



2020 Pediatric Orthopaedic & Sports Medicine Seminar

**A Multidisciplinary Approach to Providing
Value Based Care from Elementary School to
High School**

Saturday, March 7, 2020

**Crowne Plaza Atlanta Perimeter at Ravinia
4355 Ashford Dunwoody Rd.
Atlanta, GA 30346**

www.choa.org/cmeevents



Children'sSM
Healthcare of Atlanta

Agenda

Saturday, March 7, 2020

- 7:30 a.m. **Registration and Continental Breakfast**
- 8:00 a.m. **Welcome--Dana Olszewski, MD, MPH**
- 8:05 a.m. **Physical Literacy**
Physical Literacy—Stephanie Walsh, MD
Impacts of Obesity on Bone Health—Jill Flanagan, MD
- 9:15 a.m. **Physical Therapy for the Injured Athlete: Can I Order It?—**
David Marshall, MD & Julie Johnson, PT, MPT, SCS, CSCS
- 10:15 a.m. **Break**
- 10:30 a.m. **Mental Health**
The Opioid Epidemic in Pediatrics: Assessment of the Problem
and Reducing Risks in Practice—Cheryl Hartzell, MD, FAAP
Aspects of Mental Health in the Young Athlete—Dr. Laura Mee, PhD
- 11:30 a.m. **Long Term Athlete Development (LTAD): From Adolescent
to Elite—**Lou Fashina, MS, CSCS
- 12:00 p.m. **Lunch (provided)**
- 1:00 p.m. **Triathlon**
Triathlon: Is Cross Training Making a Comeback?—Jorge Fabregas, MD
Rehabilitation of the Triathlete—Caroline Fabian, PT, DPT, CSCS
- 2:00 p.m. **Back Pain**
Evaluating Back Pain in Young Athletes—Dennis Devito, MD
Treatment of the Spine in Pediatric Sports Medicine—
Allen Jarratt, PT, DPT, OCS, MTC
- 3:00 p.m. **Break**
- 3:15 p.m. **The Female Athlete—**Crystal Perkins, MD
- 3:45 p.m. **On the Move: Children with Limb Deficiency in Sports—**
Richard Welling, Jr. MSPO, CPO
- 4:15 p.m. **The Growing Popularity of E-Sports and Its Impact on
Adolescent Health—**Kyle Clark, PT, DPT
- 4:45 p.m. **Adjourn**

Early Registration Fees (Ends February 7, 2020)

Registration Fee

\$255 – Physicians

\$225 - Children's Healthcare of Atlanta medical staff

\$195 - Allied health professionals (RN, PT, ATC)

\$185 - Children's Healthcare of Atlanta allied health professionals (RN, PT, ATC)

Regular Registration Fees (After February 7, 2020)

Registration Fee

\$280 – Physicians

\$250 - Children's Healthcare of Atlanta medical staff

\$220 - Allied health professionals (RN, PT, ATC)

\$210 - Children's Healthcare of Atlanta allied health professionals (RN, PT, ATC)

Register Online. [Click here to register](#)

Registration confirmation will be sent by email.

Refund policy: *If you must cancel your registration, notify us at least seven days before the course and we will issue a refund (minus a \$25 administration fee).*

No-shows or cancellations received fewer than seven days prior to the course are ineligible for a refund.

Course Materials

Help us go green: *Presentation slides will be available at this event through a mobile application that can be accessed on most standard tablets or devices (for example: Apple or Android devices). Please download the "Crowd Compass - Attendee Hub" app prior to the conference in order to download presentations in advance. Full instructions will be provided via email. Printed syllabi will not be available. Complimentary Wi-Fi is available in the conference meeting space.*

Course Description

Successful management of pediatric orthopaedic and sports medicine pathology requires an accurate diagnosis. The changing landscape of healthcare requires greater value and improved outcomes. Getting the right patient to the right provider for the right treatment at the right time improves value and outcomes. This unique, multidisciplinary conference is designed to improve quality and add value by:

- Avoiding diagnostic pitfalls
- Optimizing diagnostic efficiency
- Discussing indications for and efficiencies of rehabilitation
- Accelerating functional return to play

General Information

Target Audience

This course is designed for primary care physicians, family physicians, emergency department/urgent care physicians, nurse practitioners, physician assistants, physical therapists and athletic trainers involved in the care of children and teens with orthopaedic conditions and sports injuries.

