage their condition. • CKD and end-stage kidney disease together cost the U.S. healthcare system over **\$130 billion** each year.



## Driving Directions

### Driving from South of Ogden:

1. Turn right on 4600 South
2. Turn left into Dee Event Center Parking Lot
3. Board the free OGX bus to Ogden Central/Wildcat Shuttle
4. Get off the bus at Weber State Central Station
5. Turn left and enter the Shepherd Union Building
6. Go to the 3rd Floor by elevator or stairs

### Driving from North of Ogden:

1. Turn left on 4600 South
2. Turn left into Dee Event Center Parking Lot
3. Board the free OGX bus to Ogden Central/Wildcat Shuttle
4. Get off the bus at Weber State Central Station
5. Turn left and enter the Shepherd Union Building
6. Go to the 3rd Floor by elevator or stairs

## Parking

Free parking at Dee Events Center, WSU lot W8, and free OGX bus.

## Free OGX bus leaves every 10 minutes from 4:30am-midnight

Staying at a nearby hotel in Ogden? Transportation is FREE on the OGX Bus. Times, routes, and your nearest OGX station can be found below!



Scan me!

<https://www.rideuta.com>

## VENUE 2026



Weber State University  
3848 Harrison Boulevard  
Ogden, Utah  
84408

## Hotel Accommodations

Hilton Garden Inn:  
801-399-2000

Courtyard by Marriott:  
801-627-1190

Hampton Inn & Suites:  
800-426-7866 or 801-394-9400

Questions? Contact Teresa at  
801-564-5585 or  
[teresapuskedra@ogdensurgical.com](mailto:teresapuskedra@ogdensurgical.com)