

# SPRING FLING

In-Person Event

April 14-15, 2023 | [osu.cloud-cme.com](https://osu.cloud-cme.com)

## DESCRIPTION

The In-Person offering of the 2023 Spring Fling CME is presented by Oklahoma State University Center for Health Sciences Alumni Association, this conference is approved for up to 17 AOA Category 1A CME credits.

The conference will be held simultaneously in hybrid format from April 14-15, 2023.

## REGISTRATION RATES AND DEADLINES

Early-bird rate - \$410.00 ends March 14, 2023 at 5:00 PM CST.  
Regular rate - \$425.00 starting March 14, 2023 at 5:01 PM CST.  
Registration closes on April 6, 2023 at 3:00 PM CST.

## RELEVANT DISCLOSURES

No content controllers have any relevant relationships, except the following individuals:

Speaker: Colony Fugate, DO

Companies: Astellas; Pfizer; Sanofi S.A.

Relationships: Site PI

Resolution: All disclosures have been reviewed and mitigated through the peer review process.

Speaker: Regina Lewis, DO

Company: Merck

Relationship: Honoraria

Resolution: All disclosures have been reviewed and mitigated through the peer review process.

## QUESTIONS TO SPEAKERS

You may ask questions to any of our speakers regarding their presentations by emailing [osu.cme@okstate.edu](mailto:osu.cme@okstate.edu). Any questions will be answered within one week.

## PLANNING COMMITTEE

**Bria Taylor, MS**

Activity Administrator

**Gregory Gray, DO**

Course Director

**Abby Housman, DO**

Planning Committee Member

**Madison Pastor, MS III**

Planning Committee Member

**John Westlake, MHA, BSN, RN**

Planning Committee Member

**Katie Brownlee Doughty, BS**

CME Coordinator

**Ashley Groom, MS**

CME Director

## PRESENTATION POWER POINT ACCESSIBILITY

The PowerPoint presentations can be viewed by logging into your OSU CME account, hovering over or clicking on the My CME button, selecting Syllabus, then selecting the event. You will see a copy of the agenda with "PDF" displayed next to the speaker's name if that speaker has a corresponding PowerPoint for their presentation.

## WIFI AVAILABLE

Connect to our free  
WIFI!

Name: CHS Guest

Password: chsguest



**ALUMNI**

OSU Center for Health Sciences

# SPRING FLING

April 14-15, 2023 | In-Person | [osu.cloud-cme.com](https://osu.cloud-cme.com)

## Conference Agenda

Friday April 14, 2023	Saturday April 15, 2023
<p><b>8:00 am - 9:00 am</b> <b>Recent Updates to the Management of Tick-Borne Illnesses in Oklahoma</b> Johnathon Lowe, DO</p>	<p><b>7:30 am - 8:30 am</b> <b>Diabetes and Hypertension</b> Micah Derby, DO</p>
<p><b>9:00 am - 10:00 am</b> <b>Menopause: Common Symptoms and Guideline Directed Hormone Replacement Treatment</b> Sarah Hall, DO</p>	<p><b>8:30 am - 9:30 am</b> <b>Emergencies in Primary Care</b> Kayla Lakin-Southern, DO</p>
<p><b>10:30 am - 11:30 am</b> <b>Understanding the Pediatric Mental Health Crisis in Rural Oklahoma</b> Sara Coffey, DO</p>	<p><b>9:30 am - 10:30 am</b> <b>How Transfer Centers Can Help Rural Hospitals</b> Temitayo Oyekan, DO</p>
<p><b>11:30 am - 12:30 pm</b> <b>Suicide in Children and Adolescents: A Systematic Approach</b> Swapna Deshpande, MD</p>	<p><b>11:00 am - 12:00 pm</b> <b>A Quick &amp; Dirty Update on Vaccines</b> Heather Bell, DO</p>
<p><b>12:30 pm - 1:30 pm</b> <b>Taking Care of Your Heart</b> Natasha Bray, DO</p>	<p><b>12:00 pm - 1:00 pm</b> <b>Revenue Cycle Management</b> John Westlake, MHA, BSN, RN</p>
<p><b>1:30 pm - 2:30 pm</b> <b>BIPOC Women and Maternal Care</b> Regina Lewis, DO</p>	<p><b>1:00 pm - 2:00 pm</b> <b>Proper Prescribing</b> <b>Pain Management and Opioid Therapy 2023: New Guidelines</b> Scott Anthony, DO</p>
<p><b>3:00 pm - 4:00 pm</b> <b>Simulation Medicine and Tools for Rural Physicians</b> Nicole Farrar, DO</p>	<p><b>2:30 pm - 3:30 pm</b> <b>Hyperbaric Oxygen Therapy</b> Laurie Duckett, DO</p>
<p><b>4:00 pm - 5:00 pm</b> <b>Child and Adolescent Obesity Clinical Practice Guideline Update</b> Colony Fugate, DO</p>	<p><b>3:30 pm - 4:30 pm</b> <b>Challenges of Acute Pediatric Hospital Care in the Rural Setting</b> Jamie Akin, DO</p>
	<p><b>4:30 pm - 5:30 pm</b> <b>Cardiology in 2023</b> Arash Karnama, DO</p>



