



2019 Winter Family Medicine Update

Premium Care



Personal Touch

The Hilton Garden Inn

19677 E. Jackson Dr.
Independence, MO 64057
816-350-3000

CME Credits

29 AOA Category 1-A Credits
29 AAFP Prescribed Credits

Program Dates

January 24 - 27, 2019

In association with AOA Accredited CME Sponsor
Missouri Association of Osteopathic Physicians and Surgeons



ABOUT THE PROGRAM

2019 Annual Winter Family Medicine Update

Premium Care ~ *Personal Touch*

promises to bring new ideas, refine your skills, and bring you up-to-date on the most current research and findings. Renew your passion for patient-centered care with solutions-focused CME and expert faculty. Reconnect with family physician colleagues. Share best practices and learn from each other! The program is designed for family physicians, advanced practice nurses, physician assistants and all primary care specialists. Thank you for choosing our event to obtain your CME!

CME Attestation

1. Attendees will complete and submit TWICE DAILY CME attestation cards. Your attestation is required in order to award proper CME credit. Without completed and signed attestation cards, NO CME credit will be awarded.
2. It will be the responsibility of the physician to honestly complete the attestation cards and turn them in each day.
3. The staff will compile the CME data and send each attendee a certificate and tally of hours attested to. Attendees will have one week to verify correctness.
4. Your CME credits will be reported to the AOA by the Missouri Association of Osteopathic Physicians and Surgeons, our AOA Accredited CME Sponsor.

Educational Objectives

- Learn, review and update clinical and technical knowledge;
- Compare and relate medical knowledge and skills with those of your peers and experts;
- Discuss new information in the different areas of medicine and how that information will impact the care of your patients;
- Gain insight into the distinctive osteopathic approach to the practice of medicine;
- Evaluate clinical information as it applies to the care of your patients.
- Diagnose and treat illness as well as develop a plan for the prevention and/or therapeutic management of the various disorders presented.

Accreditation Statement

The MSACOFP is presenting this program in cooperation with the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS). MAOPS is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. MAOPS designates this program for a maximum of 29 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity. In addition, 29 hours of AAFP Prescribed Credits have been submitted for approval to the AAFP Commission on Continuing Professional Development (COCPD). Approval is currently pending.

Who Should Attend

- Family Physicians
- General Practitioners
- Nurse Practitioners
- Physician Assistants
- Nurses
- Allied Healthcare Professionals
- Any Primary Health Care Provider

General Information

Dress/Attire

Dress for the Winter Family Medicine Update is casual. Remember that meeting room temperatures and personal comfort zones vary widely. It is recommended that you bring a sweater or jacket to the sessions.

Attendance Policy

To preserve the integrity of our registration process, we request that you wear your name badge to the conference sessions, exhibit hall and all other functions. If you are attending a meal function, you must have your name badge AND your meal ticket.

We Are Green!

Bring your laptop or tablet! Participants may download presentations from the meeting application in advance or view during the CME program. No hardcopy handouts will be available.

Grievance Policy

All grievances should be in writing and specify the nature of the grievance. Initially, all grievances should be directed to the MSACOFPP Convention Committee and the Executive Director. All grievances will receive an initial response in writing within 30 days of receipt. The MSACOFPP will resolve the grievance, if possible. If the participant does not receive a satisfactory response, they must then submit a complaint in writing to the Council on Continuing Medical Education, American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.

Outcomes Measurement Survey

You will have a chance to gain an additional 2.5 credit hours of AOA Category 1-A CME by completing a post-seminar outcomes measurement survey. These credits are at no additional charge, but are only provided electronically. A sign-up form will be provided at registration. You will receive the survey by Email within 14 days after the event, and must be completed within one week after receipt.

How to Register

Online: at www.msacofp.org with credit card
Phone: 573-634-4667
FAX: 573-761-0454 (Please call to verify if received)
Email: pcochran@msacofp.org
Mail: MSACOFPP
PO Box 105077
Jefferson City, MO 65110

Exhibits

As a part of this event, the MSACOFPP is sponsoring an exhibit hall showcasing vendors who provide services and products to family physicians. We encourage you to visit the exhibit hall during all dedicated hours to learn about new and innovative ideas to improve your practice. You will also have an opportunity to win prizes!

Food Restrictions or Disabilities



Do you have any disabilities that require special assistance? If so, please send a brief message to pcochran@msacofp.org explaining how we may best accommodate your needs. Or you may call Pam Cochran at 573-634-4667. Please indicate food restrictions or allergies on your registration form. We will do our best to accommodate you.

