Subject to change

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| **Thursday, August 12**  |
| 6:45- 7:25 a.m. | Registration Sign-in/Breakfast/Exhibits |
| 7:25- 7:30 a.m. | Welcome | Jan Badertscher, DO |
| 7:30- 9:30 a.m. | OMT, 2 credits – Upper Extremity, treating dysfunction and dislocations in clinic and in wilderness | Chris Edwards, DO  |  |
| 9:30- 9:45 a.m. | *Break/Exhibits* |
| 9:45- 11:45 a.m. | OMT, 2 credits – Lower Extremity, treating dysfunction and dislocations in clinic and in wilderness | Chris Edwards, DO |  |
| Noon- 1:00 p.m. | *Lunch/Exhibits* – Sponsored by UMA Financial Services |
| 1:00- 2:00 p.m. | 1 credit – Protecting Your Assets | TBD |  |
| 2:00- 3:00 p.m. | 1 credit – Utah Medical Cannabis QMB | Richard Orbon,UDOH Cannabis Office  |   |
| 3:00- 3:15 p.m. | *Break/Exhibits* |
| 3:15- 4:15 p.m. | 1 credit – Opioid Regulations and Prescribing | Austin Grover, DEA |  |
| 4:15- 5:15 p.m. | 1 credit – Physician Wellness | Ryan B. Wilcox, MD |  |
| 5:15- 6:00 p.m. | Networking Mix and Mingle Hor d’oeurves – Sponsored by UMA Financial Services |
| 6:00- 7:30 p.m. |  |

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| **Friday, August 13** |
| 6:45- 7:25 a.m. | Registration Sign-in/Breakfast/Exhibits |
| 7:25- 7:30 a.m. | Welcome | Justin Mellott, DO |
| 7:30- 8:30 a.m. | 1 credit – Imaging in Musculoskeletal Injury  | Michael Cosgrave, DO |  |
| 8:30- 9:30 a.m. | 1 credit – TBD | TBD |  |
| 9:30- 9:45 a.m. | *Break/Exhibits* |
| 9:45- 10:45 a.m. | 1 credit – Decreasing and Avoiding Polypharmacy in Older Adults  | David Crimin, DO  |  |
| 10:45- 11:45 a.m. | 1 credit –  |  |  |
| 11:45-12:45 p.m. | *Lunch, UOMA Business Meeting*, Sponsored by Noorda COM |
| 12:45- 1:45 p.m. | 1 credit – Science of taping | Craig Switzler, DHSC, ATC |  |
| 1:45- 2:45 p.m. | 1 credit – Taping Skills – How to Stabilize Joints to Promote Healing and Prevent Additional Injury  | Craig Switzler, DHSC, ATC |  |
| 2:45- 3:00 p.m.  | *Break/Exhibits* |  |  |
| 3:00- 4:00 p.m. | 1 credit – Pediatric Extremity Injuries – Clinical basics of evaluation and treatment and knowing when it is time to refer and to whom. | Judd Allen, MD |  |
| 4:00- 5:00 p.m. | 1 credit – I got what from the mat? Sports-Related Dermatology | Cory Maughan, DO  |  |

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| **Saturday, August 14** |
| 6:45- 7:25 a.m. | Registration Sign-in, Breakfast/Exhibits |
| 7:25- 7:30 a.m. | Welcome |  |
| 7:30- 8:30 a.m. | 1 credit – Concussion Evaluation & Management | Tye Harrison, DO  |  |
| 8:30- 9:30 a.m. | 1 credit – Wilderness Medicine – What to take with you, how to use it and when to use it. Managing fractures, dislocations and sprains. | Chase Grames, MD  |  |
| 9:30- 10:10 a.m. | *Break/Poster Presentations, Sponsored by* |
| 10:10- 11:10 a.m. | 1 credit – Is there a Doctor in Camp? Responding to Emergencies When Away from the Clinic | Scott Grover, DO  |  |
| 11:10- 12:10 p.m. | 1 credit – Psychosocial Aspects of Return to Sport | Les Podlog, PhD |  |
| Adjourn | *Total Credits for the 3 day activity = 20 credits\**  |

###### \*The Utah Osteopathic Medical Association is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The Utah Osteopathic Medical Association designates this program for a maximum of 20 of AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician’s participation in this activity.

