

# Palouse Clearwater Medical Conference

**May 20 & 21, 2022**

## **May 20, 2022**

- 8:00am Achieving Success in Neck & Spinal Surgery
- 9:00am Hematuria, When Should I be Concerned?
- 10:20am Management of Atrial Fibrillation in 2022
- 11:20am Pains in the Head and Neck
- 1:15pm Calcium is an Important Hormone! Hyper and HypoParathyroidism
- 2:15pm Pediatric Burns
- 3:30pm Eye Care for Primary Care
- 4:30pm Lacerations - Tips, Tricks and Busted Myths

## **May 21, 2022**

- 8:00am Finding Waldo: Colonic Cancer Syndromes
- 9:00am Cervical and Thoracic Myelopathies
- 10:20am Underdiagnosis of the Spectrum of Spondyloarthropathies
- 11:20am Advances in Thoracic Surgery
- 1:15pm Optimizing Spine Surgical Outcomes with Prehab
- 2:30pm Team Based Care of Patients Who Take Opioids

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**8:00am-9:00am**  
May 20, 2022

# Achieving Success in Neck & Spinal Surgery

## **Course Objectives:**

Importance of cardiovascular, pulmonary and renal health optimization prior to invasive spine procedures & surgery.

## **Stewart Kerr, MD**

Board Cert: Orthopedic Surgery

Orthopedic Specialists of Seattle

Seattle, WA

## **Brief Biographical Information:**

Stewart M. Kerr, M.D. is a board-certified orthopedic surgeon with a clinical focus primarily on comprehensive neck & spine surgery, fracture repair & joint replacement.

Dr. Kerr's practice philosophy is to treat all patients as if they are family members. He strives for superior elective surgery results by optimizing all controllable factors prior to operating, when possible. Dr. Kerr enjoys providing evidence-based, multi-disciplinary care; his strategy includes careful listening & thoughtful explanations for both surgical and non-surgical options so patients may choose treatments that best fit their individual health goals.

## **Notes:**

9:00am-10:00am  
May 20, 2022

## Hematuria, When Should I be Concerned?

### Course Objectives:

Differentiate different types of hematuria  
Determine the causes of hematuria  
When to refer hematuria to see a specialist

## Alvaro Lucioni, MD

Board Certification: Urology  
Virginia Mason Franciscan Health  
Seattle, WA

### Areas of Expertise and Special Interest

Dr. Alvaro Lucioni is a urologist at Virginia Mason Medical Center where he helps both women and men with urinary incontinence, women with pelvic organ prolapse, and men with erectile dysfunction. He is passionate about helping patients regain their quality of life.

Besides his clinical work, Dr. Lucioni is dedicated to training the future generation of urologist as Program Director for the Female Pelvic Medicine and Reconstructive Surgery Fellowship and Clinical Instructor at University of Washington in Seattle. He completed his medical studies at the University of Chicago and urology residency at University of Chicago Medical Center. He then did a fellowship in Female Urology and Pelvic Floor Reconstruction at Virginia Mason Medical Center. Dr. Lucioni has authored more than 50 peer-reviewed articles and book chapters on topics related to urinary incontinence and pelvic prolapse.

### Notes:

10:20am-11:20am  
May 20, 2022

## Management of Atrial Fibrillation in 2022

### **Course Objectives:**

- Understand the role of ablation
- Recognize alternative strategies for management
- Recognize the role of risk factor modification

## **Christopher Fellows, MD, FACC, FHRS**

Board Certification: American Board of Internal Medicine, Subspecialty in  
Cardiovascular Disease, Certificate of Added Qualification in Clinical Cardiac  
Electrophysiology  
Virginia Mason Franciscan Health  
Seattle, WA

### **Brief Biographical Information:**

#### **Specialties**

Cardiac Electrophysiology, Diagnostic Cardiology, Rhythm Management, Pacemaker  
Implantation, Cardiology, Heart Disease

