



## **OMED 2018**

# **123<sup>rd</sup> Osteopathic Medical Conference & Exposition**

**October 5 – 9, 2018 ~ San Diego, CA**

### **Friday, October 5, 2018 - 11:00 a.m. - 4:00 p.m. - Joint Session - AOAAM and AMOPS**

The intent of the Joint AOAAM / AMOPS session "Veterans and Trauma / Pain / TBI / Substance Use and Recovery" is to increase awareness and strengthen interdisciplinary teams in trauma rehabilitation. This joint civil military session will share "best practices" and "lessons learned" from military trauma rehabilitation with all participants. The Defense Veterans Center for Integrative Pain Management lists Osteopathic Manual Medicine among its best five practices in integrative pain management in its Task Force report to the Army Surgeon General. "Best practices" from the battlefield to recovery will be discussed by our distinguished speakers. Our nation can not contain and control our current "public health emergency" ("opiate epidemic") without strengthening interdisciplinary coalitions and the communities they serve. Excellence in Emergency Medical Systems (Baltimore or Baghdad) leads to a surge of survivors deserving excellence in pain management and recovery.

#### **11:00 a.m. - 12:00 p.m. - Excellence in Trauma Recovery**

Lieutenant General Douglas J. Robb, DO, MPH

Military medicine continues to be challenged to support the warfighter. Our military health system must embrace an enterprise approach to the delivery of healthcare to our warfighters and veterans. We can no longer afford to deliver healthcare in "silos of excellence" but must embrace the delivery of our military health system in a "continuum of excellence."

Learning Objectives:

- Understand the "continuum of care" required to support changing face of medicine and the challenges it presents for medical support to the warfighter
- Know the resourcing requirements to support the "continuum of care:" Force Health Protection to Combat Casualty Care to Forward Resuscitative Care to Theater Hospital Care to Definitive Care
- Describe the military health system's "leadership transformation" required to go from our military medicine "silos of excellence" to a military health system "continuum of excellence"
- Lessons Learning: challenges facing our wounded warriors and veterans

#### **12:00 p.m. - 1:00 p.m. - Moral Injury: The Warrior's Burden**

Captian Jon T. Perez, Ph.D.

Define and explore Moral Injury as a concept, as well as focus for clinical understanding and intervention, distinct from and requiring different intervention strategies from Post-Traumatic Stress Disorder.

Learning Objectives:

- Be able to define Moral Injury and differentiate from Post-Traumatic Stress Disorder
- Understand its potential prevalence and impact on those with combat experience/exposure
- Identify at least three treatment/healing modalities currently in use/development



### **1:00 p.m. - 2:00 p.m. - Body, Mind, Medicine for Pain**

Commander Jeffrey H. Millegan, MD, MPH

CDR Millegan will discuss the foundational concepts behind the use of mind body medicine followed by a description of the Mind Body Medicine for Pain program at NMCSO. The presentation will end with a presentation of recent findings from internal analysis of the program to include overall healthcare and opioid utilization data. A video case study will be presented of a previous Mind Body Medicine for Pain participant.

Learning Objectives:

- Understand the role of mind body medicine in the management of pain patients.
- Describe the core components of the Mind Body Medicine for Pain program at NMCSO
- Formulate a strategy for integrating mind body medicine concepts into attendee's management of pain patients.

### **2:00 p.m. - 3:00 p.m. - Traumatic Brain Injury**

Commander Lynita Mullins, DO

This brief discusses the importance of early detection, education, and intervention for substance use disorder among TBI patients as a means of improving prognoses for full TBI recoveries.

Learning Objectives:

- Participants will gain an understanding of the prevalence of comorbidity between substance use disorders and traumatic brain injury.
- Participants will learn about specific factors that impact diagnosis and recovery when TBI and substance use disorders are comorbid.

### **3:00 p.m. - 4:00 p.m. - OUD in Military & Veterans Populations**

Anthony Dekker, DO, FAOAAM

Evaluation and Treatment of Veterans and Military for chronic pain and it's relationship to Opioid Use Disorders In this population. Review of Medication Assisted Treatments (MAT) for this population and the ancillary care needed for successful ongoing recovery will be reviewed in detail.