​\* This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Utah Medical Association through the joint sponsorship of the UMA Foundation and the Utah Osteopathic Medical Association. The UMA Foundation is accredited by the Utah Medical Association to provide continuing medical education for physicians. The UMA Foundation designates this live activity for a maximum of 20 *AMA PRA Category 1 Credits*™.  Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Thursday, August 12, 2021**

**OMT, 4 credits\*, Upper Extremity, treating dysfunction and dislocations in clinic and in wilderness**

Learn how to evaluate and treat dislocations and other injuries such as sprains and strains that may result from sports injuries and injuries sustained enjoying Utah’s great outdoors.

**1 Credit – Understanding Legal Tools: Keys to Lawsuit Prevention, Tax Reduction and License Protection**

Learn strategies to eliminate the threat of harmful lawsuits, identify methods to protect your license, and utilize proven tax strategies to increase tax savings.

**1 Credit – Utah Medical Cannabis Law and Education**

Medical Cannabis has not gone through the FDA. Physicians learn how the medical process will work in Utah, how to work with medical cannabis, and how to recommend cannabis for patients.

**1 Credit – Physician Wellness**

Define the stresses and challenges that are facing doctors today. How can we better take care of your own well-being when faced with all that is required of a physician? Learn how to put some of your own persona priorities first in order to be able to better take care of others.

**Friday, August 13, 2021**

**1 credit – Imaging in Musculoskeletal Injury**

An overview of musculoskeletal imaging including appropriate views and what to look for on x-ray, when to seek more advanced imaging, and what type of tests to order. Will include a diagnostic approach to joint and soft tissue injuries.

**1 credit – TBD**

**2 credit – Decreasing and Avoiding Polypharmacy in Older Adults**

The importance of tapering, stopping, discontinuing or withdrawing medicines with the goal of managing polypharmacy and improving the quality of life in our elderly patients.

**1 credit- Taping Skills - How to stabilize joints to promote healing and prevent additional injury**

Sometimes an Ace wrap does not work for the joint being stabilized.  Learn how to use athletic tape and taping skills to stabilize arms, shoulders, clavicles, hips, knees and ankles. Help your

patients heal faster and decrease the pain from injury whether they are students or weekend warriors.

**1 credit – Pediatric Extremity Injuries – Clinical basics of evaluation and treatment and knowing when it is time to refer and to whom.**

What works, age related evaluation for rehabilitation and treatment modalities. When pain management is needed - medication management, non-drug modalities, non-opioid options, prescribing opioid medications – how, when and duration.  The basics of rehabilitation for this population and when to refer to a specialist.

**1 credit – I got what from the mat? Sports related dermatology.**

How to recognize, diagnose and treat dermatologic conditions obtained from the wrestling mat, exercise equipment, helmets, etc.

**Saturday, August 14, 2021**

**1 credit – Concussion Evaluation and Management**

Since 2011, Utah State law requires anyone suspected of having a concussion during any sporting event or activity (school, club, recreational or church activity) to be removed from play and not be allowed to return until they have had an evaluation and clearance by a physician who has been trained in concussion management. Find out in this session the required protocols, training and management needed to take care of your patients that receive a concussion.

**1 credit – Wilderness Medicine – What to take with you, how to use it and when to use it. Managing fractures, dislocations and sprains.**

you prepared to handle these emergencies outside of the clinical setting? This session focuses on those tough emergencies that you may have to take care of in Utah’s great outdoors.

**1 credit – Is there a Doctor in camp? Responding to emergencies when away from the clinic.**

You are camping in the middle of nowhere and someone gets very sick, an ATV rolls, a kid stumbles in the fire, someone got a tick or oh no it is a snake bite. Are you prepared to assist in out of office medical care when asked? How are you prepared?

**1 credit – Psychology of Sport Injury**

This presentation focuses on the psychological aspects of sport injury. Studies highlighting the impact of psychological factors on injured athlete's rehabilitation and return to sport will be discussed. Monitoring tools as well as strategies for addressing athlete's psychological challenges will be highlighted.

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