

The background features a repeating pattern of stylized tropical leaves and flowers in shades of green, blue, and yellow, set against a light green background. The pattern is composed of triangular shapes that fit together like a puzzle.

2024 MID-WINTER Medical Education Conference

Promenade 2 & 3



2024 MID-WINTER Medical Education Conference

For forty-seven years, the Mid-Winter Medical Education Conference has provided practicing physicians and other healthcare professionals an opportunity to share professional practice concepts with colleagues in practice and academic settings. The objective of the conference is to offer providers current evidence based, valid, and reliable practice information. The providers also can network and interact with professional colleagues who are confronted with similar practice challenges and clinical questions. All conference topics are identified in the program agenda. Each lecture will be followed by discussion and multiple questions from the conference attendees.

Topics presented at UnityPoint's 47th Annual Mid-Winter Medical Education Conference were identified as professional physician practice gaps. The planning committee utilized information sources listed below to identify clinical and administrative medicine professional provider practice gaps:

- Evaluation results from previous Mid-Winter Conferences
- UPC VP Medical Director feedback/discussion
- UPC Provider Engagement Team feedback/discussion
- UPC Site Leads
- Informal physician meetings/feedback
- UPC Leadership Team feedback/discussion
- Current UnityPoint Health clinical quality initiatives

**The presenters and all planners have no conflict of interest to report for this learning activity.*



2024 MID-WINTER Medical Education Conference

2024 Mid-Winter Medical Education Conference Committee

Dan Glascock, MD, Committee Chair

Vice President Medical Director
UnityPoint Clinic, Waterloo

Jeremy Cordes, DO, PharmD

UnityPoint Clinic Family Medicine- Parkersburg

Rachelle Gammon, DO

UnityPoint Clinic Pediatrics- Ankeny

Shawn Keeven, MD

Vice President Medical Director
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Jon Senkler, DO

UnityPoint Health Des Moines Methodist Hospitalists

Shawn Spooner, MD

UnityPoint Clinic Sports Medicine- Urbandale

Jamie Johansen

Provider Services Manager, Conference Coordinator



2024 MID-WINTER Medical Education Conference

Day 1: Sunday, February 18, 2024

- 12:15 pm **Program Introduction/ Conference Design and Presentation**
Dan Glascock, DO, Committee Chair
- 12:30 pm Topic: **Children & Cell phones**
Speaker: **Rachelle Gammon, DO**
Participants will be able to:
- Recognize Changes to pediatric development associated with cell phones.
 - Anticipatory guidance to families for cell phones.
 - Strategies to combat overuse.
- 1:30 pm Topic: **Deprescribing**
Speaker: **Jeremy Cordes, DO**
Participants will be able to:
- Learn what polypharmacy is.
 - Learn different strategies to deprescribe.
 - Learn about specific medication classes that can be targeted for prescribing.
 - Learn pitfalls that can occur during deprescribing.
- 2:30 pm **Break**
- 2:45 pm Topic: **Syphilis Detection, Treatment and Follow-up**
Speaker: **Lexie Hach, MA**
Participants will be able to:
- Describe syphilis signs, symptoms, and stages.
 - Describe screening and treatment recommendations.
 - Describe serological testing for syphilis and interpretation of results.
 - Discuss partner management and patient follow up.
- 3:45 pm Topic: **Trauma Informed Care in Pediatrics**
Speaker: **Andrea White, MD**
Participants will be able to:
- Identify adverse childhood events that may impact care.
 - Learn methods for evaluating and interviewing patients regarding ACES.
 - Understand the impact of ACES on physical symptoms.
 - Understand how to support patients in the course of trauma informed care.
- 4:45 pm **Adjourn**
- 5:00 pm **Welcome Reception - Croquet Lawn**