Hotel Information

The 2019 Winter Family Medicine Update will be held at:



The Hilton Garden Inn
19677 E. Jackson Dr.
Independence, MO 64057
816-350-3000

Early Reservations Are Encouraged!

A block of rooms has been reserved for this program at a group rate of \$101 plus tax, per room, per night. This block will be held until January 9, 2019. After that date, the block will be released for sale to the public, the group rate will no longer apply, and rooms may not be available. You may make your reservations:

- Online at www.msacofp.org and using the hotel reservation link.
- Or call the hotel directly at 816-350-3000. Identify your group as MSACOFPP-OSTEOPATHS
- To see hotel services and amenities, please visit www.independence.stayhgi.com.

General Hotel Information:

- Cancellations for hotel rooms must be made by 3:00 p.m. on the day of arrival or one night's room rate will be charged to the individual.
- Check-in time is 3:00 p.m. Check-out time is 12:00 p.m.
- Breakfast is available for a fee.
- All parking is outdoor self-parking.
- An indoor pool and workout facilities are available.

Bring a Medical Student or Resident



Help the profession grow and be active! Do you know a medical student or resident or work with one in your office? Bring them with you to attend the seminar! Remember when you were in their shoes? Help them learn the importance of organized medicine, network with experienced family physicians, and feel the presence and support of the osteopathic family.

Registration is FREE!

Questions?

If you have questions, contact us:

By Phone: 573-634-4667

By Email: Pam Cochran, CMP, at pcochran@msacofp.org

PROGRAM AND SCHEDULE

Thursday, January 24, 2019

7:15 a.m. Call to order and Announcements

7:30 — 8:30 a.m. **An Update on Nutritional Guidelines**
Caitlin Schmitt, D.O.
CoxHealth
Springfield, MO

8:30 — 9:30 a.m. **Tapering Narcotics Successfully**
James Toombs, M.D.
St. Louis Veterans Administration
St. Louis, MO

9:30 — 10:00 a.m. Exhibit Hall Grand Opening

10:00 — 11:00 a.m. **Non-Narcotic Alternatives to Managing Pain**
James Toombs, M.D.
St. Louis Veterans Administration
St. Louis, MO

11:00 — 11:30 a.m. Exhibit Hall Showcase & Refreshments

11:30 — 12:30 p.m. DiRenna Luncheon & Lecture

Robert C. Amajoyi, MD, FICS, FACS, FASCRS

Presented by  **Saint Luke's**
HEALTH SYSTEM

12:30 — 1:00 p.m. Dessert with the Exhibitors

1:00 — 2:00 p.m. **Adolescent Substance Abuse**
Anish Tosh, M.D., MS, FAAP
University of Missouri Health Care
Columbia, MO

2:00 — 3:00 p.m. **Acute Visits for Pregnant Patients**
Jennifer Groner, D.O.
Truman Lakewood Medical Center
Lee's Summit, MO

3:00 — 3:15 p.m. Exhibit Hall Showcase & Refreshments

3:15 — 4:15 p.m. **Rheumatology Update**
Wendell Bronson, D.O., FACP, FACR
Mosaic Life Care
St. Joseph, MO

4:15 — 5:15 p.m. **Managing Hepatitis C**
Cameron Crymes, M.D.
CoxHealth
Springfield, MO

Hands-On Osteopathic Manipulative Medicine Session

6:15 — 9:15 p.m. **OMT: Focus on the Sacrum and Pelvis**
Kevin Treffer, D.O., FACOFP
KCU - College of Osteopathic Medicine
Kansas City, MO



Friday, January 25, 2019

7:30 — 8:30 a.m. **USPSTF Updates in Women's Health**
Peter Greenspan, D.O., FACOG, FACS
Truman Lakewood Medical Center
Lee's Summit, MO

8:30 — 9:00 a.m. Exhibit Hall Showcase & Refreshments

9:00 — 10:00 a.m. **Basics of Wound Care in the Clinic**
Jon Mattson, D.O.
Saint Luke's Wound Care Specialists
Kansas City, MO

10:00 — 10:30 a.m. Exhibit Hall Closing Session & Grand Prize Drawing

10:45 — 11:45 a.m. **Managing Chronic Kidney Disease**
Adam Whaley-Connell, D.O.
University of Missouri Health Care
Columbia, MO

11:45 — 12:45 p.m. Lunch on Your Own

12:45 — 1:45 p.m. **Abnormal Findings on the Chest Xray-
What are the Next Steps**
Ashraf Gohar, M.D.
UMKC School of Medicine
Kansas City, MO

