



Annual Meeting

JULY 22–25, 2020



*Please join us for this can't-miss event of the summer
at the Biltmore Estate in Asheville, NC.*



Annual Meeting

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DESCRIPTION

In its 66th season, the Southern Obstetric and Gynecologic Seminar is a three-day, educational event designed to address relevant and timely topics in women's health for the busy provider. Distinguished lecturers and leading experts in the field of obstetrics and gynecology will present clinical best-practices and care recommendations that the provider can easily implement to improve patient care and outcomes. The content covered in this year's conference was derived from assessing the information needs and educational gaps reported by Southern's physician and advanced practice provider (APP) membership. Information will be delivered through a series of four lectures each day, case-studies, and question and answer sessions. Lectures will address: chronic pelvic pain assessment and treatment options, menopause management, laser updates, pessaries, maternal mortality, global health, prescribing buprenorphine in obstetrical care, legislation, perioperative care, and surgical complications.

Accompanying the academic portion of the annual meeting, Southern's members value the opportunity to interact socially with longstanding and new members. This year, Southern returns to the Biltmore Estate—George W. Vanderbilt's summer house. Make plans to attend Wednesday evening's Welcome Reception in The Loft at Cedric's Tavern and the Friday evening Dinner Reception in the Antler Hill Barn. Offered again this year, you may purchase Length of Stay tickets that will grant you daily access to the Biltmore House for the duration of your stay for the price of a one-day admission ticket (only available to guests staying on the Biltmore Estate). Thursday afternoon will feature a Vanderbilt Tasting and Production Tour (21+ only).

Don't delay! Register for this year's meeting online or by mail today. More information on Southern Obstetric and Gynecologic Seminar can be found at:

www.southernobgynseminar.org

We hope to see you at the Biltmore Estate!



Jointly Provided by Southern Obstetric and Gynecologic Seminar, Inc. and Mountain Area Health Education Center.

OBJECTIVES

At the conclusion of this continuing education event, providers and clinicians will be able to:

- Review a comprehensive history and physical for the chronic pain patient
- Identify appropriate testing for the work-up of chronic pelvic pain
- Identify appropriate treatment modalities based on history and physical for management of chronic pain
- Describe the role of surgical management of chronic pelvic pain
- Review of Medication-Assisted Treatment (MAT) recommendations in pregnancy
- Define the unique factors that affect prescribing MAT in pregnancy and postpartum
- Evaluate practice readiness for prescribing MAT
- Provide a legislative update on current priorities and issues relevant for Ob/Gyns in the 2020 Session
- Examine maternal mortality in the United States
- Identify near misses in maternal mortality
- Examine the global health of women
- Review treatment options for the management of menopause
- Review the current data surrounding the best practices of perioperative care
- Outline the various aspects of an Enhanced Recovery After Surgery (ERAS) protocol
- Summarize the benefits of using the ERAS pathway in your practice
- Outline the most common complications associated with gynecologic surgery
- Understand the etiology and/or risk factors for the more common complications
- Provide strategies to prevent and manage postoperative complications

AT-A-GLANCE

Wednesday, July 22, 2020

Welcome Reception 5:30 pm–8:00 pm

Thursday, July 23, 2020

Breakfast 7:00 am–8:00 am
Registration 7:00 am–8:00 am
Program 8:00 am–12:30 pm
Winery Tour and Tasting 4:00 pm–5:30 pm

Friday, July 24, 2020

Breakfast 7:00 am–8:00 am
Registration 7:00 am–8:00 am
Program 8:00 am–1:00 pm
Dinner Reception 6:00 pm–9:00 pm

Saturday, July 25, 2020

Breakfast 7:00 am–8:00 am
Registration 7:00 am–8:00 am
Program 8:00 am–12:30 pm

AUDIENCE

Physicians, APPs, RNs, and others who are committed to advancing the quality of care for their female patients.

AGENDA ITEM LOCATIONS

Breakfasts, Breaks, and Exhibits: Lioncrest Veranda

Registration: Lioncrest Lobby

Presentations and Q&A Sessions: Lioncrest Grand Ballroom

Social Events: all locations are specified in italics below

WEDNESDAY, JULY 22, 2020

5:30–8:00 **Optional Event:** Welcome Reception
(Location: *The Loft at Cedric's Tavern*)
Serving cocktails and hors d'oeuvres.

