



OMED 2019
124th Osteopathic Medical Conference & Exposition
October 24 – October 28, 2019 – Baltimore, MD

Thursday, October 24, 2019 - 12:00 p.m. - 5:00 p.m.
Military Session

Thursday - 12:00 p.m. - 1:00 p.m.

DoD Integrative Pain Management and Opioid Safety Strategies; The Way Ahead

Kevin Galloway, BSN, MHA, COL US Army (Ret)

Military Medicine has undergone some major transformation as a result of the last 18 years of combat operations. Concurrently, the nation has been facing significant challenges with pain management and related prescription medication (opioid) overuse, misuse, and diversion. The DoD has been developing policies, strategies, and tools that can be applied across the military health system (MHS) and serve as models for the nation. Presentation will include an overview of what systems are being developed and implemented to support a model of interdisciplinary, multi-modal, and patient centered pain management in the MHS.

Learning Objectives:

1. Understand the impact of the national opioid epidemic and the innovative approaches being utilized in the DoD to improve safety and quality of care for pharmacologic and non-pharmacologic pain management.
2. Describe federal medicine pain management initiatives to develop patient and provider resources that lead to a pain management culture focused on effective self-management, functional improvements, and opioid sparing.
3. Describe the ongoing activities in the MHS to implement patient centered, holistic and team-based strategies for pain management.

Thursday - 1:00 p.m. - 2:00 p.m.

Combat Yoga

Bhagwan Bahroo, MD

Dr. Bahroo will introduce the subject of Yoga and describe what it teaches us, its multi-faceted nature, its potential to better our lives, its ancient origins and evolution into the modern world, how different faiths have viewed and interpreted it, and the ways in which modern societies can benefit to making it a part of their daily existence. Yoga is a pathway for higher self-awareness and self-discipline. It promotes better physical and mental health. It helps improve social connectedness and helps integrate spirituality.

Learning Objectives:

1. Obtain a better understanding of Yoga and how we can help ourselves and our patients lead a more productive, peaceful and harmonious life.

Thursday - 2:00 p.m. - 3:00 p.m.

Osteopathic Manipulative Medicine

Jodie Hermann, DO

Osteopathic Medicine and the Military what are the benefits of Osteopathic Manipulative Medicine and Osteopathic Principles and Practice relative to pain, duty and ability of giving medical care for with troops in service.

Learning Objective:

1. To reinforce the knowledge and ideas of medical care from an Osteopathic viewpoint and how it ties in with the military. This lecture focuses on the applicability to pain, alternative medicine and benefits from osteopathic care.

Thursday - 3:00 p.m. - 4:00 p.m.

Trans Cranial Magnetic Stimulation

R. Gregory Lande, DO, FAOAM

Treatment resistant depression is a significant source of long term psychiatric disability that challenges clinicians to adopt a stepped care approach to maximize positive treatment outcomes. In 2008 the FDA approved transcranial magnetic stimulation (TMS) for treatment resistant depression thereby offering a nonpharmacological alternative. Clinicians adopted the practice at Walter Reed National Military Medical Center and this presentation discusses the basic principles of TMS and subsequent military research.

Learning Objectives:

1. Clinicians will learn about the origins of magnetic medicine and its evolution to the modern practice of TMS.
2. Clinicians will learn about the fundamentals of TMS practice.
3. Clinicians will learn about TMS in a military population.

Thursday - 4:00 p.m. - 5:00 p.m.

Introduction of Acupuncture to the Military Health System: Battlefield Acupuncture and Beyond

Chester "Trip" Buckenmaier, MD, COL, US Army (Ret)

While the nation has been facing significant challenges with pain management and related prescription medication (opioid) overuse, misuse, and diversion, the DoD has been developing policies, strategies, and tools that can be applied across the military health system (MHS) and serve as models for the nation. Presentation will include an overview of DoD efforts to increase its capacity to provide acupuncture (including Battlefield Acupuncture) as an evidenced based non-pharmacologic treatment for pain management.