Learning Objectives:

- Detect the signs and symptoms of opioid dependence in active duty service members
- Distinguish the special complications of opioid use disorders in women
- Understand the indications and contraindications of buprenorphine and naltrexone injectable care.

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## **Saturday, October 6, 2018 - 8:00 a.m. - 5:00 p.m. - AOAAM's Essentials of Addiction Medicine Course**

This program is designed to provide up-to-date data and practice techniques for basic through advanced addiction treatment.

### **8:00 a.m. -8:30 a.m. - Addiction Medicine: The Elephant in the middle of Health Care**

Stephen Wyatt, DO, FAOAAM

Substance use disorders are a bio-psycho-social illness. This presentation will look at the neurobiology of these disorders and how it impacts the physical and emotional well-being of the patient and the society around them.

Learning Objectives:

- There is a current need for better understanding these problems as they impact they have on chronic patient care.
- There is a need to better understand the importance of treating these illnesses as determined by the Equity Act.
- There is a need for greater awareness of primary care of the tenants of addiction medicine to improve the overall care of the patient.



### **8:30 a.m. - 9:30 a.m. - Assessing the SUD Patient**

William Morrone, DO, FACOFP

Attendees will be introduced to basic addiction concepts related to diagnosing substance use disorders.

Learning Objectives:

- Introduced to DSM - 5 criteria
- You will learn SBIRT
- You will learn about laboratory testing

### **9:30 a.m. - 11:00 a.m. - Motivational Interviewing**

Stephen Wyatt, DO, FAOAAM

Motivational Interviewing is a psychotherapy which helps individuals understand and manage their reluctance to change behavior. Overcoming this resistance is a fundamental step in helping individuals with a substance use disorder begin the process of recovery.

Learning Objectives:

- Learn the basic elements of Motivational Interviewing.
- Engage the topic through video examples which will reinforce key concepts.

### **11:00 a.m. – Noon - Management of Withdrawal - Opioids, Alcohol and Benzodiazepine's**

Julie Kmiec, DO

Medical and psychological care of patients who are experiencing withdrawal symptoms as a result of ceasing or reducing use of their drug of dependence.

Learning Objectives:

- Name common signs and symptoms of alcohol, benzodiazepine, and opioid withdrawal
- Discuss evidence-based treatment of alcohol, benzodiazepine, and opioid withdrawal

### **1:30 p.m. - 2:30 p.m. - The impact of Substance Use on Health**

Anthony Dekker, DO, FAOAAM

Drug use and the treatment of substance use disorder is complicated by special treatment populations.

Learning Objectives: Understand how the following special populations are affected:

- Adolescent patients
- Pregnant patients
- Geriatric patients
- HCV-HIV patients

### **2:30 p.m. - 3:30 p.m. - Adolescent Substance Use: How to Recognize, Screen and Communicate**

Marla Kushner, DO, FACOFP

Epidemiology & prevalence of drug use in young adults and teens and will include clinical pathways available for clinicians.

Learning Objectives:

- Understand what drugs are used
- Accept data that outline frequency of use
- Options available to parents and teens for treatment



### **3:30 p.m. - 5:00 p.m. - Stump the Experts Panel Discussion**

Anthony Dekker, DO, FAOAAM  
Julie Kmiec, DO,  
Marla Kushner, DO, FACOFP  
William Morrone, DO, FACOFP  
Stephen Wyatt, DO, FAOAAM

An interactive discussion on addiction medicine with questions from attendees.

Learning Objectives:

- Help the attendees clarify their questions in the subject of addiction medicine.
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## **Sunday, October 7, 2018 - 8:00 a.m. – 4:30 p.m.**

### **8:00 a.m. - 10:20 a.m. - Health Disparities in Substance Use Disorders**

This session will cover the history of the addiction epidemic and the current treatments available as well as the need for prevention. It will also discuss the disparities that affect access to SUD treatment. Federal policies and laws that support or inhibit treatment will also be touched on.

