

FRITZKY FAMILY INTEGRATIVE HEALTH SUMMIT

Duquesne University Power Center | Pittsburgh, PA
Thursday, September 19, 2024 and Friday, September 20, 2024

2024

PROGRAM DESCRIPTION

Join today's thought leaders and healthcare experts to improve patient care within our communities with lectures and panel discussions focused on preventive care, longevity medicine, health equity and more. This two-day multi-disciplinary conference will connect healthcare professionals across disciplines who are dedicated to improving patient care and defining the future of integrative health.

PROGRAM PURPOSE

To engage healthcare professionals in integrative education, leadership, interprofessional collaboration, research and advocacy to promote an upstream approach to health and wellness that is person-centric.

TARGET AUDIENCE

Physicians • Medical Residents • Physician Assistants • Nurse Practitioners • Nurses • Pharmacists
Health Administrators • Counselors • Therapists • Health Advocates

PROGRAM AGENDA

THURSDAY, SEPTEMBER 19, 2024 | INTEGRATIVE HEALTH AND THE FUTURE OF HEALTHCARE

8:00am – 8:45am **Registration and Continental Breakfast**

8:45am – 9:00am **Opening Remarks**
Kenneth G. Gormley, JD
President
Duquesne University

Session 1: Treating the Whole Person - Mind, Body, Spirit
Moderator: Jason Wells, PhD

9:00am – 9:45am **Virtual Mental Healthcare: Lessons Learned and Challenges to Come (Knowledge-based)**

Jon Kole, MD; Sarah Schmidhofer, MD
0.75 AOA/AMA credit
*ACPE UAN 0055-9999-24-013-L99-P (Credit pending)

- Recognize the appropriateness of virtual mental healthcare for patients with psychiatric need.
- Outline the opportunities and challenges in virtual mental healthcare.
- Describe two unique models of tele-mental healthcare.

9:45am – 10:15am Coping with Stress for Enhanced Mental and Physical Health (Knowledge-based)

Bruce S. Rabin, MD, PhD

0.5 AOA/AMA credit

ACPE UAN 0055-9999-24-014-L99-P

- Discuss pathways between the perception of a stressor and the hormonal activation that alters health.
- Identify effects of stress hormones on mental and physical health.
- Describe how the application of stress coping behaviors and coping techniques can reduce the effect of stress on mental and physical health and burnout.
- Discuss why it is important to share stress coping techniques with others.

10:15am – 10:30am Break

10:30am – 11:30am Connecting the Mind, Body, and Spirit through Osteopathic Manipulation (Knowledge-based)

Brianne Wehner, DO; Jefferson Adams, DO; Phil Miller, DO; Justin Berthold, DO

1.0 AOA/AMA credit

ACPE UAN 0055-9999-24-015-L99-P

- Identify at least 2 similarities and at least 2 differences between osteopathic and allopathic medical education and approach to patient care.
- Recognize the benefits of osteopathic medicine and express a positive attitude toward collaborating and referring patients to DOs practicing manipulation.
- Discuss the benefits of OMM for patient satisfaction and reimbursement and encourage DOs and MDs trained in manipulation to offer this service as a part of patient care services.
- Identify disease states that can be managed with non-pharmacologic approaches such as manipulation as well as complimentary pharmacologic treatments to manipulation.

11:30am – 12:00pm Spiritual Health (Knowledge-based)

Mike Semelka, DO

0.5 AOA/AMA credit

ACPE UAN 0055-9999-24-016-L99-P

- Discuss religious and spiritual demographics in the United States
- Identify concept of religion and spirituality as a determinant of health
- Recognize health benefits for the religious and spiritual
- Review patient assessment tools
- Discuss practical approaches in assessing patients

12:00pm – 1:00pm Networking Lunch

Session 2: Health System Science

Moderator: Fevzi Akinci, PhD

1:00pm – 2:00pm From Weight Loss to Weight Health (Knowledge-based)

Amy Meister, DO, MRO

1.0 AOA/AMA credit

ACPE UAN 0055-9999-24-017-L99-P

- Identify and discuss obesity as a chronic condition
- Describe D2C weight management industry.
- Recognize how benefit design impacts care.

