

NEBRASKA ACADEMY OF FAMILY PHYSICIANS
23RD ANNUAL FALL CONFERENCE AND FAMILY WEEKEND
SPEAKER LEARNING OBJECTIVES, BIOS AND DISCLOSURES

SLEEP APNEA: PREVALENCE & TREATMENT OPTIONS

LEARNING OBJECTIVES:

- 1) How to screen for sleep apnea; questions to ask your patients.
- 2) Industry treatment guidelines; when to consider an oral appliance vs. a CPAP.
- 3) What goals/thresholds to set for successful treatment.

ROGER W. ROUBAL, DDS

Dentist

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BIOGRAPHY:

Roger Dr. Roger Roubal attended Creighton University for both his pre-dental education and dental school. Following graduation in 1974, he and his wife returned to the rural area where they grew up, and Dr. Roubal started his general dental practice in Dodge, NE. Even as a young boy, Dr. Roubal was very eager to learn, and that has never changed. Early in his professional career, he became aware of and intrigued by the notion of dentistry's impact on the whole body. In 1988, he took his first sleep dentistry course, and began treating sleep apnea soon thereafter. In 2001, Dr. Roubal and his family moved to Omaha and in the following years, he earned a Diplomate in both TMJ Disorders and Sleep Dentistry. In 2013, he limited his practice to snoring and sleep apnea treatment, and he became a Medical and DME provider. His office also earned its accreditation as a dental sleep facility, just 1 of 46 offices in the entire country to do this. He has lectured to numerous professional groups on sleep apnea and has taught his technique to over 200 dentists across the country. Dr. Roubal enjoys educating both patients and providers about sleep apnea, and takes great satisfaction in the health improvements he sees in his patients.

CONFLICT OF INTERESTS:

None

MEMORY MATTERS: PREVENTING AND TREATING LATE-LIFE COGNITIVE DECLINE

LEARNING OBJECTIVES:

- 1) Understand the effects of aging on cognition and factors that can slow or accelerate decline.
- 2) Describe mild cognitive impairment and the most common causes of dementia.
- 3) List tools that can be used in evaluating cognitive decline in older adults.
- 4) Discuss the pathophysiology of Alzheimer's disease and experimental treatment approaches.
- 5) Know the important role of primary care providers in managing symptoms of dementia.

DANIEL L. MURMAN, MD, MS

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BIOGRAPHY:

Dr. Murman received his medical degree from the University of Nebraska Medical Center (UNMC) in 1989 and then completed a Neurology residency, fellowship and graduate training at the University of Michigan in 1996. Dr. Murman's subspecialty training is in Behavioral and Geriatric Neurology. Following this training, Dr. Murman was on the faculty of Michigan State University from 1997 to 2004 and then joined the faculty of the Department of Neurological Sciences at UNMC in 2004. Since returning to UNMC, Dr. Murman has focused his research and clinical activity on the evaluation and treatment of patients with Alzheimer's disease, Parkinson's disease and related neurodegenerative diseases. Currently Dr. Murman is leading a team at UNMC that is participating in national Alzheimer's disease (AD) clinical trials of promising new treatments. Dr. Murman continues to be interested in research related to cost-effectiveness of new treatments for AD and research focused on improving the quality of care that patients with dementia receive.

CONFLICT OF INTERESTS:

Research Grant/Research Support relationships with Eli Lilly & Co, Novartis, Roche, Genentech, and National Institutes of Health in the clinical area of Alzheimer's Disease clinical trial research.
All Conflicts Have Been Resolved.

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ADRENAL INSUFFICIENCY – THE REAL & THE MYTHICAL

LEARNING OBJECTIVES:

- 1) Learn who should be screened for Adrenal insufficiency.
- 2) Learn how to interpret labs for Adrenal insufficiency.
- 3) Understand treatment and patient education for Adrenal insufficiency.
- 4) Learn how to talk to your patients about "Adrenal Fatigue".

