



# MINNESOTA OSTEOPATHIC MEDICAL SOCIETY

1747 Beam Ave, Suite 100  
Saint Paul, MN 55109

Office: 612-623-3268 | Website: [www.mndo.org](http://www.mndo.org)

## **2024 Spring Conference** **April 19-21, 2024** **Bloomington, MN** **Friday, April 19, 2024**

- 7:00 am Continental Breakfast  
7:45 am Welcome & Introduction  
**Sonbol Shahid-Salles, DO, MOMS President/CME**  
**Brian Gaskill, DO, MOMS President-Elect/CME Committee Chair**
- 8:00 am **Innovation for Success** (1 credit)  
**Lucas Hammell, DO**  
Learning Objectives:  
  1. Understand the concepts of Human Centered Design.
  2. Recognize the factors of consumer value.
  3. Name at least one recommendation on innovation design from the Harvard Business Review
- 9:00 am **Revolutionizing 4<sup>th</sup> Trimester Care** (1 credit)  
**Michelle Haggerty, DO**  
Learning Objectives:  
  1. Define matrescence and why it is medically important
  2. Explain how home visits during the 4th trimester benefits the health of dyads
  3. List benefits of OMT for dyads on lactation
- 10:00 am *Break / Visit Vendors*
- 10:15 am **Shoulder Dysfunction following Breast Cancer** (1 credit)  
**Sara Lay, DO**  
Learning Objectives:  
  1. Describe prevalence of disability associated with shoulder pain in breast cancer survivors
  2. Recognize common etiologies associated with shoulder dysfunction in breast cancer survivors Identify risk factors in the development of breast cancer associated lymphedema
  3. Management strategies for breast cancer associated lymphedema Identify risk factors for Rotator cuff injury in Breast cancer survivors
  4. Understand impact of radiation induced fibrosis on shoulder function
  5. Explain conservative interventions for radiation induced fibrosis

- 11:15 **Introduction to Spasticity** (1 credit)  
**Matthew Puderbaugh, DO**  
Learning Objectives:  
1. Define Upper Motor Neuron Syndrome and Spasticity  
2. Examine case studies to identify how to assess for spasticity  
3. Create a treatment plan for a patient with spasticity  
4. Evaluate how Osteopathic Manipulative Treatment can be used in Spasticity
- 12:15 pm *Lunch Break / Legally Mine Presentation*
- 1:15 pm **Treating Arthritis in the Primary Care Setting** (1 credit)  
**Robyn Knutson Bueling, MD**  
Learning Objectives:  
1. Understand arthritis, causes, exacerbating factors and treatment options  
2. Understand imaging, proper selection of tests and how to interpret them  
3. Discuss risks and benefits of medicines used for arthritis.  
4. Discuss risks and benefits of injection techniques used for arthritis
- 2:15pm **Caring for your Patients in an Epidemic: Office-Based Opioid Treatment**  
(1 credit)  
**Tanner Nissly, DO**  
Learning Objectives:  
1. Use history, physical, and established criteria to diagnose opioid use disorder  
2. Construct framework for treating Opioid Use Disorder within your practice  
3. Incorporate knowledge learned about treating opioid use disorder into osteopathic body/mind/soul treatment
- 3:15 pm *Break / Visit Vendors*
- 3:45pm **SCAT6: The New Concussion Tool and Introduction to Concussion**  
(1 credit)  
**Matthew Puderbaugh, DO**  
Learning Objectives:  
1. Identify the criteria used to diagnose mild, moderate, and severe TBI  
2. Describes some of the common symptoms and treatment of mild TBI  
3. Evaluate how the Sport Concussion Assessment Tool 6 can be used in an on the field assessment and in an office setting  
4. Analyze how Osteopathic Manipulative Treatment can influence Concussion Recovery
- 4:45pm **Updates in Common Dermatologic Conditions** (1 credit)  
**Lisa Casey, DO**  
Learning Objectives:  
1. Understand which skin conditions are the most common dermatologic conditions by statistical numbers in the United States of America per the American Academy of Dermatology  
2. Recognize visual presentations of common dermatological conditions to add to the Osteopathic medical knowledge  
3. Review clinical guidelines available for the most common conditions

5:45pm *Adjourn*

6:00 pm Dinner on your own  
*Dinner Suggestions:*  
*Ciao Bella*  
*Pinstripes in Richfield*  
*Bloomington Chop House (lobby)*  
*Olive Lounge (lobby)*

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**Exhibitors**

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**Saturday, April 20, 2024**

