



REGIONAL HEALTH COMMAND EUROPE

# 2021 RHCE SUMMER CME CONFERENCE

*"Health Care in Uncertain Times"*  
Virtual Conference Packet

10 June – 1 July 2021

0745-1700 Central European Summer Time (CEST)

This Virtual conference will be conducted over a 4 week period in a variety of professional tracks. Continuing Medical Education Credits are available to US personnel.



# Health Care in Uncertain Times

## Women's Health Track

**10-11 June 2021**

Welcome to the Women's Health Track. Inside this packet you will find your agenda, log in instructions and FAQ sheet. Please review these items closely and if you have any questions please contact RHCE staff.

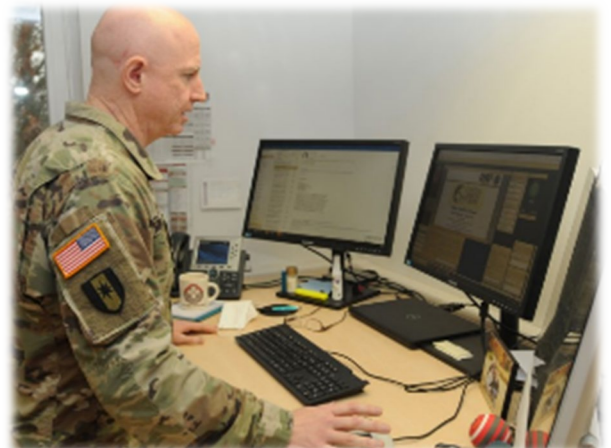
### Contact Information:

#### Women's Health Track Leader:

LTC Richard A. Pierre  
richard.a.pierre.mil@mail.mil

#### RHCE Conference Staff:

SFC Settya Ngauy - settya.t.ngauy.mil@mail.mil -  
DSN: 314-590-2277 - +49 (0) 6371-9464-2277



# A Note From COL Patrick J. Contino



As your conference director, I am excited to welcome you to the 2021 RHCE Virtual Summer CME Conference. In the wake of the COVID 19 response our staff have been working to find innovative ways to bring you quality educational opportunities. With the help of the Defense Health Agency (DHA) we are delighted to present this Virtual Medical Conference.

The “Virtual” domain brings continuing education to you, which helps ensure you meet your licensure requirements, maintain professional currency, and avoid the risk of event cancellation due to travel restrictions related to the current pandemic. We acknowledge the challenges in regards to networking with colleagues while using this venue, but hope you find the virtual setting both professionally fulfilling and time-saving.

At the conclusion of the conference, our team will be sending out a survey and I encourage you to return this with your honest feedback. Thank you for your continued support and we hope you enjoy your portion of the conference.

Patrick J. Contino, M.D.  
COL, MC  
Chief of Clinical Operations  
Regional Health Command Europe  
US Army

## RHCE 2021 Summer CME Conference (10-11 June 2021)

### *“Health Care in Uncertain Times”*

**Track: Women’s Health**

**Track Leader(s): LTC Richard A. Pierre**

**Classroom: Virtual**



TIME	Wednesday,	Thursday, 10 June 2021	Friday, 11 June 2021
0730-0755		<b>Log In</b>	<b>Log In</b>
0800-0830		Pre-recorded Opening Remarks 20 min COL Contino- 10 min BG Thompson - 10 min Administrative Notes	Pre-Recorded Closing Remarks – 20 min COL Contino – 10 min BG Thompson – 10 min Administrative Notes
0830–0930	Email distribution with log in information/registration materials (1 month before track start date)	Doula Services (1 hr) Ms. Katherine Rachanow	Hormone Therapy and Alternatives for Treating Women in the Peri-Menopausal Transition (1 hr) MAJ Lindsey B. Borgia
0930–1030		Migraining Through a Tense Cluster of Headache Syndromes (1 hr) CPT Gregory D. Phillips	Nutritional Diagnoses in the Child Bearing Female (1 hr) CPT Amanda M. Cain
1030–1130	Email Distribution of Registration packet (1 week before track start date)	2020 Cervical Cancer Screening Guidelines (1 hr) Maj Amanda R. Wholly	Birth Trauma and PTSD (1 hr) Ms. Kerry A. Dixon
1130–1230	Follow up email of registration packet (1 day before track start date)	Updates in Obstetrics for Women’s Health Provider (1 hr) Maj Bethany M. Mulla	Trauma Informed Care (1 hr) CPT Celeste A. Chavez
1230-1330		<b>LUNCH</b> On your own	<b>LUNCH</b> On your own
1330–1430		Communicating Across Differences (1 hr) SFC Settya T. Ngauy	Group Classes for Depression in the OB Patient (1 hr) Maj Lisa Gonzales & Maj Kati Wijdenes
1430–1530		Thyroid Disease in Pregnancy (1 hr) Mr. Christopher M. Mulla	Midwifery Model of Care (1 hr) Maj Lisa Gonzales & Capt Maggie Miller
1530–1630		Updates in OB Anesthesia (1 hr) LTC Bryan D. Laliberte	Contraceptive Options (1 hr) CPT Mary K. Collins
1630-1700		<b>Question Session</b>	<b>PM Question Session</b>



