



**Joint efforts for
optimizing
management of
rheumatoid arthritis
and its co-morbidities**

March 23, 2013

Gutensohn Clinic
(Mehegan Classroom)
Kirksville, MO

9 a.m.-1:45 p.m.

Also available as a live webinar!



**CONTINUING
EDUCATION**



This seminar is designed for:

Primary care physicians
Advance practice registered nurses
Physical therapists
Occupational therapists
Registered nurses
Licensed practical nurses
Health professions students



Overview

In the U.S., an estimated 1.5 million adults have rheumatoid arthritis (RA), about 1 percent of the population. Evidence shows that people with RA experience loss in function in every domain of human activity including work, leisure, and social relations. The focus of treatment for arthritis is to control pain, minimize joint damage, and optimize function and quality of life.

Purpose

This conference will provide updated information to professionals on evidence-based, best practices in caring for people with rheumatoid arthritis. The program addresses interprofessional team work in the context of health reform, current diagnostics and treatments, and introduces self-management education for chronic disease. Research shows that self-management education increases self-efficacy for symptom management and behavior change, engaging the client in disease management along with their healthcare team.

The program will be offered live at the Gutenshoen Clinic in Kirksville, Missouri and also offered as a live webinar. **Be sure to designate your preference on the registration form!** (Webinar attendees will be required to complete a post-test with 70 percent accuracy to receive continuing education credit.)

Conference Objectives

- Recognize and describe benefits of effective inter-professional communication
- Recognize and describe the symptoms, characteristics, and common co-morbidities of RA
- Describe the current treatment guidelines for RA
- Apply the evidence-based approaches to management of RA
- Identify and make referrals to services available in the community for individuals and families with chronic conditions including RA
- Recognize and explain the benefits of osteopathic manipulative medicine referrals



Program agenda



8:30 a.m. Check in begins

9 a.m. Welcome and introductions

9:05 a.m. **Teamwork in chronic care: Maximizing inter-professional communication**

Janet A. Head, EdD, MS, RN

KCOM-AHEC Co-Director, Assistant Professor, Department of Family Medicine, Preventive Medicine and Community Health, A.T. Still University (ATSU)

Objectives

- Describe essential team communication skills for effective chronic care management
- Access online inter-professional education resources
- Discuss consequences of failures to collaborate

9:25 a.m. **Rheumatoid arthritis: Update on diagnosis and treatment guidelines**

Robert Jackson, DO, FACOI, FACR

Objectives

- Discuss rheumatoid arthritis and the importance of early diagnosis.
- Applying the new diagnostic criteria to patients who present with joint pain, make appropriate referrals to a rheumatologist.
- Identify the common biologic agents used in the treatment of rheumatoid arthritis, as well as the mechanisms of action, side effects and risks, and monitoring parameters.

10:15 a.m. Coffee and discussion

10:30 a.m. **Common co-morbidities of rheumatoid arthritis**

Deanna K. Davenport, FNP-BC, MSN

Division of Immunology and Rheumatology, University of Missouri Healthcare

Objectives

- List common co-morbidities of rheumatoid arthritis.
- Discuss why such conditions frequently accompany rheumatoid arthritis.
- Describe preventive and treatment strategies for each common co-morbidity.

11:15 a.m. **Meeting health reform guidelines with self-management education and health coaching for chronic conditions**

Robert Schneider, DO, FAAFP

AOA Health Policy Fellow; Assistant Professor, OMM & Family Medicine; Medical Director, ATSU Gutensohn Clinic; Program Director, Kirksville Family Medicine Residency

Objectives

- Describe healthcare utilization and costs related to RA: hospitalizations, ambulatory care, loss of work days
- Discuss the core principles and evidence for effectiveness of self-management programs in chronic conditions.
- Integrate self-management into clinical practice.
- Summarize evidence on efficacy of exercise for people with rheumatoid arthritis.

