

2019 USPHS Symposium
Wednesday, May 8
Therapist Category Agenda

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8:00 AM - The State of the Therapy Category

8:30 AM **CAPT Mercedes Benitez McCrary, Dr.HS, MA CCC-SLP. MPHc**

In this session current category performance will be discussed as well as expectations for the coming year. Additionally, Therapist category awards will be given out.

At the conclusion of this session participants will be able to:

1. List current category initiatives, goals and the current status of each.
2. List Therapist category awards presented to officers.
3. Identify future goals for the year will be presented with associated midlevel goals.

8:30 AM - Understanding opioid failure for people with chronic pain

9:00 AM **CAPT Joseph Strunce, PT, DSc, OCS, FAAOMPT**

Updated information on opioid epidemic and non-pharmaceutical evidence-based treatments.

At the conclusion of this session participants will be able to:

1. Describe opioid hyperalgesia
2. List screening tools for patients with chronic pain
3. Describe brain changes for patients with chronic pain

9:00 AM - Pain Neuroscience Education: The Four Pillars

9:30 AM **CDR Gwen Hall, PT, DPT, OCS, TPS, Cert. MDT, CCHP**

Pain neuroscience education has found to be best served clinically by combining education with other proven strategies in treating people with persistent pain. This course will review pain neuroscience education and other conservative strategies found to be beneficial when working with patients with persistent pain.

At the conclusion of this session participants will be able to:

1. Summarize the four pillars of treating patients with persistent pain.
2. List at least 3 specific strategies that patients learn in order to manage their own pain.
3. Explain the benefits of providing pain neuroscience education prior to surgery.

9:30 AM - Salute / No Salute

10:00 AM **CDR Peter J. Arroyo, Jr. OTR, OTD, CHT**

An interactive workshop designed to advance USPHS officers' working knowledge of Military Custom & Courtesy; specifically addressing questions related to, "The Act of Rendering Salute" (Who, Where, and When).

At the conclusion of this session participants will be able to:

1. Demonstrate an increased understanding of the HISTORY of the Act of Rendering Salute.
2. Demonstrate an increased understanding of the Act of Rendering Salute; particularly WHOM to salute.
3. Demonstrate an increased understanding of WHEN & WHERE the Act of Rendering Salute is required; particularly at various military posts and public events (e.g., athletic events, agency ceremonies, military ceremonies, etc.).

12:00 PM - Therapist Luncheon and Awards
1:30 PM

1:30 PM - Epidemiological and Neural Basis for using Multidisciplinary approaches for Pain Management.
2:45 PM ***Dr. Michael Hooten, M.D.***

This session will present the epidemiological links between chronic pain and comorbid mental health conditions, highlight the neural mechanisms that mediate the bidirectional relationships between chronic pain and mental health conditions, and emphasize the adverse effects of comorbid mental health conditions on pain-related outcome measures.

At the conclusion of this session participants will be able to:

1. Present the epidemiological links between chronic pain and comorbid mental health conditions.
2. Highlight the neural mechanisms that mediate the bidirectional relationships between chronic pain and mental health conditions.
3. Explain the adverse effects of comorbid mental health conditions on pain-related outcome measures.

2:45 PM - Gene Therapy for Articular Cartilage Repair: Preliminary Results and Future Directions
4:00 PM ***Dr. Christopher Nagelli, MS, PhD***

- A description of the use of gene therapy for articular cartilage repair
- the importance of combining mechanics and biology to induce cartilage repair
- A report of preliminary data investigated in an animal model
- Highlighting the future of regenerative rehabilitation

At the conclusion of this session participants will be able to:

1. Introduce the basics and approach of gene therapy
2. Propose gene therapy for articular cartilage repair
3. Share preliminary data that suggest adenovirus with TGF-beta is a promising vector for cartilage repair

4:00 PM - Therapists as Musculoskeletal Primary Care Providers in the BOP
4:30 PM **CDR BJ Saunders, DPT, OCS**

When it comes to musculoskeletal care in the Bureau of Prisons, therapists are more than likely the subject matter experts and should be the ones providing primary care. After collecting data the last two years, I can definitively show a significant reduction in patient wait time as well as unnecessary ordering of prescribed medications to include narcotics, diagnostic tests, and specialist referrals. Based off these findings a valid point can be made for the BOP to employ therapists in the non-Care II or medical centers.

At the conclusion of this session participants will be able to:

1. Explain how the American Physical Therapy's (APTAs) goal of therapists being independent primary care providers by 2020 has changed
2. Explain the advantages are to being a therapist in the Bureau of Prisons and how those allow one to provide primary musculoskeletal care
3. Identify red flags and when to refer to the patient's primary care physician

4:30 PM - Space-A Travel
5:00 PM **CAPT Jeff Richardson, DPT; CAPT Jeffrey Lawrence, ; LT Kerry Quinn, PT, DPT, OCS**

Attendees will be presented with an understanding of the Space Available travel benefit for Uniformed Service members and how to utilize it.

At the conclusion of this session participants will be able to:

1. Explain what the Space Available travel benefit is
2. Describe how to plan to utilize the benefit
3. Explain how to sign up for Space-A Travel