# Lecture Summary

## Day 1

### Doulas

Ms. Katherine A. Rachanow, MA

The informational brief defines the role of the Doula and describes the evidence surrounding Doula support. A discussion of doula support and their contribution to the Military Health System is also touched on with participants.

### Migraining through a Tense Cluster of Headache Syndromes: A brief Clinical Overview of Headaches

CPT Gregory D. Phillips, MD

This informational brief examines appropriate diagnosis of headache disorders in clinical settings and application of appropriate headache management. Exploration of when imaging is warranted for headaches is also discussed.

### 2020 Cervical Cancer Screen Guidelines

Maj Amanda R. Wholly

This informational brief reviews the why, how, when, and what the guidelines for cervical cancer screenings are and explain cervical cancer screening recommendations with the new 2020 ASCCP guidelines. Participants also identify tools and review scenarios relevant to current practice to enable all providers to evaluate results and determine appropriate plan of care

### Updates in Obstetrics for the Women's Health Provider

Maj Bethany Mulla, MD

This informational brief reviews guidelines of management of hypothyroidism in pregnancy and explains the management of intrahepatic cholestasis of pregnancy. A discussion on management of pregnancies complicated by fetal growth restriction is also explored.

### Optimal Midwifery Model of Care in an MTF

Maj Lisa Gonzales, CNM, DNP and Capt Maggie Miller, CNM, DNP

This informational brief defines the Midwifery Model of Care and summarizes how to optimize midwifery coverage of Labor and Delivery. Participants also discuss how the model optimizes the physicians GSO model in an MTF and identify how the Midwifery Model of Care impacts patient outcomes and facilitate readiness.

### Thyroid Disease During Pregnancy: What's New in 2021?

Christopher M. Mulla, MD

This informational brief illustrates the impact of subclinical hypothyroidism and thyrotoxicosis in pregnancy. Participants will review appropriate management and treatment in pregnancy as well as in the pre-conception phase.

### Updates in OB Anesthesia

LTC Bryan D. Laliberte, MD, FASA

This informational brief discusses the etiology and presentation of post-dural puncture headaches as well as standard and new treatments. Participants also explore peripheral nerve blocks for cesarean delivery.

# Lecture Summary

## Day 2

### **Hormone Therapy and Alternatives for Treating Women in the Peri-Menopausal Transition**

MAJ Lindsey B. Borgia, MD, MHS, FACOG

This informational brief identifies indications for using hormone therapy to treat symptoms of ovarian quiescence. Contraindications for hormone therapy, differentiation of hormone therapies, delivery systems, and mechanism of actions are also reviewed. An explanation of alternatives to hormone therapy and tailoring and lifestyle recommendations for an individual patient is also included.

### **Nutritional Diagnoses in the Child Bearing Female: Polycystic Ovarian Syndrome, Pregnancy, and Gestational Diabetes**

CPT Amanda M. Cain MS, RD, LD, CLC

This informational brief identifies example diagnoses in the child bearing female and when to initiate consultation for nutrition. Reviewing the main food nutrition food groups examples of carbohydrate counting and diet progression of infant food introduction is provided.

### **Birth Trauma & Post-Partum PTSD**

Kerry Dixon, MSN, APRN, CNM, PMHNP-BC, PMH-C

This information brief evaluates the difference between birth trauma and postpartum post traumatic stress disorder. Participants also review risk factor categories for birth trauma or PP PTSD and explore therapies for treatment. Common symptoms of PP PTSD is also explained

### **Trauma Informed Care**

CPT Celeste Chavez, MSN

This informational brief discusses relevance of trauma informed care and summarizes the prevalence of abuse, violence and sexual assault. Participants also explore how trauma may manifest in clinical settings and examine how our own trauma may impact patient care.

