Advances in Orthopedics:
What the Primary-Care Physician Should Know

Friday, October 10, 2014
Cherry Hill Auditorium and
Swedish Education and Conference Center
Swedish Cherry Hill
500 17th Avenue
Seattle, WA 98122
Needs Statement
Primary-care physicians have identified a disparity between the variety and volume of musculoskeletal (MSK) conditions seen in their practice and the amount of MSK training received in medical school. This has resulted in a patient population that receives less that optimal care due to delayed diagnoses, inappropriate referrals to MSK specialists, unnecessary use of therapeutic and diagnostic modalities, increased patient suffering and increased costs of care. It is reported that more than 30% of Americans require medical care due to musculoskeletal disorders and that MSK disorders are the most common health condition in the U.S.

The cost of care for MSK conditions in the United States is approaching $1 trillion per year and is likely to increase as the population ages and lifestyles become more active. Musculoskeletal injuries, disorders and diseases are some of the leading causes of disability, lost productivity and increased health-care costs in this country.

To address the needs created by this learning gap, it is necessary to provide tools, training, guidelines and cost-effective techniques for the diagnosis, treatment and management of musculoskeletal injuries in the primary-care setting. This will result in decreased patient suffering and help lessen the burden of increased medical costs, disability and lost productivity on the economy.

Course Description
The goal of Advances in Orthopedics: What The Primary-Care Physician Should Know is to provide first-line clinicians with the diagnostic tools and treatment skills needed to effectively manage MSK injuries, diseases and disorders in the primary-care and emergency department setting. An interactive, hands-on approach will utilize didactic lectures from expert faculty, question-and-answer sessions and a series of hands-on workshops to increase the skills and confidence of clinicians who see musculoskeletal patients in their practice.

Intended Audience
This symposium is intended for all primary-care providers, general internists and emergency medicine clinicians who treat patients with injuries, diseases and disorders of the musculoskeletal system.

Acknowledgments
This symposium is financially supported in part by educational grants in accordance with ACCME's Standards for Commercial Support. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.

Location
Swedish Medical Center Cherry Hill is located at 500 17th Avenue in Seattle, Washington. Parking is available in the garage on 16th Avenue between Cherry and Jefferson at a maximum fee of $16.50. From I-5 (northbound and southbound), take the James Street exit. Travel east on James Street. James will become Cherry Street. Turn right (south) on 16th Avenue. Turn right into the main garage entrance.

Agenda

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<th>Time</th>
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<td>7 a.m.</td>
<td>Check-in and Continental Breakfast</td>
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| 7:40 a.m. | Welcome and Introduction  
| Samuel Koo, M.D.                                                                 |
| 7:50 a.m. | Tips and Tricks for Diagnosing and Managing Spinal Disorders  
| Addison T. Stone, M.D.                                                                 |
| 8:30 a.m. | Common Shoulder Problems: Precise Diagnosis, Specific Treatment, Frequent Pitfalls in Management (Don’t Let This Happen to You)  
| Joseph A. Shamseldin, M.D.                                                                 |
| 9:10 a.m. | Tips for First-Line Providers: Treatment Options for Disorders of the Hands, Wrists and Fingers  
| John A. Miyano, M.D. and Daniel K. Laino, M.D.                                                                 |
| 10:05 a.m. | Break                                                                    |
| 10:20 a.m. | Chronic and Acute Disorders of the Hip: Diagnosis and Management for the Primary-Care Provider  
| Philip Downer, M.D.                                                                 |
| 11 a.m. | Hot Topics in Active Nutrition                                           |
| Erin Kemperman, MS, RD, CD                                                                 |
| 11:40 a.m. | Physical Therapy: Why Do They Do What They Do? (Treatment, Modalities, Rationale)  
| Stephen Barbuto, DPT, OCS, COMT, ATC, CSCS                                                                 |
| 12:20 p.m. | Lunch                                                                     |
| 1:20 p.m. | Effective Tools for Identifying and Managing Disorders of the Knee  
| E. Edward Khalfayan, M.D.                                                                 |
| 2 p.m. | Musculoskeletal Disorders of the Foot and Ankle: Tips and Techniques for Accurate Diagnosis and Effective Treatment  
| Nicholas R. Seibert, M.D.                                                                 |
| 2:40 p.m. | Break | Move to Workshops |
| 3 p.m. | Workshop Sessions  
| Session I: 3-4 p.m. | Session II: 4:15-5:15 p.m.  
| Choose one option for each workshop session.                                                                 |
| Option 1: | The Ins and Outs of Joint Injection and Arthrocentesis Around the Shoulder and Knee Using Shoulder and Knee Cadaveric Specimens  
| Darin Morrow, PA-C, MPAS                                                                 |
| Option 2: | Learn From the Experts: A How-to Guide for Diagnostic Examination  
| Select one session from the list below:  
| Hand, Wrist and Fingers – Daniel Laino, M.D.                                                                 |
| Knee, Foot and Ankle – E. Edward Khalfayan, M.D. and Nicholas R. Seibert, M.D.                                                                 |
| Shoulder and Spine – Joseph A. Shamseldin, M.D., FAAFP and Addison T. Stone, M.D.                                                                 |
| 5:15 p.m. | Adjourn                                                                   |

