

7th Annual Navigating Spine Care

August 25, 2018 • 7:00AM – 4:10PM

Li Ka Shing Center for Learning & Knowledge, Stanford, CA

A Continuing Medical Education Conference presented by the Divisions of Neurosurgery and Orthopedics 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 John Ratliff, MD, FACS and Serena Hu, MD
8:10-8:35	Physical Exam in Evaluation of Spine and Peripheral Nerve Complaints Thomas J. Wilson, MD
8:35-9:00	Spine Imaging for the Primary Care Physician Eric Tranvinh, MD
9:00-9:25	Controversies in Epidural Steroid Administration & Opioids in Low Back Pain Michael Leong, MD and Joshua Levin, MD
9:25-9:50	Interventional Treatments for Low Back Pain Joshua Levin, MD
9:50-10:10	Morning Break
10:10-10:35	Contemporary Management of Osteoporosis Deborah Sellmeyer, MD
10:35-11:00	Vertebroplasty: Controversies in Management Options Robert Dodd, MD, PhD
11:00-11:25	Cervical Radiculopathy Todd Alamin, MD
11:25-11:50	Psychology and Pain: Integrated Approaches to Management Ravi Prasad, PhD
11:50-12:00 pm	Q&A
12:00-12:40	Lunch
12:40-1:05	Sciatica: A Puzzling Term Tala Khalaf, DPT, OMPT, OCS
1:05-1:30	EMG: Strengths and Weaknesses Sarada Sakamuri, MD
1:30-1:55	Spine Reconstruction or Radiation for Metastatic Disease Atman Desai, MD
1:55-2:10	Afternoon Break
2:10-2:35	What is Adult Deformity and What Can Be Done About It? Kirkham Wood, MD
2:35-3:00	Syringomyelia Lawrence Shuer, MD
	Small Group Breakout - Pick one presentation per session to attend:
Session I	Physical Therapy Options Tala Khalaf, DPT, OMPT, OCS
3:05-3:35	Injections in Spine Care Joshua Levin, MD and Michael Leong, MD
Session II	Patient Selection Case Review Serena Hu, MD and John Ratliff, MD, FACS
3:40-4:10	Advances in Operative Spine Care Anand Veeravagu, MD
4:10 pm	Adjourn

Opportunities for Q&A will be provided at the conclusion of each presentation

Faculty

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

COURSE CO-DIRECTORS:

John Ratliff, MD, FACS

Course Director

Professor, Neurosurgery, Vice Chair, Operations and Development, Department of Neurosurgery

Serena S. Hu, MD

Co-Course Director

Professor, Orthopedic Surgery, and by courtesy, of Neurosurgery, Chief, Spine Service Department of Orthopedic Surgery

STANFORD FACULTY

Todd Alamin, MD

Associate Professor, Orthopedic Surgery

Atman Desai, MD

Clinical Assistant Professor, Neurosurgery, Director, Neurosurgical Spinal Oncology

Robert Dodd, MD, PhD

Assistant professor, Neurosurgery, Radiology and, by courtesy, Otolaryngology- Head & Neck Surgery Divisions

Serena S. Hu, MD

Professor, Orthopedic Surgery, and by courtesy, Neurosurgery, Chief, Spine Service Department of Orthopedic Surgery

Tala Khalaf, DPT, OMPT, OCS

Senior Physical Therapist, Ortho-Sports, Outpatient Physical Therapy Medicine Rehab-SHC

Michael S. Leong, MD

Clinical Associate Professor, Anesthesiology, Perioperative & Pain Medicine and, by courtesy, Neurosurgery

Joshua Levin, MD

Clinical Assistant Professor, Orthopaedic Surgery, Director, Physical Medicine and Rehabilitation Spine Fellowship

Ravi Prasad, PhD

Clinical Associate Professor, Anesthesiology, Perioperative & Pain Medicine, Director, Stanford Comprehensive Interdisciplinary Pain Program, Associate Chief, Division of Pain Medicine

John Ratliff, MD, FACS

Professor, Neurosurgery, Vice Chair, Operations and Development, Department of Neurosurgery

Sarada Sakamuri, MD

Clinical Assistant Professor, Neurology & Neurological Sciences, Clinical Assistant Professor, Neuromuscular Disorders & General Neurology, University Healthcare Alliance, Associate Director, Neuromuscular Medicine Fellowship

Deborah Sellmeyer, MD

Clinical Professor, Medicine – Endocrinology, Gerontology, & Metabolism

Lawrence Shuer, MD

Professor, Neurosurgery Associate Chair, Stanford University School of Medicine - Neurosurgery

Eric Tranvinh, MD

Clinical Assistant Professor, Radiology

Anand Veeravagu, MD

Assistant Professor, Neurosurgery

Thomas J. Wilson, MD

Clinical Assistant Professor, Neurosurgery, Co-Director, Center for Peripheral Nerve Surgery

Kirkham B. Wood, MD

Professor, 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.



Phone: (650) 497-8554
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cme.stanford.edu

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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, when appropriate, referring patients who present with spine conditions. The course will include lectures, panel discussions with question & answer periods, case reviews, and breakout sessions.

TARGET AUDIENCE

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

- Physicians, specializing in Family Practice, Primary Care, Internal Medicine, Neurology, or Physiatry
- Advanced practice providers who manage patients with spine diseases and disorders

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
 - Sciatica
 - Syringomyelia
 - Adult spinal deformities
 - Cervical radiculopathy
 - Lumbar stenosis
 - Spinal metastatic disease
- Evaluate the evidence-based treatment options for spinal conditions, review the indications, contraindications (e.g. radiation therapy, vertebroplasty, surgery, etc.), and develop an evidence based treatment plan.
- Order appropriate diagnostic imaging for spinal complaints.
- Develop appropriate pain management strategies for patients with spine-related pain.
- Determine appropriate patients to refer to spine specialists or physical therapists.
- Determine 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

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	FEES Early Bird Rate	FEES After 7/1/18
All Practitioners	\$200	\$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

Li Ka Shing Center for Learning & Knowledge
291 Campus Drive, Stanford, CA, 94305
Phone: (650) 725-6884

ACCOMODATIONS

Nearby hotels to campus:

Sheraton Palo Alto Hotel – (650) 328-2800

The Westin Palo Alto – (650) 321-4422

Please contact the hotel directly to secure a reservation.

VISITING STANFORD UNIVERSITY

To learn more about traveling to Stanford University, please visit stanford.edu.


CONTACT INFORMATION

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

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