### **Group Classes for Depression in the OB Patient**

Maj Lisa Gonzales, CNM, DNP and Maj Kati Wijdenes, PMHNP, DNP

This informational brief discusses the benefits of group care and identifies factors contributing to the increased need for mental health care in the Obstetric patient population. Best strategies and practices when conducting group mental health care in pregnant or postpartum patients is also explored.

### **Communicating Across Differences**

SFC Settya T. Ngauy

This information brief explores the diversity of communication, cross cultural, cross generational, and cross gender communication characteristics, difficulties and mitigating strategies. An outline of effective communication strategies is also reviewed and discussed in the activity.

### **Contraceptive Options**

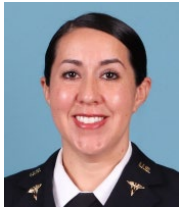
CPT Mary Kathryn Collins, DO

This information brief reviews contraception options available and discusses contraindications of the options. Participants also explore the benefits of different contraception options available for the patient population.

# Presenter Biographies

**MAJ Lindsey B. Borgia** currently serves as the Chief for the Department of the Women's Health Clinic at Landstuhl Regional Medical Center. Prior to her assignment in Germany, she served at Brian D. All Good Community Hospital in Korea and Fort Belvoir Community Hospital.

**CPT Amanda Cain** serves in the Outpatient Clinical Setting for U.S. Army Garrison Bavaria in Vilseck, Germany as a registered dietitian and as Chief of Nutrition Services Bavaria. She also completed tours at Ft. Sam Houston, Fort Polk, LA, Fort Knox, KY, and Bethesda, MD. Additionally she is a Weight Loss Strategies Instructor for Fit for Performance in support of the United States Army's Weight Control Program.



**CPT Celeste A. Chavez** serves as a certified nurse midwife at Landstuhl Regional Medical Center, Germany ensuring comprehensive quality well woman, gynecologic, antepartum, intrapartum, and postpartum care and health promotion. She also previously served at Tripler Army Medical Center, HI.

**Mary Kathryn Collins** serves as a board certified Staff Ob/Gyn in the Department of Obstetrics and Gynecology at Landstuhl Regional Medical Center. Her previous assignment was Walter Reed National Military Medical Center in the Uniformed Services University of Health Sciences as a teaching fellow.



**Kerry Dixon** serves as a staff board certified nurse midwife in the Women's Health Department and as a Sexual Assault Medical and Forensic Examiner at Landstuhl Regional Medical Center. Her previous experiences include international positions in Rwanda, China, and New Zealand.

**Maj Lisa Gonzalez** is a board certified nurse midwife since 2011 and currently serving at United States Air Force – Royal Air Force Lakenheath. Her previous assignments include Landstuhl Regional Medical Center and Langley Air Force Base. She is also Centering Certified and acting Centering Pregnancy Director for five years and a Group Prenatal Care provider for 10 years.

**LTC Bryan D. Laliberte** currently serves as the Chief of Anesthesiology at Landstuhl Regional Medical Center. Additionally he serves as an Assistant Professor for the Department of Anesthesiology at the Uniformed Services University of the Health Sciences in Bethesda, MD.



**Capt Maggie L. Miller** currently serves as a board Certified Nurse Midwife at United States Air Force – Royal Air Force Lakenheath. Her previous work experiences include Public Health Nurse practice in Rochester, MN, Health Education Volunteer in Albania, and a Registered Nurse in Birmingham, AL. Degree's include Bachelors of Science in Nursing, Master's in Public Health in Maternal/Child Health, and Doctorate in Nursing Practice.



# Presenter Biographies

**Dr. Bethany M. Mulla** currently serves as a Maternal-Fetal Medicine Physician in the Department of Obstetrics and Gynecology at Landstuhl Regional Medical Center. She is also serving as the Interim Medical Director for Labor and Delivery at LRMC. She also has previous assignments at Naval Medical Center Portsmouth, VA and Langley Air Force Base Hospital, VA.

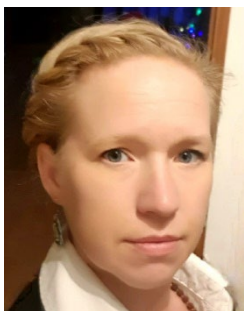
**Dr. Christopher M. Mulla** currently serves as an Adult Endocrinologist at Endocrinology Specialties Clinic at Landstuhl Regional Medical Center, Germany. Additional he is also a founding member and Director of the Regional Health Command Europe Thyroid & Parathyroid Multidisciplinary Team.