LESLIE A. EILAND, MD

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BIOGRAPHY:

Leslie Eiland is originally from Columbus, Nebraska. She obtained her undergraduate degree in anthropology from the University of Notre Dame, and attended medical school at Emory University in Atlanta, Georgia. She completed her residency in internal medicine at Emory, then moved back to Nebraska to complete her fellowship in Diabetes, Endocrinology & Metabolism at UNMC. Leslie is currently an Assistant Professor of Medicine in the Department of Internal Medicine, Division of Diabetes, Endocrinology & Metabolism at UNMC. She is also the medical director of the endocrine telehealth program, and currently provides care via telemedicine to six communities in Nebraska and western Iowa.

CONFLICT OF INTERESTS:

None

THE DANGERS OF THE HOLIDAY SEASON

LEARNING OBJECTIVES:

At the conclusion of this presentation the participant should be able to:

- 1) Identify hazards commonly associated with our holidays and celebrations.
- 2) Implement common sense ways to protect special populations during the holidays.

CHRISTINE JEFFREY, MD

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BIOGRAPHY:

Dr. Christine Jeffrey is an Omaha native. She attended Mercy High School. After high school she attended University of Nebraska Lincoln and worked as a nurse before graduating from University of Nebraska Omaha with a degree in biology. She received her medical degree from UNMC and completed her residency in Family Medicine at Clarkson Family Medicine. She practices Family Medicine with Physicians Clinic here in Omaha. Dr. Jeffrey also serves as the Medical Director for Mercy Villa and is a staff physician at Quality Living Inc. She is a proud grandma and enjoys fostering Boxer dogs and painting in her free time.

CONFLICT OF INTERESTS:

None

SPORTS MEDICINE UPDATE

LEARNING OBJECTIVES:

- 1) Provide an update on concussions.
- 2) Present an overview of skin conditions in wrestlers.
- 3) Discuss causes of athletic groin and hip pain.

MONTY S. MATHEWS, MD

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BIOGRAPHY:

Monty Mathews, MD, is an Assistant Professor of Family Medicine at the University Of Nebraska College Of Medicine. Dr. Mathews' teaching interests include the areas of Sports Medicine and Fracture Management for Primary Care Physicians and Athletic Trainers. He has earned the CAQ for Sports Medicine and has written textbook chapters on Shoulder Injuries and General Orthopedic problems in Primary Care. He provides Team Physician services for the University of Nebraska at Omaha, the Omaha Storm Chasers (AAA club of the Kansas City Royals – and has a World Series Ring!), Omaha Central High School and Brownell-Talbot School. He sits on the Omaha Public Schools Sports Medicine Advisory Committee. He has been an Event Physician for the USA Olympic Swimming, Figure Skating and Curling Trials. He is married to Nancy, who is an OB/Gyn at Physicians' Clinic. They have 3 grown children. Dr. Mathews is a member of the Nebraska Academy of Family Physicians, the Society of Teachers of Family Medicine and the American Medical Society for Sports Medicine.

CONFLICT OF INTERESTS:

None

PRACTICAL TOOLS FOR ADVANCE CARE PLANNING

LEARNING OBJECTIVES:

- 1) Compare current advanced directives with Nebraska Emergency Treatment Orders.
- 2) Identify high risk populations who benefit from advance care planning.
- 3) Develop workflow strategies for incorporating structured advance care planning for emergency situations.

LOU LUKAS, MD

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BIOGRAPHY:

Dr Lukas is an Omaha native and graduate of UNMC in 1998. She did her family medicine residency at Lehigh Valley Health Network, and completed the prestigious Robert Wood Johnson Clinical Scholars Program at the University of Michigan. She returned to Pennsylvania to open one of the first patient-centered medical homes in the state, it was a resounding clinical success but crashed under the weight of an oversold EMR! She became the director of Palliative Medicine and developed an innovative home-based palliative medicine program that supported primary care practitioners attempt to manage their frailest patients. It demonstrated net hospital savings of 25% of predicted costs. This program received the Circle of Life award for innovative practice. She spent 5 years as the Chief Medical Officer for Hospice of the Chesapeake where she oversaw the care of 500 hospice patients per day, and developed programs in palliative medicine at two community hospitals. Since returning to Omaha she has been the medical director of palliative medicine at Nebraska Methodist Health System and led the consortium that developed the Nebraska Emergency Treatment Orders form.

