



2020 Annual CME Conference Schedule

Student Athletes and Weekend Warriors, Are YOU Ready!

Thursday, August 20, 2020

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 – Being an Unforgettable Preceptor

Information to help you become the preceptor that your students will remember long into their careers. What is appropriate and how to keep your patient's safe in the process. Best mix of teaching modalities for maximum retention of skills and information.

1 Credit – Utah Medical Cannabis Law and Education

Part 1

1 Credit – Life / Work Balance

How to simplify your life and take your life back.

Friday, August 21, 2020

1 credit – Radiology for injuries

Knowing when and what imaging to order, then understanding the imaging report. What to look for if you, the non-radiologist, is looking at the imaging.

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 – Rehabilitation and Pain Management for Student Athletes and Adults

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 – Wound Care for injuries received in sports or in the great outdoors.

Best practices for cleaning and dressing of wounds. Basic assessment of changes over time and how to address potential problems with healing process.

1 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.



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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 – Critical Care Red Flags for Sports / Outdoor Injuries

Sports or outdoor injuries may be more serious than the patient presents. Learn to be aware and think beyond what is visible and be prepared to act appropriately. From shock to serious internal injuries or compartment syndromes; do you know how to stabilize your patient and provide the appropriate critical care interventions? Pediatric patient can decompensate quickly post-injury and become critical quickly, learn to spot the signs that may indicate that patient may need critical care intervention.

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 22, 2020

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. They are looking for a Doctor. Do you know what to do, are you prepared? How much can you take care of in the wilderness.

1 credit – Psychosocial Aspects of Return to Sport

Introduction to the psychosocial component of student athletes and adult sport participants post-injury. What to consider and how to help students and adults return to their former activities.

*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.