

# FLYING PHYSICIANS ASSOCIATION

## 2023 Annual Meeting

### Medical – Aviation Program

#### June 9 – 12, 2023

*President: Vincent B. Ostrowski, MD*

*Program Chair: Andrew Skattum, DO*

### **FRIDAY, JUNE 9, 2023**

1:00 pm **Autism: Evolving Diagnostic Criteria, Etiology and Management**

*What is autism?*

M. N. Nazeeri, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Discuss with patients and peers the current trends and developments in autism research.
- Interpret management strategies for autism and co-morbid conditions.
- Discuss with patients and peers the ethics of informed consent.

1:45 pm Audience question and answer

2:00 pm **Type 2 Diabetes Management Advances: Sweet News**

*What new treatment options are available for managing Type 2 diabetes?*

John E Fanning, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Compare newer treatment options in Type 2 diabetes.
- Apply the newest guidelines for treatment of Type 2 diabetes.

2:45 pm Audience question and answer

3:00 pm Break

3:15 pm **Lifestyle Medicine: An old approach to newer problems**

*How can diet prevent and reverse chronic diseases?*

Lauren Skattum, DO

*Upon completion of this presentation, the participant will be prepared to:*

- Evaluate lifestyle choices and habits that effect health.
- Compare the standard American diet with plant-based diet.
- Formulate with a patient a plan to achieve long term health goals.

4:00 pm Audience question and answer

4:15 pm **The Top 5 IFR Mistakes That GOOD Pilots and CFI's Make\***

*How can I be safer when flying Single Pilot IFR?*

Gary Reeves, CFI

*Upon completion of this presentation, the participant will be prepared to:*

- Identify the top 5 IFR mistakes made
- Plan safer routes
- Reduce task overload and adrenaline paralysis

*\*The two courses provided by Gary Reeves (4:15 pm Friday, 5:30 pm Sunday) qualify for FAA WINGS credit and will satisfy the ground portion of the requirements for a flight review.*

**SATURDAY, JUNE 10, 2023**

8:00 am **Aerospace Medicine and Advanced Medical Technologies**

*What are the aerospace medicine implications of advanced medical technologies?*

Melchor J. Antunano, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Interpret the aerospace human factors considerations of sing new medical technologies for aerospace personnel.
- Summarize the aerospace human factors considerations of using new medical technologies during flight.
- Identify the potential implications of new medical technologies in the investigation of fatal aviation accidents

8:45 am Audience question and answer

9:00 am **Breast Cancer: Managing the Risk**

*How can we accurately identify women who are at increased risk for breast cancer and safely reduce their risk with FDA approved drugs?*

Victor G. Vogel, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Discuss and review with patients the validated risk factors and the tools to assess the risk.
- Cite published evidence for the efficacy and safety of risk reducing agents.
- Identify published risk reducing strategies and the organizations that developed them.

9:45 am Audience question and answer

10:00 am **Skiing Off to War with the 10th Mountain Division: lessons learned and resulting changes in medical practice**

*What was the origin of the 10th Mountain Division, and how did their unique service experiences in mountain and winter environment change medical knowledge and patient care?*

Flint Whitlock, author, historian

*Upon completion of this presentation, the participant will be prepared to:*

- Discuss with patients and peers special preparation for winter mountain environments.
- Apply the lessons learned from the 10th Mountain Division to modern day winter sports medicine and patient care.

10:45 am Audience question and answer

11:00 am Break


11:15 am **NTSB Update for General Aviation Pilots**

*What has changed, what is new and how does it affect me as a pilot?*

Bruce Landsberg

*Upon completion of this presentation, the participant will be prepared to:*

- State changes instituted by NTSB for General Aviation.
- Cite GA ncidents leading to NTSB actions.



12:00 pm Audience Question and answer

1:30 pm **Doolittle Raider Doc: a tale of 3 airmen**

*How did physicians respond when providing patient care in extreme exposure environmental conditions; what was learned and how medical care was changed.*

David G. Schall, MD

Upon completion of this presentation, the participant will be prepared to:  
Consider options for injured patient care in austere environments.

- Implement and improvise transport of injured/wounded casualties.

2:15 pm Audience question and answer

## **SUNDAY, JUNE 11, 2023**

8:00 am **Title TBA**

Eric Fine, MD

*Upon completion of this presentation, the participant will be prepared to:*

- TBA

8:40 am Audience question and answer

8:45 am **The Prince of Surgery**

*What are the symptoms of eustachian tube dysfunction, and how would I diagnose and treat it?*

R. Stephen Smith, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Diagnose and treat eustachian tube dysfunction.
- Recount the early development of surgery.
- Discuss with patients and peers the ethics of informed consent.

9:30 am Audience question and answer

9:45 am Break

10:00 am **Recurrent Urinary Tract Infection: Fact versus fiction**

*What is an evidence-based, conscientious approach to recurrent UTIs in this era of increasing antimicrobial resistance?*

Melissa R. Kaufman, MD, PhD

*Upon completion of this presentation, the participant will be prepared to:*

- Describe and discuss with peers and patients the current challenges in diagnosis of recurrent urinary tract infection.
- Establish knowledge of contemporary guidelines limitations in management of recurrent urinary tract infection.
- Integrate concepts of antimicrobial stewardship into clinical practice.

