



**Defense Health Agency, J-7, Continuing Education Program Office
Clinical Communities Speaker Series**

**Clinical Updates to Optimize Patient Outcomes in Primary Care
22 Jun 2023
0745 – 1620 (ET)**

Purpose

The Defense Health Agency (DHA), J-7, Continuing Education Program Office (CEPO) Clinical Communities Speaker Series (CCSS) events are designed to address the professional practice gaps of our learners to improve the care that our health care professionals deliver. This continuing education (CE)/continuing medical education (CME) event is conducted to achieve results that reflect a change in skills, competence, and performance of the health care team, and patient outcomes. Collaboration occurs with the Department of Defense, several government agencies, and other civilian experts for recruitment of academic subject matter experts (SMEs), clinicians, and researchers to present on current promising, evidence-based research and best practices, thus enhancing the overall educational experience. Participants are expected to apply what they learned in providing patient care individually and collaboratively as a team towards improved patient outcomes.

Target Audience

This activity is designed to meet the educational needs of Physicians, Nurses, Pharmacists, Pharmacy Technicians, Physician Assistants, Optometrists, Social Workers, Audiologists, Speech Language Pathologists, Psychologists, Dentists, Dental Hygienists, Dental Technicians, Registered Dietitians, Dietetic Technicians, Athletic Trainers, Case Managers, Certified Counselors, Occupational Therapists, Occupational Therapist Assistants, Kinesiotherapists, Healthcare Executives, and other health care professionals who support/care for U.S. active-duty service members, reservists, Coast Guard, Public Health Service, National Guardsmen, military veterans, and their families.

Program Overview

This event will explore the evidence-based practices in primary care through educational content created by military and civilian Subject Matter Experts specializing in bioethics, research, health care, and academia. Each session is designed to refine the quality of care, achieve the best outcomes, and improve population health. The primary focus of this event aims to enhance the quality of patient outcomes and population health by providing advanced continuing education opportunities to improve the practice, skills, and knowledge of health care providers across the Military Health System.

Program Agenda

Time (ET)	Titles/Speakers	Learning Objectives
0745 – 0750	<p><i>Welcome Remarks</i></p> <p>Lolita T. O’Donnell, Ph.D., M.S.N., R.N. Division Chief Leadership Education Analysis Development Sustainment (LEADS) Division Academic Superintendent Continuing Education Program Office (CEPO), J-7, Education and Training (E&T) Directorate Defense Health Agency (DHA) Falls Church, Va.</p>	-

Time (ET)	Titles/Speakers	Learning Objectives
0750 – 0800	<p>Opening Remarks</p> <p>Air Force Lt. Col. Mickaelle M. Germain, M.Div., M.P.H., B.S.N. Chief, Clinical Training Program Operation Management Office Military Treatment Facilities (MTF) Operations Division Education and Training Directorate DHA Falls Church, Va.</p>	-
	<p>Moderator</p> <p>Air Force Col. Mary Anne Kiel, M.D., F.A.A.P., Dip A.B.L.M. Chief, Air Force Medical Home Program Air Force Medical Readiness Agency Chair, Air Force Lifestyle and Performance Medicine Working Group Chair, DHA Primary Care Clinical Community Falls Church, Va.</p>	-
0800 – 0900	<p>S01: “Vital Considerations in Oral Hygiene: Bridging the Dental-Medical Divide”</p> <p>Navy Cmdr. Karima Ayes, D.M.D. Dental Corps, Dental Service Point of Contact (DSPOC) Command Fitness Leader Active-Duty Dental Program (ADDP) Orthodontic Service Consultant TRICARE Health Plan Division-Purchased Care Delivery Branch Healthcare Operations DHA Falls Church, Va.</p>	<ol style="list-style-type: none"> 1. Analyze systemic correlations between oral and overall health 2. Deconstruct the etiology of caries and periodontitis 3. Explain how to take care of the pediatric and adult dentition 4. Identify when dental clearance is indicated
0900 – 0910	Break	
0910 – 1040	<p>S02: “Military Medical Ethics in the New Era of Symmetrical Conflict”</p> <p>Megan Applewhite, M.D., M.A., F.A.C.S. Consultant Bioethicist Department of Defense Medical Ethics Center Associate Professor of Surgery, Associate Director MacLean Center for Clinical Medical Ethics University of Chicago Chicago, Ill.</p> <p>James Giordano, Ph.D., M.Phil. Professor, Departments of Neurology and Biochemistry Chief, Neuroethics Studies Program Pellegrino Center for Clinical Bioethics Georgetown University Medical Center Washington, D.C.</p> <p>Joshua Girton, J.D., L.L.M., M.B.A. Deputy Director Department of Defense Medical Ethics Center Assistant Professor Uniformed Services University of the Health Sciences</p>	<ol style="list-style-type: none"> 1. Describe Geneva Convention/Law of War standards during conflict 2. Explain how laws and rules have been and are abrogated for self-serving/predatory purpose where ends justify means 3. Discuss the unique role of mission and how it may influence “standard” ethical practices

