FRITZKY FAMILY
INTEGRATIVE HEALTH SUMMIT
Duquesne University Power Center | Pittsburgh, PA
Thursday, September 19, 2024 and Friday, September 20, 2024

2024

PROGRAM DESCRIPTION
Join today’s thought leaders and healthcare experts to improve patient care within our communities with lectures and panel discussions focused on preventive care, longevity medicine, health equity and more. This two-day multi-disciplinary conference will connect healthcare professionals across disciplines who are dedicated to improving patient care and defining the future of integrative health.

PROGRAM PURPOSE
To engage healthcare professionals in integrative education, leadership, interprofessional collaboration, research and advocacy to promote an upstream approach to health and wellness that is person-centric.

TARGET AUDIENCE
Physicians • Medical Residents • Physician Assistants • Nurse Practitioners • Nurses • Pharmacists
Health Administrators • Counselors • Therapists • Health Advocates

PRELIMINARY PROGRAM AGENDA
THURSDAY, SEPTEMBER 19, 2024 | INTEGRATIVE HEALTH AND THE FUTURE OF HEALTHCARE

8:00am – 8:45am  Registration and Continental Breakfast

8:45am – 9:00am  Opening Remarks
Kenneth G. Gormley, J.D.
President
Duquesne University

Session 1: Treating the Whole Person - Mind, Body, Spirit

9:00am – 9:45am  Virtual Mental Healthcare: Lessons Learned and Challenges to Come (Knowledge-based)

Jon Kole, MD; Sarah Schmidhofer, MD
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-013-L99-P
• Recognize the appropriateness of virtual mental healthcare for patients with psychiatric need.
• Outline the risks and behaviors of virtual mental healthcare.
• Describe various models of tele-mental healthcare.

9:45am – 10:15am  **Coping with Stress for Enhanced Mental and Physical Health (Knowledge-based)**
*Bruce S. Rabin, MD, PhD*
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-014-L04-P
• Discuss pathways between the perception of a stressor and the hormonal activation that alters health.
• Identify effects of stress hormones on mental and physical health.
• Describe how the application of stress coping behaviors and coping techniques can reduce the effect of stress on mental and physical health and burnout.
• Discuss why it is important to share stress coping techniques with others.

10:15am – 10:30am  **Break**

10:30am – 11:30am  **Connecting the Mind, Body, and Spirit through Osteopathic Manipulation**
*Brianne Wehner, DO; Jefferson Adams, DO; Phil Miller, DO; Justin Berthold, DO*
1.0 AOA/AMA credit
ACPE UAN 0055-9999-24-015-L01-P
• Identify at least 2 similarities and at least 2 differences between osteopathic and allopathic medical education and approach to patient care.
• Recognize the benefits of osteopathic medicine and express a positive attitude toward collaborating and referring patients to DOs practicing manipulation.
• Discuss the benefits of OMM for patient satisfaction and reimbursement and encourage DOs and MDs trained in manipulation to offer this service as a part of patient care services.
• Identify disease states that can be managed with non-pharmacologic approaches such as manipulation as well as complimentary pharmacologic treatments to manipulation.

11:30am – 12:00pm  **Spiritual Health**
*Mike Semelka, DO*
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-016-L04-P
Learning Objectives TBA

12:00pm – 1:00pm  **Networking Lunch**

**Session 2: Health System Science**

1:00pm – 2:00pm  **From Weight Loss to Weight Health**
*Amy Meister, DO*
2:00pm – 2:45pm  Understanding Health System Science and Integration Across Systems to Achieve Whole Person Care  
Suzanne Labriola, DO  
0.75 AOA/AMA credit  
ACPE UAN 0055-9999-24-018-L04-P  
Learning Objectives TBA  

2:45pm – 3:00pm  Break  

Session 3: Bench to Bedside: Longevity Medicine  

3:00pm – 3:45pm  Updates in Longevity Medicine Research  
Johnny Huard, PhD  
0.75 AOA/AMA credit  
ACPE UAN 0055-9999-24-019-L04-P  
Learning Objectives TBA  

3:45pm – 4:30pm  Human Longevity Lab  
Douglas E. Vaughan, MD  
0.75 AOA/AMA credit  
ACPE UAN 0055-9999-24-020-L04-P  
Learning Objectives TBA  

