

Dear Colleague,

Current training leaves most of us in medicine ill-equipped to diagnose or manage autonomic issues. Yet, over 30% of patients in a primary practice harbor a disorder where autonomic symptoms play a major role. These include autonomic nervous system disorders such as neurogenic orthostatic hypotension, postural tachycardia syndrome, and syncope, as well as conditions that may manifest autonomic symptoms, such as chronic nausea, irritable bowel syndrome, chronic migraine, and so many others.

This workshop focuses on practical management to fill this gap. In the morning you will hear from experts in multiple domains about how to focus your history and what to emphasize in management. **Case presentations** in the afternoon will help you practice and crystallize what you learned in the morning. The workshop will also include a practicum on how autonomic testing is performed and will cover some more complex emerging topics.

We expect that practitioners will come away from this workshop with a better understanding of the conceptual approach to this difficult patient population, particularly neurogenic orthostatic hypotension, postural tachycardia syndrome, and the frequent functional co-morbidities. We also anticipate that the material covered in this workshop will equip practitioners with greater comfort and professional satisfaction with caring for this group of patients. Finally, we will share tips for sharpening practitioners' skill sets to achieve shorter visit times with better patient outcomes.

Wednesday, Nov 1, CME, 8:00- 5:00 PM

7:45-8:00 Registration

MORNING - BASIC TOPICS

8:00-8:15:

- 1) **Partnerships - successful management (Gisela and Thomas Chelimsky)**
 - a. Defining the field - falls & other co-morbidities
 - b. Partnering with specialists
 - c. Partnering with patients

8:15-9:15

- 2) **Focus on history: when to worry, when to refer.**
 - a. Cardiology: NOH, POTS, Syncope (Satish Raj)
 - b. GI - upper and lower (G Chelimsky)
 - c. Headache (Derrick Shumate)

9:15-9:30 Break

9:30-11:30

- 3) **Management** (20 minutes each talk)
 - a. Falls in NOH, POTS, Syncope (T Chelimsky)
 - b. Chronic Nausea (John Fortunato)
 - c. Physical Therapy in falls & MSA (Rachel Thiel)
 - d. When syncope or dizziness does not respond to usual treatment (T Chelimsky)

11:30-12:00 Q & A (submitted by practitioners)

12:00-1:00 Working lunch

- 1) **ANS test PRACTICUM (WR Medical)**
 - a. What ANS testing tells you (G Chelimsky)

1:00-3:00 COMPLEX TOPICS

- 2) **Practice Tips**
 - a. Multiple System Atrophy (Wolfgang Singer)
 - b. Associated Chronic Pain Issues (T. Chelimsky)
 - c. Headache management (D Shumate)
 - d. Value of CBT (Sally Tarbell)
 - e. Questions & Panel

3) 3:00-5:00 Case presentations

Presenters

Gisela Chelimsky, MD, CME Program Co-Director, Professor of Pediatric Gastroenterology, Medical College of Wisconsin

Thomas Chelimsky, MD, CME Program Director, Professor of Neurology, Medical College of Wisconsin

John E. Fortunato Jr, MD, Professor of Pediatrics, Northwestern University, Feinberg School of Medicine, Director, Neurointestinal and Motility Program, Lurie Children's Hospital, Chicago, IL

Derrick Shumate, DO, Assistant Professor of Neurology, MCW

Wolfgang Singer, Professor Neurology, Mayo Clinic

Satish R. Raj, MD, MSCI, Associate Professor of Medicine & Pharmacology, University of Calgary with an Adjunct appointment at Vanderbilt

Sally Tarbell, PhD, Psychologist, Associate Professor of Psychiatry and Pediatrics, Chair, Department of Psychology, Children's Hospital Colorado, University of Colorado Anschutz Medical Campus

Rachel Thiel, DPT, OCS, CMTPT, Vita Physical Therapy and Fitness, Milwaukee, WI

Purpose

This workshop will educate generalist health care practitioners about how to develop and utilize partnerships - with a care team, with specialists, most importantly with their patients - to successfully manage clinical issues involving the autonomic functions. This workshop will review how these partnerships foster very practical management of orthostatic disorders like Neurogenic Orthostatic Hypotension (NOH), Postural Orthostatic Tachycardia Syndrome (POTS), Syncope, as well as Falls, Headache, and Functional Gastrointestinal Disorders. Collectively, these disorders impact millions of Americans. Since current training prepares us poorly to care for these patients, they sometimes see 10 or more specialists who may not appreciate that other symptoms outside their area reflect a single overarching disorder, and therefore cannot formulate a reasonable diagnosis and management plan. This workshop will highlight the protean manifestations of autonomic disorders in multiple end-organs, and teach practitioners this practical management based on a logical approach that fosters these partnerships. Particular attention will be devoted to multiple system atrophy (MSA) which illustrates how most of the end-organs can be affected.

Learning Objectives

Partner with your team

Recognize: When to worry? When to refer?

Understand foundations of management

Define the extent of co-morbidities

Manage complex issues

Target Audience

Primary Care Physicians, Pediatricians, Family Practice Physicians, Internists, General Neurologists, Cardiologists, PM & R Specialists Physician Assistants, Nurse Practitioners and Allied Health Care Professionals

Driving & parking instructions

From North: Take I-75 S to FL-60 W in Tampa, follow FL- 60 W to Coronado Dr./S. Gulfview Blvd in Clearwater, destination is on the right.

From South: Take I-75 N to FL-60 W in Tampa, follow FL- 60 W to Coronado Dr./S. Gulfview Blvd in Clearwater, destination is on the right.

From East: Take I-4 West to FL-60 W in Tampa, follow FL- 60 W to Coronado Dr./S. Gulfview Blvd in Clearwater, destination is on the right.

From Airport (TPA): Exit Tampa International Airport, get on FL-60 W from George J Bean Pkwy, follow FL-60 W to Coronado Dr/S Gulfview Blvd in Clearwater, destination is on the right .

Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of The Medical College of Wisconsin and American Autonomic Society. The Medical College of Wisconsin is accredited by the ACCME to provide continuing medical education for physicians.

The Medical College of Wisconsin designates this enduring material for a maximum of 8.5 *AMA PRA Category 1 Credits*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Medical College of Wisconsin designates this activity for up 8.5 hours of participation for continuing education for allied health professionals.

Register online

http://ocpe.mcw.edu/pediatrics_general/content/17244-partnering-prevent-falls-noh-pots-and-syncope-wednesday-november-1-2017

Fees:

Physician CME registration \$200.00

Nursing staff registration \$100.00,

Residents, Fellows and students \$25.00

For additional information please contact Karen Knippel: kknippel@mcw.edu

POTS and PANS case management discussion forum. Get help from experts around the country. <http://americanautonomicsociety.org/pots-and-pans-discussion-group/>

AAS Workshop for Primary Care November 1, 2017



Partnering to Prevent Falls in NOH*, POTS** & Syncope

*Neurogenic Orthostatic Hypotension

**Postural Tachycardia Syndrome



Wyndham Clearwater Beach Resort,
100 Coronado Dr. Clearwater, FL 33767

