



Rowan University

SCHOOL OF OSTEOPATHIC MEDICINE

# Key Essentials For Optimizing Patient Care

## A 5-BLOCK CME SERIES

September 2021 - December 2021



Earn up to

**25.5 AOA Category 1-A Credits** and  
**25.5 AMA PRA Category 1 Credits™**

5.5 AOA  
Category 1-A and  
5.5 AMA PRA  
Category 1 credits™  
or 5.5 nursing contact hours  
Saturday, September 11, 2021  
Live Online

**CARDIOLOGY FOR  
PRIMARY CARE**

5 AOA  
Category 1-A and  
5 AMA PRA  
Category 1 credits™  
Saturday, September 18, 2021  
Live Online

**ENDOCRINE /  
WEIGHT MANAGEMENT**

5 AOA  
Category 1-A and  
5 AMA PRA  
Category 1 credits™  
Saturday, October 9, 2021  
Live Online

**PSYCHIATRY /  
PSYCHOLOGY**

5 AOA  
Category 1-A and  
5 AMA PRA  
Category 1 credits™  
Saturday, October 23, 2021  
Live Online

**INTERNAL  
MEDICINE**

5 AOA  
Category 1-A and  
5 AMA PRA  
Category 1 credits™  
Saturday, December 4, 2021  
Live Online

**MUSCULOSKELETAL /  
JOINT CONDITIONS**

## EDUCATIONAL SPONSORS:



**5.5 AOA Category 1-A and 5.5 AMA PRA Category 1 credits™  
or 5.5 nursing contact hours**

**CARDIOLOGY FOR PRIMARY CARE**

Saturday, September 11, 2021 / 7:15AM – 1:00PM  
“Live” Online

<b>COVID Management – Cardiovascular Impact with COVID</b>	Hafeza Shaikh, DO, FACC FACOI
<b>Cardiovascular Health Care Disparities</b>	Troy Randle, DO
<b>Congenital Heart Disease: Overview and Implications in Adulthood</b>	Aaron Dorfman, MD, FAAP
<b>Cardiovascular Pre-Operative Risk Assessment</b>	Peter Bulik, DO
<b>Geriatric Cardiology</b>	Kevin Overbeck, DO
<b>Cardiovascular Sports Clearance after COVID</b>	Vasu Palli, DO
<b>Heart Rhythm Disorders and Primary Care 2021</b>	Darius Sholevar, MD

**5 AOA Category 1-A and 5 AMA PRA Category 1 credits™**

**ENDOCRINE / WEIGHT MANAGEMENT**

Saturday, September 18, 2021, 7:15AM – 12:30PM  
“Live” Online

<b>An Update on Diabetes Mellitus Management</b>	Patricia Luceri, DO, FACOI
<b>Weighing the Options for Obesity Management</b>	Adarsh Gupta, DO, MS, FACOFP
<b>It's Not Just a Bad Period...Tackling Endometriosis</b>	Lauren Spivack, MD, FACOG
<b>Making Bariatric Surgery Weightless</b>	Louis Balsama, DO, FACS
<b>Helping Kids Live Healthier, Tackling Pediatric Obesity</b>	Jamie Iulucci, MSN, APN, CPNP

**5 AOA Category 1-A and 5 AMA PRA Category 1 credits™**

**PSYCHIATRY / PSYCHOLOGY**

Saturday, October 9, 2021, 7:15AM – 12:30PM  
“Live” Online

<b>Getting to the Nitty Gritty: Social Isolation, Loneliness, Grit &amp; Resilience in the Pandemic and Beyond</b>	Meagan Vermeulen, MD, FAAFP
<b>Microaggressions and Oppression in Healthcare</b>	Kristen Bertsch, PhD
<b>It's Not Me, It's You: How Personality Disorders Present in Primary Care</b>	Joanna Petrides, PsyD
<b>Putting Insomnia to Bed</b>	Lisa Kassenoff, DO
<b>Premenstrual Dysphoric Disorder in Primary Care</b>	Rachel Shmuts, DO

## 5 CAT 1-A and 5 AMA PRA Category 1 credits™

### INTERNAL MEDICINE

Saturday, October 23, 2021, 7:15AM – 12:30PM

“Live” Online

<b>Preventing Hepatocellular Carcinoma - Case Presentation - Diagnosis, Management, Treatment and Prevention</b>	Charles Defendorf, DO
<b>Vasculitis In The Outpatient Setting: How to Identify, How to Treat and When to Refer</b>	Linda Brecher, DO, FACOI, FACR
<b>Evaluating Men for Hypogonadism</b>	Elizabeth L. Helfer, MD, FACP, FACE
<b>Evaluation, Diagnosis and Treatment of Sarcoidosis in the Outpatient Setting</b>	James C. Giudice, DO, MACO, FACCPC
<b>Practice Guidelines for the Management of Patients with Diabetes Mellitus and Chronic Kidney Disease</b>	Joanne Kaiser Smith, DO, FACOI, FACP

