



Navigating Spine Care 2017

November 11, 2017 • 8:00AM – 4:05PM

Hyatt Regency Monterey Hotel and Spa, Monterey, CA

A Continuing Medical Education Conference presented by the Departments of Neurosurgery and Orthopaedics at the Stanford University School of Medicine.

Sponsored by the
Stanford University
School of Medicine



Stanford | MEDICINE

Program *(subject to change)*

7:00-8:00 am	Registration and Light Breakfast
8:00-8:10	Welcome & Announcements Dr. John Ratliff and Dr. Serena Hu
8:10-8:35	Physical Exam in Evaluation of Spine and Peripheral Nerve Complaints Speaker: Thomas J. Wilson, MD
8:35-9:00	Spine Imaging for the Primary Care Physician Speaker: Eric Tranvinh, MD
9:00-9:25	Controversies in Epidural Steroid Administration Speaker: Michael Leong, MD
9:25-9:50	Interventional Treatments for Low Back Pain Speaker: Joshua Levin, MD
9:50-10:10	AM Break
10:10-10:35	Contemporary Management of Osteoporosis Speaker: Aimee Shu, MD
10:35-11:00	Vertebroplasty: Controversies in Management Options Speaker: Robert Dodd, MD
11:00-11:25	Cervicogenic Headache Speaker: Robert Gamburd, The Physiatry Medical Group
11:25-11:50	Cervical Radiculopathy Speaker: Todd Alamin, MD
11:50-12:00 pm	Q&A
12:00-12:40	Lunch
12:40-1:05	Psychology and Pain: Integrated Approaches to Management Speaker: Ravi Prasad, PhD
1:05-1:30	EMG: Strengths and Weaknesses Speaker: Zepure Kouyoumdjian, DO, South Valley Neurology
1:30-1:55	Spine Reconstruction or Radiation for Metastatic Disease Speaker: Atman Desai, MD
1:55-2:20	Adult Spinal Deformity Speaker: Kirkham B. Wood, MD
2:20-2:40	PM Break
2:40-3:05	The Hip Bone is Connected to the Spine Bone: The Importance of Sagittal Balance in Surgical Management of the Adult Spine Speaker: Serena Hu, MD
3:05-3:30	Sacro-Iliac Joint Treatments Speaker: Tala Khalaf, DPT, OMPT, OCS
3:30-3:55	New Advances in Robotic Spine Surgery and Image Guidance Speaker: Anand Veeravagu, MD
3:55-4:05	Q&A
4:05 pm	Adjourn

Faculty

All faculty members and conference planners are from Stanford University School of Medicine unless otherwise noted.

COURSE CO-DIRECTORS:

John Ratliff, MD
Associate Professor
Vice Chair, Operations and Development
Department of Neurosurgery

Serena S. Hu, MD
Professor
Chief, Spine Service
Department of Orthopedic Surgery

GUEST SPEAKERS

Robert Gamburd, MD
The Physiatry Medical Group, SOAR, Redwood City, CA

Zepure Kouyoumdjian, DO
South Valley Neurology, Morgan Hill, CA

STANFORD FACULTY

Todd Alamin, MD
Associate Professor, Department of Orthopaedic Surgery and, by courtesy, of Neurosurgery at the Stanford University Medical Center

Atman Desai, MD
Clinical Assistant Professor, Department of Neurosurgery

Robert Dodd, MD
Assistant Professor of Neurosurgery, Radiology and, by courtesy, of Otolaryngology-Head and Neck Surgery

Tala Khalaf, DPT, OMPT, OCS
Senior Physical Therapist, Ortho-Sports
Outpatient Physical Therapy
Stanford Health Care

Michael S. Leong, MD
Clinical Associate Professor, Department of Anesthesiology

Joshua Levin, MD
Clinical Assistant Professor, PM&R Section, Department of Orthopaedic Surgery, and Department of Neurosurgery

Ravi Prasad, PhD
Clinical Associate Professor, Department of Anesthesiology, Perioperative and Pain Medicine, Associate Chief, Division of Pain Medicine

Aimee D. Shu, MD
Clinical Assistant Professor, Medicine-Endocrinology, Gerontology, & Metabolism

Eric Tranvinh, MD
Clinical Instructor, Department of Radiology

Anand Veeravagu, MD
Assistant Professor of Neurosurgery, Assistant Professor of Orthopedic Surgery, by courtesy Stanford University School of Medicine

Thomas J. Wilson, MD
Assistant Professor, Department of Neurosurgery

Kirkham B. Wood, MD
Professor, Department of Orthopedic Surgery

FACULTY DISCLOSURE

The Stanford University School of Medicine adheres to ACCME Criteria, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and their commercial relationships will be made prior to the activity.

