21st Annual UT Southwestern Physical Medicine & Rehabilitation Scientific Day
Research and Evidence-Based Update on Spine Disorders

Friday, May 3, 2019
UT Southwestern T. Boone Pickens Auditorium
21st Annual PM&R Scientific Day:
Research and Evidence-Based Update on Spine Disorders

Friday, May 3, 2019
UT Southwestern Medical Center
T. Boone Pickens Biomedical Building - Auditorium
Dallas, Texas

Sponsored by UT Southwestern Department of Physical Medicine & Rehabilitation
and the Office of Continuing Medical Education

Course Director: Benjamin Nguyen, MD

PROGRAM OVERVIEW

This program is designed to highlight recent scientific advances in Interventional Spine Care pertaining to the field of Physical Medicine and Rehabilitation in Adults. This program will also showcase the research conducted by residents, fellows and members of the Department of Physical Medicine & Rehabilitation.

TARGET AUDIENCE

Physicians, Physical and Occupational Therapists and Other Healthcare Providers in the fields of PM&R, sports medicine, orthopedic surgery, neurology, neurological surgery, anesthesiology and radiology are encouraged to attend.

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, the participant should be able to:

- Optimally counsel, evaluate, diagnose, and manage patients with osteoporosis, low back/chronic pain, sports related spine injuries, cervical myelopathy/radiculopathy, lumbar stenosis and spinal metastatic disease.
- Evaluate the evidence-based treatment options for spinal conditions, including indications and contraindications to develop a treatment plan.
- Develop appropriate pain management strategies for patients with spine-related pain, consider factors affecting safety for patients with spine conditions not relieved by conservative treatment, and make appropriate referrals to spine specialists.
- Discuss recent clinical and research advances in the field of PM&R.

EDUCATIONAL METHODS

Lecture, Presentation Slides, Question and Answer Session
The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center at Dallas designates this continuing education activity for a maximum of 3.75 **AMA PRA Category 1 Credits™**. Each physician should claim only the credit commensurate with the extent of their participation in the activity.

The University of Texas Southwestern Medical Center certifies that non-physicians will receive an attendance certificate stating that they participated in the activity that was designated for 3.75 **AMA PRA Category 1 Credits™**.

**FACULTY**

**Course Director:**

Benjamin N. Nguyen, M.D.
Professor
Department of Physical Medicine & Rehabilitation
UT Southwestern Medical Center, Dallas, TX

**Guest Faculty:**

James Rainville, MD
Chief, Physical Medicine & Rehabilitation
New England Baptist Hospital, Boston, MA

**UT Southwestern Faculty:**

Carlos Bagley, M.D.
Associate Professor, Neurological and Orthopedic Surgery
UT Southwestern Medical Center, Dallas, TX

Kathleen R. Bell, M.D.
Professor/Chair
Department of Physical Medicine & Rehabilitation
UT Southwestern Medical Center, Dallas, TX

Thiru Annaswamy, M.D., M.A.
Section Chief, Spine & Electrodiagnostic Sections, Physical Medicine & Rehabilitation
VA North Texas Health Care System
Professor, Physical Medicine & Rehabilitation
UT Southwestern Medical Center, Dallas, TX

**Resident Presenters:**

- Lesley Abraham, M.D.
- Cameron Collier, M.D.
- Benjamin Shahabi-Azad, M.D.

**Planning Committee (UT Southwestern Medical Center, Dallas, TX)**

- Benjamin N. Nguyen, M.D.
- Thiru Annaswamy, M.D.
- Kim Barker, M.D.
- Kathleen Bell, M.D.
- Laura Hall
- Didem Inanoglu, M.D.
- Deborah Land, MPH, BSN, RN, CHCP
- Reema Mustafa, MPH
DISCLOSURE OF FINANCIAL RELATIONSHIPS

As an organization accredited by the Accreditation Council for Continuing Medical Education (ACCME), The University of Texas Southwestern Medical Center, Office of Continuing Medical Education (UTSW CME) requires that the content of CME activities and related materials provide balance, independence, objectivity, and scientific rigor. Planning must be free of the influence or control of a commercial entity, and promote improvements or quality in healthcare. All persons in the position to control the content of an education activity are required to disclose all relevant financial relationships in any amount occurring within the past 12 months with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on patients. The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest. The UTSW Office of CME has implemented a mechanism to identify and resolve all conflicts of interest prior to the activity. The intent of this policy is to identify potential conflicts of interest so participants can form their own judgments with full disclosure of the facts. Participants will be asked to evaluate whether the speaker’s outside interests reflect a possible bias in the planning or presentation of the activity.

