September 19, 2018
8:00 a.m. - 4:15 p.m.

Overview
Women comprise about 15% of the US Armed Forces and serve in ever expanding roles. In 2016, there were an estimated 1,853,690 female veterans from all branches of military service. This conference will address the unique healthcare needs of women in the military, such as cardiovascular risk, musculoskeletal injuries, military sexual trauma, suicide risk and prevention, and more. The purpose of this conference is to support the well-being of women who serve by updating military, Veteran’s Administration, and community health care providers regarding the work-up and management of health conditions common among military women.

Target Audience
Physicians, nurses, pharmacists, mental health/behavioral health professionals including psychologists and members of the healthcare teams serving military women and female veterans or active duty personnel in military, VA, and community healthcare settings

Jointly Provided by: The Office of Continuing Medical Education of the Brody School of Medicine of East Carolina University, UNC Eshelman School of Pharmacy, Vidant Health, Duke Area Health Education Center, the Durham VA Medical Center in association with Eastern Area Health Education Center
Agenda

7:30 - 8:00  Registration

8:00 - 8:15  Welcome and Overview  
Janice Busher, MD, Chief of Education, Greenville VA Health Care Center

8:15 - 9:15  Suicide Prevention and Women Veterans  
Keita Franklin, LCSW, PhD, National Director of Suicide Prevention, VA Office of Mental Health and Suicide Prevention
1. Describe the latest Veteran suicide data with a focus on women Veterans
2. Recognize risk factors of suicide for all Service members and Veterans
3. Distinguish how risk factors may differ for women Service members and Veterans

9:15 - 10:15  Cardiovascular Disease Risk and Management in Military Women  
William C. Wood, MD, FACC, FACP, FAHA, FASNC, FASE, FSCCT, Colonel (ret) USAFR, Greenville VA Health Care Center
1. Discuss risk assessment of cardiovascular disease in female military service veterans with attention to limitations of current risk assessment modalities
2. Identify opportunities for risk reduction of cardiovascular events in military women by primary care providers
3. Discuss appropriate noninvasive evaluation of female veterans with cardiovascular symptoms suggestive of myocardial ischemia

10:15 - 10:30  Break

10:30 - 11:30  Musculoskeletal Injuries in Military Women  
Shalini Ramasunder, MD, Durham VA Medical Center  
CDR Samantha Grillo, MD, Naval Hospital Camp Lejeune Orthopaedics
1. Identify musculoskeletal injury patterns among women who serve including anterior cruciate ligament tears, rotator cuff pathology, and patella-femoral disease
2. Discuss considerations for prevention and management of overuse and traumatic injuries in military women

11:30 - 12:15  Panel with Military Women  
Maggie Weder, WO, Ret., NCM  
Denise Grate, LPN, CPL, USMC, Hon. Dis.  
Kylee J. Cisneros MSN RN CEN, Naval Medical Center Camp Lejeune
1. Provide first hand accounts of military service as a woman that inform health care

12:15 - 1:00  Lunch

1:00 - 2:00  Military Sexual Trauma  
Marie Stewart, MSW, LCSW, MST Coordinator, Durham VA Medical Center
1. Discuss the prevalence and effects of military sexual trauma among women who serve
2. Discuss evidence-based treatment and identify strategies for women's health and primary care providers to support female military and veterans in the clinic

2:00 - 3:00  Transgender Care  
Dee Dinsdale, DNP, Med, RN, VHA-CM, Greenville VA Health Care Center/Morehead CBOC  
Matthew J. Crowley, MD MHS, Durham VA Medical Center
1. Identify health care disparities and specific health care needs among transgender military and veterans
2. List strategies for creating a safe and welcoming clinical environment for transgender patients
3. Discuss management of hormone therapy in the women's health and primary care settings

3:00 - 3:15  Break

3:15 - 4:15  Trauma Center Trauma Sensitive Yoga  
Kim Mulholland, RYT, TCTS-F
1. Describe the foundations of Trauma Center Trauma Sensitive Yoga (TCTSY) and applications for military women and veterans
2. Explore a gentle chair Trauma Center Trauma Sensitive Yoga experience to demonstrate key concepts
Credit

Accreditation:
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Brody School of Medicine of East Carolina University, UNC Eshelman School of Pharmacy, Vidant Health, Duke Area Health Education Center, the Durham VA Medical Center and Eastern AHEC. The Brody School of Medicine of East Carolina University is accredited by the ACCME to provide continuing medical education for physicians.

Physician Credit:
The Brody School of Medicine of East Carolina University designates this live activity for a maximum of 7.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Credit:
7.0 CNE Contact Hours
Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

Psychologist Credit:
**Category A-NC Psychology Credit:** This program will provide 7.0 contact hours of (Category A) continuing education for North Carolina psychologists. **No partial credit will be given.**

Pharmacists Credit:
The University of North Carolina Eshelman School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE program 0046-9999-18-210-L01-P provides 7.00 contact hours of continuing pharmacy education credit. To receive CE credit, participants must verify attendance, and complete the evaluation form (s) of this program. Participants must provide their name, email address, NABP e-Profile ID, and date of birth (MMDD) to receive credit. Statements of credit can be viewed and printed in CPE Monitor in approximately 2 to 3 weeks. It is the participant’s responsibility to check CPE Monitor to verify credit has been uploaded. If credit is not shown please contact the provider. **No partial session credit will be given.***

**Eastern AHEC Contact Hours:** Certificates reflecting 7.0 contact hours of education will be awarded at the completion of the program.

Handouts and Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Eastern AHEC Cancellation Policy

• To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.
• No refunds will be given for cancellations less than one week prior to the activity.
• For continuing professional development activities canceled more than one week prior to the activity:
  • A $35.00 fee will be deducted from the refund, OR
  • The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held with one year, OR
• Substitutions are welcome; advance notification encouraged

Registration Information

Registration is available online only at www.easternahec.net. SPACE IS LIMITED AND EARLY REGISTRATION IS ADVISED.

To register for this program, please create or update your MyAHEC account at my.ncahec.net.
Fees:
Physicians- $100.00
Other Healthcare Professionals- $75.00
Active-Duty/Veterans, Residents/Students- $50.00
Limited scholarships are available for active duty personnel and veterans. Please email Christie Martin at martinchr16@ecu.edu before you register in order to receive a voucher code.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

Webinar Participants: A link and information for joining via webinar will be included in your confirmation email sent one week before the program.

Click here to view technical requirements and privacy information. Please test your computer system ahead of time to make sure you will be able to participate.

Americans with Disabilities Act

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) at least 5 business days prior to the program.

For more information about this program, contact Christie Martin at 252.744.5223 or martinchr16@ecu.edu.