Primary Care Sports Medicine Conference

The Essex, Essex Junction, VT

September 30-October 2, 2015

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The Essex, Essex Junction, VT

COURSE DESCRIPTION
This course is designed to update knowledge and skills in the diagnosis and management of common sports medicine problems. Primary care physicians, nurses, nurse practitioners, physician assistants and other healthcare professionals with an interest in sports medicine are encouraged to attend. Topics will include discussions of both medical and orthopedic issues, and several hands-on workshops will be conducted featuring joint-specific examinations. There will be ample opportunity for participants to ask questions and interact with faculty.

COURSE OBJECTIVES
- Discuss issues unique to the primary care of athletes.
- Develop skills in assessing and treating the injured and/or ill athlete.
- Discuss evaluation and management of concussions.
- Discuss evaluation and management of exercise-induced asthma.

ACCREDITATION
The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Vermont designates this live activity for a maximum of 14.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

The University of Vermont, Continuing Medical Education (BOC AP#: P705) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 14.25 Category A hours/CEUs. Athletic Trainers should claim only those hours actually spent in the educational program.

The University of Vermont, Continuing Medical Education (BOD #: 20755C) is approved by the Board of Osteopathic Certification to provide continuing education for osteopathic physicians. This activity has been approved for a maximum of 14.25 Category A hours/CEUs.

The program has been reviewed and is acceptable for up to 14.25 Nursing Contact Hours.

The University of Vermont – Continuing Medical Education is an Approved Provider of continuing education by the Texas Board of Medical Examiners, an approved Accreditor by the American Nurses Credentialing Center's Commission on Accreditation.

The University of Vermont, Continuing Medical Education is an approved provider of continuing education by the State Board of Medicine of Wisconsin, an approved Accreditor by the American Nurses Credentialing Center's Commission on Accreditation.

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The University of Vermont, Continuing Medical Education (BOD #: 20755C) is approved by the Board of Osteopathic Certification to provide continuing education for osteopathic physicians. This activity has been approved for a maximum of 14.25 Category A hours/CEUs. Osteopathic physicians should claim only those hours actually spent in the educational program.

Determination of Pharmacotherapeutic and Physical Therapy credits are pending.

REGISTRATION
The course fee includes tuition, comprehensive course syllabus, continental breakfasts, lunch on Thursday and breaks. Register by September 1 and pay tuition of $495 for physicians and $375 for other healthcare professionals. Please register early. Refunds may be obtained, minus an administrative fee of $75, if notice of cancellation is received by September 8. Refunds are not possible after that date.

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PROGRAM SCHEDULE

Wednesday, September 30
12:00pm  Registration/Exhibits
12:55  Welcome/Openings Remarks
Robert Luebbers, MD
1:00  Sports-Related Concussion: Recognition, Management and Prevention
David Lisle, MD
1:45  Sports Injuries in the Pediatric Patient
Jennifer Lisle, MD
2:30  Exercise and Asthma
Thomas Lahihi, MD
3:15  Cartilage Injuries in the Knee
Nathan Enders, MD
5:00  Adjourn

Thursday, October 1
7:30am  Registration/Continental Breakfast/Exhibits
7:55  Welcome
Robert Luebbers, MD
8:00  Young Hip Disease: Evaluation and Treatments
Nathaniel Nelms, MD
8:45  Special Athlete
Robert Luebbers, MD
9:30  Review of Heatstroke
James Glazer, MD
10:15  Break and Exhibits

10:30  Pulses of Concussion Injuries of Wrist and Hand
Michel Benoit, MD
11:15  Evaluation and Management of the Trauma Induced Collateral Ligaments
Matthew Gammoun, MD
12:00pm  Lunch (Provided)

CONCURRENT WORKSHOPS
Session I  1:00-2:00
A. Dislocation
Matthew Gammoun, MD
B. Biomechanical Analysis for Injury Treatment
James Glazer, MD
C. Joint Injuries
Timothy Lislhak, MD

Session II  2:00-3:00
A. Physical Exam of the Hand and Wrist
B. Splinting and Casting of the Upper Extremity
Herold Liith, MD and Sylvie Henley, OTC
C. Joint Injuries (repeat of above)
Timothy Lislhak, MD

Session III  3:15-4:15
A. Review of Physical Exam of Knee
James Glazer, MD
B. Splinting and Casting of the Lower Extremity
Herold Liith, MD and Sylvie Henley, OTC
C. Exercise in the Older Athlete (Lecture w/Q&A)
John King, MD, MPH

Friday, October 2
7:30am  Continental Breakfast/Exhibits
7:55  Welcome
Robert Luebbers, MD
8:00  Exercise for Cancer Survivors
Kim Dittus, MD, PhD
8:45  Thumbs and Finger Athletic Injuries: Diagnos and Management
Adam Shafritz, MD
9:30  Radiology for Sports: US, XR and MRI Basics
Jennifer Lisle, MD
10:15  Break and Exhibits
10:30  Physical Examination of the Distal Forearm, Wrist and Hand
Michael Benoit, MD
11:15  Evaluation and Management of the Trauma Induced Collateral Ligaments
Matthew Gammoun, MD
12:00pm  Lunch (Provided)

ACCOMMODATIONS
The Essex, Vermont’s Culinary Resort & Spa, is Burlington area’s only AAA Four Diamond property. The resort, featuring pro-sea-golf, tennis courts, pool, gym, and much more, is set on 50 acres of Vermont countryside. The 220-room 50,000 square foot, full-service spa includes 10 treatment rooms, a 25-yard indoor pool, outdoor hot tub, fitness center, hair and nail salon, and locker rooms with steam rooms, sauna and relaxation areas. A block of rooms has been reserved at The Essex. Please make your reservations directly with the hotel prior to August 30, 2015, (802) 827-4292, and indicate your participation in this course to obtain the discount. The Essex is located in the quaint little town of Jericho, Vermont, 15 minutes south of Burlington International Airport.

SPORTS-RELATED CONCOURSE
The Essex offers a wealth of activities on the property including a heated outdoor pool, indoor pool, fitness center, tennis, bocce, golfing, tennis, court, horseback riding, a spa, health and fitness center, hair and nail salon, and locker rooms with steam rooms, sauna and relaxation areas. A block of rooms has been reserved at The Essex. Please make your reservations directly with the hotel prior to August 30, 2015, (802) 827-4292, and indicate your participation in this course to obtain the discount. For an additional $15, you may choose either a flash drive with presentations or flash drive presentations. Please plan to bring your laptop to view Dropbox presentations. For an additional $15, you may choose either a flash drive or flash drive presentations.

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TUITION:
- $495 Physician
- $325 Residents
- $325 Residents (proof of residency required)
- $15 Optional - Receive Flash Drive OR Printed Syllabus
- Add $25 after September 1

PAYMENT METHOD:
- To register by credit card, please visit our website at: www.uvm.edu/medicine/cme
- Mail to: University of Vermont, Continuing Medical Education 128 Lakeside Avenue, Suite 100, Burlington, VT 05401 Phone: (802) 656-2292 Fax: (802) 656-1925
- Mail is received by the University of Vermont up to one week prior to the conference date. Please plan to bring your laptop to view Dropbox presentations.