#### **Special Interests**

Arrhythmias, pacemakers, defibrillators and cardiac electrophysiology

#### **Education**

Oregon Health Sciences University, Portland, 1980

Internship

Internal Medicine, Massachusetts General Hospital, Boston, 1981

Residency

Internal Medicine, Massachusetts General Hospital, Boston, 1983

Fellowships

Cardiology and Electrophysiology, University of Washington Medical Center, Seattle,  
1986

#### **Notes:**

**11:20am-12:20pm**  
May 20, 2022

## Opioid Pharmacology

### **Course Objectives:**

- Describe the pharmacological and toxicological properties of opioids.
- Describe the consequences of long-term treatment with opioid painkillers

## **Raymond Quock, PhD**

Washington State University  
Pullman, WA

### **Brief Bio**

Dr Quock is professor of Psychology and Affiliate Professor of Neuroscience at Washington State University. He received his PhD in Pharmacology from the University of Washington and has held professional ranks at the University of the Pacific School of Pharmacy, Marquette University school of Dentistry, the University College of Pharmacy. He teaches courses in Drugs and Behavior, Drug Abuse and Mental Health. He also conducts an active research program in opioid dependence.

1:15pm-2:15pm  
May 20, 2022

## Calcium is an Important Hormone! Hyper and HypoParathyroidism

### Course Objectives:

- How to Diagnose, Manage and treat your patients with calcium abnormalities

### Lynn Kohlmeier, MD

Board Cert: Endocrine Eligible  
Lincoln Hospital & Clinics  
Spokane, WA

### Brief Biographical Information:

Dr. Kohlmeier went to Yale for undergrad and Stanford for medical school and her endocrine fellowship. She did her internal medicine residency and post-doc in metabolic bone disease at Harvard University, and received a Young Investigator Award for her research involving the calcium-sensing receptor. Dr. Kohlmeier has an endocrine private practice, and is involved in osteoporosis and hypoparathyroid clinical research.

Dr. Kohlmeier is the medical director for the monthly CME Bone Health TeleECHO: Spokane Strides For Strong Bones, bringing bone health experts and other providers to improve the care of patients with osteoporosis and reduce the osteoporosis treatment gap. She is founder and director of Strong Start DXA BMDs, and the non-profit, Strides For Strong Bones, which provide quality DXA BMD analysis and reports for rural DXA sites, and community and professional bone health education and free bone density screenings, respectively. She is an executive board member \_

for Advances in Mineral Metabolism/American Society for Bone and Mineral Research (AIMM/ASBMR), founder and coordinator of their annual AIMM Ski Race, and a reviewer for JCD, Metabolism, and Osteoporosis International.

### Notes:

2:15pm-3:15pm  
May 20, 2022

## Pediatric Burns

### Course Objectives:

- Initial resuscitation of pediatric burns
- Management of small burns
- Treatment of the massive pediatric burn

### Barclay Stewart, MD, PhD, MPH

Board Certification: Surgery

University of Washington

Seattle, WA

### Brief Biographical Information:

Barclay Stewart, MD, is a board-certified trauma, burn, and critical care surgeon who specializes in the care of injuries, burns, and emergency surgical conditions. Dr. Stewart is an assistant professor of surgery in the Division of Trauma, Burn and Critical Care Surgery at UW School of Medicine. Dr. Stewart believes in a patient-centered, team approach to care. His main goal is to maximize recovery for patients. Dr. Stewart's clinical interests include emergency general surgery and trauma surgery, burn care and reconstruction, extracorporeal life support, limb infections, and surgical skin conditions (e.g., hidradenitis suppurativa, Stevens-Johnson Syndrome/Toxic Epidermal Necrolysis Syndrome).

### Notes:

3:30pm-4:30pm  
May 20, 2022

## Eye Care for Primary Care

### Course Objectives:

- Pink eye?
- My eyes won't stop watering
- Cataracts and macular degeneration.

## Mark Eggleston, MD

Board Certification: Ophthalmologist

Eye Care Specialists

Clarkston, WA

### Brief Biographical Information:

### Education

Undergraduate: B.S. Zoology 1990, University of Idaho, Moscow, ID.