10:45 am Audience question and answer

11:00 am **Non-operative Management of Achille's Tendon Rupture**  
*Is surgery necessary for the repair of Achille's Tendon rupture?*

Christopher C. Nagle, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Identify and discuss with patients the non-operative approach to Achille's Tendon rupture.
- Explain the process and physiology of tendon healing.
- Cite the evidence-based data in considering a surgical vs. non-surgical approach in treatment of a ruptured Achille's Tendon.

11:45 am Audience question and answer

5:30 pm **Mastering Foreflight and GPS Procedures for Single-Pilot IFR\***

*How should I file, and what approaches should I shoot?*

Gary Reeves, CFI

Upon completion of this presentation, the attendee will be prepared to:

- Identify the critical differences between LP, LPV, L/VNAV and +V Approaches.
- Configure ICAO FPI Setting correctly.
- Master real-life advanced ForeFlight techniques to make flying IFR easier and safer.

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**\*PIKES PEAK ROOM\***

## **MONDAY, JUNE 12, 2023**

7:30 am. LifeLine Pilots Presentation. Lindsey Kerr. [lifelinepilots.org](http://lifelinepilots.org)

8:00 am **WWII Contributions of the 2nd Auxiliary Surgical Group**

*What were the innovations that were demonstrated by the medical research carried out in the European Theater of WWII?*

F. Barry Knotts, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Relate to medical learners the origins of Adult Respiratory Distress Syndrome (ARDS).
- Recognize the progress in medical emergency treatment with development of the forward medical surgical unit in combat (MASH).
- Discuss the invention of Intermittent Positive Pressure Breathing (IPPB).

8:30 am Audience question and answer

8:45 am **Northwest Mountain Region Aerospace Medicine Overview and Update**

*What are the latest changes in aeromedical certification of aviators, and how can the FAA Region assist applicants and Aviation Medical Examiners?*

Stephen J. Veronneau, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Apply the latest changes in aeromedical certification in medical practices.
- Use the means and tools provided through Region to assist aviators and AME's.
- Interpret the contribution of orientation as part of situational awareness in current aviation accidents.

9:30 am Audience question and answer

9:45 am Break

10:00 am **Wilderness Medicine: Preparation when the ER is not around the corner (Characterized by remote and improvised care of patients with limited resources)**

*What should I have in my airplane when traveling remote backcountry?*

Walter C. "Chip" May

*Upon completion of this presentation, the participant will be prepared to:*

- Pack appropriately based on the back country situation.
- Manage insect bites (tick, mosquitoes, bee and wasp); hydration (hypothermia, heat stroke, frostbite); ankle sprain, broken bones.
- Stabilize and evacuate ill and/or injured individuals from the backcountry.

10:45 am Audience question and answer

11:00 am **Flying Safely As An Older Pilot: Data and recommendations from a physician CFI**

*Are older pilots safe to fly and what are the guidelines for the older pilot and the certified flight instructors?*

Victor G. Vogel, MD

*Upon completion of this presentation, the participant will be prepared to:*

- Consider the impact of age on pilot performance.
- Assess the extent of performance deterioration in relation to safety.
- Evaluate the role of experience in offsetting the effects of aging.
- Determine the value of laboratory testing in predicting real-world performance.
- Reflect on the trends of longer lifespans and healthier lifestyles – do they make a difference?

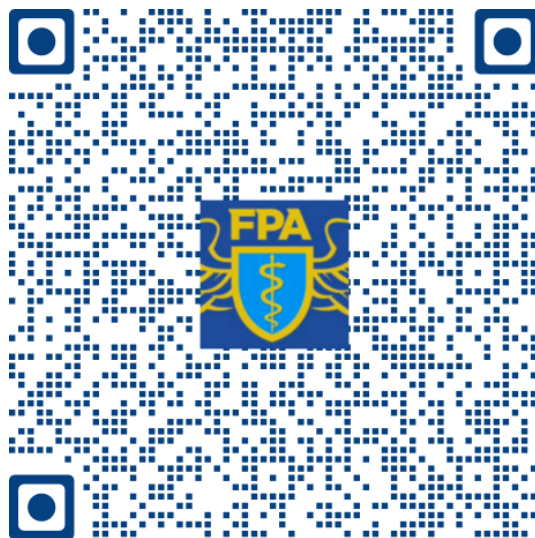
11:30 am Scientific, Medical and Aviation Program Adjourns

Backup. **Crush Injuries** *How do you evaluate and treat crush injuries?*

Andrew Skattum, DO

*Upon completion of this presentation, the participant will be prepared to:* Define crush injury and crush syndrome,  
describe the effects of crush injuries, manage extrication post care.

## CME INFORMATION



The AAFP has reviewed Flying Physicians Association 2023 Annual Meeting and deemed it acceptable for up to 14.50 Live AAFP Prescribed credits. Term of Approval is from 06/09/2023 to 06/12/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AMA/AAFP Equivalency** - Providers may choose to include the following in addition to the AAFP credit statement:

**AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)*<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.**

For all AAFP credit equivalencies and recognition, please see the AAFP Credit System [website](#).

Approval for AAFP CME credit does not imply authorization to use the AAFP logo on CME activity materials or to use AAFP's name in any association with the activity other than the credit statement. CME providers may use the AAFP CME credit seal included in this letter for approved activities as long as the [brand guidelines](#) are followed.

The AAFP reserves the right to perform a post-activity audit and/or have a live monitor at any AAFP certified CME activity.

If you have any questions concerning approval of your activity, please contact us at 1-800-274-2237 or [cmecredit@aafp.org](mailto:cmecredit@aafp.org). Please refer to your application number located at the top of this page.