THURSDAY, JULY 23, 2020

7:00–8:00 Breakfast

7:00–1:30 Exhibits

7:00–8:00 Registration

8:00–12:30 Presentations
— Arthur Ollendorff, MD (*moderator*)

8:00–8:45 Pelvic Pain I
— Patricia Overcarsh, MD, MPH

8:45–9:30 Before You Write: Questions to Ask Before
You Begin Writing Buprenorphine in Your
Obstetrical Practice
— Melinda Ramage, MSN, FNP-BC, CARN-AP

9:30–10:00 Questions and Answers

10:00–10:30 Break and Exhibits

10:30–11:15 Pelvic Pain II
— Patricia Overcarsh, MD, MPH

11:15–12:00 2020 Legislative Update
— Rob Lammé, BA

12:00–12:30 Questions and Answers

12:30 Adjourn

4:00–5:30 **Optional Event:** Winery Tour and Tasting
(Location: *Biltmore Estate Winery*)
Exclusive guided tour of Biltmore's
production facilities, followed by an
informative sampling. Refreshments will be
served. Must be over 21 to participate.

FRIDAY, JULY 24, 2020

**CLICK HERE
TO REGISTER**

7:00–8:00 Breakfast

7:00–1:30 Exhibits

7:00–8:00 Registration

8:00–1:00 Presentations
— Arthur Ollendorff, MD (*moderator*)

8:00–8:45 **Abe Mikal Lecture**
Best Practices in Perioperative Care
— Fidel Valea, MD

8:45–9:30 Operative Vaginal Delivery
— Nancy Gaba, MD, FACOG

9:30–10:00 Questions and Answers

10:00–10:30 Break and Exhibits

10:30–11:15 Gynecologic Surgical Complications:
Management and Prevention
— Fidel Valea, MD

11:15–11:45 Annual Business Meeting

11:45–12:30 **Roy Parker Lecture**
Menopausal Management
— Nancy Gaba, MD FACOG

12:30–1:00 Questions and Answers

1:00 Adjourn

6:00–9:00 **Optional Event:** Dinner Reception and
Cocktails with Outdoor Barbecue,
“Biltmore Style” (Location: *Antler Hill Barn*)

SATURDAY, JULY 25, 2020

7:00–8:00 Breakfast

7:00–12:30 Exhibits

7:00–8:00 Registration

8:00–12:30 Presentations
— Arthur Ollendorff, MD (*moderator*)

8:00–8:45 Pessaries
— Sarah Bradley, MD

8:45–9:30 Maternal Mortality and Near Misses
— Maria Small, MD, MPH

9:30–10:00 Questions and Answers

10:00–10:30 Break and Exhibits

10:30–11:15 Laser Update
— Sarah Bradley, MD

11:15–12:00 Global Health
— Maria Small, MD, MPH

12:00–12:30 Questions and Answers

12:30 Evaluation and Adjourn

HAVE A QUESTION?

Contact the Program Planner

Lisa Roy, MSW

lisa.roy@mahec.net or 828-257-4491

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net/cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803



Special Services

828-257-4468

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.

FACULTY

Sarah Bradley, MD, is a practicing Obstetrician and Gynecologist in Asheville, NC. Dr. Bradley graduated from the University of Mississippi School of Medicine and completed her residency at Mountain Area Health Education Center (MAHEC).

Nancy Gaba, MD, FACOG, is board certified in Obstetrics and Gynecology, and currently serves as the Oscar I. and Mildred S. Dodek and Joan B. and Oscar I Dodek Jr. Professor and Chair of the Department of Obstetrics and Gynecology at The George Washington University. Dr. Gaba attended Vassar College and subsequently The George Washington University School of Medicine & Health Sciences. She chose to remain in Washington, DC, for her residency in Obstetrics and Gynecology. She was selected as an Administrative Chief Resident and, upon completion of her residency at The George Washington University School of Medicine & Health Sciences, she was awarded the Allen B. Weingold Award for Excellence in Medical Education. Dr. Gaba has been a member of the full-time faculty at the Medical Faculty Associates since 1997. She has many areas of clinical interest and expertise in general Obstetrics and Gynecology. These include: female sexual function and dysfunction; menopause; laparoscopy; general obstetrics; sonohysterography; management and treatment of fibroids and menstrual disorders; colposcopy; LEEP; adolescent gynecology; gynecologic surgery; hysteroscopy; cervical dysplasia; contraception and placement of contraceptive devices; and hormone replacement therapy.