CONFLICT OF INTERESTS:

None

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DIRECT PRIMARY CARE (DPC)

LEARNING OBJECTIVES:

- 1) Describe what Direct Primary Care (DPC) is.
- 2) Explain why I changed to DPC.
- 3) Explain how DPC affects patients.
- 4) Explain how DPC works with and affects insurance.

TODD JOHNSON, DO

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BIOGRAPHY:

Dr. Johnson is a native Nebraska who grew up in Eastern Pennsylvania. After graduating from the University of Nebraska with his Bachelor's Degree in 1994 and his Master Degree in 1995 he attended Des Moines University, Osteopathic Medical Center. He completed his residency in the Michigan State University Statewide Campus System in Traverse City, Michigan, where he served as Chief Resident. Upon completion of residency, he moved to Lincoln, Nebraska, to be closer to relatives and start a family with his wife. While working in a large health system in Lincoln for 13 years he served in many leadership roles including Practice Medical Director, Quality Medical Director, Physician Champion for Patient-Centered Medical Home NCQA certification, and Physician Champion for many Health Care Delivery Models. In July 2016 he left the large health system to begin his private practice in Direct Primary Care. Dr. Johnson enjoys the outdoors, coaching youth sports and the Good Life Nebraska has to offer.

CONFLICT OF INTERESTS:

None

DIRECT PRIMARY CARE (DPC) PANEL DISCUSSION

LEARNING OBJECTIVES:

- 1) Increase the awareness of the similarities and diversities of Direct Primary Care offices and locations.
- 2) Increase knowledge of how DPC works with and affects insurance from the perspective of multiple Direct Primary Care providers.
- 3) Increase knowledge of the resources available for Direct Primary Care.

VANCE LASSEY, MD

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BIOGRAPHY:

Dr. Lassey was called to rural family medicine from a young age. After medical school at the University of Kansas, he served as the chief resident at the country's premier rural training program, Smoky Hill FMRP in Salina, KS. He went on to practice full-spectrum rural family medicine, in Holton, Kansas. For 9 years he practiced inpatient, outpatient, ER, and OB, and had a thriving practice. However, he found the calling he loved to have been hijacked by middlemen. Stuck in this broken system, he was mired in bureaucracy, clicking boxes, dealing with codes, sitting in useless meetings, not seeing his family, and hearing patients complain bitterly about medical costs. Direct Primary Care became the solution for him, his family, and his patients. He is passionate about restoring the physician-patient relationship, bringing transparency and sanity to medical costs, and advises physicians around the country on how to get out of the system. He also plays the banjo. Poorly.

CONFLICT OF INTERESTS:

Owner and employment relationship with Holton Direct Care, LLC.
All Conflicts Have Been Resolved.

DIRECT PRIMARY CARE (DPC) PANEL DISCUSSION (CONTINUED)

JENNIFER HARADER, MD

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BIOGRAPHY:

Dr. Jennifer Harader is a Kansas native who graduated from Colby High School and then attended Ottawa University. Prior to co-founding Oasis Family Medicine Associates, LLC, she studied medicine at the University Of Kansas School Of Medicine and completed her Family Medicine residency at The Washington Hospital, Washington, PA, where she served as Chief Resident.

Professionally, Dr. Harader is especially interested in women's health, preventive medicine and office procedures. However, when it came time to choose a specialty in medical school, the reason Family Medicine was the winner was that it fit her interest in all ages, genders and conditions of patients.

Dr. Harader is a married mom of two boys. She enjoys reading, gardening, traveling and cooking. She is an active member of First Baptist Church of Topeka.

CONFLICT OF INTERESTS:

None

THE RED EYE

LEARNING OBJECTIVES:

To obtain the expertise to:

- 1) Recognize the common causes of red eye conditions
- 2) Adequately treat the common causes of red eye conditions
- 3) Recognize and refer patients with red eye conditions that have higher-stakes diagnoses.

JOHN W. WEST, MS, MD

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BIOGRAPHY:

Not available at this time

CONFLICT OF INTERESTS:

None

KATIE WEST

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BIOGRAPHY:

Not available at this time

CONFLICT OF INTERESTS:

None