

# PCOM CONTINUING MEDICAL EDUCATION

## Osteopathic Considerations for the Geriatric Patient

FEBRUARY 29 - MARCH 2, 2008

Evans Hall, OMM LAB, 1st floor, 4170 City Avenue, Philadelphia, PA

MICHAEL L. KUCHERA,  
DO, FAAO  
*Program Chairman*

FRIDAY, FEBRUARY 29, 2008

- 8:15 A.M. Registration & Continental Breakfast**
- 8:45 A.M. Introduction to the Course and the Center for Chronic Disorders of Aging**  
*Michael L. Kuchera, D.O., FAAO*, Professor, Department of Osteopathic Manipulative Medicine, Director of Osteopathic Manipulative Medicine Research, Director of Center for Chronic Disorders of Aging-Clinical Science, Philadelphia College of Osteopathic Medicine
- 9:00 A.M. Keynote Address: Osteopathic Considerations for Healthy Aging in Geriatrics**  
*Thomas A. Cavalieri, D.O., FACOI, FACP*, Interim Dean, University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine
- 9:30 A.M. Topical Keynote: Osteopathic Considerations in Geriatric Homeostasis**  
*Hugh M. Ettlinger, D.O., FAAO*, Department of Osteopathic Manipulative Medicine, Director of OMM Residency Training, St. Barnabus Hospital
- 10:00 A.M. Managing Hospital Complications in Geriatric Patients**  
*Hugh M. Ettlinger, D.O., FAAO*
- 10:30 A.M. Hands-on Laboratory: OMM in Managing Hospital Complications**  
*Hugh M. Ettlinger, D.O., FAAO*
- 11:30 A.M. LUNCH**
- 12:30 P.M. Enhancing Homeostasis in Geriatric Patients with Pulmonary Disorders**  
*Hugh M. Ettlinger, D.O., FAAO*
- 1:00 P.M. Hands-on Laboratory: OMM in Patients with Pulmonary Disorders**  
*Hugh M. Ettlinger, D.O., FAAO & David Mason, D.O.*, Acting Chairperson, Department of Osteopathic Manipulative Medicine, University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine
- 2:00 P.M. Enhancing Homeostasis in Geriatric Patients with Cardiac Disorders**  
*Hugh M. Ettlinger, D.O., FAAO*
- 2:30 P.M. Hands-on Laboratory: OMM in Patients with Cardiac Disorders**  
*Hugh M. Ettlinger, D.O., FAAO & Michael L. Kuchera, D.O., FAAO*
- 3:30 P.M. Enhancing Homeostasis in Geriatric Patients with Renal Disorders**  
*Hugh M. Ettlinger, D.O., FAAO*
- 4:00 P.M. Hands-on Laboratory: OMM in Patients with Renal Disorders**  
*Hugh M. Ettlinger, D.O., FAAO & Millicent King, D.O.*, Assistant Professor, University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine
- 5:00 P.M. OMT/Geriatric Research Panel**  
*Moderator: Brian J. Balin, PhD*, Professor, Department of Pathology, Microbiology, Immunology & Forensic Medicine, Director of Center for Chronic Disorders of Aging-Basic Science, Philadelphia College of Osteopathic Medicine

# PCOM CONTINUING MEDICAL EDUCATION

SATURDAY, MARCH 1

- 8:30 A.M.**      **Registration & Continental Breakfast**
- 9:00 A.M.**      **Topical Keynote: Osteopathic Considerations in Geriatric Disorders**  
*Katherine E. Galluzzi, D.O., FACOFP*, Chairman and Professor, Department of Geriatric Medicine, Program Director of Geriatric Fellowship, Philadelphia College of Osteopathic Medicine
- 9:30 A.M.**      **Enhancing Homeostasis in Constipation & GI Conditions**  
*David C. Mason, D.O.*, Acting Chairperson, Department of Osteopathic Manipulative Medicine, University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine
- 10:00 A.M.**      **Hands-on Laboratory: OMM in the Management of GI Disorders**  
*David C. Mason, D.O. & Michael L. Kuchera, D.O., FAAO*
- 12:00 P.M.**      **LUNCH**
- 1:00 P.M.**      **Improving Gait in the Elderly**  
*Mark Wenneker, D.O.*, Department of Physical Medicine and Rehabilitation, University of Pennsylvania Health Systems
- 1:30 P.M.**      **Hands-on Laboratory: OMM as a Means of Enhancing Gait in the Elderly**  
*Mark Wenneker, D.O. & Evan Nicholas, D.O.*
- 2:30 P.M.**      **Biomechanical/OMM Support for Patients with Parkinson's Disease**  
*Michael L. Kuchera, D.O., FAAO*
- 3:00 P.M.**      **Hands-on Laboratory: OMM for Improving Quality of Life in Parkinson's Patients**  
*Michael L. Kuchera, D.O., FAAO & Denise K. Burns, D.O.*, Associate Professor, Department of Osteopathic Manipulative Medicine, Philadelphia College of Osteopathic Medicine
- 4:00 P.M.**      **Osteopathic Management of Patients with Vertigo & Dizziness**  
*David C. Mason, D.O.*
- 4:30 P.M.**      **Hands-on Laboratory: OMM for the Elderly with Dizziness & Vertigo**  
*David C. Mason, D.O. & Michael L. Kuchera, D.O., FAAO*