Rob Lammé, BA, is president of Rob Lammé and Associates, a communications, government relations, and policy consulting company based in Raleigh, NC. Among other clients, Rob represents the NC Ob/Gyn Society in the NC General Assembly. He is the former Government Relations Director for the NC Department of Health and Human Services. He has more than 20 years experience in state policy work in North Carolina.

Patricia Overcarsh, MD, MPH, completed her Ob/Gyn residency training at Oregon Health and Science University in Portland, OR. Following residency, she completed a two-year, minimally invasive gynecology fellowship at Vanderbilt University focusing on advanced gynecologic surgery skills as well as the evaluation and management of women with chronic pelvic pain. She moved to Asheville, NC, in October 2019, where she practices full scope Ob/Gyn at MAHEC Ob/Gyn Specialists.

Melinda Ramage, MSN, FNP-BC, CARN-AP, is the Medical Director and Co-Founder of Project CARA (Care that Advocates Respect, Resilience, and Recovery for All) at MAHEC. Project CARA provides comprehensive substance use treatment within a high-risk obstetrical care program and has served over 700 patients since 2014. The program is supported by a team of community partners that include comprehensive mental health, outreach programs, and hospital care services. Ramage is a public speaker and clinical educator on perinatal substance use treatment and opioid use disorders, as well as prevention and awareness efforts in Western NC and across the state. She leads the Project CARA research team with a focus on best

practice and healthcare systems work that affects perinatal substance use treatment. A graduate of Purdue University, she started her nursing career as a psychiatric nurse in the U.S. Navy and went on to earn her master's degree in nursing in Western Carolina University's Family Nurse Practitioner Program. Passionate about women's health, she continues to work in high-risk obstetrics and is a certified diabetes educator in addition to her certification in addiction.

Maria Small, MD, MPH, is an Associate Professor with tenure in Obstetrics and Gynecology at Duke University Health System. She received her undergraduate degree from Brown University and completed her medical degree at East Carolina University. In addition to a residency from Temple University, Dr. Small received her fellowship training in Maternal-Fetal Medicine and Master in Public Health from Yale University. She has an interest in adverse maternal outcomes and community health, with expertise in designing care for women with high-risk gynecological and obstetrical conditions. Dr. Small's work in global health includes projects in Haiti, Ghana, Tanzania, and Rwanda. She spends a portion of the academic year in Rwanda as part of the Human Resources for Health Program. Dr. Small has extensive community connections and successful community engagements with multiple organizations. She is actively involved in efforts to reduce maternal mortality and serves on the NC maternal mortality review committee. Dr. Small is an avid teacher and welcomes opportunities to mentor and assist medical students and residents.

Fidel Valea, MD, joined Carilion in the fall of 2016 as Chair of Obstetrics and Gynecology for Carilion Clinic and Virginia Tech Carilion School of Medicine following a distinguished academic and leadership career that includes professor with tenure, vice chair of education, residency program director, and fellowship program director in the Division of Gynecologic Oncology at Duke University School of Medicine. He was also section head of Gynecologic Oncology and residency director at SUNY Stony Brook School of Medicine prior to his tenure at Duke. He has served as a visiting professor at universities across the globe; and authored or co-authored more than 100 articles, abstracts, peer-reviewed chapters, and educational tapes. He is currently the Director of Gynecologic Oncology for the American Board of Obstetrics and Gynecology and also serves on the Board of Directors for ABOG. His research interests are in pre-invasive disease of the cervix, minimally invasive surgery, and evidence-based perioperative care. His professional passion is medical education.

EXECUTIVE COMMITTEE

MargEva Cole, MD, Duke Ob/Gyn (Durham, NC)

Mikala Fowler, MMS, PA-C

Gardner-Webb University (Boiling Springs, NC)

Hytham Imseis, MD

Noval Health Maternal-Fetal Medicine (Charlotte, NC)

Elizabeth Livingston, MD, Duke Ob/Gyn (Durham, NC)

Arthur Ollendorff, MD

MAHEC Ob/Gyn Specialists (Asheville, NC)

Susan West, MD, Laurel Ob/Gyn, PA (Asheville, NC)

CREDITS

Continuing Medical Education

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of Mountain Area Health Education Center (MAHEC) and Southern Obstetric and Gynecologic Seminar, Inc. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **12.0** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

12.0 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.

