Early Bird rates before March 1st. No pre-registrations accepted after April 1, 2015.

The American College of Physicians is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American College of Physicians designates this live activity for a maximum 19.0 AMA PRA Category 1 Credit(s)™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The AOA Council on Continuing Medical Education has approved this program for 19 credits of Category 1-A CME.
CME MEETING 2015

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Dear Colleague,

Thank you for your participation in our CME Meeting 2015. The Alaska Chapter of the American College of Physicians (AK ACP) and that Alaska Osteopathic Medical Association (AKOMA) joined together again this year to offer you an outstanding continuing medical education program. We would like to thank Julie McCormick, MD and Nancy Kragt, DO and the education planning committee for their hard work planning the program.

Please review the agenda and note that in addition to the CME lectures there are several social functions you are welcome to attend. Thursday evening will feature a Wine and Cheese Social. The dinner banquet Friday evening will include guest speaker Jan Hirschmann, MD presenting “Ben Franklin and Medicine”. Sometimes the best education we get is from one another, so please take these opportunities to get to know each other.

We have a great group of exhibitors. There will be a prize drawing for a FitBit on Saturday before the final lecture. To be eligible, obtain the signature of each exhibitor and return your form to the registration desk. Winner need not be present to win.

We hope you enjoy the meeting and welcome any feedback you have.

Sincerely,

Molly Southworth, MD           Mark Tuccillo, DO
Molly Southworth, MD, MPH, FACE, FACP       Mark Tuccillo, DO
AK ACP Governor                AKOMA President
### Concurrent, Rotating, Hands-on Learning Sessions

Offered 4x each in this 2-hour block

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>2:30</td>
<td>Breakfast</td>
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<tr>
<td>3:00</td>
<td>An Osteopathic Approach to the Rotator Cuff Syndrome: A Tale of Two Shoulders</td>
<td>Byron Perkins, DO</td>
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<tr>
<td>3:30</td>
<td>Foot &amp; Ankle 101</td>
<td>Jennifer Jansma, DPM, AACFAS</td>
</tr>
<tr>
<td>4:00</td>
<td>Joint Injections</td>
<td>Ryan Ragle, MD</td>
</tr>
<tr>
<td>4:30</td>
<td>Lymphedema Treatment</td>
<td>Deb Benson, PT, MEd, COMT, PRPC</td>
</tr>
<tr>
<td>5:00</td>
<td>Frozen Shoulder Evaluation</td>
<td>Byron Perkins, DO</td>
</tr>
<tr>
<td>1:00</td>
<td>Hepatitis C in 2015: A Treatment for All</td>
<td>Ben Westley, MD</td>
</tr>
<tr>
<td>1:30</td>
<td>“2014 Update in Internal Medicine”</td>
<td>Janet Jokela, MD, MPH, FIDSA, FACP</td>
</tr>
<tr>
<td>2:00</td>
<td>Movement Disorders in Elderly</td>
<td>Graham Glass, MD</td>
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<tr>
<td>2:30</td>
<td>Driving Assessment in Elderly</td>
<td>Graham Glass, MD</td>
</tr>
<tr>
<td>3:30</td>
<td>Fall Assessment in Elderly</td>
<td>Els Brady, PT, MOMT, CMP</td>
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<tr>
<td>3:30</td>
<td>Cognitive Assessment in the Office</td>
<td>Erica L, Coady, PhD</td>
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<tr>
<td>3:45</td>
<td>Wound Management</td>
<td>Imelda Vitoria, RN BSN WCC, CF CN</td>
</tr>
<tr>
<td>4:30</td>
<td>Banquet Dinner Speaker</td>
<td>Ben Franklin and Medicine</td>
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</tbody>
</table>
Learning Objectives (in order of presentation)

“At the conclusion of the presentation, the learner will be able to: ...”

