

**Advanced Practice Provider Multi-Specialty Symposium**

**Do it Yourself Ortho: Everything You Wanted to Know but Were Afraid to Ask**

**Tuesday, May 12, 2020**

The Hilton Pasadena

**AGENDA**

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| 7:30 – 8:15am | Registration and Continental Breakfast |
| 8:15 – 8:30 am | Welcome and Announcements |
| **8:30 – 9:45am** | **Integrated Pain Management Update**Michael Huoh, MD – Kaiser Permanente, DowneyAt the conclusion of this presentation attendees will be able to:1. Identify the structure of a comprehensive pain management program.
2. Identify chronic pain disorders in patients who would benefit from a comprehensive pain management program.
3. Identify certain acute pain disorders that warrant immediate referral to pain management.
4. Describe the newest treatment guidelines and best practices for opioids.
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| **9:50 – 10:50pm Breakout Session A** |
|  | **Management of Adult Non-Traumatic Shoulder**Matt Stresak, PA and Paul Woodworth, MD – Kaiser Permanente, DowneyAt the conclusion of this presentation attendees will be able to:Recognize signs and symptoms for the adult non-traumatic shoulder.Describe current non operative treatments for the adult non-traumatic shoulder.Identify radiographic shoulder imaging and corelate exam findings to aid in diagnosis.1. Update on the future of KP Innovation for remote shoulder consultation.
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|  | **Carpal Tunnel** Marie “Jeejee” Llanos, OTR/L – Kaiser Permanente, Sand CanyonAt the conclusion of this presentation, attendees will be able to:1. Describe how Carpal Tunnel Syndrome in pregnancy is evaluated and diagnosed.
2. Describe the symptomatology of Carpal Tunnel Syndrome in pregnancy.
3. Identify four nonsurgical treatment options.
4. Translate the latest research pertaining to Carpal Tunnel Syndrome in pregnancy and implement the interventions in the care of this population.
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|  | **Pediatric Hip Nut and Bolts**Jennifer Weiss**,** MD, FAAOS, FAAO – Kaiser Permanente, Los AngelesAt the conclusion of this presentation attendees will be able to:1. Recognize pediatric patients that require further orthopedic work up.2. Determine appropriate imaging for pediatric patients with suspected hip pathology.3. Extrapolate history and exam findings to accurately assess hip pathology in the pediatric patient. |
| 10:50 – 11:05am AM Break  |

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**AGENDA --continued--**

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| **11:05 – 12:20pm** | **Surgical Indications for Cervical and Lumbar Spine**William Hendry, PA – Kaiser Permanente, DowneyAt the conclusion of this presentation attendees will be able to:Identify signs and symptoms for cervical myelopathy.Identify signs and symptoms for lumbar stenosis.Recognize the surgical emergency signs and symptoms for cauda equina.Recognize signs and symptoms for lumbar disc herniation. |
| 12:20 - 1:20pm | Lunch  |
| **1:20 – 2:30pm** | **Breakout Session B** |
|  | Atraumatic Knee Pain in the AdultBrianne B. Kaniecki**,** PA-C, MSPA, ATC – Kaiser Permanente, Los AngelesAt the conclusion of this presentation attendees will be able to:1. Determine appropriate evaluation for an adult with nontraumatic knee pain.2. Differentiate appropriate referral for a patient with nontraumatic knee pain. 3. Determine appropriate first management steps in nontraumatic knee pain.  |
|  | Acute Lumbosacral Radiculopathy and Back Pain in PregnancyKaren Brandon, DSc PT, WCS, BCIA-PMDB – Kaiser Permanente, FontanaAt the conclusion of this presentation attendees will be able to:1. Discuss epidemiology and etiology of low back pain.
2. List and discuss 5 symptomatic treatments for acute lumbosacral radiculopathy.
3. Discuss 3 alarm finding of low back pain.
4. Refer to physical therapy for low back pain and acute lumbosacral radiculopathy.
5. List treatment options for postpartum back pain.
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|  | Pediatric Fracture ManagementBrent Berger, MD – Kaiser Permanente, FontanaAt the conclusion of this presentation attendees will be able to:1. Identify the common orthopaedic injuries and fractures in the pediatric population.2. List treatments for the orthopaedic injuries and fractures in the pediatric population.3. Determine what pediatric orthopaedic injuries and fractures require orthopaedic referral and what can be managed in primary care.  |
| 2:30 - 2:45pm | PM Break  |
| **2:45 – 4:00pm** | **Osteoporosis Inside and Out**Shireen Fatemi, MD – Kaiser Permanente, Panorama CityAt the conclusion of this presentation attendees will be able to:1. Evaluate their patient for risk factors of osteoporosis using FRAX tool.2. Recognize abnormal labs associated with osteoporosis and what the next step should be.3. Utilize the most current treatment pathways for osteoporosis, both lifestyle and medical. |
| **4:00 – 4:15pm** | **Certificate Distribution** |