1:45 — 2:45 p.m. **Coordination of Care between the E.R. and
the Primary Care Provider**
Jon Vashaw, D.O.
CoxHealth
Springfield, MO

2:45 — 3:00 p.m. Refreshment Break

3:00 — 4:00 p.m. **Acute and Overuse Pediatric Orthopedic
Injuries**
Aaron Gray, M.D.
University of Missouri Health Care
Columbia, MO

4:00 — 5:00 p.m. **Lower Urinary Tract Symptoms: How to
Approach the Enlarged Prostate**
Katie Murray, D.O.
University of Missouri Health Care
Columbia, MO

PROGRAM AND SCHEDULE

Saturday, January 26, 2019

- 7:30 — 8:30 a.m. **Updates in Sports Medicine & Concussion**
Shannon Woods, M.D.
CoxHealth
Springfield, MO
- 8:30 — 9:30 a.m. **Managing Complex Psychiatric Issues While Waiting for the Psychiatrist**
Micaela Wexler, D.O.
Wexler Family Psychiatry
Kansas City, KS
- 9:30 — 9:45 a.m. Refreshment Break**
- 9:45 — 10:45 a.m. **Female Incontinence**
Raymond Foster, M.D., M.S., M.H.Sc.
University of Missouri Health Care
Columbia, MO
- 11a.m. - 12:00 p.m. **The Integrative Principles of Detoxification**
Carey Vaughan, D.O.
Dr. Carey Vaughan, Functional Medicine & OMT
Jefferson City, MO
- 12 p.m. - 1:30 pm MSACFP Annual Membership Luncheon and Meeting**
All Are Welcome!!

CONCURRENT SESSIONS FROM 1:30 - 5:00 P.M. **Choose One**

1:30 - 2:30 p.m.

- | | |
|---|---|
| HIV Update for Primary Care and Prescribing Preparation for HIV Prevention
Craig Dietz, D.O., MPH, AAHIVS
Kansas City CARE Clinic
Kansas City, MO | Hands-on Joint Injection Workshop
Charles Orth, D.O., FAOAO
Orthopedic Surgeons, Inc.
North Kansas City, MO |
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2:45 - 3:45 p.m.

- | | |
|---|--|
| New Blood Pressure Guidelines
Walter Coats, D.O., FACC
Central Missouri Cardiology
Jefferson City, MO | Splinting, Casting & Wrapping Workshop
Charles Orth, D.O., FAOAO
Orthopedic Surgeons, Inc.
North Kansas City, MO |
|---|--|

4:00 - 5:00 p.m.

- | | |
|---|---|
| What is Going on with Medical Marijuana
Lucas Buffalo, M.D.
University of Missouri Health Care
Columbia, MO | Student, Resident & New Physician Q & A Panel (Not Available for CME)
Ian Fawks, D.O.
Jessica Richter, D.O.
Jessica Underhill, D.O.
Lisa Trask, D.O. |
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Saturday, January 26, 2019

5:00 - 6:30 p.m.

Mix **AND** **MINGLE**
WITH TRIVIA!
CHALLENGE!

Sunday, January 27, 2019

- 7:30 — 8:30 a.m. **A Primer on Functional Medicine**
Susan Overkamp, D.O.
Door to Door Medicine
Ellington, MO
- 8:30 — 9:30 a.m. **Updates on BNDD and DEA Laws**
Michael Boeger, Administrator
MO Bureau of Narcotics and Dangerous Drugs
Jefferson City, MO
- 9:30 — 9:45 a.m. Refreshment Break**
- 9:45 — 10:45 a.m. **Essential Oils - Facts and Fiction**
Jared Nichols, D.O.
KCU- College of Osteopathic Medicine
Joplin, MO
- 10:45 — 11:45 a.m. **Nuts & Bolts of Managing Opioid Treatment with Medication-Assisted Treatment (MAT)**
Michael Stevenson, D.O.
Poplar Bluff, MO
- 11:45 a.m. Adjournment**

General Information

Registration Fees and Information

Registration Fees

Fees are separated into member and non-member fees. If you were/are a PAID member of the MSACOF or another state society of the ACOF during 2018 or have paid for 2019, you are eligible for member fees. Other state society ACOF members must provide proof of membership. All others must pay non-member fees.

Resident and Student Registration

Registration for residents and students is **FREE**. This includes all CME lectures, refreshment breaks, the exhibit hall and any sponsored meals.

Join our Society or Renew Your Membership

You can renew your membership or join at the same time you register and be eligible for member fees. We will send you a separate receipt for dues payment. Your membership supports osteopathic family medicine in Missouri and helps to provide this exceptional CME event close to home along with other benefits!