(April 9)
New Lipid Guidelines: Have We Stopped Making Sense? – Kevin O’Brien, MD (1 hour)
Speaker will provide on site

HPV in Head and Neck Cancer – James Zirul, DO (1 hour)
Speaker will provide on site

Breast Crash Course – Karen Barbosa, DO (1 hour)
- Describe various types of imaging & select when to use each
- Discuss mammograms, US, bMRI
- Explain BIRADS Classifications & how to use the grading system
- Read basic level films
- Recognize calcifications, how they present, and what it means to work them up
- Assess surgical options

Skin Signs of Diabetes – Jan Hirschmann, MD (1 hour)
- Examine patients more astutely to discover skin findings of diabetes
- Identify the diverse cutaneous signs of diabetes
- Better manage the cutaneous complications of diabetes
What You Need to Know, from the Medical Examiner – Gary Zientek, MD (1 hour)
- Summarize the death investigation process within the State of Alaska
- Recognize who is responsible for completing the cause and manner of death on a death certificate
- Properly complete the cause and manner of death on a death certificate

The Good and VAD of Current Heart Failure Management – Kevin O’Brien, MD (1 hour)
Speaker will provide on site

Leg Cellulitis and its Mimics – Jan Hirschmann, MD (1 hour)
- Identify the features of leg cellulitis on physical examination
- Treat leg cellulitis with the appropriate medications and for proper duration
- Distinguish leg cellulitis from the disorders that mimic it

Alzheimer’s and Dementia – Marci Troxell, DO (1 hour)
Speaker will provide on site

Movement Disorders in Elderly – Graham Glass, MD (1 hour)
- Describe the most common movement disorders encountered in the elderly
- Identify differentiating characteristics to enable accurate diagnosis
- Delineate best treatment options depending on the clinical situation

Driving Assessment in Elderly – Graham Glass, MD (.5 hour)
- Identify patients at risk for driving errors
- Describe basic screening tests and options for further driving evaluation
- Recognize when to/how to report unsafe drivers to the state

Fall Assessment in Elderly – Els Brady, PT, MOMT, CMP (.5 hour)
- Identify fall risk red flags noted on a subjective examination
- Demonstrate and immediately implement the TUG and/or Tinetti functional fall risk screening tests for use in their regular office visits
- Create a comprehensive fall risk plan of care to include appropriate assistive device recommendation and initial home exercise prescription for patients based on evaluation components and outcome scores
- Identify patients who would benefit from a vestibular specialist or physical therapy referral

Cognitive Assessment in the Office – Erica L. Coady, PhD (.5 hour)
- Use screening tools for identifying possible cognitive decline
- Identify potential functional concerns which would warrant further evaluation/referral

Wound Management – Imelda Viloria, RN, BSN, WCC, CFCN (.5 hour)
- Recognize common wounds
- Assess appropriate wound dressings and wound treatment modalities
- Select necessary lab tests and procedures prior to referrals to specialists
Ben Franklin and Medicine – Jan Hirschmann, MD (1 hour)
• Discuss Franklin’s contribution to the control of smallpox
• Describe Franklin’s own medical conditions
• Acknowledge the range of his contributions to and observations about medicine

(April 11)

An Osteopathic Approach to the Rotator Cuff Syndrome: A Tale of Two Shoulders – Byron Perkins, DO (1 hour)
• Recognize and diagnose Rotator Cuff Syndrome in clinical practice
• Determine which diagnostic modalities are indicated and which treatment modalities are appropriate
• Perform safe and effective treatment of the Rotator Cuff Syndrome with the Fascial Distortion Model in the clinical setting

Ebola: Past, Present, and Future – Janet Jokela, MD, MPH, FIDSA, FACP (1 hour)
• List features of Ebola virus and Ebola virus disease
• Describe infection control measures and preparedness efforts

Foot and Ankle 101 – Jennifer Jansma, DPM, AACFAS (0.5 hour)
• Review and recall anatomical structures of the lower extremity (bones, joints, tendons, muscles, nerves)
• Identify and differentiate pathology of the lower extremity foot and ankle
• Facilitate the appropriate referrals

Joint Injections – Ryan Ragle, MD (.5 hour)
• Aspirate and inject subacromial bursa
• Aspirate and inject trochanteric bursa
• Aspirate and inject knee joint
• Aspirate and inject lateral epicondyle

