6th Annual Excellence in Orthopedic Nursing Conference

Friday, February 10th, 2017
7:30 a.m. to 3:00 p.m.

UPMC Shadyside
Herberman Conference Center
5230 Centre Avenue
Pittsburgh, PA 15232

<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
<th>Featuring</th>
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<tbody>
<tr>
<td>7:30am</td>
<td>Registration/Vendors</td>
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<tr>
<td></td>
<td>Continental Breakfast</td>
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<tr>
<td>8:00am</td>
<td>Welcome</td>
<td>Janet Baron, MSN, CRNP</td>
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<tr>
<td>8:15am</td>
<td>ERAS Protocols for Orthopedic Surgery</td>
<td>Stephen Esper, MD, MBA</td>
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<tr>
<td>9:00am</td>
<td>“Running” a Marathon</td>
<td>Aaron V. Mares, MD</td>
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<tr>
<td>10:00am</td>
<td>Break/Vendors</td>
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<tr>
<td>10:15am</td>
<td>Sports Medicine: Physical Exam</td>
<td>Clifford Smith, MSN, RN, CRNP</td>
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<tr>
<td>11:00am</td>
<td>Prevention, Diagnosis and Treatment of Peri-Prosthetic Infections</td>
<td>Brian Klatt, MD</td>
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<td>11:45am</td>
<td>Lunch/Vendors</td>
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<tr>
<td>12:30pm</td>
<td>On the Cutting Edge</td>
<td>Richard McGough, MD</td>
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<tr>
<td>1:30pm</td>
<td>Distress in Orthopedic Nursing: How to Become and Stay Normal in a Stressful Environment</td>
<td>Paul J. Friday, PhD</td>
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<tr>
<td>2:30pm</td>
<td>Evaluations and Adjournment</td>
<td>Lois Pizzi, MSN, ACNS-BC, BN-BC</td>
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Planning Committee
Lois Pizzi, MSN, ACNS-BC, RN-BC
Programmatic Nurse Specialist
Department of Nursing Education and Research
UPMC Shadyside

Janet Baron, MSN, CRNP
University of Pittsburgh Physicians, Department of Orthopaedic Surgery
Adult Reconstruction and Musculoskeletal Oncology Division

Lisa Tremblay, MSN CRNP, FNP-BC, ONC
University of Pittsburgh Physicians, Department of Orthopaedic Surgery
Adult Reconstruction and Musculoskeletal Oncology Division

Deborah Kosky, BSN, RN, MBA
Unit Director
5 West Orthopaedics
UPMC Shadyside

Nina Kovach, MSN, RN, CRRN
Unit Director
2 Pavilion/2 South Orthopaedics
UPMC Shadyside

Kim Fleegle, MSN, RN
Clinical Director
Orthopaedic Division
UPMC Shadyside

Faculty
Janet Baron, MSN, CRNP
University of Pittsburgh Physicians, Department of Orthopaedic Surgery
Adult Reconstruction and Musculoskeletal Oncology Division

Stephen Esper, MD, MBA
Assistant Professor University of Pittsburgh
UPMC Department of Anesthesiology
Director of Perioperative Services

Lois Pizzi, MSN, ACNS-BC, RN-BC
Clinical Nurse Specialist - Pain Management
Department of Nursing Education and Research
UPMC Shadyside

Aaron V. Mares, MD
Assistant Professor University of Pittsburgh
UPMC Primary Care Sports Medicine
Co-Head Team Physician, University of Pittsburgh Football
Associate Medical Director, Pittsburgh Marathon and EQT 10 Miler

Clifford Smith, MSN, RN, CRNP
Nurse Practitioner

Brian Klatt, MD
Assistant Professor University of Pittsburgh
UPMC Department of Orthopaedic Surgery
Division of Joint Reconstruction

Richard McGough, MD
Associate Professor University of Pittsburgh
UPMC Chief, Musculoskeletal Oncology
Co-director, Sarcoma Specialty Center, UPCI

Paul Friday, PhD
Chief, Clinical Psychology
UPMC Shadyside
President, Shadyside Psychological Services
Registration Information

Registration Fees as follows:

<table>
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<tr>
<th>Type</th>
<th>Pre-Registration</th>
<th>On-site</th>
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<tr>
<td>UPMC employee</td>
<td>$45.00</td>
<td>$50.00</td>
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<tr>
<td>Regular Registration</td>
<td>$65.00</td>
<td>$75.00</td>
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<tr>
<td>Student</td>
<td>$30.00</td>
<td>$40.00</td>
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Registration due by Friday, February 3, 2017.
All attendees must register online.

Registration fee includes continuing education credit, registration, course materials, continental breakfast, and lunch.

How to Register Online:
1. Visit our online registration site at https://ccehs.upmc.com/liveFormalCourses.jsf
2. Select course listed by date.
3. Click the Registration button and enter all the requested information (including an email address and follow the prompts to submit your registration after entering your payment information.
4. You will receive an immediate e-mail confirmation.
5. Print the e-mailed confirmation for your records. It is recommended to bring this print-out with you to the conference. If you do not receive this confirmation, contact us at 412-864-1587.

Paper Registration for Sponsored Attendees

UPMC employees whose registration fee will be remitted via journal transfer should request the paper registration form. Contact Michelle Kaminski at kaminskime@upmc.edu for more information.

Cancellations

All cancellations must be in writing and sent to Michelle Kaminski at kaminskime@upmc.edu. All cancellations must be received by February 3rd, 2017. No refunds will be made after February 3rd, 2017.

Objectives

Identify key aspects in the continuum of care (process) from admission to post discharge care settings for the adult wound care patient.

- Identify ERAS (Enhanced Recovery After Surgery) protocols related to orthopaedic surgery.
- Describe common injuries; as well as injury prevention practices in endurance sports.
- Recall basic knee and shoulder exams with their corresponding conditions.
- Discuss prevention, diagnosis and treatment of peri-prosthetic infections related to joint replacements.
- Define new techniques used in the care of patients with pathologic fractures of the humerus, resection of extremity sarcomas, and amputations.
- Describe effective interventions for both occupational and personal distress.

Parking

Please note that parking for this event is FREE at the UPMC Luna Garage. All conference attendees are asked to park at the UPMC Luna Garage, located at 5111 Baum Boulevard, Pittsburgh, PA, 15232.

If parking anywhere else, please note that the parking rate for the day will be the attendee’s full responsibility. No discount rate will be provided. The Luna Garage is within walking distance of the meeting location. Those with special needs, please call in advance to arrange for parking.

Special Needs

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 412-623-2520.

Overnight Accommodations

The Courtyard by Marriott and Hyatt House are both located within walking distance of the conference center. Contact Information follows. Mention that you are attending a conference at UPMC Shadyside and ask if a special rate is available.

Courtyard by Marriott, Shadyside
5308 Liberty Avenue, Pittsburgh, PA 15224
Phone: (412) 683-3113

Hyatt House, Pittsburgh/Bloomfield/Shadyside
5335 Baum Boulevard, Pittsburgh, PA 15224
Phone: (412) 621-9900