SUNDAY, MARCH 2

- 8:00 A.M.**      **Registration & Continental Breakfast**
- 8:30 A.M.**      **Outpatient OMT in the Elderly**  
*Evan A. Nicholas, D.O.*, Associate Professor, Department of Osteopathic Manipulative Medicine, Philadelphia College of Osteopathic Medicine
- 9:00 A.M.**      **Hands-on Laboratory: OMT in the Ambulatory Geriatric Patient**  
*Evan A. Nicholas, D.O. & Mark Wenneker, DO*
- 9:45 A.M.**      **Rehabilitation for the Elderly**  
*Arthur Gershkoff, M.D., C-PM&R*, Associate Professor, Department of Rehabilitation Medicine, Thomas Jefferson University
- 10:15 A.M.**      **Exercise for the Elderly**  
*Mark Wenneker, D.O.*
- 10:45 A.M.**      **Hands-On Laboratory: Rehabilitation & Exercise for the Elderly**  
*Arthur Gershkoff, M.D. & Mark Wenneker, D.O.*
- 12:00 P.M.**      **Osteopathic Considerations in Carpal Tunnel Syndrome**  
*William Foley, D.O.*, Director of Osteopathic Manipulative Medicine, Great Brook Valley Health Center; Instructor of Family Medicine and Community Health, University of Massachusetts Medical School
- 12:30 P.M.**      **Hands-on Laboratory: OMT for Patients with Carpal Tunnel Syndrome**  
*William Foley, D.O. & Michael L. Kuchera, D.O., FAAO*

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### OBJECTIVE

**OMM In Healthy Aging Series Objective:** The Center for Chronic Disorders of Aging (CCDA) at PCOM is committed to educating physicians to master strategies and procedures that prevent or slow those disorders that chronically reduce vitality or quality of life. This CME series focuses on a framework of health promotion and prevention with a balanced emphasis on host and extrinsic factors at various ages throughout life.

**Course Objective:** In the Geriatric course, clinical and basic science faculty will make it clear that although the risk of disease and disability clearly increases with advancing age, poor health need not be an inevitable consequence. This course contains hands-on workshops designed to provide simple, yet effective neuromusculoskeletal care for patients in the aging population. Common conditions affecting the elderly shall be presented along with evidence-based strategies to improve function and quality of life in those conditions. At the conclusion of the course, the participant shall be able to deliver osteopathic manipulative treatment (OMT) and rehabilitative techniques to enhance the function of several major systems of the body. There will be an emphasis upon achieving maximal function within the geriatric structure.

### CONTINUING EDUCATION CREDIT:

**Physicians:** "This program anticipates being approved twenty of AOA Category 1-A CME credit hours pending approval by the AOA CCME". Sign-in and full day attendance of program required for credit. All faculty participating in continuing medical education programs sponsored by PCOM are expected to disclose to the program audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

### PARKING:

On-campus parking is available in our garage; please enter on Stout Road. All-day parking is \$5.00. **PLEASE NOTE: the automated gate takes quarters or one, five and ten dollar bills.** Enter Evans Hall through the front entrance across from the parking garage.

### FEE POLICIES:

Tuition Fee of \$399.00 for Physicians. Individual days: Friday or Saturday - \$199.00, Sunday - \$99.00. Residents and students would be \$99.00. These fees include continental breakfast, lunch and syllabus. **Registration is limited on a first-come, first-served basis and cannot be confirmed without tuition fee.** Refunds for extended programs – 90% of the fee will be refunded if written cancellation is post-marked at least ten days before the program date.

### HOTEL ACCOMMODATIONS:

If you need to make a reservation, contact Kirsten Bryant directly at the Hilton Hotel (located next door to PCOM) via e-mail [Kirsten.Bryant@hilton.com](mailto:Kirsten.Bryant@hilton.com) or phone to make reservations @ (215)879-3399, ext. 2016 for the PCOM preferred room rate of \$125.00 + tax, which includes a buffet breakfast.

### EMERGENCY MESSAGES:

Call PCOM Rowland Hall Security Desk at (215)871-6351 and ask the guard to transfer your call to ext. 5350 which is the phone in Evans Hall.

**THIS PROGRAM IS BEING SUPPORTED BY THE CENTER FOR CHRONIC DISORDERS OF AGING IN COOPERATION WITH THE DEPARTMENTS OF OMM AND GERIATRICS.**



### PLEASE ADDRESS INQUIRIES AND OTHER CORRESPONDENCE TO:

Linda Miller, CME Coordinator  
PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE  
4170 City Avenue, Philadelphia, PA 19131-1694  
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Name \_\_\_\_\_  
College \_\_\_\_\_ Year \_\_\_\_\_ AOA# \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Field of Practice \_\_\_\_\_  
Telephone number \_\_\_\_\_

### PLEASE ENROLL ME IN:

**OSTEOPATHIC CONSIDERATIONS FOR THE GERIATRIC PATIENT  
FEBRUARY 29 – MARCH 2, 2008**

20 AOA Category 1A CME Credits Requested

**REGISTRATION FEE:** \$ 399.00 Physicians  
Fri. 2/29 or Sat. 3/1 \$ 199.00  
Sun. 3/2 \$ 99.00

Friday 8 credits  
Saturday 7 1/2 credits  
Sunday 4 1/2 credits  
**TOTAL 20 credits**

REGISTRATION FEE ENCLOSED \_\_\_\_\_  YES  NO

Please make checks payable to PCOM-CME.

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Department of Continuing Medical Education  
Evans Hall - Dean's Suite  
Philadelphia College of Osteopathic Medicine  
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Philadelphia PA 19131-1694

Michael L. Kuchera, DO, FAAO, Program Chairman

**February 29 - March 2, 2008**

Philadelphia College of Osteopathic Medicine

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