COMMERCIAL SUPPORT ACKNOWLEDGEMENT

This CME activity is supported in part by educational grants. A complete list of commercial supporters will be published in the course syllabus.



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Conference Overview

STATEMENT OF NEED

This CME conference seeks to fulfill the need of primary care physicians, neurologists, physiatrists, pain specialists, and interested allied health practitioners to improve the base of knowledge and to increase competence in evaluating, counseling, managing and/or referring patients who present with spine conditions. The course will include lectures, panel discussions with question & answer periods, and case reviews.

TARGET AUDIENCE

This regional conference is designed to meet the educational needs of:

- Physicians and advanced practice providers who manage patients with spine diseases and disorders
- Family Practice
- Primary Care
- Internal Medicine
- Neurology
- Physiatrists

LEARNING OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Optimally counsel, evaluate, diagnose, and manage patients with the following spine conditions:
 - Osteoporosis
 - Low back and chronic pain
 - Sports related spine injuries
 - Adult spinal deformities
 - Cervical myelopathy
 - Cervical radiculopathy
 - Lumbar stenosis
 - Spinal metastatic disease
- Evaluate the evidence-based treatment option for spinal conditions, review the indications and contraindications (e.g. radiation therapy, vertebroplasty, surgery, etc.) and develop an evidence-based treatment plan.
- Order appropriate diagnostic imaging for spinal conditions.
- Develop appropriate pain management strategies for patients with spine-related pain.
- Consider factors that impact safety and efficacy for patients presenting with spine conditions and determine when to refer to specialists.

ACCREDITATION

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

CREDIT DESIGNATION

The Stanford University School of Medicine designates this live activity for a maximum of **6.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements as long as the course is certified for **AMA PRA Category 1 Credit™ (rn.ca.gov)**. Nurses will receive a Certificate of Participation following this activity that may be used for license renewal.

REGISTRATION

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Registration fee includes course materials, certificate of participation, breakfast and lunch.

Register online with Visa or Master Card by visiting cme.stanford.edu/spine. If you prefer to pay by check or need assistance, please call **(650) 497-8554** or email stanfordcme@stanford.edu. Be sure to register with an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate.

ATTENDEE TYPE

All Practitioners

FEES

Early Bird Rate

\$200

FEES

After 10/11/17

\$250

CANCELLATION POLICY

Cancellations received in writing no less than 30 days before the course will be refunded, less a 20% administrative fee. No refunds will be made on cancellations received after that date. Please send cancellation requests to stanfordcme@stanford.edu.

Stanford University School of Medicine reserves the right to cancel this program; in the event of cancellation, course fees will be fully refunded.

CONFERENCE LOCATION

Hyatt Regency Monterey Hotel and Spa

1 Old Golf Course Road, Monterey, CA 93940

Phone: 831-372-1234 • Fax: 831-375-3960 • monterey.hyatt.com

HOTEL CONFERENCE PARKING

Hyatt Regency Monterey Hotel & Spa offers valet parking and abundant self-parking for guests.

DIRECTIONS

Transportation and directions may be found on hotel website:

<https://monterey.regency.hyatt.com/en/hotel/our-hotel/map-and-directions.html>

VISITING MONTEREY

To learn more about traveling to Monterey, please browse <https://monterey.regency.hyatt.com/en/hotel/activities.html>

CONTACT INFORMATION

For questions about the symposium, please contact **Debbie Aube**, CME Conference Coordinator at **(650) 724-5318** or debbie.aube@stanford.edu

Stanford Center for Continuing Medical Education

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Please register early – space is limited • Register online at cme.stanford.edu/spine