Session 4: Advances in Technology  

4:30pm – 5:00pm  HoloLens – Using Technology to Teach Anatomy  
Amanda Troy, PhD; Amber Fedin, DO  
0.5 AOA/AMA credit  
ACPE UAN 0055-9999-24-021-L04-P  
Learning Objectives TBA  

5:00pm – 5:10pm  Closing remarks  

FRIDAY, SEPTEMBER 20, 2024 | HEALTH FOR ALL  

8:00am – 8:45am  Registration and Continental Breakfast  

8:45am – 9:00am  Opening Remarks  
David J. Dausey, Ph.D., Ed.D.  
Executive Vice Present and Provost  
Duquesne University
Session 1: Healthy People 2030: Eliminate Health Disparities, Achieve Health Equity, and Attain Health Literacy to Improve the Health and Well-being of All

9:00am – 9:30am  Title TBA
Debra L. Bogen, MD
0.5 AOA/AMA credit
ACPE UAN 0055-9999-24-022-L04-P
Learning Objectives TBA

9:30am – 10:15am  Leveraging Integrative Health to Promote Health Equity (Knowledge-based)
David Dausey, PhD, EdD; Jennifer Elliott, PharmD; Jacob Turnbull DO, FAAASM
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-023-L99-P
- Compare Integrative Health and Health Equity definitions and frameworks.
- Describe integrative strategies that can be used to promote health equity.
- Determine how existing or new strategies can be applied to a variety of practice settings.

10:15am – 10:30am  Break

10:30am – 11:15am  Title TBA
Matthew Kampert, DO
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-024-L04-P
Learning Objectives TBA

11:15am – 12:00pm  Go to the People (Knowledge-based)
Jim Withers, MD
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-025-L04-P
- Identify the clinical principles of reality-based/inclusion health and apply those principles to patient care.
- Recognize the values of street medicine (Go to the People) and incorporate those values into patient care.
- Identify and create effective community partnerships to meet the needs of excluded patients.

12:00pm – 1:00pm  Lunch

1:00pm – 1:45pm  Access to Pediatric Cardiovascular Care Globally: How Can We Close the Gap? (Knowledge-based)
Craig Sable, MD
0.75 AOA/AMA credit
ACPE UAN 0055-9999-24-026-L99-P
- Identify global health issues and their relevancy to the practice of medicine at home.
Recognize equity and diverse populations as a priority in global health issues.

Session 2: Integrative Approaches to Address Health Disparities

1:45pm – 2:15pm  
A Picture is Worth a Thousand Words: Creative Approaches for Community Engagement and Learning  
Michael Yonas, DrPH  
0.5 AOA/AMA credit  
ACPE UAN 0055-9999-24-027-L04-P  
Learning Objectives TBA

2:15pm – 2:45pm  
Mind-Body Medicine and Traumatic Stress (Knowledge-based)  
Daniel Salahuddin, MD, MPH  
0.5 AOA/AMA credit  
ACPE UAN 0055-9999-24-028-L99-P  
- Describe the ways in which traumatic stress impacts both physical health and mental health.  
- Outline the various factors that perpetuate trauma in society.  
- Identify the diagnostic criteria for post-traumatic stress disorder and its limitations.  
- Recognize the current modalities used to treat post-traumatic stress disorder.  
- Summarize how principles of mind-body medicine can be leveraged as a means to heal from traumatic stress.  
- Explain the importance of multi-level advocacy to both prevent and mitigate the perpetuation on traumatic stress.

2:45pm – 3:00pm  
Break

3:00pm – 3:30pm  
Integrative Approaches to Substance Use Disorder  
Elizabeth Zona, DO  
0.5 AOA/AMA credit  
ACPE UAN 0055-9999-24-029-L04-P  
Learning Objectives TBA

3:30pm – 4:00pm  
Wide Open Spaces of Rural Palliative Care and Hospice (Knowledge-based)  
Julie Le, DO; Dillon Stein, DO  
0.5 AOA/AMA credit  
ACPE UAN 0055-9999-24-030-L99-P  
- Recognize similarities and differences of hospice and palliative medicine.  
- Identify and apply core principles of primary palliative care into provider practice.  
- Compare and contrast disparities in hospice and palliative medicine for rural and non-rural populations.

4:00pm – 4:30pm  
Responding to Health Related Social Needs to Find Your Joy and Impact (Knowledge-based)  
Mallory Ciukksza, MD, FACP
• Outline strategies to engage in problem-solving within their health system to help address the health equity needs they see in their patient populations.