2024 MID-WINTER Medical Education Conference

Day 2: Tuesday, February 20, 2024

- 7:00 am Topic: **In-Flight Emergencies**
Speaker: **David Sommerfeld, MD**
Participants will be able to:
- List common in-flight emergency situations.
 - Describe resources available both on and off the plane for medical emergencies.
 - Discuss medicolegal implications of responding to in-flight emergencies.
- 8:00 am Topic: **Not “Just” Weed: Exploring Effects of In-Utero Marijuana Exposure**
Speaker: **Katherine Scott, DNP**
Participants will be able to:
- Recognize current trends in marijuana products and impacts in states with legal recreation use.
 - Understand the short and long term effects of in utero THC exposure.
 - Discuss potential treatment indications and referral resources.
- 9:00 am **Break**
- 9:15 am Topic: **Hospice 101**
Speaker: **Kathleen Jones, MD**
Participants will be able to:
- Review hospice criteria.
 - Palliative care vs. hospice.
 - Hospice diagnosis.
 - Hospice benefits to patient and families.
- 10:15 am Topic: **Updates on Antibiotic Drug Allergy**
Speaker: **Amy Yoder Dowden, MD**
Participants will be able to:
- Review key updates on antibiotic drug allergies from the 2022 Drug Allergy Practice Parameter Update and how to incorporate these into practice.
 - Discuss the cross-reactivity of cephalosporins in penicillin allergic patients.
 - Review the appropriate management of antibiotic allergies and understand the best practices for de-labeling penicillin allergies.
 - Take away practical applications to optimizing treatment in patients with antibiotic drug allergies.
- 11:15 am **Adjourn**



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Day 3: Wednesday, February 21, 2024

- 7:00 am Topic: Hematology
Speaker: **Ines Valcarce Romero, MD**
Participants will be able to:
- Have a better understanding of the pathology.
 - Have a basis on how to proceed.
 - Feeling comfortable with management and knowing the resources available.
- 8:00 am Topic: **Treating Obesity in Family Medicine**
Speaker: **Becky Chittenden, PA-C**
Participants will be able to:
- Define obesity and risks associated with obesity.
 - Identify costs/burdens associated with obesity.
 - Compare weight loss strategies (diet, activity, pharmacotherapy, etc.)
- 9:00 am **Break**
- 9:15 am Topic: **Orthobiologics: indications for the use of PRP, Stem cells, BMAC**
Speaker: **Rafael Serrano, MD**
Participants will be able to:
- Understand the mechanism of action of stem cells and prp.
 - Understand the benefits that orthobiologics can provide.
 - Understand when are indicated.
- 10:15 am Topic: **Seizure Management**
Speaker: **Seenaiah Byreddy, MD**
Participants will be able to:
- Identify etiology of the seizures.
 - Recognize the burden of the disease related to the seizures/epilepsy.
 - Review current treatment options for the seizure management.
- 1:15 am **Adjourn**



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Day 4: Thursday, February 22, 2024

- 7:00 am Topic: **Innovative Solutions to Emergency Department Crowding**
Speaker: **Ryan Dowden, MD**
Participants will be able to:
- Understand the burden of ED crowding.
 - Understand innovations in ED care delivery.
 - Exchange referred patients about ED Care.
 - Potentially assist in reducing ED crowding.
- 8:00 am Topic: **STIs: What's New, Updated, and Remained Constant**
Speaker: **Lexie Hatch, MA**
Participants will be able to:
- Discuss new trends and information in the field of STIs.
 - Discuss updates to STI prevention tools and guidelines.
 - Describe areas of STIs that have remained constant.
- 9:00 am **Break**
- 9:15 am Topic: **Diving for Hematology Pearls in the Ambulatory and Inpatient Settings**
Speaker: **Cate Ranheim, MD and Erik Ranheim, MD**
Participants will be able to:
- Accurately assess the results of a complete blood count (CBC)Discuss updates to STI prevention tools and guidelines.
 - Create an algorithm for appropriate additional tests to complete the diagnostic workup in case of an abnormal CBC.
 - Describe hematologic or coagulation test results that require hematology referral or consult.
 - Interpret coagulation tests in the inpatient or ambulatory setting.
 - Accurately diagnose thrombotic and bleeding disorders in the inpatient or ambulatory setting.
- 11:15 am **Adjourn**



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Day 5: Friday, February 23, 2024

7:00 am

Topic: **Autism**

Speaker: **Kelly Schifsky, DO**

Participants will be able to:

- Further analyze the two “areas”
- Develop and demonstrate hyper-practical models for understanding social interaction and social communication.
- Discuss ways this could be applied to any clinic visit.
- Create and assess a helpful differential diagnosis list.
- Emphasize the importance of the 18 month well child check.
- Discuss future parts/ideas.