Learning Objectives:

1. Understand how the military health system (MHS) has been working to develop policies and clinical practice guidance in order to increase access and utilization of acupuncture as one of several evidenced based non-pharmacologic treatments for pain management.
2. Describe the ongoing activities in the MHS (and the VA) to implement a common standard for acupuncture training, credentialing, utilization, coding, and documentation.
3. Describe how the MHS and VA have been using Battlefield Acupuncture (BFA) to introduce providers and patients to acupuncture.

Friday, October 25, 2019 - 9:30 a.m. - 5:00 p.m.

Essentials of Addiction Medicine Course

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

Friday - 9:30 a.m. - 10:00 a.m.

Addiction Medicine: The Elephant in the Middle of Healthcare

Stephen Wyatt, DO, FAOAM

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:

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

Friday - 10:00 a.m. - 11:00 a.m.

Assessing the SUD Patient (Screening for and Diagnosis of SUD)

William Morrone, DO, FAOAAM

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

Learning Objectives:

1. The importance of universal screening for substance use disorders.
2. The current validated models of SBIRT
3. The foundation of engaging a patient in a brief intervention.

Friday - 11:00 a.m. - Noon

Motivational Interviewing

Antoine Douaihy, MD

Motivational interviewing (MI) is a form of collaborative conversation for strengthening a person's own motivation and commitment to change (Miller & Rollnick, 2009). It is a person-centered counseling style for addressing the common problem of ambivalence about change by paying particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion (Miller and Rollnick, 2013; Douaihy A, Kelly TM, & Gold MA, 2014) <http://www.motivationalinterviewing.org/>

Learning Objectives:

1. Summarize the MI research for behavioral change.
2. Understand the "Spirit" of MI.
3. Learn the processes and foundational Skills of MI Practice

Friday - 1:30 p.m. - 2:30 p.m.

12 Step Program

Thomas Gibbs, DO

We explain why 4-5 million people use 12 step methods & more people are seeking help for addiction to drugs and alcohol.

Learning Objectives:

1. List the 12 steps, list the history
2. Explain the risks and benefits of 12 steps

Friday - 2:30 p.m. -3:30 p.m.

Precipitated Withdrawal

Julie Kmiec, DO

This lecture will present literature and case presentations about precipitated withdrawal with respect to buprenorphine and naltrexone.

Learning Objectives:

1. Describe risk factors for precipitated withdrawal
2. Understand risk factors of precipitated withdrawal when starting patients on buprenorphine or naltrexone
3. Treat precipitated withdrawal

Friday - 3:30 p.m. - 4:30 p.m.

Special Populations Health Complications of Substance Use

Anthony Dekker, DO, FAOAAM

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

Learning Objectives:

1. Understand how the following special populations are affected:
 - a. Adolescent Patients
 - b. Pregnant Patients
 - c. Geriatric Patients
 - d. HCV-HIV Patients

Friday - 4:30 p.m. - 5:00 p.m.

Stump the Experts - Q & A

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

An interactive discussion on addiction medicine with questions from attendees.

Learning Objectives:

1. Help the attendees clarify their questions in the subject of addiction medicine.

Saturday, October 26, 2019 - 8:00 a.m. - 4:00 p.m.

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.

Saturday - 8:00 a.m. - 9.30 a.m.

Non-narcotic Pain Management for People in Recovery Including OMM

Joseph Dekker, DO

Conservative and Supportive evidence-based approaches will be discussed for the drug abstinent and MAT stable patient. The biopsychosocial model will be examined and multidisciplinary strategies for optimal outcomes. Office-based osteopathic techniques for high yield complaints and dysfunctions will be reviewed and analyzed.

Learning Objectives:

1. Review background and climate of current addiction/recovery care.
2. Review multidisciplinary approaches in the biopsychosocial model.
3. Review Non-narcotic evidence-based medication, MAT, and interventional approaches.
4. Review pragmatic OMT approaches for common disorders associated with addiction and recovery.