Learning Objectives

At the conclusion of the seminar, participants will be better able to:

- Define physical literacy and its role in developing active children
- List barriers to development of physical literacy and ways to overcome these barriers
- Describe the most common orthopaedic conditions clearly associated with obesity
- Characterize the complex relationship of obesity on bone health
- List 3 conditions appropriate for a pediatrician to refer to physical therapy
- Locate sports physical therapy facilities in metro Atlanta
- Describe 4 benefits of referring a young athlete to sports physical therapy
- Discuss the impact of the opioid epidemic on the pediatric population and how it is changing the practice of pain management
- Discuss guidelines for prescribing opioids in the pediatric population
- Define aberrant behavior and review risk evaluation and mitigation strategies for opioid prescribing
- Identify the 7 stages of the LTAD model
- List 4 warning signs of stress in the young athlete
- Identify optimal windows to enhance physical qualities during athlete maturation and physical development
- Identify benefits of cross training
- Recognize opportunities for athletes to engage in triathlon training in the community
- Describe how to gradually introduce triathlon training to athletes
- Identify common injuries seen in triathletes
- List some sport specific exercises to facilitate return to sport in triathletes
- Discuss equipment required for each stage of a triathlon and a few key components of a proper bike fit
- Perform a proper diagnostic work up of back pain
- Discuss common low back disorders in young athletes
- Explain common terminology and treatment philosophy in the physical therapy management of spinal conditions
- Review common diagnoses treated in pediatric sports medicine
- Discuss the treatment and management of spinal instability and hypermobility
- Describe the various avenues available for children with limb deficiency to participate in sports
- Summarize the difficulties that can impact performance in children with limb deficiencies
- Provide an overview of E-sports
- Discuss the impact of E-sports on physical, mental, and social well-being of the adolescent
- Discuss physical findings and treatment of the injured E-sport athlete

General Information

Continuing Education Units

Children's Healthcare of Atlanta is accredited by the **Medical Association of Georgia** to provide continuing medical education for physicians. Children's designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)TM**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Credits have been applied for/approved through the **Physical Therapy Association of Georgia (PTAG)** for **7.25 contact hours** for Physical Therapists. These credits may apply toward licensure in other states.

Children's Healthcare of Atlanta is an approved provider of continuing nursing education by **The Alabama State Nurses Association**, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Children's Healthcare of Atlanta is approved by the **Board of Certification, Inc.** to provide continuing education to Athletic Trainers. This program is eligible for a maximum of **7.25 Category A hours/CEUs**. ATs should claim only those hours actually spent in the educational program.

All programs are intended to be accessible to all persons. If you have a disability and require assistance to fully participate in the conference activities, contact the conference coordinator to discuss your specific needs.

Children's Healthcare of Atlanta resolves to ensure that its educational mission and continuing medical education activities remain independent from special interests of any corporation or individual associated with its program.

While having a financial interest or professional affiliation with a corporation does not necessarily influence a speaker's presentation, the standards of the Accreditation Council for Continuing Medical Education require that this relationship is disclosed to the audience. Participants learn of any potential conflict of interest at the beginning of the conference.

Location/Accommodations

Crowne Plaza Atlanta Perimeter at Ravinia
4355 Ashford Dunwoody Rd.
Atlanta, GA 30346
1-877-834-3613

The guest room rates for this program are \$99 plus tax for a king room, \$129 plus tax for 2 queens.

Please contact the Crowne Plaza Atlanta Perimeter at Ravinia to make a reservation at the special reduced rate by calling and mentioning the room block code C3H or [click here to be directed to the discounted room website](#). The deadline for the hotel rate is February 14, 2020.

Planning Committee

Dana Olszewski, MD, Course Director
Julie Johnson, PT, MPT, SCS, CSCS
Carrie Cunningham, PT

Conference Coordinator

Michelle Moore, MS, OTR/L
Senior Physician Education Coordinator
Children's Healthcare of Atlanta
Michelle.Moore@choa.org
404-785-7853



Children'sSM
Healthcare of Atlanta

1600 Tullie Circle NE
Atlanta, Georgia 30329-2303

NONPROFIT
U.S. Postage
PAID
Atlanta, GA
Permit No. 2094