Graduate: M.S. Parasitology 1993, Kansas State University, Manhattan, KS.

Medical School: 1997, Creighton University School of Medicine, Omaha, NE.

Internship: 1998, Creighton University, Internal Medicine

Residency: 2001, University of Nebraska Medical Center, Omaha, NE, Ophthalmology.

### Certifications and Memberships

Board Certified by the American Board of Ophthalmology

Member of ASCRS

Member of Washington Academy of Eye Physicians and Surgeons.

### Notes:

4:30pm-5:30pm  
May 20, 2022

## Lacerations - Tips, Tricks and Busted Myths

### Course Objectives:

- Useful tips
- Explore & disprove long standing myths with laceration management

### Patrick O'Malley, MD

Board Certified: Emergency Medicine

Newberry County Memorial Hospital, emergency department

Newberry South Carolina

### Brief Biographical Information:

- Board Certified in Emergency Medicine
- Practices in the Emergency Department at Newberry Hospital in Newberry, South Carolina
- Has lectured at the Urgent Care Association National Conference
- Developed a Wound Irrigation Device

### Notes:

8:00am-9:00am  
May 21, 2022

## Finding Waldo: Colonic Cancer Syndromes

### **Course Objectives:**

- Prevalence of colonic cancer syndromes
- Identify and diagnose colonic cancer syndromes
- Understand common themes regarding the management of colonic cancer syndromes

### **Guatam Mankaney, MD**

Board Certification: Gastroenterology  
Virginia Mason Franciscan Health  
Seattle, WA

### **Brief Biographical Information:**

I am a general gastroenterologist with an interest in hereditary colorectal cancer syndromes. My journey into this area started in undergrad at Oregon State where I did a thesis on a protein implicated in Lynch Syndrome. I then had the opportunity to train in the Midwest and complete a GI fellowship at Cleveland Clinic, which houses one of the largest hereditary colorectal cancer registries. Now, I am excited to have moved back home to family and friends in the PNW and to serve patients with hereditary cancer syndromes. Please do not hesitate to reach out to me with questions, thoughts, or ideas!

### **Notes:**

9:00am-10:00am  
May 21, 2022

## Cervical and Thoracic Myelopathies

### Course Objectives:

- Anatomy of the spinal cord and its tracts.
- Identify symptoms and early signs
- Discuss the investigative work-up and management of myelopathies.
- Summarize important differential diagnoses.

### Sarita Said, MD

Board Certification: Neurology  
Palouse Neurology  
Moscow, ID

### Areas of Expertise

As a board certified Neurologist by the American Board of Psychiatry and Neurology, Sarita joins the Palouse Specialty Physicians team with a prestigious background and skill set. After receiving her primary medical education in Venezuela, Dr. Said-Said completed her Graduate training in Internal Medicine at Penn State in Hershey, PA. She went on to perform residencies in Neurology and Neuromuscular Medicine and Pathology at UC Irvine Health in Orange County, CA and has most recently held a position as a Clinical Instructor for Advanced Neuromuscular Medicine at UC Irvine.

### Notes:

10:20am-11:20am  
May 21, 2022

## What you Don't Know Can Hurt -Underdiagnosis of the Spectrum of Spondyloarthropathies

### Course Objectives:

- Understand the increasing breadth of the class of spondyloarthropathies.
- Visualize and learn diagnostic clues.
- No definitive lab tests? How else to clarify diagnosis?
- The explosion of therapies for this class of joint/systemic diseases.

### Gary Craig, MD

Board Certification: Rheumatology  
Arthritis NW -Research & Education  
Spokane, WA

### Brief Biographical Information:

Dr. Craig received his BSc from the University of Toronto and his MD from McMaster University, where he stayed until 1992 and became the Rheumatology Program Director and an Associate Clinical Professor of Medicine. He moved to Spokane in 1992, taking over practice from Dr. Rex Hoffmeister, the originator of methotrexate therapy for rheumatoid arthritis, at the Rockwood Clinic, and moved on to Arthritis Northwest in 2004. Dr. Craig has appointments at the University of Washington as an Associate Clinical Professor and at Washington State University as an Associate Professor of Clinical Medicine and originated that institution's original undergraduate Immunology and Rheumatology courses. He has authored over 40 medical abstracts and papers and been involved in over 100 clinical trials in his specialty. Now retired from full-time clinical care but still involved in research and education, he splits his time between Spokane and Tucson. Married for 50 years, 2 of his 3 children are physicians, both radiologists.