Saturday - 9:30 a.m. - 10:45 a.m.

Advanced - Neurobiology of Addiction

Antoine Douaihy, MD

Addiction is a neurobiological illness in which repetitive substance use dysregulates the circuitry of rewarding and adaptive behaviors resulting in a drug-induced neuroplasticity. Understanding the neurobiological processes of addiction allows for a theoretical pharmacological approach to treating addictive disorders. Experimental research has provided a new understanding of addiction and its corresponding treatment.

This lecture presents a unique perspective on addiction that emphasizes molecular, cellular and neurocircuitry changes in the transition to addiction. This lecture synthesizes diverse findings on the

neurobiology of addiction to provide a heuristic framework for a better understanding of the complexity of addictive disorders.

Learning Objectives:

1. Identify the anatomical areas of the brain involved in the reward pathway
2. Outline the neurotransmitter systems which activate the reward pathway
3. Identify the anatomical areas and receptors involved in activation from psychoactive drugs
4. Identify the anatomical areas and receptors involved in the withdrawal from psychoactive drugs
5. Understand concepts relating to the development of addiction

Saturday - 10:45 a.m. - Noon

Advanced - "Aspiring Authors and Peer Reviewers - Journal of Addictive Diseases"

R. Gregory Lande, DO and Rachel Wilson

This presentation will discuss and encourage clinical academic writing and peer review.

The editorial management team of the AOAAM's Journal of Addictive Diseases (JAD) will discuss basic principles of medical writing and peer reviewing.

Learning Objectives:

1. Better enable and encourage members to become peer reviewers, submit manuscripts, and be considered for inclusion on the JAD's Editorial Board.
2. Attendees will learn the basic principles of submitting their clinical work for publication consideration.

Saturday - 1:30 p.m. - 2:30 p.m.

Advanced - Vaping

Anthony Dekker, DO and James Latronica, DO

Vaping tobacco and other substances have become an epidemic in the US. This presentation will review the history of vaping and e-tobacco and flavored systems. There seems to be a relationship of flavored and THC related JUUL and e-cigarette delivery systems and acute pulmonary changes with severe and fatal events. Primary, secondary and tertiary prevention will be reviewed. Physician participation in legislative efforts to improve safety will be included. Industry efforts to promote e-cigarette use will also be reviewed.

Learning Objectives:

1. To understand the recent history of e-cigarettes
2. To recognize complications and signs and symptoms of complications of e-cigarettes
3. To reduce the use of e-cigarettes in youth
4. To utilize the CDC 2019 Lung Injury Surveillance Case Definition (CDC) - September 18, 2019

Saturday - 2:30 p.m. - 4:00 p.m.

Advanced - Case Studies in Addiction Medicine

Stephen Wyatt, DO, William Morrone, DO, Julie Kmiec, DO, Anthony Dekker, DO

During this session, addiction medicine cases will be presented followed by Q & A.

Learning Objectives:

1. Attendee will be able to discuss with greater confidence problems of addiction medicine with patients and colleagues.

Sunday, October 27, 2019 - 8:00 a.m. - 5:00 p.m.

Sunday - 8:00 a.m. - 10:00 a.m.

Adverse Childhood Experiences (ACEs) - Healing Safely: Caring for Survivors of Trauma

Program Moderator: Sharon Gustowski, DO

Panel Moderator: Nancy Monaghan Beery, DO

Speakers: Audrey Stillerman, MD, Daniel Taylor, DO, Marla Kushner, DO

A joint program on Adverse Childhood Experiences (ACEs) and Trauma Informed Care Practice.

Learning Objectives:

1. Define ACEs, trauma, resilience, health and TICP
2. Identify the health effects of childhood adversity, trauma, and protective factors and understand the underlying physiology
3. Describe the controversies around screening for adversity and trauma
4. Explore ways to implement trauma-informed care practice at your clinic.
5. Describe the impact of primary and secondary trauma on clinicians and how to develop self-care strategies at the personal and organizational level.