	<p>Bethesda, Md.</p> <p>Army Col. (Ret.) Frederick C. Lough, M.D. Director Department of Defense Medical Ethics Center Uniformed Services University of the Health Sciences Bethesda, Md.</p> <p>Joseph A. Procaccino, Jr., J.D., M.F.S. Legal Advisor Department of Defense Medical Ethics Center Adjunct Assistant Professor Department of Preventive Medicine and Biostatistics Uniformed Services University of the Health Sciences Bethesda, Md.</p>	
1040 – 1050	Break	
1050 – 1150	<p>S03: “Sleep: A Tool for Maximizing Health and Performance and Its Enhancement with Slow-Oscillatory Transcranial Direct-Current Electrical Stimulation (SO-tDCS)”</p> <p>Sara E. Alger, Ph.D. Civilian Sleep Research Scientist Chief of Scientific Planning Sleep Research Center Center for Military Psychiatry and Neuroscience Walter Reed Army Institute of Research Silver Spring, Md.</p> <p>John David Hughes, Jr., M.D. Senior Research Neurologist Sleep Research Center Center for Military Psychiatry and Neuroscience Walter Reed Army Institute of Research Silver Spring, Md.</p>	<ol style="list-style-type: none"> 1. Identify the functions of the brain and body that are impacted by sleep loss 2. Describe strategies to manage fatigue when sufficient sleep is not possible 3. Explain the physiological basis of the accumulation of homeostatic sleep drive during sustained wakefulness 4. Examine the physiology of electroencephalogram (EEG) sleep slow waves and their role in sleep’s restorative function 5. Discuss how Slow-Oscillatory transcranial Direct Current Stimulation (SO-tDCS) can enhance the restorative properties of sleep
1150 – 1200	Break	
1200 – 1300	<p>S04: “Integrating Lifestyle and Performance Medicine in Team-Based Care”</p> <p>Air Force Capt. Matthew B. Diotte, P.A.-C., Dip A.C.L.M. Physician Assistant Lifestyle and Performance Medicine Specialist 10th Medical Group/Healthcare Operations Squadron (HCOS) Family Health Clinic United States Air Force Academy Colorado Springs, Colo.</p> <p>Regan A. Stiegmann, D.O., M.P.H., F.A.C.L.M., Dip A.B.L.M. Lifestyle and Performance Medicine Physician Former US Air Force Flight Surgeon 10th Medical Group, 10th Operational Medical Readiness Squadron (OMRS) United States Air Force Academy Colorado Springs, Colo.</p>	<ol style="list-style-type: none"> 1. Describe and define Lifestyle Medicine (LM) and Lifestyle and Performance Medicine (L&PM) 2. Identify the impact of suboptimal lifestyle on death, disease, and readiness 3. Summarize the six pillars of LM, and efforts done thus far to integrate L&PM within the Military Health System 4. Explain how L&PM incorporates a team-based approach and how it aligns with Defense Health Agency’s Quadruple Aim 5. Examine each clinical team within primary and specialty care for both patients and health care professionals to foster mental health, resiliency, chronic disease mitigation and enhanced quality of life and longevity
1300 – 1400	Break	
1400 – 1500	S05: “State of the Art 2023 Patient-Centered Migraine Care:	<ol style="list-style-type: none"> 1. Distinguish current and emerging migraine

	<p><i>Implications for Clinical Practice</i></p> <p>Jessica Ailani, M.D., F.A.H.S., F.A.A.N., F.A.N.A. Director, Georgetown Headache Center Professor of Clinical Neurology Vice Co-Chair Strategic Planning Neurology Medstar Georgetown University Hospital Washington, D.C.</p>	<p>therapies by their efficacy and safety profiles, pharmacologic properties, indications, and administration</p> <ol style="list-style-type: none"> 2. Apply current clinical evidence and patient factors to ensure appropriate and timely treatment decisions for patients with migraines 3. Develop advanced collaborative strategies and communication methods to facilitate effective shared decision-making and patient-centered migraine care
1500 – 1510	Break	
1510 – 1610	<p><i>S06: “Promising Practices for the Treatment of Post-traumatic Stress Disorder (PTSD) in Veterans and Service Members”</i></p> <p>Lisa-Ann Cuccurullo, Psy.D. Clinical Psychologist National Center for Posttraumatic Stress Disorder (PTSD) White River Junction Veterans Affairs (VA) Medical Center White River Junction, Vt.</p>	<ol style="list-style-type: none"> 1. Describe the four symptom clusters of post-traumatic stress disorder (PTSD) 2. Summarize the key points of the 2017 Veterans Affairs/Department of Defense (VA/DoD) Clinical Practice Guideline (CPG) for PTSD and identify at least three CPG updates 3. Identify at least three National Center for PTSD resources and educational products
1610-1620	<p><i>Closing Remarks</i></p> <p>Army Col. Maria Molina, M.D., F.A.C.O.G., F.A.C.S., C.H.S.E. Acting Director, Education and Training J-7 Defense Health Agency Falls Church, Va.</p>	-

This agenda is subject to change.

Continuing Education

This CE/CME activity is provided through the DHA J-7 CEPO and is approved for a total of 6.5 CE/CMEs.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact us at: dha.ncr.j7.mbx.cepo-cms-support@health.mil