Lymphedema Treatment – Deb Benson, PT, Med, COMT, PRPC (.5 hour)
• Identify patients who would benefit from manual lymph drainage treatment
• Define absolute contraindications and precautions for manual lymph drainage
• Describe the options available for compression bandages and appropriate diagnoses
• Define criteria for custom made versus over the counter compression garments

Frozen Shoulder Evaluation – Byron Perkins, DO (.5 hour)
• Properly examine and diagnose common shoulder injuries and the Frozen Shoulder
• Discuss historical and current concepts in the development and management of the Frozen Shoulder
• Apply the Fascial Distortion Model to diagnose and treat the Frozen Shoulder in the clinical setting

Hepatitis C in 2015: A Treatment for All – Ben Westley, MD (1 hour)
• Identify currently available direct-acting antivirals used in the treatment of Hepatitis C and describe their mechanisms of action
• Recognize indications for and contraindications to therapy of Hepatitis C in 2015
• Avoid the barriers to successfully identifying and treating patients with Hepatitis C

• Describe recent updates in general internal medicine
• Apply current recommendations to clinical practice

Osteopathic Manipulative Medicine – Byron Perkins, DO (2 hours)
*Speaker will provide on site*
American College of Physicians
2015 Alaska Chapter Scientific Meeting

Disclosure of Relevant Financial Relationships

Planning Committee and Staff

Robert Bundtzen, MD, FACP 1
Don Hudson, DO 1
Olga Katon 1
Nancy Kragt, DO 1

Julie Lake 1
Julie A. McCormick, MD, FACP 1
Molly Southworth, MD, MPH, FACP 2
Mark Tuccillo, DO 1

Meeting Faculty and Presenters

Karen Barbosa, DO 1
Deb Benson, PT, Med, COMPT PRPC 1
Els Brady, PT, MOMT, CMP 1
Erica L. Coady, PhD 1
Kena Desai, MD, ACP Member 1
Graham Glass, MD 1
Jan Hirschmann, MD 1
Jennifer Jansma, DPM, AACFAS 1
Janet Jokela, MD, MPH, FIDSA, FACP 1

Kevin O’Brien, MD 2
Byron Perkins, DO 1
Ryan Ragle, MD 1
Marci Troxell, DO 1
Imelda P. Viloria, RN, BSN 1
Benjamin Westley, MD, FACP 1
Gary Zientek, MD 1
James Zirul, DO 1

NOTES:
1. Has no relationships with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.
2. Has disclosed relationship(s) with entities producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. See below.

The following faculty members have disclosed relationships with commercial companies or organizations:

Kevin O’Brien, MD
Research Grants/Contracts: Sanofi

Molly Southworth, MD, MPH, FACP
Employment: AK Native Health Consortium
Members of the College’s Postgraduate/Chapter Education Management Advisory Committee provide oversight of chapter education programs:

George M. Abraham, MD, MPH, FACP
Apostolos P. Dallas, MD, FACP
Capt. Mark L. Dick, MC, UN, FACP
Alan D. Forker, MD, MACP
Mitchell D. Forman, DO, FACP

Brian Mandell, MD, MACP
Robert J. Nardino, MD, FACP
John H. O’Neill, Jr., MD, FACP
Sharon S. Rubin, MD, FACP
Todd L. Simon, MD, FACP

The following members have disclosed relationships with commercial companies or organizations:

George M. Abraham, MD, MPH, FACP
Research Grants / Contracts: Merck, Genentech, Gilead, Kadmon, Vertex, GSK
Consultantship: Merck, Genentech, Gilead, Kadmon, Vertex, GSK
Speakers Bureau: Merck, Genentech, Gilead, Kadmon, Vertex, GSK

Apostolos P. Dallas, MD, FACP
Stock Options/Holdings: Pfizer, Merck, Sanofi, Glaxo, Johnson & Johnson

Brian Mandell, MD, MACP
Consultantship: Savient, Novartis, Pfizer
Honoraria: Takeda, URL

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2015
CME MEETING
General Conference Information

Conference Co-Sponsors and Leadership
The CME Meeting 2015 Meeting is co-sponsored by the Alaska Osteopathic Medical Association (AKOMA) and the Alaska Chapter of the American College of Physicians (AK ACP).

