Orthopedics Symposium for the Primary-Care Physician: Arthritis Update

When the Mind Says “Yes” but the Body Says “No”

Friday, November 4, 2016

Cherry Hill Auditorium
Swedish Cherry Hill
500 17th Ave
Seattle, Washington
Needs Statement

Over 50 million Americans have arthritis, making it the number one cause of disability in the country. The aging U.S. population combined with the obesity epidemic threatens to increase the prevalence of arthritis by nearly 150% by 2030, which will greatly increase the number of arthritis patients seen by primary-care physicians each year. Currently, as there is no cure for osteoarthritis, treatments are aimed at the management of disease symptoms. Though multiple organizations have released evidence-based guidelines for treatment of arthritis, a study published in Arthritis Care & Research in 2011 revealed that many providers don’t follow these guidelines when prescribing treatment and thus may rely too heavily and too quickly on medications and surgery when research shows more conservative measures should be recommended first.

Multiple studies and surveys reveal that more than half of primary-care physicians feel that they have insufficient training in orthopaedics and 56% of that group says that medical school was their only source for formal musculoskeletal training. 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 than 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.

To address the needs created by these gaps in care, it is necessary to provide evidence-based tools, training, guidelines and cost-effective techniques for the diagnosis, treatment and management of arthritis and other musculoskeletal conditions 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

This symposium will provide the evidence-based diagnostic tools and treatment skills that first-line providers need to effectively manage arthritis and musculoskeletal pain and injury in the primary-care setting. An interactive, hands-on approach will utilize didactic lectures from expert faculty, question-and-answer sessions and a series of hands-on workshops designed to increase the skills and confidence of providers that treat patients who experience musculoskeletal pain, injury, arthritis and other musculoskeletal conditions.

Intended Audience

This symposium is intended for all primary-care and family medicine physicians, general internists, nurses and allied health professionals in the Northwest who treat patients with arthritis and other injuries, diseases and disorders of the musculoskeletal system.

Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 a.m.</td>
<td>Registration and Breakfast</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Welcome and Introductions</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Diagnosis and Treatment for Degenerative Shoulder Problems</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Arthritis in the Wrist and Hand</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Hip Pain and Arthritis</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>When a Good Knee Goes Bad: Evaluation and Management of the Patient with Knee Arthritis</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Managing Arthritis of the Foot and Ankle</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Lunch (provided)</td>
</tr>
<tr>
<td>12:40 p.m.</td>
<td>Lunch Lecture: Minimally Invasive and Regenerative Medicine Techniques in Orthopaedics</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Afternoon Workshops</td>
</tr>
</tbody>
</table>

Participants will select one of the options below for each workshop time period.

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

Option 2: Learn from the Experts- A How-to Guide for Diagnostic Examination

Participants will select 2 of the 5 Choices Below:

- **Shoulder**
  - Michael S. Erickson, M.D.
  - John A. Miyano, M.D.; William F. Wagner, Jr., M.D.; Beverly Ting, M.D.

- **Wrist/Hand**
  - Frederick B. Lee, M.D.
  - Laura J. Matsu Ko, M.D.
  - Nicholas R. Seibert, M.D.

- **Hip**
  - Laura J. Matsen Ko, M.D.

- **Knee**
  - Nicholas R. Seibert, M.D.

4:45 p.m. Adjourn

Location

Swedish Medical Center Cherry Hill is located at 500 17th Avenue in Seattle, Washington. The conference will be held in the auditorium, located beneath the dining hall. Parking is available in the garage on 16th Avenue between Cherry and Jefferson at a maximum fee of $20. 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.

For Further Information:
Phone: 206-386-2755   |   Fax: 206-320-7462
E-mail: CME@swedish.org   |   Web: swedish.org/CME
Course Objectives

At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

- Take history and perform an exam for degenerative shoulder problems, diagnose common degenerative shoulder conditions and provide treatment and appropriate referral for degenerative shoulder issues
- Recognize the demographics and risk factors for arthritis in the hand and wrist, correctly diagnose common arthritic conditions based on history and physical exam, utilize diagnostic imaging in the correct circumstances, apply non-surgical treatment options for different joints and recognize when referral for surgical consultation is appropriate
- Identify common hip disorders in adults and recognize mechanical hip problems that predispose patients to arthritis of the hip
- Determine the causes of knee arthritis, evaluate a patient for arthritis of the knee, including the factors that can affect the outcome of surgery and explain the alternatives for managing knee arthritis, along with the potential risks and alternatives
- Identify common conditions of the foot and ankle, demonstrate evidence-based examination techniques to triage conditions and arthritis of the foot and ankle and list appropriate radiological exams for evaluation of foot and ankle complaints
- Discuss regenerative medicine, minimally invasive techniques and MSK ultrasound and how they can be used to improve patient care
- Review the anatomy of the knee and shoulder, identify indications for shoulder and knee joint injection and employ skills required for proper injection and aspiration technique for the shoulder and knee
- Perform an examination and special tests on the shoulder to evaluate pain and recognize the predictive value of shoulder tests for shoulder diagnosis
- Describe the anatomic landmarks for the joints of the hand and wrist, diagnose arthritic conditions based on physical exam skills and utilize injection and splinting techniques for non-surgical management
- Identify best-practices and exam techniques for diagnostic examination of the hip
- Discuss the anatomy of the knee, perform a physical examination of the knee and order and interpret x-rays of the knee
- Identify best-practices and exam techniques for treatment and management of common conditions of the foot and ankle in the primary-care setting

