



# 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 ethical questions surrounding autism.

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 N. Britt-Skattum, DO, FACOOG

*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\*** (Non-CME)

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

Gary Reeves, CFI

*Upon completion of this presentation, the attendee 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.

5:15 pm Adjourn for day

## **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 medical certification/licensing implications (fitness for flight) of 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 **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.

9:45 am Audience question and answer

10:00 am Break

- 10:15 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.
- 11:00 am Audience question and answer
- 11:15 am **NTSB Update for General Aviation Pilots (Non-CME)**  
*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 incidents leading to NTSB actions.
- 12:00 pm Audience question and answer
- 1:30 pm **Doolittle Raider Doc: a tale of 3 airmen**  
*How can one deliver and improvise Trauma care and evacuate patients in an austere environment?*  
David G. Schall, MD  
*Upon completion of this presentation, the participant will be prepared to:*
- Consider treatment options for injured patients in austere environments.
  - Implement and improvise transport of injured/wounded casualties.
- 2:15 pm Audience question and answer
- 2:30 pm Adjourn scientific program for day

## SUNDAY, JUNE 11, 2023

- 8:00 am **Civil Rights Freedom of Access to Clinic Entrances (FACE) Act**  
*What is the ideology of a person protesting an abortion clinic?*  
Theo Williams  
*Upon completion of this presentation, the participant will be prepared to:*
- Discuss with patients and peers the intention and law of the FACE Act.
  - Consider how the FACE Act may affect peers, patients and community.
- 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

12:00 pm Adjourn scientific program for day

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

*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.

\*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.

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

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 how Adult Respiratory Distress Syndrome (ARDS) was originally identified.

- 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 wti 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 Presentation

**Crush Injuries**

*How do you evaluate and treat crush injuries?*

Andrew C. Skattum, MD, FACS, FACOS

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

- Define crush injury and crush syndrome.
- Describe the effects of crush injuries.
- Describe pre and post extrication treatments and initial considerations in hospital care.