Annual Medical & Dental Clinical Conference

May 29th - 31st, 2008
Big Cedar Lodge
On the Shores of Table Rock Lake near Branson, Missouri

A Touch of the Tropics in the Ozark Mountains!

www.ohnm.org www.mo-pca.org
Conferences & Speakers

Motivational Interviewing: Health Behavior Change – A Model for Improving Patient Care
DAVE HANSON, PHARM.D., PAHM

Medication non-adherence is a multifaceted problem, especially for patients with chronic disease. Thirty-two million Americans are taking 3 or more medications daily. Fifty percent of the prescriptions dispensed annually in the United States are not taken correctly by patients.

Managing illness and adhering to a medication regimen usually requires some sort of behavior modification on the part of the patient. Most people who are faced with a change are not ready to take action. The patient’s readiness to change directly influences the patient’s motivation. Lack of motivation can be influenced by the patient’s ambivalence regarding the treatment plan.

In this 4-hour workshop, participants will be introduced to a method of communication for enhancing their patients’ intrinsic motivation to change by exploring and resolving patient ambivalence. Health care providers will learn to recognize resistance and collaborate with their patients in order to better manage their health.

At the end of this presentation, participants should be able to:
• Understand and describe the steps necessary to negotiating behavior change with patients.
• Define resistance, dissonance, and ambivalence as they relate to health behavior change.
• Describe the 4 categories of resistant behavior, causes of resistance, and strategies for reducing patient resistance during consultation.
• Describe and apply the 5 general principles of health behavior change (READS).
• Apply the health behavior change strategies of exchanging information learned from workshop presentations and role-play scenarios to patient encounters in your practice setting.
• Demonstrate how to evaluate a patient’s readiness to change their health behavior.
• Conduct a patient counseling session using the Elicit-Provide-Elicit strategy.
• Demonstrate the use of empathy during a patient counseling session.
• Evaluate various Health Behavior Change processes and utilize the most appropriate skills to help motivate a patient’s behavior change.
• Identify various counseling skills that can be implemented with patients immediately.
DENTAL MANAGEMENT OF HIV PATIENTS

This presentation will provide information on the important role of the oral healthcare provider regarding the clinical management of HIV-infected patients. Topics to be covered will include proper dental management for people living with HIV disease including important lab data and infection control concerns as well as information regarding oral manifestations seen in association with HIV disease. Participants will learn techniques to accurately diagnose and manage the most common oral opportunistic infections seen in association with HIV disease. Proper recognition and management of the oral diseases seen in association with HIV infection can reduce morbidity and improve the overall quality of life of people living with HIV/AIDS.

At the end of this presentation, participants should be able to:
- Describe the latest trends in the oral manifestations of HIV in the ART Era, including an update on the association of oropharyngeal HPV infection and cancer
- Identify the most common oral manifestations seen in association with HIV disease.
- Manage the most common oral manifestations seen in association with HIV disease
- Understand clinical management issues for treating patients living with HIV/AIDS in the dental office.

MUGS & DRUGS

This course is designed to give participants an understanding of the overall health impact of certain counter-cultural trends. Head and neck piercings, their healing dynamics and possible impact on oral structures will be discussed utilizing case studies to enhance learning. Recognizing substance- and self-abuse patterns will aid health care professionals in recognizing potentially life-threatening behaviors. Abuse of ‘drugs’—including alcohol, methamphetamine, over-the-counter remedies, and prescription medication—will be discussed. This course will provide participants with the necessary resources to recognize and provide supportive services for patients abusing drugs.

At the end of this presentation, participants should be able to:
- Develop appropriate in-office and at-home treatment care strategies for the intraorally pierced patient
- Understand the healing dynamics associated with head and neck piercings
- Recognize self-abuse patterns and implement appropriate referral services
- Become familiar with commonly abused drugs and their affect on the oral cavity
- Recommend home care strategies for treating the addicted patient
Diet Wars – The Effects of Diets on Oral & Systemic Health
Betsy Reynolds, RDH, MS
South Beach? Atkins? The Zone? Weight Watchers®? Jenny Craig®? Cabbage Soup? Eating Right for Your Blood Type? Caveman? Grapefruit? Russian Air Force? 7-Day All-You-Can-Eat? Confusing???? You bet! America’s obsession with weight loss has lead to increasingly complex diets that impact general and oral health. This course will provide participants with an overview of current dieting trends in an effort to minimize confusion and maximize understanding of the effects of today's dieting revolutions. Presented in a relaxed forum, clinicians will be able to incorporate information garnered in this course to provide more comprehensive nutritional counseling to patients as well as recognize possible sequelae of dieting trends. Come prepared to learn, enjoy and share your insights.