## 5 AOA Category 1-A and 5 AMA PRA Category 1 credits™

### MUSCULOSKELETAL / JOINT CONDITIONS

Saturday, December 4, 2021, 7:15AM – 12:30PM

“Live” Online

<b>Do's and Don'ts of Concussion Care: Updates and Best Practices</b>	Dr. Alicia Tucker, MD, CAQSM
<b>Pediatric Athletes: They are not just Mini Adult Athletes</b>	Mike Wolf, MD, CAQSM
<b>Before the Knife: The Emerging Field of Interventional Orthopedics</b>	Elan Goldwaser, DO, CAQSM
<b>PPE's in the Time of COVID-19</b>	John Luksch, DO, CAQSM
<b>Gout, New Perspectives on and Old Disease</b>	Linda Brecher, DO, FACOI, FACR

## KEY ESSENTIALS FOR OPTIMIZING PATIENT CARE

Rowan University School of Osteopathic Medicine is dedicated to refining and enhancing physicians' knowledge to manage the changing needs of the healthcare system. This education-based lecture series is structured to augment physician expertise with current clinical guideline recommendations and materials, as well as up-to-date advances in medical treatments on specific topics.

In response to evaluations from previous activity participants, focused education blocks were developed to cover the following topics: Cardiology, Endocrine / Weight Management, Psychiatry / Psychology, Internal Medicine Musculoskeletal/Joint Disorders. Lecturing faculty were chosen based on their clinical research, thorough experience, and clinical distinction in their respective fields. This series will assemble a prominent group of physicians to discover convenient, current recommendations and protocols and advances in treatments in each of the chosen focus areas.

### General Learning Objectives

Upon completion of this series, participants should be able to:

- Manage patients with cardiovascular disease
- Describe the current guidelines for Diabetes Mellitus management
- Summarize multiple treatment options to tackle obesity
- Identify the signs and symptoms of endometriosis
- Identify the pathway to bariatric surgery for patients
- Recognize methods to address obesity in children
- Describe and differentiate social isolation vs loneliness and their effect on mental health
- Identify current microaggressions in healthcare and how to prevent it
- Improve recognition of how personality pathology presents in primary care setting
- Identify the American Academy of Sleep Medicine Definition of Insomnia
- Learn the characteristics, diagnostic criteria, and differential diagnoses for premenstrual dysphoric disorder (PMDD)
- Identify signs of hepatocellular carcinoma and management options
- Recognize presentation of vasculitis in the outpatient setting and identify appropriate treatment plans
- Demonstrate evaluation and management of hypogonadism in men
- Explain the appropriate diagnostic tests to recognize sarcoidosis
- Develop treatment options for patients with chronic kidney disease in conjunction with diabetes mellitus
- Describe the current recommendations for care of patients with concussions
- Identify the specific medical needs of pediatric athletes
- Summarize the interventional orthopedic options for patients with musculoskeletal disorders
- Recognize best practice for personal protective equipment during a COVID-19 pandemic
- Summarize current recommendations for the management of gout

**PLEASE NOTE that the dates for the current AOA CME cycle started January 1, 2019 and end December 31, 2021.**

Join us for our

## 3-DAY CME CONFERENCE at Kalahari Resorts, November 18-20, 2021

For more information, please visit:  
[rowan.edu/som/cme](http://rowan.edu/som/cme)



## AOA ACCREDITATION AND DESIGNATION STATEMENTS:

Rowan University School of Osteopathic Medicine (RowanSOM) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians.

RowanSOM designates this program for a maximum of 25.5 Category 1-A credits and will report CME commensurate with the extent of the physician's participation in this activity.

## ACCME ACCREDITATION AND DESIGNATION STATEMENTS:

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

RowanSOM designates each internet live activity for the amount of AMA PRA Category 1 Credit™ listed below. Physicians should claim credit commensurate with the extent of their participation in the activity.

- 5.5 AMA PRA Category 1 Credits™ for Cardiology for Primary Care
- 5 AMA PRA Category 1 Credits™ for Endocrine / Weight Management
- 5 AMA PRA Category 1 Credits™ for Psychiatry / Psychology
- 5 AMA PRA Category 1 Credits™ for Internal Medicine
- 5 AMA PRA Category 1 Credits™ for Musculoskeletal / Joint Conditions

## Nursing Accreditation and Designation Statement

*Cardiology for Primary Care program only has been awarded 5.5 contact hours.*

Virtua Health is approved as a provider of continuing nursing professional development by New Jersey State Nurses an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P#177:- 2/19-22. Accredited status does not imply endorsement by Virtua Health, NJSNA, or ANCC Commission on Accreditation of any commercial products displayed in conjunction with this program.

