



CAROLINA MOUNTAIN NAON

# 16<sup>th</sup> Annual Orthopaedic Nursing Conference

## Orthopaedic Care, Not for the Faint of Heart

OCTOBER 30, 2020

### DESCRIPTION

Join us this fall for a one-of-a-kind conference featuring speakers from Charles George VA Medical Center; EmergeOrtho: Blue Ridge Division; AntiFragile Physical Therapy; Patient Advocacy NC, PLLC; and Southeastern Sports Medicine.

You will have the opportunity to learn more about ERAS in the orthopaedic community, virtual reality therapy, common spinal conditions, pain management from the physical therapist's perspective, nurse coaching for the orthopaedic patient, and Achilles repairs and injuries that mimic ankle sprains. You will hear about the orthopaedic journey from a patient's perspective.

Along with learning some exciting things about orthopaedic care, you will have the opportunity to network with other orthopaedic care providers. This will be a continuing education activity for nurses and physical therapists to achieve contact hours. We look forward to seeing you there!

### AUDIENCE

RNs, LPNs, Nursing Assistants, Physical Therapists/Physical Therapist Assistants, Occupational Therapists/Occupational Therapist Assistants, and all other interested healthcare professionals.

### OBJECTIVES

Upon completion, participants will be able to:

- Describe the most current updates regarding shoulder surgery
- State the role of the Nurse Coach for the Orthopaedic Patient
- Recognize the personal experience of a former orthopaedic patient's surgical event
- Describe ERAS in the orthopaedic community
- Discuss current concepts in managing patients with long-standing pain
- State the outcomes of patient's with certain spinal conditions

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

**LOCATION**  
**DATE**  
**REGISTRATION PROGRAM**

Join us live via webinar  
**Friday, October 30, 2020**  
8:30 am–9:00 am EST  
9:00 am–4:30 pm EST

EARLY REGISTRATION FEES THROUGH OCTOBER 23, 2020

**PROGRAM FEE** \$75.00 per person (\$90.00 after 10/23/20)

### CREDITS

#### 5.75 Nursing Contact Hours

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of the activity to receive credit.

**Occupational Therapy:** As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **5.75** CCAs.

**Physical Therapy:** Mountain Area Health Education Center (MAHEC), as part of the North Carolina AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE: **5.5** contact hours.

**CEUs:** Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **5.75** contact hours.

JOINTLY PROVIDED BY



## PROGRAM AGENDA

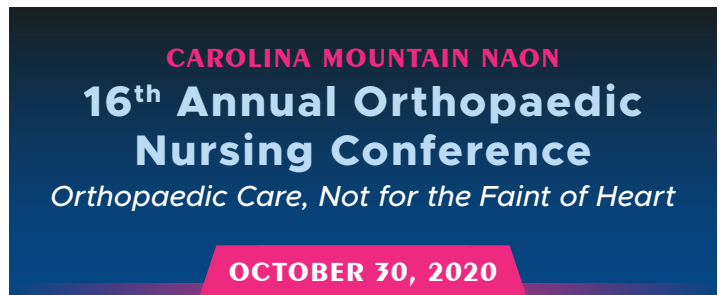
- 8:30–8:55** Webinar Check-in
- 8:55–9:00** Welcome  
— Brianna Stepp, BSN, RN, ONC  
— Ronnie Metcalf, EdD, RN-BC, ONC
- 9:00–10:00** What's New in Shoulder Surgery  
— Jay West, MD
- 10:00–10:30** Break
- 10:30–11:30** Current Concepts in Managing Orthopaedic Patients with Long-Standing Pain  
— Jeffrey Meadows, DPT, OCS, COMT, FAAOMPT
- 11:30–12:30** Break for Lunch
- 12:30–1:00** Nurse Coaching for the Orthopaedic Patient  
— Karen Sanders, MSN, RN, AHN-BC, HWNC-BC
- 1:00–2:00** A Personal Orthopaedic Patient Experience  
— Ashley Imgrund-Flora, PA
- 2:00–2:15** Break
- 2:15–3:15** Enhanced Recovery After Surgery (ERAS) in the Orthopaedic Community and Virtual Reality Therapy  
— Amanda Graves, RN, BSN
- 3:15–4:15** General Overview of Spinal Conditions  
— Mike Goebel, MD
- 4:15–4:30** Conference Overview and Summary  
— Jan Bailey, MSN, APRN, OCNS-C, NPD-BC  
— Brianna Stepp, BSN, RN, ONC  
— Jenny Bradley, MSN, RN, NPD-BC, ONC
- 4:30** Adjourn

## REGISTRATION

### Early registration deadline: October 23, 2020

The program registration fee includes administrative costs and educational materials. If registration is received after the deadline, the total fee will be the registration fee + \$15.00. MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)



Updated contact information. #20ID025/60953

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_ \_\_\_\_ \_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

PROGRAM FEE  \$75.00  \$90.00 (after 10/23/20)

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### HAVE A QUESTION?

#### Contact the Program Planner

Ronnie Metcalf, EdD, RN-BC, ONC

[ronnie.metcalf@mahec.net](mailto:ronnie.metcalf@mahec.net) or 828-257-4478



### Special Services

828-257-4485

### REGISTRATION INFORMATION

#### FAX REGISTRATION

828-257-4475

#### ONLINE REGISTRATION

828-257-4768

#### EMAIL

[www.mahec.net/cpd](http://www.mahec.net/cpd)

#### MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803



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