2:00pm – 2:45pm Understanding Health System Science and Integration Across Systems to Achieve Whole Person Care (Knowledge-based)

Suzanne Labriola, DO

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-018-L04-P

- Identify and apply health system science to improve patients' health, meet their health care needs and anticipate and reduce other problems.
- Discuss how to adopt the habits of a systems-thinking healthcare provider who will engage in quality improvement.
- Describe how health system science supports the Quintuple Aim.

2:45pm – 3:00pm Break

Session 3: Bench to Bedside: Longevity Medicine

Moderator: Phillip Bryant, DO, FAAPMR

3:00pm – 3:45pm Update: Healthy Aging and Longevity (Knowledge-based)

Johnny Huard, PhD

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-019-L01-P

- Define the intersection of science and medicine for rapid translation and better clinical outcomes.
- Define the impact of evidence-based clinical application of new healthy aging drugs and supplements on the clinical outcome/practice.

3:45pm – 4:30pm Aging: Inevitable or Preventable? Progress and Perspectives (Knowledge-based)

Douglas E. Vaughan, MD

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-020-L99-P

- Discuss appreciation for conceptual and operational differences in chronological age vs biological age.
- Review contemporary methods for measuring biological age: functional, AI-based, molecular
- Describe the role of PAI-1 in aging and aging related morbidity
- Discuss how slowing the can extend the human health span

Session 4: Advances in Technology

- 4:30pm – 5:00pm** **Using Technology to Teach Applied Clinical Anatomy (Knowledge-based)**
Amanda Troy, PhD; Amber Fedin, DO, FACOFP, FAAFP
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-021-L99-P
- Describe the value of incorporating technology into clinically applied anatomy instruction and learning.
 - Discuss the use of technologies including Ultrasound, Diagnostic Radiology, and HoloLens Technology (or similar mixed reality systems) in clinically applied anatomy.
 - Explain basic anatomical features of the wrist on different imaging modalities.
- 5:00pm – 5:10pm** **Closing remarks**

FRIDAY, SEPTEMBER 20, 2024 | HEALTH FOR ALL

8:00am – 8:45am **Registration and Continental Breakfast**

8:45am – 9:00am **Opening Remarks**

David J. Dausey, PhD, EdD
Executive Vice Present and Provost
Duquesne University

Session 1: Healthy People 2030: Eliminate Health Disparities, Achieve Health Equity, and Attain Health Literacy to Improve the Health and Well-being of All

Moderator: Arsenial Runion, MHA

- 9:00am – 9:30am** **Pennsylvania's State Health Improvement Plan: Addressing Health Disparities (Knowledge-based)**
Debra L. Bogen, MD
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-022-L99-P
- Describe how to access and use the publicly available data from the PA State Health Assessment.
 - Recognize the State Health Improvement Plan and identify ways they can support the goals of the plan.
 - Identify one example of how government works with stakeholders to address health disparities in PA.
- 9:30am – 10:15am** **Leveraging Integrative Health to Promote Health Equity (Knowledge-based)**
David Dausey, PhD, EdD; Jennifer Elliott, PharmD; Jacob Turnbull DO, FAOASM
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-023-L99-P

- Compare Integrative Health and Health Equity definitions and frameworks.
- Describe integrative strategies that can be used to promote health equity.
- Determine how existing or new strategies can be applied to a variety of practice settings.

10:15am – 10:30am Break

10:30am – 11:15am Bridging Research & Institutes through Digitally Guided Exercise Prescriptions with Reliable Outcomes by Joining Education & Community with Technology (Knowledge-based)

Matthew Kampert, DO, MS, ACSM-CEP

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-024-L99-P

- Summarize the importance of promoting exercise to prevent muscle wasting or disability and increase quality of life in an aging population.
- Discuss the need for the medical professionals to partner with exercise professionals to bridge the gap in healthcare and translate exercise science into exercise medicine.
- Review the impact of exercise on health through increasing cardiorespiratory fitness, muscle mass and strength.
- Identify the benefits of harnessing tech to revolutionize exercise as medicine.