Noon **Lunch and learn: Evidence-based community resources for people with chronic disease in northeast Missouri**

Barbara Stone, PT and Doris Fountain, RN

Northeast Missouri Regional Arthritis Center, A.T. Still University

Sherry Nelson, LCSW, MSW

Missouri AgrAbility Project, NEMO Region MU Extension

Objective

- Identify evidence-based chronic disease self-management education resources and partners in northeast Missouri.

12:30 p.m. **Osteopathic manipulative medicine (OMM) and rheumatoid arthritis**

Eric Snider, DO, C-NMM/OMM

Objectives

- Describe the benefit of OMM for the person with RA and appropriate referrals
- Demonstrate select specific soft tissue treatments

1 p.m. **Case management: Presentation and panel**

Panel includes speakers and multi-disciplinary providers. Facilitated by Michael French.

Objective

- Illustrate collaboration with interprofessional team in managing care for the person with rheumatoid arthritis and co-morbidities.

1:45 p.m. Adjournment



Planning committee

Kimberly Blackman
 Doris Fountain, RN
 Janet Head, EdD, MS, RN
 Robert Jackson, DO
 Rebecca McClanahan, MSN, RN
 Barbara Stone, PT
 Glenna Daniels Young

Accreditation/continuing education credits

CME

The A.T. Still University - Kirksville College of Osteopathic Medicine is an approved provider by the American Osteopathic Association (AOA) Committee on Continuing Medical Education to provide continuing education programs to physicians. This program anticipates being approved for 4.5 Category 1A credits pending approval by the AOA CCME. Each physician should claim only the hours of credit that he/she actually spent in the educational activity.

Conflict of interest

It is the policy of the Kirksville College of Osteopathic Medicine's Continuing Medical Education program to ensure balance, independence, objectivity and scientific rigor in all its educational programs. All faculty participating in these programs are expected to disclose to the program audiences any real or apparent conflict(s) of interest related to the content of their presentation.

Nurses - This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. For more information regarding contact hours, please call A.T. Still University continuing education at 660.626.2232.

Physical therapists - A certificate of completion is provided which can be submitted to the appropriate governing agency for credit request.

Occupational therapists - A certificate of completion is provided which can be submitted to the appropriate governing agency for credit request.

CE certificates

A certificate of completion is provided to all conference participants who are paid in full and complete the required evaluation and attestation tools.

The audience is advised that one or more presentations in this continuing medical education activity may contain references(s) to unlabeled or unapproved uses of drugs or devices.

This conference is supported by the National Association of Chronic Disease Directors and Abbott Laboratories, Department of Health and Senior Services, Missouri Arthritis Program, University of Missouri-Columbia School of Health Professions project number 00040951.

Program registration form

Joint efforts for optimizing management of rheumatoid arthritis and its co-morbidities

March 23, 2013

- I will attend the live event
- I will attend the webinar (*I understand credit can only be granted after successful completion of the post assessment*)

Name _____

Address _____

City _____

State/ZIP _____

Phone number _____

Fax number _____

Email _____

(required for Webinar attendees)

College attended _____

Graduation year _____

AOA# if applicable _____

Tuition for live attendance or webinar attendance (webinar attendees must pass post test with 70 percent accuracy):

- \$30 - Healthcare providers 4.5 hours of category 1-A credit, AOA; MONA accreditation approval pending - application has been submitted for 4.25 CNE credits
- No cost for NRMCM resident physicians, ATSU students, and Truman health sciences students (registration required)

Please submit your registration form and payment by one of the following methods

Register online

<https://secure.atsu.edu/cme/>

Register by mail

I authorize use of my credit card to pay for the above tuition fee.

- Check one MasterCard Visa
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Account number _____

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Expiration date _____ Security code _____

Signature _____

Checks should be made payable to ATSU.

Mail to Kimberly Blackman, director
 ATSU Continuing Education
 800 W. Jefferson St.
 Kirksville, MO 63501

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