# TOPICS & SPEAKERS

## **Recent Updates to the Management of Tick-Borne Illnesses in Oklahoma**

### **Johnathon Lowe, DO, MS**

Dr. John Lowe is a board eligible Emergency Medicine physician. He is currently a clinical assistant professor of Emergency Medicine at Oklahoma State University Center for Health Sciences. He also works as faculty in medical education for the CHS. Dr. Lowe sits on many committees, including the international committee of the American Academy of Emergency Medicine, the Oklahoma State Department of Health Trauma Referral Improvement Committee. Dr. Lowe began his career in medicine at the age of 18 as a medic in the U.S. Army, including combat deployments. He completed his undergraduate at the University of Oklahoma in 2014, then matriculated into Oklahoma State College of Osteopathic Medicine. He graduated in 2018, and completed his residency at Oklahoma State University Medical Center in Emergency Medicine. While in residency, he completed Masters degrees in Global Health and in Healthcare administration. Dr. Lowe has a passion for global health, specifically in infectious diseases, sustainable system changes and medical student education. He is active in the schools section of global health, and is proud to be part of the OSU-CHS system.

## **Menopause: Common Symptoms and Guideline Directed Hormone Replacement Treatment**

### **Sarah Hall, DO**

Sarah Hall, D.O. is a Professor of Family Medicine with a joint appointment in the department of Medical Education at Oklahoma State University Center for Health Sciences College of Osteopathic Medicine. She is a graduate of OSU COM in 2005. She completed her Family Medicine Residency at OSU Family Medicine Residency Program in 2009. Her primary medical interests are providing care for the urban underserved, global medicine, obstetrical care, women's health in Family Medicine and promoting physician/medical student wellness. She is the Urban Underserved Medical Track Director at OSU CHS College of Osteopathic Medicine. She is a member of the ACOFP OMT Boot camp Committee and has served as a Table Trainer since 2016.

She serves as the NBOME Family Medicine COMAT Chair sine 2020. She teaches medical students across years 1 through 3 of training and is full time Faculty in the OSU Family Medicine Residency Program.

## **Understanding the Pediatric Mental Health Crisis in Rural Oklahoma**

### **Sara Coffey, DO**

Dr. Coffey is an Associate Clinical Professor of Psychiatry and Behavioral Sciences at the Oklahoma State University Center for Health Sciences. Dr. Coffey serves as the Director of Clinical Operations for the Oklahoma Department of Human Services, Division of Child Welfare. Dr. Coffey is the behavioral health director for the OSU Health Access network and has served as a consultant to both the Oklahoma Health Care Authority and the Oklahoma Department of Mental Health. Dr. Coffey's interest includes trauma-informed care and integrated psychiatric service delivery.

## **Suicide in Children and Adolescents: A Systematic Approach**

### **Swapna Deshpande, MD**

Dr. Deshpande is board certified in Adult psychiatry as well as board certified in Child and Adolescent Psychiatry. Dr. Deshpande was also awarded the Fellow Status for the American Psychiatry Association (APA) in 2014. She is currently the President of Oklahoma Council for Child and Adolescent Psychiatry, a regional branch for the national organization of AACAP. As far as significant contributions in teaching, Dr. Deshpande has given didactics, provided direct clinical supervision in outpatient child psychiatry clinic and consultation liaison service at OU Children's hospital, and mentored numerous medical students, adult psychiatry residents, child psychiatry fellows since 2009. She has won several awards for outstanding teaching including the prestigious Gordon Deckert award, highest teaching award in the Department of Psychiatry in 2018.