11:15am – 12:00pm Go to the People (Knowledge-based)

Jim Withers, MD

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-025-L99-P

- Identify the clinical principles of reality-based/inclusion health and apply those principles to patient care.
- Recognize the values of street medicine (Go to the People) and incorporate those values into patient care.
- Identify and create effective community partnerships to meet the needs of excluded patients.

12:00pm – 1:00pm

Lunch

Moderator: Jerome Gloster, MD

1:00pm – 1:45pm Access to Pediatric Cardiovascular Care Globally: How Can We Close the Gap? (Knowledge-based)

Craig Sable, MD

0.75 AOA/AMA credit

ACPE UAN 0055-9999-24-026-L99-P

- Identify global health issues and their relevancy to the practice of medicine at home.
- Recognize equity and diverse populations as a priority in global health issues.

Session 2: Integrative Approaches to Address Health Disparities

- 1:45pm – 2:15pm** **Community Based Participatory Research: Creative Approached for Engaging Youth for Action (Knowledge-based)**
Michael Yonas, DrPH
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-027-L99-P
- Identify and recognize examples of community based participatory research.
 - Describe two specific participatory research approaches for engaging youth in research and action.
- 2:15pm – 2:45pm** **Mind-Body Medicine and Traumatic Stress (Knowledge-based)**
Daniel Salahuddin, MD, MPH
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-028-L99-P
- Describe the ways in which traumatic stress impacts both physical health and mental health.
 - Outline the various factors that perpetuate trauma in society.
 - Identify the diagnostic criteria for post-traumatic stress disorder and its limitations.
 - Recognize the current modalities used to treat post-traumatic stress disorder.
 - Summarize how principles of mind-body medicine can be leveraged as a means to heal from traumatic stress.
 - Explain the importance of multi-level advocacy to both prevent and mitigate the perpetuation on traumatic stress.
- 2:45pm – 3:00pm** **Break**
- Moderator: Renee Prater, DVM, MS, PhD**
- 3:00pm – 3:30pm** **Integrative Approaches to Substance Use Disorder (Knowledge-based)**
Elizabeth Zona, DO
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-029-L08-P
- Discuss the principles and evidence supporting integrative approaches in SUD treatment.
 - Recognize a broader range of therapeutic modalities that can be integrated into their practice, beyond traditional pharmacotherapy and behavioral interventions.
 - Outline individualized treatment plans that address the diverse needs and preferences of patients with SUD.
 - Recognize the value of interdisciplinary collaboration in SUD treatment.
 - Demonstrate cultural competence and sensitivity when integrating integrative approaches into SUD treatment.
 - Prioritize patient-centered care and shared decision-making, involving patients in the selection of treatment modalities and empowering them to take an active role in their recovery journey.

- Value ongoing education and professional development in integrative approaches to SUD treatment.

3:30pm – 4:00pm Wide Open Spaces of Rural Palliative Care and Hospice (Knowledge-based)

Julie Le, DO; Dillon Stein, DO

0.5 AOA/AMA credit

ACPE UAN 0055-9999-24-030-L99-P

- Recognize similarities and differences of hospice and palliative medicine.
- Identify core principles of primary palliative care into provider practice.
- Compare and contrast disparities in hospice and palliative medicine for rural and non-rural populations.

4:00pm – 4:30pm Responding to Health Related Social Needs to Find Your Joy and Impact (Knowledge-based)

Mallory Ciuksza, MD, FACP

0.5 AOA/AMA credit

ACPE UAN 0055-9999-24-031-L99-P

- Describe Moral Injury in medicine.
- Review Roadmap to address health equity in your sphere of influence.
- Discuss two programs to address food insecurity.

4:30pm Closing Remarks

FACULTY

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PGY-2

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