

AOHC2024

MAY 19–22 | ORLANDO



INNOVATE • COLLABORATE • EMPOWER OEM

Dear Colleagues, Friends, and Guests,

Welcome to the 2024 American Occupational Health Conference (AOHC) in sunny Orlando, Florida, “*The City Beautiful*”. Once the hub of Florida’s citrus industry, Orlando has evolved into an epicenter of tourism and recreation. The 108th annual meeting of Occupational and Environmental Medicine professionals at Loews Royal Pacific Resort at Universal Orlando, AOHC 2024 will inspire you to “**Innovate • Collaborate • Empower OEM**”.

Centered on education and experience, the AOHC 2024 curriculum will provide sessions that seek to **Innovate** your individual practice of OEM, our local and global communities, and our beloved ACOEM. Digital innovation and its influence on OEM will certainly be explored. Attendees are encouraged to **Collaborate**, at section and component meetings, during networking sessions, and informally with each other. Through innovation and collaboration, AOHC 2024 is ready to **Empower OEM**.

The AOHC 2024 program committee, chaired by David Caretto, MD, MPH, FACOEM, and Vice Chair, Raul Mirza, MD, MPH, FACOEM, have created a conference program centered on the 10 OEM core competencies and crafted a schedule to stimulate thought and offer space to foster networking opportunities from an array of educational options and activities.

Sappington Lecture: Duncan Hughes MD, MPH; Chief Medical Officer, Virgin Galactic, is a dear friend and pioneer of OEM in outer space. Dr. Hughes will present on *Sunday afternoon, May 19th*.

Technology and Health and Safety in the Hospitality and Service Industries: Growing up in the restaurant sushi bar and tying it with my interest with the future of work and technology, you will be blown away by Mindy Shoss PhD, Professor of Industrial and Organizational Psychology, UCF; and Cynthia Mejia PhD, Interim Dean of UCF Rosen College of Hospitality Management, during the *Monday afternoon, May 20th General Session*

Patterson Lecture: My mentor, commentator on international media outlets, and father of modern Bioethics, Arthur Caplan PhD; Professor of Bioethics and founding head of the Division of Medical Ethics at NYU Grossman School of Medicine will deliver a memorable lecture on *Tuesday afternoon, May 21st*.

Orlando Worksite Visits: Disney’s Animal Kingdom Theme Park, Orlando Fire Academy, University of Central Florida, Institute of Simulation Technology – a world leader in digital innovation in healthcare.

Back by popular demand: 3 Pre-conference Courses – Medical Center Occupational Health Course, Spirometry Interpretation, and MRO Course. In-Conference Course, Suturing Workshop, *Monday, May 20th*. 2 Post-Conference Courses – AMA Guides to the Evaluation of Permanent Impairment - 6th Edition, and CAOHC Professional Supervisor of the Audiometric Monitoring Program ©.

The agenda and speakers are current as March 7, 2024, and are subject to change.

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Networking Opportunities: Increased breaktime between sessions to encourage informal networking and connecting with friends and colleagues from across the globe. Learn more about ACOEM’s new international component (ICSOEM), ACOEM Sections and meet others with similar OEM interests at the Section Showcase. Expand your OEM friendships at Section and Component sponsored events.

Signature Social Event – Don your best tropical beach shirt and join the AOHC 2024 Polynesian Themed Beach party in a beautiful tropical outdoor space at Loews Royal Pacific Resort at Universal Orlando with music, fun interactive games, and delicious cuisine – you won’t want to miss out.

At AOHC 2024, you are encouraged to “**Innovate, Collaborate, Empower OEM**”, now and into the future. Take advantage of the education and experience that we have meticulously crafted for you, and we look forward to meeting you. You are invited to engage with our faculty, ACOEM leadership, and each other in Orlando; build connections and memories to support your practice of OEM over the next year!



Kenji Saito MD

Kenji Saito, MD, JD, FACOEM
ACOEM President



David Caretto

David Caretto, MD, MPH, FACOEM
AOHC 2024 Program Chair

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Ismail Nabeel, MD, MPH, MS, FACOEM
Warren Silverman, MD, FACOEM
Melanie D. Swift, MD, MPH, FACOEM

House Speaker

Chang Rim Na, MD, MPH, FACOEM
2023-2024

House Speaker Elect

Ana Nobis, MD, MPH, FACOEM

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2024 AOHC Program Committee

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Raul Mirza, DO, MPH, MS, FACOEM, Vice-chair

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Melanie Swift, MD, MPH, FACOEM
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Rakhee N. Urankar, MD, MBBS, MPH, BSC, FACOEM
Eric Wood, MD, MPH

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Pre- and Post Conference Courses

Please click on the course title below for more information!