ACOG: The American College of Obstetricians and Gynecologists (ACOG) has assigned **12.0** cognate credits to this program.

CEUs: Mountain Area Health Education Center (MAHEC) designates this live continuing education activity as meeting the criteria for **1.2** 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 **12.0** contact hours.

VENUE AND LODGING

Reservation Deadline: June 7, 2020

Biltmore Estate, 1 Lodge Street, Asheville, NC 28803

Book your overnight accommodations at the Village Hotel on Biltmore Estate online using the group code **19y1ea**.

www.mahec.net/southern-obgyn-village-hotel

You may also call 866-779-6277 and request the Southern Ob/Gyn Seminar room block. Phone reservations can be made Monday–Friday, 8:30 am to 5:00 pm.

The Biltmore Estate offers FREE transportation to and from all venues and also throughout the Estate. Please look for Southern Ob/Gyn posters on easels near the registration desk, lecture hall entrance, and veranda entrance.

Wednesday 7/22 – Thursday 7/23/2020

Single/Double Occupancy = \$199.00 plus tax

Friday 7/24 – Saturday 7/25/2020

Single/Double Occupancy = \$279.00 plus tax

OTHER ACCOMMODATIONS

MAHEC has negotiated reduced rates with several local hotels. More information can be found [here](#).

REGISTRATION

Physicians

- **\$400.00** (includes annual dues + one dinner ticket)

Retired Physicians

- **\$275.00** (includes annual dues + one dinner ticket)

APPs, Nurses, and Allied Health

- **\$275.00** (includes annual dues + one dinner ticket)

Winery Tour and Tasting on Thursday, July 23, 2020

- **\$40.00** per adult (must be 21 and over)

Dinner Reception on Friday, July 24, 2020

- **\$80.00** per adult
- **\$35.00** per child (must be 14 and under)

Length of Stay Admission Tickets

- **\$55.00** (includes daily access to the Biltmore House, during house hours only, for the duration of your stay; only available to guests staying on the Biltmore Estate)

By registering for this program, you will receive a one-year membership to the Southern Obstetric and Gynecologic Society and one complimentary ticket for Friday night's dinner reception. Additional tickets for the dinner reception may be purchased in advance—please specify the desired number of tickets on the registration form. Registration fees also include conference administrative costs, educational materials, and breakfast on Thursday–Saturday.

REGISTRATION POLICIES

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 that are 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)

MEDICAL COURSE DIRECTOR

Arthur Ollendorff, MD

MAHEC Ob/Gyn Specialists (Asheville, NC)



Annual Meeting

JULY 22-25, 2020



By registering for this annual meeting, you are granting permission for your contact information to be shared with Southern Obstetric and Gynecologic Seminar, Inc., which is a joint provider of this continuing education activity.

☐ Updated contact information.

Event #62749

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.

MEAL PREFERENCE: ☐ Vegetarian ☐ Gluten-free ☐ Vegan

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 _____

PHYSICIANS

☐ \$400.00 (includes annual dues + one dinner ticket)

RETIRED PHYSICIANS

☐ \$275.00 (includes annual dues + one dinner ticket)

APPS, NURSES, AND ALLIED HEALTH

☐ \$275.00 (includes annual dues + one dinner ticket)

WELCOME RECEPTION ON WEDNESDAY, JULY 22, 2020

☐ I will attend the Welcome Reception (no cost)

How many guests will also be in attendance? _____

Guest names: _____

WINERY TOUR AND TASTING ON THURSDAY, JULY 23, 2020

☐ I will attend the Winery Tour and Tasting (pricing below)

_____ tickets x \$40.00 per adult (21 and over) = _____

Guest names: _____

DINNER RECEPTION ON FRIDAY, JULY 24, 2020

☐ I will attend the Dinner Reception (one complimentary ticket is included; see pricing for additional tickets below)

_____ tickets x \$80.00 per adult = _____

_____ tickets x \$35.00 per child (14 and under) = _____

Guest names: _____

Total Ticket Cost: _____

LENGTH OF STAY ADMISSION TICKETS

Includes daily access to the Biltmore House (during house hours only) for the duration of your stay. Only available to guests staying on the Biltmore Estate. Children 16 and under are free.

_____ tickets x \$55.00 per adult = _____

Send completed registration form to:

MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed

registration form
to: 828-257-4768