At the end of this presentation, participants should be able to:
• Describe fat metabolism
• Recognize the inflammatory nature of certain types of adipose tissue
• Develop treatment plan protocols based on appropriate diet and home care recommendations
• Discuss how obesity affects all age groups

Betsy Reynolds, RDH, MS
Armed with degrees in dental hygiene and oral biology, Betsy presents scientifically-based continuing education programs nationally and internationally. Betsy has also lent her expertise to articles and books on topics ranging from microbiology and anatomy of the oral cavity to the relationship between oral health and systemic disease processes. As someone who is passionate about lowering mortality rates in women due to cardiovascular disease, Betsy is committed to presenting programs including current research involving links associated with oral inflammation and heightened risk of heart attack and stroke.

Maintaining Health for a Lifetime:
Strategies for Women
Tieraona Low-Dog, MD
Barbara Steinberg, DDS

As women search for ways to optimize their health and well being, they must sift through the enormous amount of recommendations being made in both conventional and complementary medicine. This highly informative and engaging presentation will provide participants with a comprehensive review of the evidence for dealing with chronic stress, premenstrual syndrome, menopause, insomnia, osteoarthritis, as well as for reducing the risk of heart disease, diabetes and cancer. The presentation will also address the special needs of women when it comes to oral health and dental care, including the latest information on osteoporosis and bisphosphonate induced osteonecrosis of the jawbones.

At the end of this presentation, participants should be able to:
• Assess the evidence for alternative therapeutic options for premenstrual syndrome, menopause and osteoarthritis to help women make better healthcare choices.
• Identify authoritative resources for obtaining accurate, unbiased information on conventional, complementary and alternative treatments
• Identify which dietary supplements have evidence of benefit for improving or maintaining the health of women.
• Discuss prevention strategies including lifestyle modifications and dietary interventions that can reduce the risk of diabetes, heart disease and certain cancers.
• Recognize oral conditions prevalent in victims of domestic violence
• Recognize special dental and medical considerations when treating female patients during fluctuations in sex hormones that occur in puberty, menses, pregnancy, menopause, as well as those caused by the use of oral contraceptives
• Describe the latest information regarding osteoporosis, including bisphosphonate induced osteonecrosis of the jawbones
• Recognize the oral and systemic effects of eating disorders

Dr. Tieraona Low-Dog
Dr. Low-Dog received her Doctor of Medicine degree from the University of New Mexico School of Medicine and currently serves as the Director of Education for the Program in Integrative Medicine at the University of Arizona. She has studied midwifery and massage therapy, and has served as President of the American Herbalist Guild. With more than 30 publications to her credit, Dr. Low Dog is an internationally known speaker on topics ranging from the responsible use of herbal medicine and dietary supplements to integrative approaches to women’s health.

Dr. Barbara Steinberg
Barbara J. Steinberg received her D.D.S. from the University of Maryland School of Dentistry and completed a residency at the Medical College of Pennsylvania. She is a Clinical Professor of Surgery at Drexel University College of Medicine, as well as Adjunct Associate Professor of Oral Medicine at the University of Pennsylvania School of Dental Medicine. Dr. Steinberg is also a Diplomate of the American Board of Oral Medicine. Dr. Steinberg specializes in the treatment of medically compromised patients. She is a nationally and internationally invited lecturer in the area of dental treatment of the medically compromised patient and women’s health.
Annual Clinical Conference

Registration Form
Missouri Primary Care Association & Oral Health Network of Missouri

Copy form as needed.
Please use one form per person

Name & Professional Designation (as it will appear on name badge)

Employer/Health Center

Employer Address

Employer City, State, Zip

Address to send C.E. Letter (if different from employer address)

Address City, State, Zip

Work Phone    Fax

E-mail

Dietary Restrictions:

Will you be attending “Motivational Interviewing”?    Y   or   N

Number of Persons Attending Friday Night Luau .   1   or   2
(Limit 2 per registration)

Registration Fee
$250 - Missouri FQHC Employees Only
$400 - All others     Fee Included $____________

Send Check or Money Order, along with completed Registration Form to:
Oral Health Network of Missouri
3325 Emerald Lane
Suite K
Jefferson City, MO  65109-6879

REFUND POLICY

Cancellation on/before April 30, 2008
full refund of registration fees, less a $25 processing fee.

Cancellation on/after May 1, 2008
no refund.

Questions may be directed to
Karen Dent at 573-634-4022 or
kdent@mailohnm.org.
Thanks to the following sponsors for their generous support of the 2008 Clinical Conference!

HENRY SCHEIN, INC.
Pfizer, Inc.

PHILIPS sonicare
the sonic toothbrush

Missouri Department of Health and Senior Services
HIV Supportive Services Program & Asthma Prevention and Control Program
Made possible by special support and funding from the Centers for Disease Prevention and Control, National Center for Environmental Health funding opportunity agreement.

Catalog of Federal Domestic Assistance (CFDA) Number: 93.283
Funding Opportunity Announcement (FOA) Number: EH06-604CONT08