



## SCHEDULE-AT-A-GLANCE (23.75 Continuing Education Contact Hours)

Thursday, October 18, 2018

8:30 a.m.-10:45 a.m.

Board of Trustees Meeting

10:00 a.m.-6:00 p.m.

Convention Registration

10:00 a.m.-6:15 p.m.

CME Sign-in and Sign-out

11:00 a.m.-1:00 p.m.

Lunch Lecture: The Opioid Epidemic: Implications to Managing Care | 2 CECH

*Medical Protective insured podiatrists attending this two-hour presentation are eligible to receive a 1 year, 10% risk premium credit.*

Speaker: Rachel Rosen, RN, MSN

As an opioid epidemic sweeps the nation, providers face the challenge of determining appropriate treatment options that meet their patients' needs and align with nationally published guidelines. This program addresses these challenges and offers strategies for reducing the risk of opioid misuse in your patient population.

Objectives:

- Identify organizational strategies to address opioid management within a facility or practice.
- Identify prescribing considerations when initiating opioid therapy.
- Discuss strategies for effectively adjusting opioid therapy treatment plans.
- Identify nonopioid treatment options for pain management.
- Discuss the role all providers have in battling the opioid epidemic.

12:30 p.m.-7:30 p.m.

Exhibit Hall Open

1:30 p.m.-2:15 p.m.

Stress Fractures | 1 CECH

Speaker: Christopher Hood, Jr., DPM

Objectives:

- The participant will be able to differentiate between stress fracture and insufficiency fracture.
- The participant will be able to assess patients for potential stress fracture through physical exam techniques and offer appropriate treatment.
- The participant will be able to recommend modifiable behaviors to decrease risk of stress fracture.

2:15 p.m.-3:00 p.m.

Ankle Sprains: Non-Lateral Ligament Injuries | 1 CECH

Speaker: Christopher Hood, Jr., DPM

Objectives:

- The participant will be able to formulate a global physical exam assessment task list for ankle sprains.
- The participant will be able to critically evaluate and look for secondary injuries on imaging modalities (XR) upon initial evaluation.

- The participant will be able to recognize and treat secondary injuries to peri-malleolar ankle sprains.

**3:00 p.m.-3:30 p.m.**

5th Metatarsal “Dancers” (Shaft) Fracture | 1 CECH

Speaker: Christopher Hood, Jr., DPM

Objectives:

- The participant will be able to distinguish between the different types of fifth metatarsal fracture patterns.
- The participant will be able to plan on a post-injury protocol, whether conservative or surgical.
- The participant will be able to understand that in most instances, conservative care results are equal to surgical results.
- The participant will be able to plan for surgery with the various methods of fixation from pinning reduction to open reduction with plating system and technique options.

**3:30 p.m.-4:00 p.m.**

Break in Exhibit Hall

**4:00 p.m.-5:00 p.m.**

The Latest Techniques in Podiatric Dermatology | 1 CECH

Speaker: Annette Joyce, DPM

A review of the latest trends in science and research in the emerging specialty of podiatric dermatology. A review of botulinum, dermal fillers, and chemical peels popular in foot and ankle concierge medicine will be discussed.

**5:00 p.m.-6:00 p.m.**

An Introduction to Lower Extremity Dermoscopy: The Two-Step Algorithm | 1 CECH

Speaker: Annette Joyce, DPM

This course will introduce the step by step techniques of dermoscopy that can distinguish and diagnose both benign and malignant skin lesions.

**6:00 p.m.-7:30 p.m.**

Welcome Reception in Exhibit Hall

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## Friday, October 19, 2018

**7:30 a.m.-8:30 a.m.**

Continental Breakfast

**7:30 a.m.-5:00 p.m.**

Convention Registration

**7:30 a.m.-5:45 p.m.**

CME Sign-in and Sign-out

**8:00 a.m.-9:00 a.m.**

Podiatric Dermatology Essentials | 1 CECH

Speaker: Javan Bass, DPM

Cutaneous skin and nail biopsy techniques such as punch, shave, needle, curettage, and toenail are simple and evidence-based medical procedures that may be used in the practice of podiatric medicine. Biopsy techniques will be reviewed providing and overview of their indications, techniques, and coding pearls to their application.

**9:00 a.m.-10:00 a.m.**

Diagnosis of Onychomycosis with Evidence-Based Medicine | 1 CECH

Speaker: Javan Bass, DPM

Upon completion of this session, attendees will better understand nail unit dystrophy. Attendees will learn how acute and chronic trauma, neoplastic processes, inflammatory skin diseases, and infections may affect the nail apparatus. The advantages and disadvantages of traditional testing methods will be reviewed and compared with newer technologies.

**10:00 a.m.-10:30 a.m.**

Break in Exhibit Hall

10:30 a.m.-11:30 a.m.

Lecture | 1 CECH

11:30 a.m.-12:30 p.m.

Lecture | 1 CECH

12:30 a.m.-1:30 p.m.

Lunch

1:45 p.m.-2:45 p.m.