Education Committee Members: Robert Bundtzen, MD, Nancy Kragt, DO
Julie McCormick, MD and Molly Southworth, MD
Donald Hudson, DO and Mark Tuccillo, DO
Staff: Julie Lake, AK ACP and Olga Katon, AKOMA

Meeting Space and Meeting Materials
Presentations will be in Redington room and Lake Spenard room. Please be sure to stop by the registration desk daily to sign in. The meeting materials and handouts are emailed prior to the meeting. Presentation handouts received on-site will be emailed to each attendee after the meeting.

Exhibit Hall
The 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 exhibitor breaks are set for Thursday 3:00 – 3:30 pm, for Friday 10:30 – 11:00 am and 3:00 – 3:30 pm, for Saturday 10:00 – 10:30 am. Please remember that their financial support is very important to keeping our conference rates level moderate.

Raffle Prize Drawing
A form for exhibitors to initial is in your registration packet. This completed form (with every exhibitor’s signature) will serve as your raffle ticket, so please be sure to turn it in to the registration desk before the start of the last lecture on Saturday afternoon. A prize drawing for a FitBit Flex will be held Saturday before the last speaker. Winners need not be present to win!

Evaluation Forms
Both AKOMA and ACP are using the ACP meeting evaluation form. Please complete and turn in at the registration desk before you leave, taking care not to fold the form as it will be electronically scanned. Evaluation information will be provided to BOTH organizations.
**Meals and Coffee**
A buffet lunch for registered attendees will be provided on Friday and Saturday. Saturday’s lunch will be a working lunch with an ACP Town Hall Meeting and a concurrent AKOMA Membership Meeting. Fruit will be available during the morning break, and granola bars during the afternoon breaks. Coffee, tea and water will be refreshed and available throughout the conference.

**Conference Social Opportunities**
- **Thursday 5:30 - 7 pm** - Wine and Cheese Social, light appetizers and drinks for purchase. Note that both the ACP Council and AKOMA Board will meet separately at 7 pm.
- **Friday 6:30 pm** - Banquet Dinner with a lecture by Jan Hirschmann, MD on *Ben Franklin and Medicine*.

**Disclaimer**
The lectures and presentations are intended for educational purposes only. Speakers and presenters provide their viewpoint and opinion based on their expertise. Their presentations are targeted at the audience as a whole and not to the specific circumstances of individuals attending the program. The presentations do not replace independent professional judgment and study of the specific details an attendee may be confronting. Statements of fact and opinions expressed are those of the individual presenters and, unless expressly stated to the contrary, are not the opinions or position of the CME Meeting 2014 cosponsors, who do not endorse or approve, and assume no responsibility for, the content, accuracy or completeness of the information presented.

**Satisfaction Guarantee & Grievance Policy**
We offer a satisfaction guarantee—if meeting attendees are not satisfied with their experience at the meeting, they may write Julie Lake for a refund of their registration fee. All grievances should be in writing and specify the nature of the grievance and any particulars. Initially, all grievances should be directed to either of the co-sponsor Executive Directors. The Executive Director will review all grievances and resolve if possible. If no resolution is possible, the Executive Director may pass the information to the Conference co-Chairs. 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.

**Questions, Comments?**
Please stop by the Registration Desk for program information and activities such as Conference registration and payment, additional conference forms, Conference handouts and evaluations, etc. After the conference, please call (for AK ACP) Julie Lake, (907) 350-2351 or email lake@mtaonline.net or (for AKOMA) Olga Katon, call (312) 202-8164 or email okaton@osteopathic.org.
CME MEETING 2015
CME Credits Information

For ACP CME Credits
You must complete and sign the enclosed CME documentation form and turn the top (white) copy to the registration desk on the last day you are attending the conference. You will only turn in 1 form for the entire conference. Keep the bottom copy for your records.

For Osteopathic 1-A CME Credits
You MUST complete and sign the CME credit attendance form ("attestation of attendance form") and return it to AKOMA in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. There cannot be any exceptions to this policy due to accreditation requirements. If you do not return the form at the end of the conference, you MUST fax to AKOMA at 312-202-8483 not later than Monday, April 27, 2015.