Most recently she won the Most Supportive Attending as well as the Best Didactic Teacher award for the academic year 2019-2020. As far as social policy leadership, for OU, she has represented department of psychiatry at college of medicine Wellness Committee and for suicide prevention policy in children. She has created a procedural checklist for suicidal assessment called Suicide Risk Assessment Checklist in Children (SRACC) and has been active in increasing awareness and knowledge at local, state and national level. She has created a training module for SRACC that will help improve confidence and competence in suicide risk assessments. She has presented this in multiple formats including to Governors Council for Suicide Prevention in Oklahoma in 2019. Under her direction as president, Oklahoma Council for Child and Adolescent Psychiatry will cosponsor a free 6-hour CME workshop on Suicide at the annual Oklahoma State Psychiatric Association meeting in fall 2020. In addition, she has been part of the state appointed committee to create guidelines for psychotropic medications in children for the state of Oklahoma. The goal of these guidelines is to improve psychotropic medication use esp. in foster care children. At OU, she had established within the child fellowship a robust child outpatient clinic under her supervision. She has also provided clinical care to numerous patients in the child psychiatry outpatient clinic as well as the provided consultation services at the OU Children's Hospital from 2009 to 2020. She was a past member of Child Abuse and Maltreatment and Violence Committee 2007 - 2011 and is currently a member for Complimentary and Integrative Medicine.

### **Taking Care of Your Heart**

#### **Natasha Bray, DO**

Dr. Bray is Dean of the OSU College of Osteopathic Medicine at the Cherokee Nation in Tahlequah. She previously served as Associate Dean for Academic Affairs at OSU COM at the Cherokee Nation since 2018. Bray also serves as Associate Dean for Accreditation and is Faculty at Tahlequah Medical Group Internal Medicine Program. Prior to joining OSU Center for Health Sciences, Bray served as the Associate Dean of Clinical Medicine at the Arkansas College of Osteopathic Medicine (ARCOM) in Fort Smith, and the Vice President of Academic Affairs/Designated Institutional Official for Broward Health in Fort Lauderdale, Florida.

Board certified in Internal Medicine and Addiction Medicine, Bray earned her Doctor of Osteopathic Medicine degree from OSU-COM and went on to the Philadelphia College of Osteopathic Medicine and completed her internship as the Chief Intern Physician, then completed her residency at Cambridge Health Alliance/Harvard Affiliated Hospital. Bray has extensive experience in the development, accreditation, and delivery of educational programs for both undergraduate and graduate medical education. Bray serves on several national committees and has dedicated her career to medical education as a vehicle to serve vulnerable populations and improve access to quality health care. Adolescent Depression and Available Consultation Lines.

### **BIPOC Women and Maternal Care**

#### **Regina Lewis, DO**

Dr. Regina M. Lewis (Miles) is a family medicine doctor in Tulsa, Oklahoma and is affiliated with multiple hospitals in the area, including Hillcrest Medical Center and Oklahoma State University Medical Center. She received her medical degree from Oklahoma State University Center for Health Sciences.

### **Simulation Medicine and Tools for Rural Physicians**

#### **Nicole Farrar, DO**

Dr. Nicole Farrar is a 2006 graduate of Oklahoma State University Center for Health Sciences College of Osteopathic Medicine. She completed her Internal Medicine residency at Oklahoma State University Medical Center in 2009. After graduation, she spent time as teaching faculty in the Department of Internal Medicine at OSU before joining St. John Physician's in Tulsa as an intensive care unit hospitalist. Her love for teaching led her back to OSU-CHS where she now serves as Clinical Associate Professor and Chair of the Medical Education department. Dr. Farrar is also passionate about simulation as a teaching tool and serves as the Medical Director of Simulation at OSU-CHS.

## **Child and Adolescent Obesity Clinical Practice Guideline Update**

### **Colony Fugate, DO**

Colony Fugate is a clinical professor of pediatrics and Project Lead for the Pediatric Obesity Medicine ECHO at Oklahoma State University. She is a board certified pediatrician and Diplomate of the American Board of Obesity Medicine. Dr. Fugate works with multidisciplinary teams to provide obesity prevention and management services and educational curricula.