**Dr. Christopher M. Mulla** currently serves as an Adult Endocrinologist at Endocrinology Specialties Clinic at Landstuhl Regional Medical Center, Germany. Additional he is also a founding member and Director of the Regional Health Command Europe Thyroid & Parathyroid Multidisciplinary Team.



**SFC Settya T. Ngauy** is the Regional Health Command Europe Clinical Operations NCOIC and Virtual Medical Center – Europe NCOIC. He is currently licensed as an EMT-B, trained as an Equal Opportunity Leader and Master Resiliency Trainer

**CPT Greg D. Phillips Jr.** currently serves as Neurologist at Landstuhl Regional Medical Center. He was previously assigned at Madigan Army Medical Center in Washington State and conducted numerous presentations throughout his career.



**Ms. Katherine A. Rachanow** currently serves as an Administration Specialist for the Defense Health Agency and previously served as the Conference Planning Specialist for Regional Health Command Europe. Additional she is a self-employed registered Yoga Instructor and Continuing Education Provider to audiences in the United States, United Kingdom, and Germany. She holds certifications as a Recognized Birth Doula, Evidence Based Birth Instructor, and a Masters in International Relations.

**Maj Amanda R. Wholly** currently serves as a Women's Health Nurse Practitioner at Landstuhl Regional Medical Center. Her previous assignments include an Element Leader and Women's Health Nurse Practitioner in Luke Air Force Base Women's Health Clinic, AZ, JB Elmendorf Richardson, AK, and Joint Base San Antonio, TX

**Maj Kati Wijdenes** currently serves as a Psychiatric Nurse Practitioner at the United States Air Force – Royal Air Force Lakenhealth in addition to the Mental Health Officer in Charge. Her previous assignments include locations at Kusan Air Base, Korea, and Kessler Air Force Base, MS.



# Lecture Supplemental Video Links

## Day 1:

**Virtual Health Virtual Scheduler Overview**

<https://www.milsuite.mil/book/message/943038>

<https://www.milsuite.mil/video/watch/video/44400>

## Day 2:

**Birth Trauma and PTSD – Ms. Kerry A. Dixon**

**Slide 72**

**Introducing the Make Birth Better Model**

<https://www.youtube.com/watch?v=90Df4XMHjLY>

# Conference Attendance Etiquette

1. Test equipment before beginning of the conference
2. Use your full name when signing into the conference
3. Dress appropriately for the conference
4. Ensure your webcam is disabled and not streaming
5. Limit distractions as much as possible by choosing a quiet location and turning off TVs, music, and minimize background noises
6. Mute your microphone when you are not speaking
7. Be sure to identify yourself when speaking
8. Be careful to not interrupt others when they are speaking
9. Be professional, chat functions are monitored and utilized for providing feedback and raising questions for the presenter
10. Stay actively engaged with the conference and avoid “multitasking”

# Connecting to the Conference

The Women's Health Track will be using the Cisco Meeting Server Platform.


## CONNECTING THE DAY OF:

<https://europe.meet.health.mil/invited.sf?id=5900612&secret=bc98ad2d-d3ce-456c-990a-a667b01c80ba>

Google Chrome and Mozilla Firefox are the preferred browsers (Copy link above and paste onto Web browser)



Cisco Jabber Dial in: 590-0612  
Meeting PIN: 235849

Change default user name for attendance credit

Click  icon next to "Guest\_XXXX" and enter your first and last name (Important for record of attendance of the event)

Click  after changing your username

Allow browser access to microphone and camera if prompted

Click the  icon to mute on entry.  icon indicates you are muted

Click  button to join the meeting

## Troubleshooting Resources:

Cisco Meeting Server web app instructions:

[https://www.cisco.com/c/dam/en/us/td/docs/conferencing/ciscoMeetingApps/Web-App/quick-ref-guides/3-1/Join\\_a\\_meeting\\_from\\_an\\_invite\\_3\\_1.pdf](https://www.cisco.com/c/dam/en/us/td/docs/conferencing/ciscoMeetingApps/Web-App/quick-ref-guides/3-1/Join_a_meeting_from_an_invite_3_1.pdf)