For Further Information
Phone: 206-386-2755  
Fax: 206-320-7462  
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Web: www.swedish.org/cme
Course Objectives
At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

• Diagnose and manage common spinal disorders and identify when to refer to an orthopedic specialist
• Improve provider’s ability to make specific diagnoses and provide treatments specific to diagnoses of shoulder disorders and identify common pitfalls in the management of shoulder disorders in order to avoid preventable complications
• Recognize the pathophysiology of common hand conditions, identify the elements of physical examination necessary for the accurate diagnosis of common disorders of the hand and apply first-line treatment options for disorders of the hand
• Identify common hip disorders in adults and recognize mechanical hip problems that predispose patients to arthritis of the hip
• List two nutritional supplements used by orthopedic patients and why; discuss key nutrients to support healing and bone repair after surgery or injury and list ergogenic aids used to enhance energy uses, production or recovery
• Discuss exercises chosen by physical therapists to treat specific musculoskeletal disorders, summarize the new Washington state laws regarding physical manipulation by physical therapists and demonstrate to patients how to gain strength in ten minutes or less
• Improve diagnostic skills and management of common knee injuries
• Perform comprehensive history and physical examination of the injured knee and develop an algorithm for diagnostic imaging and referral to a specialist
• Identify common conditions of the foot and ankle, demonstrate evidence-based examination techniques to triage conditions of the foot and ankle, list appropriate radiological exams for evaluation of foot and ankle complaints and identify best-practices for treatment and management of common conditions of the foot and ankle in the primary-care setting
• Identify indications for joint injection, employ skills required to inject the shoulder and knee and apply skills required to aspirate the knee
• Demonstrate best-practices for diagnostic examination of the spine, shoulder, hand/wrist/fingers, knee and foot and ankle

Accreditation with Commendation
Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™
Swedish Medical Center designates this live activity for a maximum of 8 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nursing Contact Hours
Swedish Medical Center Clinical Education and Practice is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Faculty
Stephen Barbuto, DPT, OCS, COMT, ATC, CSCS
Ballard/Redmond Rehabilitation Supervisor

Philip Downer, M.D.
Orthopedic Surgeon
Orthopedic Specialists of Seattle

Erin Kemperman, MS, RD, CD
Clinical Nutrition Specialist
Swedish Medical Center

E. Edward Khalfayan, M.D.
Orthopedic Surgeon
Orthopedic Physicians Associates
Head Team Physician: Seattle Seahawks
Medical Director/Orthopedic Surgeon: Seattle Mariners

Daniel K. Laino, M.D.
Orthopedic Surgeon
Seattle Hand Surgery Group

John A. Miyano, M.D.
Orthopedic Surgeon
Seattle Hand Surgeons

Darin Morrow, PA-C, MPAS
Clinical Instructor
University of Washington School of Medicine
PA-C Program
Department of Orthopedics
The Polyclinic

Nicholas R. Seibert, M.D.
Orthopedic Surgery
Orthopedic Physician Associates

Joseph A. Shamseldin, M.D.
Director, Swedish Primary Care Sports Medicine Fellowship
Swedish Medical Center Cherry Hill

Addison T. Stone, M.D.
Orthopedic Surgeon
ProOrtho
Seattle

Swedish CME maintains full control of the content of every course we provide. It is our policy to identify and resolve all speaker and planner conflicts of interest. Each speaker is required to give a balanced, evidence-based presentation that is free of commercial bias.

Planning Committee
Samuel S. Koo, M.D., MPH, Course Director
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Christina Diferdinando, R.N., Clinical Nurse Education Specialist
David K. McFarland, M.D., FAAFP
Rose S. Mullins, CME Specialist
Joseph A. Shamseldin, M.D., FAAFP
Catherine Boosalis, M Ed, CME Manager
Registration Information:
Preregistration is required as space is limited. Participants who register by the “Advance Registration” deadline will receive a confirmation postcard after Monday, September 29, 2014. Registrations will only be processed when accompanied by full payment.

Cancellation:
To receive a refund, notice of cancellation must be received no later than Friday, October 3, 2014.

If using the registration form, please mail or fax it to:
Continuing Medical Education
Swedish Medical Center
747 Broadway
Seattle, WA 98122
Fax: 206-320-7462

Please note: No registrations are accepted by phone or e-mail.
If you have special needs, please contact the CME office at 206-386-2755.

Save time – register online!
www.swedish.org/cme