8:00 am

Topic: **The Intersection of MFM, primary Care, and other specialties, Part I: What is MFM?**

Speaker: **Stephen Pedron, MD, MBA**

Participants will be able to:

- Describe the specialty of maternal fetal medicine and its intersection with patients cared for by providers in other specialties.
- Identify the pre/non pregnant diagnoses that might deserve MFM involvement prior to conception.
- Arrange systems for warm handoff pre and post pregnancy for patients needing hi-risk involvement during pregnancy and whose pregnancy signals increased/ongoing maternal metabolic or other risk.
- Anticipate the desire for pregnancy and optimize pre pregnancy health in advance of conception.

9:00 am

Break

9:15 am

Topic: **The Intersection of MFM, primary Care, and other specialties, Part II: Case Studies**

Speaker: **Stephen Pedron, MD, MBA**

Participants will be able to:

- Using case studies, generate interest and curiosity in MFM problems providers might already be contending with.
- Using case studies, identify the pre/non pregnant diagnoses that might deserve MFM involvement prior to conception.
- Using case studies, demonstrate collaborative systems approach before, during, and after pregnancy for patients needing hi-risk involvement.
- Using case studies, develop an anticipatory care approach to identifying the desire for pregnancy and optimize health in advance of conception.



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10:15 am **Topic: Opioid Crisis - History of Methods to Reduce Exposure**
Speaker: Bradley Halverson, DO
Participants will be able to:

- Provide historical overview of Opioid Epidemic
- Health System Approaches to responsible pain management
- Responsible pain management for the individual provider

11:15 am **Adjourn**



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Day 6: Saturday, February 24, 2024

7:00 am

Topic: **Medical Student Precepting within UnityPoint**

Speaker: **Ojash Raval, DO**

Participants will be able to:

- Benefits of taking medical students.
- Highlighting UnityPoint in the Community.
- Drawbacks to time management.
- Future of medical students within UnityPoint

8:00 am

Topic: **Evaluation of Dizziness in Primary Care**

Speaker: **Shawn Spooner, MD**

Participants will be able to:

- Understand the various presentations of dizziness.
- Challenges and strategies in diagnosis of dizziness.
- Understanding PPPD, as a unique and less commonly understood source of dizziness.

9:00 am

Break

9:15 am

Topic: **Collaborative Care Model for Integrated Behavioral Health into Primary Care**

Speaker: **Stephen Pallone, MD**

Participants will be able to:

- Illustrate the bidirectional interaction of serious mental illness, substance misuse & chronic medical illness.
- Describe biopsychosocial causes of the increased morbidity and mortality that affect health disparities between those with SMI/SA and those without.
- Review the evidence for CMI management outcomes with treatment of SMI/SA.
- Propose a treatment paradigm for achieve the “Quadruple Aim” (improved access/patient experience, improved provider satisfaction, improved healthcare quality/population health and lower costs while reducing health disparities between those with and without SMI/SA).



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10:15 am

Topic: **Pediatric/Pediatric Sports Medicine**

Speaker: **Luke Spellman, DO**

Participants will be able to:

- Increase general knowledge base regarding multiple pediatric sports medicine topics.
- Provide information that can potentially be used in practice to help with diagnosis and treatment of various sports medicine topics.

11:15 am

Adjourn



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Day 7: Sunday, February 25, 2026

7:00 am

Topic: **AI in Healthcare**

Speaker: **Shawn Spooner, MD**

Participants will be able to:

- Understand the various emerging uses of AI in healthcare.
- Challenges and concerns in the use of AI in healthcare.
- Understanding LLM's and their application in clinical practice.

8:00 am

Topic: **Symptom Management at the End of Life**

Speaker: **David Jones, MD**

Participants will be able to:

- Manage dyspnea at the end of life.
- Manage nausea at the end of life.
- Manage agitation at the end of life.

9:00 am

Break

9:15 am

Topic: **Identifying and Managing Chronic Kidney Disease**

Speaker: **Eric Neverman, DO**

Participants will be able to:

- Define chronic kidney disease and (CKD) and appropriately identify patients with CKD in a primary care practice.
- Identify and manage modifiable risks for progression and complications of CKD.
- Appropriately refer patients to Nephrology, as indicated.
- Apply the objectives to interactive clinical cases.

10:15 am

Topic: **Longevity: An Evidence-Based Exploration**

Speaker: **Jenna Kemp, MD**

Participants will be able to:

- Understand the science of aging.
- Appreciate the impact of lifestyle on longevity.
- Review emerging research and interventions in longevity medicine.
- Apply this knowledge to better understand and address the concerns of patients seeking guidance on longevity and healthy aging.

11:15 am

Adjourn