Learning Objectives:

- Connect the drug epidemics in the U.S. to broader social issues.
- Understand the disparities in drug policy creation.
- Reconsider the public health realities of drug epidemics and what might have been more suitable responses

### **8:00 a.m. - 8:10 a.m. - Welcome**

Marla Kushner, DO, FACOFP

### **8:15 a.m. - 9:15 a.m. - The history of drug policy in America: Controlling drugs or people?**

Amanda Reiman, PhD

Learning Objectives

- Understand the role of race and economic inequality in drug policy creation.
- Connect the drug epidemics in the United States to broader social issues.
- Reconsider the public health realities of drug epidemics and what might have been more suitable responses.

### **9:20 a.m. - 10:20 a.m. – Distinguished Speaker - Osteopathic Physicians as Leaders in Addiction Medicine: Opportunities and Barriers**

Kevin Kunz, M.D., M.P.H., DFASAM

Substance Use Disorders (SUD) provide the underlying diagnoses for the majority of morbidity, mortality, social disruption and public health deficits in America. SUD and addiction are complex diseases, often chronic, modulated by genetics, neurobiology and the environment. They are amenable to evidence informed prevention and treatment. American medicine has failed at containing their destruction, which is in fact now accelerating. Osteopathic medicine and osteopathic physicians can bring a new and desperately needed set of values, attitudes and approaches to bear on our national endemic and epidemic drug problems. These include the osteopathic holistic approach to the patient: resolution of addiction requires focused attention to the interconnectedness of body, mind and spirit. The osteopathic principles of public health promotion, primary care, service in rural locales and understanding the role of health disparities in disease causation and progression are generally lacking in current approaches of addiction medicine practice - in these osteopathic physicians can lead. The barriers faced for osteopathic physicians who could be champions for patients and communities impacted by SUD and addiction are related to bureaucratic, structural and organizational immaturity and dysfunction, diffidence and antiquated traditional views. The voice and actions of a new generation of osteopathic



physicians who see clearly the toll of alcohol, nicotine, inappropriately prescribed controlled substances and other licit and illicit drugs is needed. This is your charge. It is your responsibility.

Learning Objectives:

- Attendees will be able to give 4 examples why the field of addiction medicine exists and the current critical need for more qualified ADM subspecialist.
- Attendees will be able to convey 3 things they can do to promote ADM in osteopathic practice, education and credentialing
- Attendees will interact with patients, peers and supervisors in a manner which brings attention to and advances the prevention and treatment of substance use disorders.

**10:30 a.m. - 12:00 p.m. - LGBTQ and Addiction Medicine – (In ACOFP Room)**

Marla Kushner, DO, FACOFP

Jeff Zacharias, LCSW, CSAT, CAADC

This lecture will help physicians recognize patients in the LBGTQ community with SUD. It will give them the tools and resources to communicate and better assist the individuals who are a part of the LBGTQ community.

Learning Objectives:

- Discuss substance abuse in the LBGT community.
- Develop competent communication skills to meet the needs of the LBGT community.
- Recognize Information and resources designed to help assist and support LBGT community.

**1:30 p.m. - 4:30 p.m. - What the Heck, it's Just Marijuana**

Accidental overdose on opiates is now the leading cause of accidental death in the U.S. In America, we comprise 25% of the world's population and consume 99% of the world's hydrocodone. As far back as 1889, doctors have been exploring the use of cannabis for opiate dependence. A sharp increase in opiate fatalities coupled with the population most impacted has regulators, researchers and others looking for novel approaches, including cannabis. This session will focus on three points at which cannabis can interface with opiates to encourage harm reduction: as a first line defense for pain, as a withdrawal medication, and as a maintenance medication to prevent relapse. Research in the area of cannabis and harm reduction will be presented, as well as perspectives from Addiction Medicine experts and patent(s).

Learning Objectives:

- Understand the current state of opiate use and abuse in the United States
- Argue evidence-based benefits and risks of marijuana use among persons with SUDs.
- Explore the use of cannabis as a substitute for opiates in various settings.
- Incorporate patient perspectives in decision making.

**1:30 p.m. - 2:30 p.m. - Harm Reduction: Addressing the Opioid Epidemic with Cannabis**

Amanda Reiman, PhD

**2:30 p.m.- 3:30 p.m. - SUD Experts Perspective - Should People with Substance Use Disorders (SUD) Use Cannabis?**

Marla Kushner, DO, FACOFP - Moderator

William Morrone, DO, FACOFP

Steve Wyatt, DO, FAOAM

Mark Hashim, MD

Fred Goldstein, PhD

**3:30 p.m. - 4:30 p.m. - Patient Perspective: Cannabis and SUD**

Ally J. and Chad R.

