

RUNNING MEDICINE™ **2024**

Presented by the Department of
Physical Medicine and Rehabilitation

Provided by University of Virginia School of Medicine and School of Nursing

Program Agenda

820-830 am	Welcome Remarks Bob Wilder, MD, FACSM
8:30-9:15 am	Application of ESWT for Running Injuries (Adam Tenforde, MD)
9:15-10:00 am	New Advances in Stress Fracture Management (Adam Tenforde, MD)
10:00-10:15 am	Break
10:15-11:00 am	The Runner with Iron Deficiency Anemia (Sara Raiser, MD)
11:00-11:45 pm	Joint Preservation and Osteochondral Injury in Runners (Matthew Deasey, MD)
11:45-12:30 pm	Lunch Break
12:30-1:15 pm	New Applications of Ultrasound in Running Medicine (David Hryvniak, DO)
1:15-2:00 pm	The Troubled Tendon: A Physical Therapy Case Approach (Laura Hodges-Long, DPT)
2:00-2:45 pm	Return to Run Plans: A Case Approach (Robert Wilder, MD)
2:45-3:00 pm	Questions & Wrap up

Accreditation & Designation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

AMA PRA CATEGORY 1 CREDIT

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



ANCC CONTACT HOURS

The University of Virginia School of Medicine and School of Nursing awards **6.0 contact hours** for nurses who participate in this educational activity and complete the post activity evaluation.



The University of Virginia School of Medicine and School of Nursing has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria.

The University of Virginia School of Medicine and School of Nursing (BOC AP#: 0002308) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 6 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

HOURS OF PARTICIPATION

The University of Virginia School of Medicine and School of Nursing awards **6.0 hours of participation** (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

Invited Speakers:

Adam Tenforde, MD

UVA Speakers and Planning Committee:

Shelley Blakely, DAT

Matthew Deasey, MD

Laura Hodges-Long, DPT, Physical Therapist

David J. Hryvniak, DO, CAQSM* Assistant Professor

Wendy Sewack, M.Ed* Program Manager, UVA Office of Continuing Medical Education

Robert P. Wilder, MD, FACSM* Professor & Chair, Course Director

*Indicates Planning Committee Member

Disclosures:

The following have disclosed **no financial relationship** or interest with any proprietary entity producing healthcare goods or services.

Matthew Deasey, MD

David Hryvniak, DO

Laura Hodges-Long

Wendy Sewack, MPH

Robert Wilder, MD

Adam Tenforde, MD indicated a financial relationship with Envois for research support in Achilles' tendinopathy research and for use of LiteCure devices.

Sara Raiser, MD indicated a financial relationship with Bauerfeind USA Inc. for research sponsorship in the area of ankle braces for shin splint treatment.

DISCLOSURE OF FACULTY FINANCIAL AFFILIATIONS

The University of Virginia School of Medicine and School of Nursing as a Joint Accreditation Provider adhere to the ACCME ***Standards for Integrity and Independence in Accredited Continuing Education***, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

DISCLOSURE OF DISCUSSION OF NON-FDA APPROVED USES FOR PHARMACEUTICAL PRODUCTS AND/OR MEDICAL DEVICES

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

How to Evaluate and Claim Your CE Credit

We have transitioned to a **new** continuing education platform, CloudCME, and have **new** procedures for claiming CE credit.

1. Navigate to CloudCME:

- Through the CloudCME App (download if you haven't already), then enter the organization code: **UVA**
or
- Through the internet: www.UVA.Cloud-CME.com

2. Sign In

- **UVA Employees:** Log-in with your **UVA Computing ID/single sign on**
- **Non-Employees:** Log-in with your **Email and Password you used to sign up for this course**
 - Select "Forgot Your Password" to set your CloudCME password.

3. Select My CE

4. Select Evaluations (in the app) or Evaluations & Certificates (on the website)

5. Select this course, 2024 Running Medicine Conference

6. Complete the evaluation and claim credit.

While you are logged in, please **Update Your Profile!** This will help ensure that you receive full CE credit:

1. Select **My CE**
2. Then select **My Profile**
3. Complete the entire form.

Please note:

**The post activity evaluation for credit will only be available for a 30-day period until Oct 13th
Credit will not be issued after the evaluation period has closed.**

Questions? Email uvace@uvahealth.org.

Note: Athletic trainers looking to claim credit should also email Emily Hopkins, Operations Manager, at EAH9S@uvahealth.org