### Notes:

11:20am-12:20pm  
May 21, 2022

## Advances in Thoracic Surgery

### Course Objectives:

- Overview of pathology treated by thoracic surgeons
- Endoscopic and robotic techniques
- The importance of multidisciplinary thoracic surgery care

### Michal Hubka, MD

Board Certification: Neurosurgery  
Virginia Mason Franciscan Health  
Seattle, WA

### Brief Biographical Information:

#### Areas of Expertise

Misho Hubka, MD, has special interest in robotic and video-assisted thoracoscopic surgery (VATS), lung cancer surgery, esophageal cancer surgery; complex surgery for benign and malignant disease of the lung, chest wall, esophagus and mediastinum.

#### Notes:

1:15pm-2:15pm  
May 21, 2022

## Optimizing Spine Surgical Outcomes with Prehab

### Course Objectives:

- Risk factors for poor outcomes
- Literature regarding the standard of care prior to performing surgery
- Optimize outcomes by systematically addressing the risk factors

### David Hanscom, MD

Board Certification: Neurology  
Virginia Mason Franciscan Health  
Seattle, WA

### Brief Biographical Information:

David Hanscom, MD practiced complex orthopedic spine surgery for 32 years. He quit this practice in Seattle, WA to present his insights into solving chronic pain which evolved from his own 15 year battle with it. He eventually escaped from the ordeal and discovered that mental pain is the biggest issue. Anxiety is the pain. His book, Back in Control: A Surgeon's Roadmap Out of Chronic Pain systematically presents established treatments for chronic mental and physical pain, which the current medical establishment is overlooking. The self-directed action plan is available at [www.thedocjourney.com](http://www.thedocjourney.com). It reflects the approaches of hundreds of patients. He recently launched a movement called. “Dynamic Healing” that recognizes the interaction between stress and one’s coping capacity. An overwhelmed person subjected to sustained levels of flight or fight hormones will develop unpleasant symptoms and serious illness.

### Notes:

**2:15pm-3:15pm**  
May 21, 2022

## **Team Based Care of Patients Who Take Opioids**

### **Course Objectives:**

- Roles in providing team-based care
- Utilize non-stigmatizing language
- Work collaboratively to develop a patient care plan

## **Marian Wilson, PhD**

Washington State University  
Spokane, WA

### **Brief Biographical Information:**

Dr. Wilson completed her PhD in Nursing at the Washington State University College of Nursing in Spokane under the guidance of Dr. John Roll within the Program of Excellence in Rural Mental Health and Substance Abuse Treatment. She is executive faculty of WSU's Program of Excellence in Addictions Research and core faculty of the Sleep and Performance Research Center. She is board certified in Pain Management Nursing from the American Nurses Credentialing Center & American Society for Pain Management Nursing. She has experience as a nurse scientist leading clinical research in acute care settings and has a passion for empowering nurses through engagement with evidence-based practice and research projects. She has published research testing Internet-based self-management programs to assist patients with persistent (chronic) pain and depressive symptoms. Her current focus is on how opioid use and addiction can be addressed within persistent pain populations with a focus on adoption of non-pharmacologic strategies and improving sleep.

## **Tracy Klein, PhD, MA ARNP**

Washington State University  
Spokane, WA

### **Brief Biographical Information:**

Dr. Tracy Klein is a family nurse practitioner with more than 20 years of experience in policy analysis and development in addition to continuous clinical practice across the lifespan. Dr. Klein's research concerns the interface between public policy and prescribing patterns as they relate to practitioner, patient and institutional factors.

**Notes:**