Faculty

Sean Colio, M.D.
Director, Ambulatory MSK Ultrasound
Fellowship, Swedish Sports Medicine
Co-Director, Swedish Sports Concussion Program

Michael S. Erickson, M.D.
Director Swedish Sports Medicine
Swedish Health Services

Frederick B. Lee, M.D.
Orthopedic Surgeon
Orthopedic Physician Associates

Laura J. Matsen Ko, M.D.
Orthopedic Surgeon
Orthopedic Physician Associates

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

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

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

Beverly Ting, M.D.
Orthopedic Surgeon
Seattle Hand

William F. Wagner, Jr., M.D.
Orthopedic Surgeon
Seattle Hand

Planning Committee

John A. Miyano, M.D., Course Co-Director
William F. Wagner, Jr., M.D., Course Co-Director
Amy Aaselund, R.N., MSN, ACNS-BC
Catherine Boosalis, MEd, CME Manager
Michael S. Erickson, M.D.
Billierose Hair, ARNP, MN
Danielle Westley, CME Specialist

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 7.5 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 CE Contact Hours

Swedish Medical Center Clinical Education and Practice is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Nursing Education Approver (A-CNE), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

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.
REGISTRATION FORM

Orthopedics Symposium for the Primary-Care Physician: Arthritis Update – When the Mind Says “Yes” but the Body Says “No”
Friday, November 4, 2016

Please print or type information
____________________________________________________________
Name   Title/Credential
____________________________________________________________
Address
____________________________________________________________
City/State/ZIP
____________________________________________________________
Phone   Fax
____________________________________________________________
Email
____________________________________________________________
Emergency Contact Name & Phone Number (Optional)
____________________________________________________________
Specialty
____________________________________________________________

Registration Information:
Pre-registration is required as space is limited. Participants who register by the Advance Registration deadline will receive a confirmation postcard after Monday, October 24, 2016. Registrations will only be processed when accompanied by full payment.

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

Cancellation: To receive a refund, notice of cancellation must be received no later than Friday, October 28, 2016.

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

Registration Fees: The fee for this course includes catering, all instruction materials, online syllabus access and a certificate of AMA PRA Category 1 Credits™.

WORKSHOP SESSION I: 1:30-3 p.m.
Choose one of the options listed below.

☑ Option 1: The Ins and Outs of Joint Injection and Arthrocentesis around the Shoulder and Knee Using Shoulder and Knee Cadaveric Specimens
☑ Option 2: Learn From the Experts: A How-to Guide for Diagnostic Examination

Please choose two of the options from the exam stations listed below.

☐ Shoulder   ☐ Hip
☐ Knee       ☐ Foot and Ankle
☐ Hand, Wrist and Fingers

WORKSHOP SESSION II: 3:15-4:45 p.m.
Choose one of the options listed below.

☐ Option 1: The Ins and Outs of Joint Injection and Arthrocentesis around the Shoulder and Knee Using Shoulder and Knee Cadaveric Specimens
☑ Option 2: Learn From the Experts: A How-to Guide for Diagnostic Examination

Please choose two of the options from the exam stations listed below.

☐ Shoulder   ☐ Hip
☐ Knee       ☐ Foot and Ankle
☐ Hand, Wrist and Fingers

Registration Fees

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Advance Registration</th>
<th>After Oct. 24</th>
</tr>
</thead>
<tbody>
<tr>
<td>M.D. or D.O.</td>
<td>$260</td>
<td>$290</td>
</tr>
<tr>
<td>Allied Health Professional</td>
<td>$130</td>
<td>$160</td>
</tr>
<tr>
<td>Medical Student</td>
<td>No Charge</td>
<td>No Charge</td>
</tr>
<tr>
<td>Resident/Fellow</td>
<td>No Charge</td>
<td>No Charge</td>
</tr>
<tr>
<td>Check enclosed, payable to Swedish CME</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Credit Card #</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visa</td>
<td>MasterCard</td>
<td>Discover</td>
</tr>
</tbody>
</table>

Signature __________________________Expiration Date _______

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