- 7:00 am Continental Breakfast  
7:45 am Welcome & Introductions
- 8:00 am **The Now and Near Normal in Healthcare** (1 credit)  
**Kevin Casey, DO**  
Learning Objectives:  
  1. Recognize some of the changes predicted in the next 5 years in healthcare
  2. Consider the new needs of the healthcare team
  3. Identify new techniques and ideas on how to deal with the healthcare shortage in your osteopathic practice or healthcare team
- 9:00 am **Treat Chronic Pain Using MAGIC**  
**Stephen Stacey, DO**  
Learning Objectives:  
  1. Make interactions with chronic pain patients more enjoyable and less draining by making treatment more successful
  2. Decrease the amount of time providers spend per visit with a patient with chronic pain
  3. Improve the patient-physician relationship with patients suffering from chronic pain
- 10:00 am *Break / Visit Vendors*
- 10:15 am **Burnout Breakthrough and Beyond: Healing for Healers** (1 credit)  
**Lauren Murphy, DO**  
Learning Objectives:  
  1. Define burnout and moral injury, highlighting their impact on physician well-being and the healthcare system
  2. Explain the moral and financial reasons to combat physician burnout
  3. Describe evidence-based strategies, with a focus on professional life coaching, for addressing physician burnout and promoting well-being.

- 11:15 am **Diabetes Culturally Competent Care for the Somali Community** (1 credit)  
**Abdifatah Ahmed, MD**  
Learning Objectives:
1. Healthcare providers to understand the diabetes literacy in the Somali community
  2. Understanding the main Somali ethnical food dish
  3. Understanding how weight is viewed in the Somali community
  4. Understanding why Diabetes is becoming very prevalent in Somali community in the Western countries
  5. Muslim Religious Observances and Diabetes
- 12:15 pm *Lunch & Minnesota Osteopathic Medical Society (MOMS) Annual Membership Meeting*
- 1:15 pm **Dermoscopy 101** (1 credit)  
**Lisa Casey, DO**  
Learning Objectives:
1. Understand basic terms in dermoscopy
  2. Learn the chaos and clues method of dermatoscopic diagnosis
  3. Review various skin diagnoses through the dermatoscopic slides to add to the Osteopathic medical knowledge
- 2:15 pm **Emergency Preparedness for the Primary Care Physician** (1 credit)  
**Sara Burdash, MD**  
Learning Objectives:
1. Explain the importance of emergency preparedness in the primary care setting
  2. Describe the fundamentals of emergency management/preparedness
  3. Apply emergency management tools and techniques to improve clinical care and operations
- 3:15 pm *Break / Visit Vendors*
- 3:30 pm **Substance Abuse-Hospital Medicine** (.5 credit)  
**Melanie Ripley, DO**
- 4:00 pm **AI and Medicine** (1.5 credit)  
**Ryan Jelinek, DO**  
Learning Objectives:
1. Educate around what AI is and is not. Including some basic education on terminology and functionality
  2. Discuss how AI is already and will impact healthcare
  3. Understand the limitations and pitfalls of AI in healthcare
  4. Have a better understanding on how to responsibly use AI in healthcare
- 5:30 pm *Adjourn*

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GRAIL  
Hillrom/Baxter  
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**Sunday, April 21, 2024**

- 7:00 am Continental Breakfast  
7:45 am Welcome & Introductions
- 8:00 am **Compression Fractures** (1 credit)  
**Jenny Kendall, DO**
- 9:00 am **Vaccine Update** (1 credit)  
**Sumeet Goel, DO**  
Learning Objectives:  
  1. Discuss the epidemiology of Pneumococcal Illnesses
  2. Review the types of Pneumococcal Vaccine available
  3. Review the current Pneumococcal Vaccine recommendations and timelines
  4. Special populations at high risk of Pneumococcal related illnesses
- 10:00 am *Break*
- 10:15 am **Hypervitaminosis** (1 credit)  
**Dodson Thompson, DO**  
Learning Objectives:  
  1. List some of the causes of elevated vitamin B12 and folic acid levels
  2. Understand the role of the FDA in determining supplement ingredients
  3. List conditions/diseases that may cause elevated levels of vitamin B12 and folic acid
- 11:15 am **Axial Spondyloarthritis** (1 credit)  
**Judy Smith, MD, PhD**  
Learning Objectives:  
  1. Describe musculoskeletal and extra-articular features of Spondyloarthritis, improving recognition of SpA patients presenting for osteopathic care
  2. Explain appropriate initial workup for suspected axial spondyloarthritis
  3. List major rheumatology approaches to therapy.
- 12:15 pm *Adjourn*
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## **Continuing Medical Education (CME) Credits**

*The Minnesota Osteopathic Medical Society (MOMS) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education (CME) for physicians. The MOMS designates this program for a maximum of 20 AOA Category 1-A credits and will report CME credits to AOA commensurate with the extent of the physician's participation in these activities.*

*The AAFP has reviewed Minnesota Osteopathic Medical Society Spring CME Conference and deemed it acceptable for up to 20.00 Live AAFP Prescribed credits. Term of Approval is from 04/21/2023 to 04/23/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

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