Can you scope it? Arthroscopic Repair of the Brostrom/Gould | 1 CECH

Speaker: Kyle S. Peterson, DPM

2:45 p.m.-3:45 p.m.

Plantar Approach Second MTP Plantar Plate Repair | 1 CECH

Speaker: Kyle S. Peterson, DPM

3:45 p.m.-4:15 p.m.

Break in Exhibit Hall

4:15 p.m.-5:00 p.m.

Hallux Abducto Valgus: A New Old Approach | .75 CECH

Speaker: Patrick A. DeHeer, DPM

After attending this lecture, the attendee should be able to:

- Understand the pathogenesis of Hallux Abducto Valgus
- Understand the vascular supply to the first metatarsal.
- Describe the outcomes of minimal incision distal first metatarsal osteotomies.
- Understand the technique for minimal incision distal first metatarsal osteotomies.

5:00 p.m.-5:30 p.m.

Flexor Digitorum Longus Transfer for Hammer Digit Syndrome: An Evidence Based Approach | .5 CECH

Speaker: Patrick A. DeHeer, DPM

After attending this lecture, attendee should be able to:

- Define the different types of digital deformities.
- Describe the biomechanics of hammer digit syndrome.
- Describe the non-surgical treatment of hammer digit syndrome.
- Describe the flexor digitorum longus surgical treatment of hammer digit syndrome including fixation options.
- Understand the potential complications associated with flexor digitorum longus tendon transfer for hammer digit syndrome.

5:30 p.m.-7:00 p.m.

Past President's Reception

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**Saturday, October 20, 2018**

7:30 a.m.-8:30 a.m.

Continental Breakfast

7:30 a.m.-5:00 p.m.

Convention Registration

7:30 a.m.-5:30 p.m.

CME Sign-in and Sign-out

8:00 a.m.-9:00 a.m.

Tendon Balancing for Diabetic Foot Ulcers and Charcot Arthropathy | 1 CECH

Speaker: J. Monroe Laborde, MD, MS

This lecture will address how to heal ulcers and stop progression of Charcot foot using tendon procedures, including when and how to perform various procedures.

**9:00 a.m.-10:00 a.m.**

Tendon Balancing for Foot Pain and Deformity | 1 CECH

Speaker: J. Monroe Laborde, MD, MS

Learn how tendon balancing can help foot pain and deformity, including which procedures to use for various problems and how to perform them.

**10:00 a.m.-10:15 a.m.**

Break

**10:15 a.m.-11:15 a.m.**

Non-Operative Treatment of Chronic Pain | 1 CECH

Speaker: J. Monroe Laborde, MD, MS

This lecture will describe cognitive-behavioral treatments of chronic pain, which can also be applied to stress reduction for patients and physicians.

**11:30 a.m.-12:30 p.m.**

IPMA Annual Membership Meeting

**12:30 p.m.-2:00 p.m.**

Awards Luncheon

**2:15 p.m.-2:45 p.m.**

Equinus in the Athlete | .5 CECH

Speaker: Patrick A. DeHeer, DPM

After attending this lecture, attendee should be able to:

- Understand proper clinical examination for equinus deformity.
- Understand the definition of equinus.
- Understand the difference between the walking and running gait cycles.
- Describe the different types of running forms.
- Understand the role of equinus in running type of injuries.
- Understand the differences between acute static and chronic static stretching.
- Understand the differences in athletic performance between acute static and chronic static stretching.

**2:45 p.m.-3:15 p.m.**

Morton's Neuroma: Current Literature Review | .5 CECH

Speaker: Patrick A. DeHeer, DPM

- After attending this lecture, attendee should be able to:
- Understand the diagnosis of Morton's neuroma.
- Understand the biomechanics of Morton's neuroma.
- Describe the non-surgical therapies for Morton's neuroma.
- Describe the various surgical approaches for Morton's neuroma.
- Understand the findings from current literature on Morton's neuroma and be able to apply these findings to current practice

**3:15 p.m.-3:30 p.m.**

Break

**3:30 p.m.-5:30 p.m.**

Lecture and Dry Bones Lab: Use of Mini External Fixation in the Foot and Ankle | 2 CECH

Speaker: James C. Wang, DPM

Objectives:

- To understand use and indications for foot and ankle surgeons.
- To have hands on use of external fixation in foot and ankle surgery.

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**Sunday, October 21, 2018**

**7:00 a.m.-8:00 a.m.**  
Continental Breakfast

**7:00 a.m.-12:00 p.m.**  
Convention Registration

**7:00 a.m.-12:45 p.m.**  
CME Sign-in and Sign-out

**7:30 a.m.-9:00 a.m.**  
Abstract Presentations | 1.5 CECH  
Moderator: Patrick A. DeHeer, DPM  
These presentations will review interesting cases, update local podiatric research, literature review of cases and common medical and surgical treatments.

**9:00 a.m.-9:15 a.m.**  
Break

**9:15 a.m.-10:45 a.m.**  
Abstract Presentations Continued | 1.5 CECH

**10:45 a.m.-11:00 a.m.**  
Break

**11:00 a.m.-12:30 a.m.**  
Abstract Presentations Continued | 1.5 CECH