The AOA Council on Continuing Medical Education has approved this program for 19 credits of Category 1-A CME credit. The CME credits breakdown for each day is: Thursday, April 9: 4 credits; Friday, April 10: 8 credits; and Saturday, April 11: 7 credits. CME certificates will be e-mailed approximately 4-6 weeks after the conference (please be sure we have your correct e-mail address on the attestation form). Indicate directly on the attestation form if you need a copy of the certificate emailed sooner, where possible. Certificates cannot be processed on-site.

Specialty Credits Information
The speaker does not need to be certified in the specialty for which CME is sought, but must have qualifications to speak on the topic. To be deemed acceptable as specialty CME, the educational lecture must:

1. Be presented by an AOA or ABMS board certified physician in the specialty topic being discussed or hold credentials acceptable to the specialty certifying board for which specialty CME is being sought
2. The topic must be of interest to osteopathic physicians certified in the specialty for which specialty CME is sought
3. Exceptions will be considered by specialty boards on a case-by-case basis
Specific to Family Medicine

- If speaker and topic meet criteria above for any specialty, it is acceptable for family medicine as well
- Must meet criteria for specialty credit

Please see the chart below indicating specialty credits specific to this CME Meeting 2015.

*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, those specialties NOT bolded are still pending review so numbers may change depending on the specific board’s determination.

<table>
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<tr>
<th>Specialties:</th>
<th>Credits</th>
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<tr>
<td>Dermatology</td>
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<tr>
<td>Emergency Medicine</td>
<td>6.0</td>
</tr>
<tr>
<td>Family Medicine/OMT</td>
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<tr>
<td>Internal Medicine</td>
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<tr>
<td>Neurology</td>
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<tr>
<td>NMM/OMM</td>
<td>6.0</td>
</tr>
<tr>
<td>Spec. Prof. in OMM</td>
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<tr>
<td>OB/GYN and OB/GYN Surgery</td>
<td>4.5</td>
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<tr>
<td>Ophth/Otol: Otorhinolaryngology</td>
<td>1.0</td>
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<tr>
<td>Pathology: Forensic Pathology</td>
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<th>Con-joints:</th>
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<td>Correctional Medicine</td>
<td>9.0</td>
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<tr>
<td>Sleep Medicine</td>
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More Information


Please note that the AOA policy limiting the number of specialty credits that may be earned at state osteopathic society CME programs (such as this program) to 25 credits for the entire cycle has been CHANGED and there is no longer a maximum of 25 credits.

Please email CMESponsors@osteopathic.org for specific questions or additional clarification.
Self Evaluation Process Module “2014 Update in Internal Medicine”
This SEP session is an additional $100 only if you are seeking Maintenance of Certification points through ABIM. This fee was not included in the “register for the entire meeting” option online and the fee applies to the cost of providing the module.

Those attending the session will receive a learner’s copy of the module to record their answers.

To receive MOC points and CME through ABIM: To claim Maintenance of Certification points and CME credit both through ABIM you must order an “official” copy of the knowledge module from ABIM to submit your answers. Modules can be ordered through your password protected home page on the Physician login section of ABIM.org. If you are enrolled in MOC there is no additional fee for ordering this “official” copy from ABIM as this is already included in the $100 fee for this session. If you are not enrolled in the ABIM MOC Program you may attend the session: however you must enroll in the program (before OR after the session) to receive MOC points. Participants will have access to a score report from ABIM that confirms whether or not the module was completed successfully. Those who complete the module successfully will receive 10 MOC points for completing a 30 question module toward ABIM’s Self-Evaluation of Medical Knowledge requirement for Maintenance of Certification. You must be enrolled in ABIM’s MOC program to submit completed medical knowledge modules for scoring, feedback reports, and eligibility to receive MOC points and AMA PRA Category 1 Credit ™.

OR

To claim CME credit only: (not MOC points) indicate your attendance on the ACP CME documentation form in your attendee folder, and the additional $100 fee paid through registration will not apply. That fee is only for those seeking MOC points.

Please see the registration desk for any questions regarding the SEP or to pay for the session.