Friday and Saturday, May 17, and May 18, 2024:

[Medical Review Officer Comprehensive Course](#)

Friday, May 17, 2024:

[Medical Center Occupational Health Course](#)

Saturday, May 18, 2024:

[2024 Spirometry Update for Occupational Health Providers Course](#)

Thursday, May 23, 2024:

[CAOHC Professional Supervisor of the Audiometric Monitoring Program[®]](#)

[AMA Guides to the Evaluation of Permanent Impairment – 6th Edition](#)

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AOHC 2024 Continuing Education Information

The 2024 American Occupational Health Conference (AOHC) is the American College of Occupational and Environmental Medicine's (ACOEM) 108th annual meeting.

AOHC serves two fundamental purposes:

1. It is the premier professional meeting for physicians and other health professionals who have an interest in the fields of occupational and environmental medicine (OEM).
2. It is the annual membership meeting for ACOEM's members.

Educational Needs and Objectives

The ACOEM CME Mission is to provide Occupational and Environmental Medicine (OEM) physicians and other professionals who promote the optimal health and safety of workers, workplaces and environments with the [competencies](#) needed to prevent work-related injury and illness and to optimize treatment outcome.

Upon completion of AOHC 2024, the learner should be able to:

- Evaluate current research.
- Analyze emerging issues in OEM.
- Exemplify effectiveness and efficiency in carrying out professional responsibilities.

Target Audience

AOHC is designed for physicians who specialize in or have an interest in OEM as well as for non-physicians, such as industrial hygienists, nurses, safety professionals, and environmental health specialists who are involved in the field. AOHC offers a variety of educational activities for participants new to OEM as well as for the experienced professional.

ACCME Accreditation and Credit Designation Statements

The American College of Occupational and Environmental Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Occupational and Environmental Medicine designates this live activity for a maximum of 22.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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AOHC 2024 Continuing Education Information

Other Continuing Education Credits

AAFP - Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

ABOHN – The American Board of Occupational Health Nurses may recognize AMA PRA Category 1 Credits™ as applicable for the education requirements for certification by the ABOHN.

AANPCB – The American Academy of Nurse Practitioners Certification Board may recognize AMA PRA Category 1 Credits™ as applicable for continuing education requirements. Contact AANPCB for information.

Doctors of Osteopathy – This conference may be eligible for Category 2-A credit from the American Osteopathic Association.

Physician Assistants – AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society.

American Board of Preventive Medicine Continuing Certification Program Requirements

AOHC 2024 PRA Category Credits™ are applicable for ABPM Phase 1 Continuing Certification Program. For more regarding the transition to the Continuing Certification Program, please visit our [webiste](#).

General Accreditation - Attendees, particularly RNs, are encouraged to consult their respective certifying associations/agencies for the conversion of *AMA PRA* approved credit to other educational credit.

Disclaimer

The ideas represented in presentations at AOHC 2024 do not necessarily reflect ACOEM positions. ACOEM disclaims responsibility or liability for all products, services, or information presented at AOHC 2024. ACOEM does not endorse any product or service exhibited, nor necessarily support the content contained in the educational offerings.



Sunday, May 19, 2024

9:30 AM - 10:30 AM

101 Current and Complex Issues in Commercial Driver Medical Certification Part I

This session will provide an update on new and complex issues in commercial driver medical certification. Topics will include (may be modified to address the late breaking information if applicable) the 2022 Draft Medical Examiner Handbook and recent and planned regulatory changes such as Alternative Medical Standards. Depending on time provided, will discuss examples of guidance from sources other than the ME Handbook such as Medical Expert Panel Reports and Evidence Based Review. Information will be provided from FMCSA as well as how examiner and employers may be impacted.