## **Diabetes and Hypertension**

### **Micah Derby, DO**

Dr. Derby is board certified in Internal Medicine. He graduated from Oklahoma State University Center for Health Sciences, College of Osteopathic Medicine in 2013. His residency was at Oklahoma Medical Center in Tulsa, Oklahoma in 2016. His affiliations include Student Osteopathic Medical Association, Student National Medical Association, Association of Military Osteopathic Physicians and Surgeons, Christian Medical Association, and American Medical Student Association.

## **Emergencies in Primary Care**

### **Kayla Lakin-Southern, DO**

Dr Kayla Lakin-Southern is a family medicine-trained emergency physician. She graduated from OSU College of Osteopathic Medicine in 1982 and completed her training in Saginaw MI. She is board certified in family medicine but has been working as a full-time ER physician for over 30 years. She also currently serves as adjunct faculty for OSU-CHS.

## **How Transfer Centers Can Help Rural Hospitals**

### **Temitayo Oyekan, DO**

Temitayo Oyekan DO FACOI is a board certified internal medicine physician and fellow of the American college of osteopathic internist. She holds a bachelor's degree in biochemistry, master's of science degree in medical biology and completed a medical degree from Oklahoma state university center for health sciences college of osteopathic medicine. She completed Internal medicine residency at Tulsa regional medical center now Oklahoma state university medical center.

She has been a hospitalist in the Saint Francis health systems working mostly at the south campus since it opened in 2007. She recently transitioned to Warren clinic while still covering some hospitalist shift. She is an adjunct professor of medicine at OSUCH. An active member of medical staff leadership serving as chief of staff, chairman credentials, chairman quality council, secretary medical staff and chairman P&T, chairman utilization review and currently member of peer review committee. She has served as a member of the medical executive committee at Saint Francis south from inception until 2022. She is passionate about increasing opportunity for under represented groups and believes diversity in all aspects of our lives is the key to increasing understanding, empathy and tolerance. Married to an engineer with over 30 years of aerospace engineering and mother of two who received a pay raise when her youngest son graduated college and started a job. She enjoys reading and traveling but most favorite thing is spending time with her immediate and large extended family.

## **A Quick & Dirty Update on Vaccines**

### **Heather Bell, DO**

Dr. Heather Bell graduated from Oklahoma State University College of Osteopathic Medicine in 2004. She did her Internal Medicine Residency at OU-Tulsa with St. John Medical Center followed by a Fellowship in Infectious Diseases at the University of Oklahoma and the Veteran Affairs Medical Center in Oklahoma City. Dr. Bell is Board Certified in Internal Medicine & Infection Control & Epidemiology. She is currently the Medical Director for the Health Outreach Prevention and Education, Inc. in Tulsa, OK as well as owning her own Infectious Diseases & Epidemiology Consulting business. She also works as a locums ID physician all around the country. She is currently enrolled at OSU-CHS for the Masters in Healthcare Administration program.

## **Revenue Cycle Management**

### **John Westlake, MHA, BSW, RN**

With over 20 years in healthcare and a practicing Registered Nurse I continue to devote my life to the practice of healthcare. I have traveled across the county to offer my management expertise during Covid to operate a Covid Field Hospital, a Mass Vaccine Site, and a Level 1 Trauma Center.

With experience in managing a \$300 million dollar budget and hundreds of FTEs. I have designed and implemented cost saving measures throughout the revenue cycle of one of Tulsa's largest hospitals. Driving change through operational efficiencies to produce a 5X return on the departments I have ran. Vast knowledge of health systems revenue cycle management and national GPO conversions. Currently I am seeking my Doctorate in Healthcare Administration with OSU CHS. My passion is to always provide the most efficient quality care to our patients while also being able to run a profitable business in a market squeezed by regulations.