SUD Patient Panel + Q&A



## **Monday, October 8, 2018 - 8:00 a.m. – 2:30 p.m. – NEW - Advanced Addiction Medicine Course**

The Advanced Program in Addiction Medicine will include hot topics affecting seasoned addiction medicine physicians. Those who have completed the Essentials Program are urged to attend this course.

### **8:00 a.m. - 9:00 a.m. - Alcohol Biomarkers - Alcohol - Medical Legal Considerations**

William R. Morrone, DO, FACOFP

### **9:00 a.m. - 10:00 a.m. - Synthetics Cathinones (Bath Salts) and Other Lethal Street Drugs**

Anthony Dekker, DO, FAOAAM

Review of New Drugs on the Street including stimulants including synthetic and natural cathinones, opioids, hallucinogens and sedative hypnotics.

Learning Objectives:

- To become aware of the changing scene of substance use practices and chemicals.
- To understand the nonjudgmental approach in interviewing for substance use issues

### **10:00 a.m. - 11:00 a.m. - Problematic Prescription Medications**

Stephen Wyatt, DO, FAOAAM

There are a variety of medications of which there is growing concern about their abuse potential. These include and will be briefly reviewed; most clearly the stimulants, opioids and benzodiazepines. They will be briefly reviewed. However, there are other medications that are less well known for their misuse These would include; for example gabapentin, quetiapine, and clonidine. These and other medication will be reviewed in this session as per their clear utility and their potential for misuse.

Learning Objectives:

- Understand the abuse potential of some commonly prescribed medications.
- Understand the risk benefits of prescribing these medications.
- Understand appropriate tapering of these medications

### **11:00 a.m. - 12:00 p.m. - Heroin and the Fentanyl Crisis**

William Morrone, DO, FACOFP

### **1:30 p.m. - 2:30 p.m. - Co-occurring disorders: Substance Induced vs. Primary Psychiatric Disorder**

Julie Kmiec, DO

Learning Objectives:

- Understand the difference between substance induced disorders and independent psychiatric disorders
- Be able to diagnose substance induced disorder versus independent mood, anxiety, or psychotic disorder
- Provide effective treatment for mood, anxiety, and psychotic disorders in those who use substances

### **2:30 p.m. - 3:30 p.m. - Ice Cream with the Experts**

AOAAM Board Members and AOAAM Past Presidents

This is an excellent opportunity to meet the AOAAM Board Members, Past Presidents and to get to know other AOAAM members and physicians interested in Addiction Medicine in a relaxed atmosphere. Feel free to join us for our AOAAM Annual meeting following this event.

### **3:30 p.m. - 4:30 p.m. - AOAAM Annual Meeting**



## Tuesday, October 9, 2018 - 7:30 a.m. - 4:30 p.m. - 8-hour Buprenorphine Waiver Training

Anthony Dekker, DO, FAOAAM

William Morrone, DO, FACOFP

Stephen Wyatt, DO, FAOAAM



Medication Assisted Treatment (MAT) of Substance Use Disorders

involves a combination of a medication that targets the brain, and psychosocial interventions aimed at improving treatment outcomes. Research shows that medications and therapy together may be more successful than either treatment method alone. PCSS-MAT intends to provide free, evidence-based resources to train clinicians and the public about the effectiveness of medications used for treating opioid addiction, including buprenorphine, naltrexone and methadone, to more effectively address this public health crisis.

Learning Objectives:

- Describe prerequisites for a physician to begin to prescribe buprenorphine in office-based practice
- Discuss clinically relevant pharmacological characteristics of buprenorphine
- Identify factors to consider in determining if a patient is an appropriate candidate for office-based treatment
- Describe induction and maintenance protocols
- Discuss strategies for integrating psychosocial care with office-based pharmacological treatment
- Discuss treatment strategies for management of chronic and acute pain in patients in maintenance treatment for opioid dependence

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