## METHOD OF PARTICIPATION:

For successful completion of activities and subsequent awarding of credits, individuals are required to participate in the activity and complete an attestation form, as well as an outcome and an evaluation form.

## DISCLAIMER:

It is the policy of RowanSOM that the information presented at CME activities will be unbiased and based on scientific evidence. Any views expressed in these activities are presented for educational purposes only. The views expressed are those of the faculty. It should not be inferred or assumed that they are expressing the views of any manufacturer of pharmaceuticals and/or medical devices, or Rowan University School of Osteopathic Medicine.

This course is supported in part by educational sponsorship in accordance with AOA and ACCME standards.

## PLANNING COMMITTEE AND FACULTY

### PROGRAM DIRECTORS

#### **Joshua S. Coren, DO, MBA, FACOFP**

Interim Associate Dean of Clinical Affairs  
Chair and Professor, Family Medicine, RowanSOM  
Director, Continuing Medical Education, RowanSOM

#### **Danielle Cooley, DO, FACOFP**

Chair, Osteopathic Manipulative Medicine (OMM)/Neuromusculoskeletal Institute (NMI), RowanSOM, Associate Professor, Family Medicine and OMM, RowanSOM

#### **Meagan Vermeulen, MD, FAAFP**

Founding Program Director,  
Inspira Family Medicine Residency Program  
Assistant Professor, Family Medicine  
Medical Director, Rowan Family Medicine,  
Sewell, RowanSOM

#### **Kanad Mukherjee, DO, MPH, FACOFP**

Assistant Professor, Family Medicine, RowanSOM  
Fellowship Trained in  
Sports Medicine, CAQ-SM eligible  
Lead On-Site Physician, RowanSOM Vaccine Clinic:  
Project Save Lives

### PROGRAM COORDINATOR

#### **Tara Shontz**

Program Coordinator, Continuing  
Medical Education, RowanSOM

### CARDIOLOGY PLANNING COMMITTEE

**Kelly Broome; Peter Bulik, DO; Carol Lynn Daly; Kristofer Hillegas, DO; Gary Packin, DO; Susan Politsky; Robert Post; Troy Randle, DO; Sande Ritz**

### CONTENT REVIEWERS

#### **Adarsh Gupta, DO**

Professor, Family Medicine, RowanSOM

#### **Alexander Kowalski, DO**

Assistant Professor, Family Medicine, RowanSOM

#### **Tara Pellegrino, DO**

Assistant Professor, Family Medicine, RowanSOM

### MODERATORS

**TBD**

#### **Joanna Petrides, PsyD**

Clinical Psychologist, Assistant Professor, Family  
Medicine & Psychology, RowanSOM

#### **Aubrey Olson, DO**

Chair, Student Academic Progress Committee,  
Assistant Professor, Family Medicine, RowanSOM

#### **Samantha Plasner, DO**

Assistant Clinical Professor, Family Medicine,  
RowanSOM

## PROGRAM FACULTY (in alpha order)

### **Louis Balsama, DO, FACS**

Acting Chair of Surgery, Director of Rowan General Surgery Residency Program, RowanSOM

### **Kristen Bertsch, PhD**

Assistant Professor, Psychologist, Family Medicine, RowanSOM

### **Linda Brecher, DO, FACOI, FACP**

Assistant Professor, Chief of Rheumatology, Internal Medicine, RowanSOM

### **Peter Bulik, DO**

Attending Cardiologist  
Division of Cardiology, Virtua Health

### **Charles Defendorf, DO**

Assistant Professor, Internal Medicine, RowanSOM

### **Aaron Dorfman, MD, FAAP**

The Children's Hospital of Philadelphia  
Division of Cardiology - New Jersey Section

### **Elan Goldwaser, DO**

Assistant Professor, Sports Medicine  
Center for Family & Community Medicine  
Medicine and Orthopedic Surgery,  
Columbia University

### **James C. Giudice, DO, MACO, FACC**

Professor of Medicine  
Division of Pulmonary Medicine, RowanSOM

### **Elan Goldwaser, DO, CAQSM**

Assistant Professor, Sports Medicine  
Center for Family & Community Medicine,  
and Orthopedic Surgery  
Columbia University Medical Center

### **Adarsh Gupta, DO, MS, FACOFF**

Professor, Family Medicine, RowanSOM  
Director, Center for Medical Weight Loss  
& Metabolic Control