### **Proper Prescribing - Pain Management and Opioid Therapy 2023: New Guidelines**

#### **C. Scott Anthony, DO**

Dr. Anthony is a board-certified pain management physician in Tulsa, Oklahoma. Dr. Anthony received his medical training at Oklahoma State University College of Osteopathic Medicine. He then completed a residency in anesthesiology as well as a pain management fellowship at Washington University/ Barnes Hospital in St. Louis, Missouri. He received board certification in both anesthesiology and pain medicine through the American Board of Anesthesiology. His practice has been devoted to all aspects of interventional and medical management of chronic as well as cancer pain. Dr. Anthony is a Clinical Professor of Surgery at Oklahoma State University College of Osteopathic Medicine as well as an instructor for the University of Oklahoma College of Medicine Sports Medicine Fellowship. Dr. Anthony is a key voice in the State of Oklahoma in the area of education regarding the proper and appropriate use of opioid therapies in medical practice as well as the prevention of misuse of opioids.

### **Hyperbaric Oxygen Therapy**

#### **Laurie Duckett, DO**

Laurie Duckett, D.O. is a board-certified and fellowship trained plastic and reconstructive surgeon in Tulsa, Oklahoma and works for OSU Medicine in the Surgery and Wound clinics. Duckett earned her Doctor of Osteopathic Medicine degree from Oklahoma State University College of Osteopathic Medicine in 1989. She performed her plastic and reconstructive surgery fellowship at Philadelphia College of Osteopathic Medicine and Cincinnati Institute of Plastic & Reconstructive Surgery.

Prior to her return to OSU, Duckett worked at Utica Park Clinic in Tulsa for four years, and at OSU Medicine's surgery clinic for eleven years. She is pleased to be back at OSU where she can embrace the family culture as well as teaching opportunities at Oklahoma State University College of Osteopathic Medicine.

### **Challenges of Acute Hospital Care in the Rural Setting**

#### **Jamie Akin, DO**

Dr. Akin is a founder and partner of Texoma Pediatrics, PLLC in Durant, OK. She has been Adjunct Faculty for OSU Center for Health Sciences College of Osteopathic Medicine and KCU since 2006 educating medical students as well as Durant Family Medicine Resident physicians. Dr. Akin has also served on the Alliance Health Durant medical executive committee and the Choctaw Nation of Oklahoma Head-Start Health Services Advisory Committee. Dr. Akin is board certified in Pediatrics, earned her DO at OSU College of Osteopathic Medicine in 2002 and completed pediatric residency with OSU-COM in 2005.

### **Cardiology in 2023**

#### **Arash Karnama, DO**

Dr. Arash Karnama is a 2005 graduate of Des Moines University College of Osteopathic Medicine and a 2005 graduate from the Internal Medicine Residency Training Program at Penn State. After graduating, Dr. Karnama went on to a fellowship at Oklahoma State University Medical Center in the Cardiology Fellowship Training Program and then the Interventional Cardiology Fellowship Training Program. Since 2009 Dr. Karnama has practiced as an Interventional Cardiologist, first at South Tulsa Cardiovascular Specialist, then at Oklahoma Heart Institute, and currently at OSU. Recently Dr. Karnama has served as the Chief of Staff and on Board of Trustees at Hillcrest Hospital in Claremore, OK.

# ACCREDITATION INFORMATION

## CONFERENCE OBJECTIVE

1. Identify the difference of rural vs. urban health care setting and identify resources.
2. Identify when a patient can be treated in office vs. referring to a specialist.
3. Identify ways to bridge the primary care gap.

## ACCREDITATION & CREDIT DESIGNATION

The Oklahoma State University College of Osteopathic Medicine is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

The Oklahoma State University College of Osteopathic Medicine designates this program for a maximum of (17.0) AOA Category 1-A credit(s), and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

## OSU DISCLOSURES

Oklahoma State University Center for Health Sciences, College of Osteopathic Medicine in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, gender, qualified disability, religion, sexual orientation, gender identity, veteran's status, genetic information, or age in any of its policies, practices, or procedures. This includes but is not limited to admissions, employment, financial aid and educational services.

## PROGRAM ATTENDEE NOTICE

For grievances, please contact our staff to report any problems you may have regarding facilities, program content, etc. Concerns about the program's compliance with the AOA Uniform Guidelines, please contact Ashley Groom, M.S., Director of Continuing Medical Education. For any unresolved issues regarding compliance with the AOA Uniform Guidelines, you may contact the AOA:

**American Osteopathic Association:  
Council on Continuing Medical Education  
142 E. Ontario St., Chicago, IL 60611  
(800) 621-1773**



**CONTINUING MEDICAL EDUCATION**  
OSU Center for Health Sciences