4:30pm – 5:00pm    Closing Reception

FACULTY

Dr. Jefferson Adams, DO
PGY-2
UPMC Altoona Family Physicians
Altoona, PA

Justin Berthold, DO
Physical Medicine & Rehabilitation Physician
Rehabilitation Physicians of Pittsburgh
Pittsburgh, PA

Debra L. Bogen, MD
Acting Secretary of Health
Commonwealth of Pennsylvania
Harrisburg, PA

Mallory Ciwksza, MD, FACP
Internist, Associate Program Director for Internal Medicine Residency
Proposed Clerkship Director for DUQCOM Internal Medicine at St. Clair Health
Clinical Assistant Associate Professor of Medicine
St. Clair Health
Pittsburgh, PA

David J. Dausey, Ph.D., Ed.D.
Executive Vice President and Provost
Professor of Health Sciences
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Pittsburgh, PA

Jennifer Padden Elliott, PharmD
Ed and Karen Fritzky Family Chair in Integrative Medicine and Wellbeing
Director, Center for Integrative Health
Division Chief of Integrative and Community Medicine, College of Osteopathic Medicine
Associate Professor, School of Pharmacy
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Amber Fedin, DO, FACOFP, FAAFP
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Associate Professor of Family Medicine
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Johnny Huard, PhD
Chief Scientific Officer and Director
Center for Regenerative Sports Medicine
Steadman Philippon Research Institute
Vail, CO

Matthew Kampert, DO, MS, ACSM-CEP
Head of Research for Primary Care Sports Medicine
Director of Exercise Medicine for Endocrinology and Metabolism Institute
Associate Professor, Lerner College of Medicine
Cleveland Clinic
Cleveland, OH

Jon Kole, MD MBe
Medical Director and Senior Director of Psychiatry at Headspace
Clinical Assistant Professor in Department of Psychiatry and Human Behavior
Director of Ethics Education at The Warren Alpert School of Medicine at Brown University
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Amy Meister, DO, MRO
President of Community and Ambulatory Services
SVP of Hospital Services Division
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Phil Miller, D.O., M.S. Med. Ed.
Family Medicine and Neuromusculoskeletal Medicine / Osteopathic Manipulative Medicine Physician
Mount Nittany Physician Group
State College, PA

Bruce S. Rabin, MD, PhD
Emeritus Professor
University of Pittsburgh School of Medicine
Pittsburgh, PA

Craig Sable, MD
Interim Chief, Division of Cardiology
Director, Echocardiography
Children’s National Hospital
Professor of Pediatrics
George Washington University School of Medicine
Washington, DC

Daniel Salahuddin, MD, MPH
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Department of Family Medicine
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Associate Program Director, Combined Family Medicine & Psychiatry Residency Program
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Sto-Rox Neighborhood Health Council, Inc.
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Mike Semelka, DO, FAAFP
Chair of Primary Care & Division Chief
Professor of Family Medicine
Duquesne University College of Osteopathic Medicine
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Amanda Troy, PhD, MS, NHC
Chair and Associate Professor of Anatomy
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Jacob Turnbull DO, FAOASM
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Douglas E. Vaughan, MD  
Irving S. Cutter Professor Emeritus  
Director, Potocsnak Longevity Institute  
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James S. Withers, MD  
Medical Director and Founder  
Operation Safety Net and the Street Medicine Institute  
Assistant Clinical Professor of Medicine, University of Pittsburgh  
Director, UPMC Mercy Street Medicine Fellowship  
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Michael A. Yonas, DrPH  
Vice President, Community Partnerships and Learning  
The Pittsburgh Foundation  
Pittsburgh, PA

Elizabeth M. Zona, DO  
Board Certified in Anesthesiology and Addiction Medicine  
Medical Director for Anesthesia Services  
Three Rivers Endoscopy Center  
Medical Director for Addiction Medicine Services  
Laurel Care Treatment Services  
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CONTINUING EDUCATION

The Duquesne University School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

The Pennsylvania Osteopathic Medical Association (POMA) is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. The Pennsylvania Osteopathic Medical Association (POMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Brenda R. Dill  
Senior Director, Education & Communications  
Pennsylvania Osteopathic Medical Association
PRIVACY AND CONFIDENTIALITY

The Duquesne University School of Pharmacy protects the privacy of personal and other information regarding participants and educational collaborators. Duquesne University School of Pharmacy will not release personally identifiable information to a third party without the individual’s consent, except such information required by ACPE.