### **Elizabeth L. Helfer, MD, FACP, FACE**

Clerkship Director, Internal Medicine  
Assistant Professor,  
Division of Internal Medicine / Endocrinology,  
RowanSOM

### **Jamie Iulucci, MSN, APN, CPNP**

Family Medicine, RowanSOM

### **Joanne Kaiser Smith DO, FACOI, FACP**

Associate Dean of Graduate Education  
Professor of Medicine  
Division of General Internal Medicine, Rowan SOM

### **Lisa Kassenoff, DO**

Medical Director, Forked River Primary Care  
Family Medicine

### **Patricia Luceri, DO**

Medical Director, Division of Endocrinology,  
Diabetes & Metabolism  
Jefferson Health New Jersey  
Fellowship Program Director, Endocrinology,

Diabetes & Metabolism, RowanSOM

### **John Luksch, DO, CAQSM**

Primary Care Sports Medicine  
Rothman Orthopaedics

### **Kevin Overbeck, DO**

Assistant Professor, Geriatrics, RowanSOM

### **Vasu Palli, DO**

Division of Cardiology, Virtua Health

### **Joanna Petrides, PsyD**

Clinical Psychologist, Assistant Professor,  
Family Medicine & Psychology  
RowanSOM

### **Troy Randle, DO**

Division of Cardiology, Virtua Health  
Clinical Associate Professor, RowanSOM

### **Hafeza Shaikh, DO, FACC, FACOI**

Medical Staff President,  
Virtua-Our Lady of Lourdes  
Associate Professor, RowanSOM

### **Rachel Shmuts, DO**

Vice Chair of Education of  
Rowan SOM Department of Psychiatry  
Associate Professor, RowanSOM  
Psychiatry Residency Program Director  
Brain and Behavior Block Director  
Human Sexuality Intercession Director  
Third-year Clerkship Director

### **Darius Sholevar, MD, FACC, FHRS**

Virtua Heart Rhythm Specialists, Lead Physician  
Virtua Our Lady of Lourdes Hospital,  
EP Laboratory Director

### **Lauren Spivack, MD, FACOG**

Assistant Professor, Department of OB/GYN,  
RowanSOM

### **Alicia Tucker, MD**

Fellowship Director of Tower Health/DUCOM  
Primary Care Sports Medicine Fellowship  
Assistant Professor, Department of Family,  
Community & Preventative Medicine

### **Meagan Vermeulen, MD, CAQSM**

Founding Program Director,  
Inspira Family Medicine Residency Program  
Assistant Professor, Family Medicine  
Medical Director, Rowan Family Medicine - Sewell,  
RowanSOM

### **Mike Wolf, MD, CAQSM**

Assistant Professor, St. Christopher's  
Children's Hospital/Tower Health

# REGISTRATION FORM

## METHODS OF PAYMENT:

**Register Online by Credit Card at:**  
go.rowan.edu/cme

**By Check, Make Payment To:**

Rowan University School of Osteopathic Medicine  
Continuing Medical Education, Attention: Tara Shontz  
University Educational Center  
40 E. Laurel Road, Suite 2105, Room 2128  
Stratford, NJ 08084

**Cancellation Policy:** 50% of your registration fee will be refunded if requested in writing two weeks before each event.

## FULL SERIES - "LIVE" ONLINE REGISTRATION:

Please enroll me in the Five Block Series.

**Series Price: \$495 before August 1, 2021 or \$595 after August 1, 2021**

### ONLINE

- Cardiology, September 11, 2021
- Endocrine / Weight Management, September 18, 2021
- Psychiatry / Psychology, October 9, 2021
- Internal Medicine, October 23, 2021
- Musculoskeletal / Joint Conditions, December 4, 2021

## INDIVIDUAL EVENT REGISTRATION:

Please enroll me in these Individual Blocks.

**Individual Price: All \$149.**

### ONLINE

- Cardiology, September 11, 2021
- Endocrine / Weight Management, September 18, 2021
- Psychiatry / Psychology, October 9, 2021
- Internal Medicine, October 23, 2021
- Musculoskeletal / Joint Conditions, December 4, 2021

## NURSING REGISTRATION ONLY:

Please enroll me in the Cardiology Block: \$99

### ONLINE

- Cardiology, September 11, 2021

NAME \_\_\_\_\_

DEGREE \_\_\_\_\_ AOA NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**For more information please contact the CME Department at 856-566-6358 or by email at: [cme@rowan.edu](mailto:cme@rowan.edu)**



**Rowan University**

SCHOOL OF OSTEOPATHIC MEDICINE

Continuing Medical Education  
University Educational Center  
Suite 2105, Room 2128  
40 E. Laurel Rd.  
PO Box 1011  
Stratford, NJ 08084