Early Bird Registration Discount

Be sure to take advantage of the EARLY BIRD rates and save \$100! Early Bird rates expire on Friday, January 4, 2019.

Cancellation Fees

Due to financial commitments to the meeting hotel for the guest room block and food and beverage minimums, the following cancellation fees will be enforced.

<u>Date of Cancellation</u>	<u>Fee</u>
On or before 1/5/2019	\$50
1/6/2019 to 1/16/2019	\$150
On or after 1/17/2019	No Refunds



Stephanie Huhn, D.O.
Chair

2018-2019 Convention & Education Committee



C. Mark Rose, D.O.
President

2018-2019 Board of Governors

Members

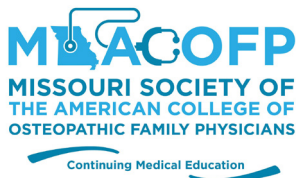
C. Mark Rose, D.O.
Alan Allmon, D.O.
Alan Brewer, D.O., FACOF
Ian Fawks, D.O.
Christopher Paynter, D.O.
Heather Martin, D.O.
Jessica Underhill, D.O.
Lisa Trask, D.O.
Jessica Richter, D.O.

Officers

Stephanie Huhn, D.O. - President Elect
Christopher Paynter, D.O. - Vice President
Alan Brewer, D.O., FACOF - Secretary
Bruce Williams, D.O., FACOF - Treasurer
Kevin Presley, D.O. - Past President

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James DiRenna, Jr., D.O., FAAF
Ian Fawks, D.O.
Heather Martin, D.O.
Alan Allmon, D.O.
Jessica Richter, D.O.
Benjamin Reine, D.O.
Paula Gregory, D.O.



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Missouri Society of the American College of Osteopathic Family Physicians

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REGISTRATION FORM

Please PRINT. Use a separate form for each registrant

First/Last Name _____

Degree(s): _____ AOA #: _____ AAFP#: _____

Mailing Address: _____ Is this: Home Business

City/State/Zip: _____

Phone: _____

E-mail: _____

Please list any food restrictions (i.e vegetarian, gluten free) or allergies:

By registering for this conference, I authorize MSACFP to use photographs of me with or without my name for any lawful purpose, including print or online marketing.

Payment Method

☐ Check to MSACFP

☐ Master Card ☐ Visa ☐ Discover (CVC is 3 digits on the back)

☐ American Express (CVC is 4 digits on the front)

Card # _____

Exp. Date _____ CVC Code: _____

Name on Card: _____

Billing Address for Credit Card:

Print Name: _____

Authorized Signature: _____

Date: _____

Check the Appropriate Registration Fee(s) Below

Early Bird rates are strictly applied

Early Bird Rates: On or Before January 4, 2019

Regular Rates: On or After January 5, 2019

Fees include all lectures and tickets to meals and social events as described in the agenda.

Members (Paid Missouri & Other State ACOFP Members)

	Early Bird	Regular
Full Seminar - BEST DEAL!	☐ \$599	☐ \$699
Approved MSACFP Life Member	☐ \$499	☐ \$599
Thursday Only	☐ \$300	☐ \$400
Thursday & Friday	☐ \$475	☐ \$575
Thursday, Friday & Saturday	Must Pay Full Seminar Price	
Friday, Saturday & Sunday	☐ \$500	☐ \$600
Saturday & Sunday	☐ \$325	☐ \$425
Student or Resident	☐ Free	☐ Free

Membership Dues

Renew your Membership for 2019? ☐ \$125

(We will send you a separate receipt for dues payment)

Non-Members

Full Seminar - BEST DEAL!	☐ \$725	☐ \$825
Thursday Only	☐ \$425	☐ \$525
Thursday & Friday	☐ \$600	☐ \$700
Thursday, Friday & Saturday	Must Pay Full Seminar Price	
Friday, Saturday & Sunday	☐ \$625	☐ \$725
Saturday & Sunday	☐ \$450	☐ \$550

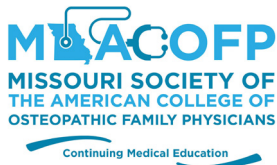
TOTAL AMOUNT DUE

\$ _____

Questions? Want to Register?

US Mail:
MSACFP
PO Box 105077
Jefferson City, MO 65110

Phone: 573-634-4667
FAX: 573-761-0454
Online: www.msacfp.org
Email: pcochran@msacfp.org



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Jefferson City, MO 65110

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RETURN SERVICE REQUESTED



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January 24-27, 2019

Continuing Medical Education Credits

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