Restoring Healthy Families and Communities in an Obesogenic Environment: A Toolkit for Health Care Professionals

Thursday, September 25, 2014

James T. Dove, MD Conference Center
Prairie Heart Institute at St. John’s Hospital
619 E. Mason Street, Springfield, IL 62701

Jointly sponsored by:

Children’s St. John’s Hospital
SIU School of Medicine
General Information
This conference will be held in the Dove Conference Center at Prairie Heart Institute, 619 E. Mason Street, Springfield, IL. For general information regarding the course, please call (217) 545-7711.

Course Objectives
At the conclusion of this program, participants will be able to:

- Identify at-risk patients using recommended obesity screening tools.
- Utilize strategies to assist in treating, reducing or managing obesity and co-morbidities.
- Describe the epidemiology of obesity related co-morbidities, such as hypercholesterolemia/hyperlipidemia, fatty liver disease, hypertension and type II diabetes.
- Appropriately screen for and manage cardiometabolic syndrome.
- Utilize strategies to assist in treating, reducing or managing obesity and co-morbidities.
- Describe physical inactivity as a public health problem.
- Utilize evidence-based strategies for effective promotion of physical activity.
- Develop strategies to overcome communication barriers when discussing obesity and co-morbidities with patients and their families.
- Utilize counseling techniques to build trust, rapport and relationships with patients.
- Facilitate patient/client motivation and empowerment.
- Describe proper ICD obesity coding under Medicaid law.
- Identify local and regional resources to assist with the continuum of care.
- Identify local and/or regional partners and strategies to extend care and prevention outside the physician’s office.

Who Should Attend
Health care providers including:
- Physicians
- Mid-level providers
- Nurses
- Dietitians
- School nurses
- Public health nurses
- Diabetes educators
- Exercise specialists
- Physical therapists
- Certified health education specialists
- Other interested professionals

Disclosure Policy
It is the policy of SIU School of Medicine, Continuing Medical Education that speakers, planners and providers disclose real or apparent conflicts of interest relating to the topics of this activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The SIU School of Medicine Office of CME has policies in place that will identify and resolve all conflicts of interest prior to this activity. Detailed disclosure will be made in the activity handout materials.

Special Assistance
SIU School of Medicine wishes to assure that its activities are accessible to all individuals. If you need any of the services identified in the Americans with Disabilities Act, please contact the Office of CME at (217) 545-7711 at least 10 days in advance.

Cancellation Policy
Registration fees are refundable, less a $25 processing fee, if requested before September 17. After September 17, only substitutions are allowed. (Advance notice of substitute attendee is appreciated.)

Registration
Please complete the registration form and return it with the appropriate fee. Registration the day of the conference will begin at 8:15 a.m. Registration fee includes meals, breaks and conference materials.
Course Director
David E. Steward, MD, MPH
Associate Dean
Office of Community Health & Service
SIU School of Medicine

Guest Faculty
Rebecca P. Green, MD, PhD
Pediatric Endocrinology
Springfield Clinic

Harold W. (Bill) Kohl, III, PhD, MSPH, FACSM, FNCAK
Professor of Epidemiology and Kinesiology
University of Texas Health Science Center - Houston
School of Public Health
Michael and Susan Dell Center for Healthy Living
University of Texas at Austin
Department of Kinesiology and Health Education
Austin, Texas

Kemia Sarraf, MD, MPH
Founder and President
genHkids

Heather Shankland, MBA, RHIA
Privacy Officer and Director of Health Information Management
St. John’s Hospital

SIU School of Medicine Faculty
Marthe K. P. dela Cruz, MD
Assistant Professor, Primary Care Pediatrics
Department of Pediatrics

Haikaeli Mziray-Andrew, MD
Assistant Professor
Pediatric Gastroenterology & Nutrition
Department of Pediatrics

Ramzi Nicolas, MD
Associate Professor and Division Chief
Pediatric and Fetal Cardiology
Department of Pediatrics

Anwar Shafi, MD
Assistant Professor
Pediatric Pulmonary Medicine
Department of Pediatrics

Agenda
8:15 am  Registration and Continental Breakfast
8:55 am  Welcome and Introductions
          Charles Lucore, MD
          President & CEO, St. John’s Hospital

9 am  Defining Obesity
      Kemia Sarraf, MD

9:40 am  Screening for and Management of Co-Morbidities: A Panel Discussion
         Rebecca Green, MD, Moderator
         Ramzi Nicolas, MD
         Haikaeli Mziray-Andrew, MD
         Anwar Shafi, MD

10:40 am  Break

11 am  Effective Clinical and Public Health Strategies for Physical Activity Promotion
      Harold W. (Bill) Kohl, III, PhD

11:45 am  Question & Answer Session

12 pm  Lunch

1 pm  Effective Communication with Patients and Families: Counseling, Motivation and Empowerment Using Simulated Patient Encounters
      Marthe dela Cruz, MD, Moderator

2 pm  Coding and Billing for Clinical Obesity Management
      Heather Shankland, MBA

2:30 pm  Community and Clinical Crossroads: A Guide to Provider Resources

2:50 pm  Question & Answer Session

3:05 pm  Adjourn
Accreditation
This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of SIU School of Medicine and St. John's Children's Hospital. The SIU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement
The SIU School of Medicine designates this live activity for a maximum of 4.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Credit
Application for CME credit has been filed with the American Academy of Family Physicians (AAFP). Determination of credit is pending.

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1), B) and P) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 4.75 contact hours for completing this activity.

SIU School of Medicine is a licensed provider for continuing education for social workers (license #159-000106), clinical psychologists (license # 268-000008) and professional counselors/clinical counselors (license number 197-000073).

This activity has been approved by the Commission on Dietetic Registration for 5.5 CPEUs.

All other attendees will receive a Certificate of Attendance.