FACULTY DISCLOSURES

The following faculty reported to have relevant financial relationships and/or intends to discuss the use of off-label or investigational use of products:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role in Program</th>
<th>Financial Relationship Disclosed</th>
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<tbody>
<tr>
<td>Didem Inanoglu, M.D.</td>
<td>Planning Committee Member</td>
<td>Consultant - Ipsen</td>
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</table>

The following faculty and planning committee members have reported to have no relevant financial relationships and will not be discussing any off-label or investigational use of products:

Lesley Abraham, M.D.
Thiru Annaswammy, M.D.
Carlos Bagley, M.D.
Kim Barker, M.D.
Kathleen Bell, M.D.
Cameron Colllier, M.D.
Benjamin N. Nguyen, M.D.
James Rainville, MD
Benjamin Shahabi-Azad, M.D.

CME Staff
Reema Mustafa, MPH
Laura Hall
Deborah Land, MPH, BSN, RN, CHCP

DISCLAIMER

This symposium has been planned to be well-balanced and objective in discussion of comparative treatment regimens, and the symposium format allows for the free scientific exchange of ideas. Information and opinions offered by the speakers represent their viewpoints. Conclusions drawn by the audience should be derived from careful consideration of all available scientific information.
GENERAL INFORMATION

Physicians and Other Healthcare Professionals:

Evaluation and CME Certificates

An online course evaluation will be available immediately following the conference. The evaluation is an important tool for assessing the effectiveness of this activity as well as for planning future activities. We value your feedback.

CME Certificates of Credit and Certificates of Attendance will be available online after completion of the evaluation.

https://cme.utsouthwestern.edu/rp1905a

Once you are logged in, select “take course”, complete the evaluation, and claim your certificate.

Disclosure of Unlabeled Use

This educational activity may contain discussion of published and/or investigational uses of agents that are not approved by the U.S. Food and Drug Administration. For additional information about approved uses, including approved indications, contraindications, and warnings, please refer to the prescribing information for each product, or consult the Physicians’ Desk Reference.

Special Assistance and Dietary Needs

Americans With Disabilities Act
In compliance with the Americans with Disabilities Act, UTSW will make reasonable efforts to accommodate persons with disabilities. Please see the Registration Desk with your special assistance needs.

Dietary Needs
Continental breakfast and refreshment breaks. Please see the Registration Desk with your specific dietary needs.

Mobile Phones/Pagers

As a courtesy to the speakers and fellow participants, please turn silence all mobile phones/pagers.

Photography Policy

Any person attending may be photographed or videotaped, and by your attendance, you give permission to use your image in possible future marketing publications including print, online, and video.
ACKNOWLEDGEMENTS

The University of Texas Southwestern Medical Center gratefully acknowledges the exhibitors from the following companies in support of this CME activity:

Allergan
Globus Medical
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Merz Neurosciences
Saol Therapeutics
Stryker Instruments
U.S. World Meds
Physical Medicine & Rehabilitation Scientific Day 2019:
Research and Evidence-Based Update on Spine Disorders
Symposium Agenda – Friday, May 3, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:30 – 8:00 am</td>
<td>Registration and Breakfast</td>
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<tr>
<td>8:00 – 8:10 am</td>
<td>Introduction</td>
<td>Benjamin Nguyen, M.D. Kathleen Bell, M.D.</td>
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<tr>
<td></td>
<td><em>Phala H. Helm, M.D. Distinguished Lectureship</em></td>
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<tr>
<td>8:10 – 9:15 am</td>
<td>Rethinking Back Pain</td>
<td>James Rainville, M.D.</td>
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<td>Resident Presentations</td>
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<tr>
<td>9:15 – 9:37 am</td>
<td>The Use of Neuroimaging by Community Physicians in Children with Mild Traumatic Brain Injuries</td>
<td>Lesley Abraham, M.D.</td>
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<tr>
<td>9:37 – 10:00 am</td>
<td>Identifying Pre-Admission Risk Factors for Transfer to Acute Care during Inpatient Rehabilitation</td>
<td>Cameron Collier, M.D. Benjamin Shahabi-Azad, M.D.</td>
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<tr>
<td>10:00 – 10:30 pm</td>
<td>Break –Exhibits and Poster Viewing</td>
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<tr>
<td>10:30 – 11:10 am</td>
<td>Management of Adults with Degenerative Spinal Deformity</td>
<td>Carlos Bagley, M.D.</td>
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<tr>
<td>11:10 – 11:50 am</td>
<td>Lumbar Spine Stenosis: Biomarkers in Evaluation &amp; Outcome Prediction</td>
<td>Thiru Annaswamy, M.D.</td>
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<tr>
<td>11:50 – 12:30 pm</td>
<td>Research Targeting Improved Clinical Evaluation of Spinal Disorders</td>
<td>James Rainville, M.D.</td>
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<tr>
<td>12:30 pm</td>
<td>Adjourn</td>
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