Sunday - 10:15 a.m. - 11:05 p.m.

Post-Traumatic Stress Disorder (PTSD)

R. Gregory Lande, DO, Stephen Wyatt, DO, Ethan Weckstein, DO

A joint program on the co-occurring problem of PTSD and substance misuse is all too common. In this section we will examine the prevalence of this co-occurrence in certain populations and what are often the contributing predisposing characteristics. Trauma plays an important role in the origin of both of these disorders. The type and repetitive nature of the trauma can also play a role. These and other factors in this association will be presented. There will be a case presentation followed by a discussion of the diagnosis and evidence-based treatments available. There will be an opportunity for the audience to comment and ask question.

Learning Objectives:

1. Identify risk factors for the development of PTSD in patients who sustain traumatic physical and emotional injuries.
2. Explore the role of substance use disorders as an underlying predisposing factor for the development of PTSD.
3. Discuss the ramifications associated with substance abuse, PTSD and trauma in relation to the current opioid crisis.
4. Discuss evidence-based treatments available in the treatment of these patients.

Sunday - 11:05 a.m. – Noon

Suicide in Children and Adults

Lydia Vender, D.O., FACN

Learning Objectives:

1. Elaborate on the history of suicide in children and adolescents
2. Describe various biopsychosocial influences on suicidal causality Differentiate between suicidal ideation, attempt, and completion
3. Provide information on screening and treatment options
4. Discuss the psychological aftermath of suicide on family and friends

Sunday - 1:30 p.m. - 2:30 p.m.

Physician Wellness: From Denial to Acceptance to Advocacy

David Kushner, MD FACOG

Physician burnout is becoming a more pressing issue for your members. Faced with sobering data about rates of burnout, depression, and suicide, your society should be actively disseminating

information to help prevent, recognize, and manage the stressors associated with a career in medicine. This lecture frames the problem and outlines evidence-based steps to address the issue.

Learning Objectives:

1. Identify sources of physician burnout within the medical system, including the clinical and financial impact
2. Incorporate practical strategies to prevent burnout and gain resilience
3. Examine ways to advocate for physician wellness, and review “best practice” programs that are effectively supporting physician wellness in the U.S

Sunday - 2:30 p.m. -3:30 p.m.

KEYNOTE - The Opioid Crisis: The Osteopath as Second Victim

Albert Wu, MD, MPH, FACP

Healthcare is a high-risk profession for healthcare workers who are frequently exposed stressful patient related events. Osteopaths who practice addiction medicine increasingly experience the deaths of their patients due to the national opioid crisis. They can suffer from emotional trauma from these events, becoming “second victims” of the same incidents. The program describes the second victim phenomenon, and the development of RISE (Resilience in Stressful Events) a health system-based peer-support program for health care workers.

Learning Objectives:

1. Explain who are the “second victims” of patient adverse events
2. Explain the value of peer support to health care worker and health care organizations
3. Describe the RISE (Resilience in Stressful Events) peer support program

Sunday - 3:30 p.m. - 4:00 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.

Sunday - 4:00 p.m. - 5:00 p.m.

AOAAM - Annual Meeting

Monday, October 28, 2019 - 7:00 a.m. - 4:00 p.m.

8-hour Buprenorphine Waiver Training*

Anthony Dekker, DO, FAOAAM, William Morrone, DO, FACOPP, 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:

1. Describe prerequisites for a physician to begin to prescribe buprenorphine in office-based practice
2. Discuss clinically relevant pharmacological characteristics of buprenorphine

3. Identify factors to consider in determining if a patient is an appropriate candidate for office-based treatment
4. Describe induction and maintenance protocols
5. Discuss strategies for integrating psychosocial care with office-based pharmacological treatment
6. Discuss treatment strategies for management of chronic and acute pain in patients in maintenance treatment for opioid dependence

**Monday's Session: Funding for this initiative was made possible (in part) by grant no. 1H79TI081968 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*