# Academic Overview

**To receive CE/CME credit, you must register by 0800 ET on 2 July 2021 to qualify for the receipt of CE/CME credit or certificate of attendance. You must complete the program posttest and evaluation before collecting your certificate. The posttest and evaluation will be available through 15 July 2021 at 2359 ET. Please complete the following steps to obtain CE/CME credit:**

1. Go to URL <https://www.dhaj7-cepo.com/>
2. Search for your course using the **Catalog, Calendar, or Find a course** search tool.
3. Click on the REGISTER/TAKE COURSE tab.
  - a. If you have previously used the CEPO CMS, click login.
  - b. If you have not previously used the CEPO CMS click register to create a new account.
4. Follow the onscreen prompts to complete the post-activity assessments:
  - a. Read the Accreditation Statement
  - b. Complete the Evaluation
  - c. Take the Posttest
5. After completing the posttest at 80% or above, your certificate will be available for print or download.
6. You can return to the site at any time in the future to print your certificate and transcripts at <https://www.dhaj7-cepo.com/>
7. If you require further support, please contact us at [dha.ncr.j7.mbx.cepo-cms-support@mail.mil](mailto:dha.ncr.j7.mbx.cepo-cms-support@mail.mil)

# FAQs

## 2021 Summer CME Conference FAQs

### Registration

#### **How do I register?**

*Seek Email approval from your supervisor for the days that you want to attend the conference. Registration for intent to attend is completed on the Regional Health Command Europe Conferences webpage.*

#### **What is the link for registration?**

<https://rhce.amedd.army.mil/Conferences.html> (CAC login required)

#### **Do I have to register with DHA too?**

*Yes, to collect DHA CME you must register on the DHA CEPO site. Please create an account and register for the track and day that you are planning to attend.*

#### **Do I need approval from my supervisor/ leadership to attend?**

Yes.

#### **How do I register for multiple tracks?**

*Email your complete registration to your main track leader and indicate which days of the other track you wish to attend.*

#### **I am DOD civilian, may I attend if my supervisor approves?**

Yes

#### **Am I eligible to attend if I am not stationed in Germany?**

*Yes, this medical conference is for any service member/DOD civilian/contractor working within the Military Health System globally. Keep in mind all times listed on the agenda is Central European Summer Time (CEST) . Please seek supervisor approval.*

### CE Credit

#### **Can I get credit for attending one lecture?**

*No, you must virtually attend the entire day in the same track to receive credit.*

#### **How do I get CE credit?**

*You must complete the post-test for your registered day on the DHA CEPO website. After a score of 80% or higher is achieved you will receive a certificate.*

#### **I don't need CE hours and I want to virtually attend one lecture, do I need to register?**

*Yes, in order to get the virtual log on information you will need to register with the RHCE link above. You do not have to attend the full day, or claim CE hours. We strongly recommend you register on the DHAJ7 CEPO site to claim a Certificate of Attendance.*

#### **Can I receive CE hours if the awarded accreditations I need are not listed on DHAJ7 CEPO site?**

*Yes, a Certificate of Attendance is available listing CE hours for CE applications to accrediting bodies not provided directly by DHA.*

# FAQs cont.

## Attending the Conference

**Can I attend multiple Tracks if my leadership support it?**

Yes

**Which virtual platform will we be using and is there a dial in function?**

*Cisco Meeting Server (CMS) platform will be utilized during this conference with web browsers as the preferred method. Cisco Jabber application may also be utilized to dial in with the DSN number and meeting ID pin. Cisco Jabber supports both audio and video functions.*

**Do I need a camera and microphone if I am virtually attending?**

*Participants **do not** need a camera or microphone to attend. However a minimum of a microphone is recommended to facilitate discussions on topics.*

**Can I attend virtually using my personal computer?**

*Yes, CMS provides a web link accessible from all devices and networks that support a browser. Successful connections have been made via government computers, personal computers, phones, and tablets*

**Do I need to be on the network using a VPN to attend?**

No

**Can multiple attendees join the virtual conference using one computer?**

*Yes, please let your Track leader and conference administration know who will be attending from the same computer, as we need to keep an attendance sheet. The attendees will still need to register with DHAJ7 CEPO for CME credit and with RHCE for notification of their intent to participate in the event.*

**What if I have technical difficulties?**

*We recommend testing your computer/location in the weeks before the conference to ensure you know how to enter the virtual space. If you have additional difficulties please contact your local VNC Bridge or the RHCE Conference Support staff to help with technical difficulties.*