Sponsored by the Transportation Section

Learning Objectives

- Describe content of Draft (of final) ME Handbook
- Discuss available guidance for MEs in making commercial driver medical certification determination
- Explain recent and pending changes in regulatory requirements or guidance in the commercial driver medical examination process

Faculty

Natalie P. Hartenbaum, MD, MPH, FACOEM

Michael Berneking, MD, FACOEM, FAAFP, FAASM

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Sunday, May 19, 2024

9:30 AM - 10:30 AM

102 Red Light, Green Light, Workers' Comp Basics for Managing the Injured Worker

This session will walk the occupational medicine provider through the basics of workers' compensation and the management of the injured worker using case studies. We will review Occupational Safety and Health Administration's (OSHA) recordable and non-recordable injury care and assist the occupational medicine provider in navigating the relationship between the injured worker, the employer, the workers' compensation insurance carrier, and proper medical management of the patient. During the session we will focus on how Health Information Portability and Accountability Act (HIPAA) and over-disclosure play a role in the documentation of the medical examination of the injured worker. Identifying those at high risk for disability, asking the right questions during your patient interview process, and documenting these interactions are key to helping the injured worker navigate their return-to-work journey.

Sponsored by the Occupational Physicians and Physician Assistants Section

Learning Objectives

- Identify the key medical management items that will cause a recordable injury unnecessarily and be armed with ways to combat that are medically appropriate.
- Navigate the conversation with the injured worker and assess for risk of disability and know how to act on their findings.
- Explain the relationship between workers' comp, HIPAA and over disclosure and know what they can and cannot place in documentation notes

Faculty

Nicolette Davis, PA-C



Sunday, May 19, 2024

9:30 AM - 10:30 AM

103 Work Related Concussion: How to Manage this Emerging Epidemic of Cognitive Disability

Concussion is a growing epidemic of cognitive disability. This talk will discuss mechanisms of injury, the 6 primary types of concussion, and how to clinically discern the differences. After the type of concussion has been identified the talk will describe treatments and how to clinically follow symptoms to identify when acute autonomic dysfunction has resolved. Treatments discussed will describe how to manage headache, sleep disturbance, convergence insufficiency, accommodation insufficiency, vestibular dysfunction, cognitive dysfunction, and stress management. This talk will help providers identify acute symptoms of concussion and distinguish those from a more chronic concussion. Concluding with strategies for return to work and getting cases to maximum medical improvement.

Learning Objectives

- Describe and understand 6 types of concussion
- Describe and clinically identify important physical finding of concussion
- Review of current treatment strategies for managing concussion

Faculty

Austin Sumner, MD, MPH



Sunday, May 19, 2024

9:30 AM - 10:30 AM

104 Developing Medical Surveillance Exam Guidance for New Materials - The Insensitive Munitions Explosive Experience

New materials are constantly being created to address the operational needs of the Department of Defense. These materials provide challenges to occupational health practitioners by presenting unknown health risks and possible effects to workers they evaluate. The responsibility for developing a medical surveillance exam, as part of a comprehensive workplace surveillance program, may fall to the OM provider working in a clinic on a military post where manufacture, testing, and/or use of the material is being conducted. Insensitive munitions explosive (IMX) has presented such an opportunity for the U.S. Army occupational medicine providers within the last few years. This presentation will describe the course taken by the occupational health clinics, personnel at the U.S. Army ammunition plants producing IMX, and the U.S. Army Institute of Public Health (now Defense Centers of Public Health-Aberdeen) to develop a medical surveillance exam at a time when little to no information existed about the components of this new explosive compound.

Learning Objectives

- Describe the process of developing guidelines for a medical surveillance program of a novel occupational hazard.
- Discuss the background of the development and purpose of IMX-101 and explain the initial attempt at developing a medical surveillance exam protocol.
- Describe the process of developing the final guidelines for the medical surveillance program monitoring workers exposed to the novel hazard IMX-101.

Faculty

Warren S. Monks, Jr, PA-C



Sunday, May 19, 2024

9:30 AM - 10:30 AM

105 The Great Resignation Triggers Need for Streamlined Pre-Employment Medical Clearance

The COVID pandemic continues to impact health care systems clinically and operationally. Across the country, employers in the healthcare space have been hit especially hard by 'the great resignation,' a record number of people voluntarily leaving their jobs.

At HCA Healthcare, staffing shortages compelled a re-design of pre-hire workflows to support higher candidate volumes and reduce time to hire. In this presentation, Ryan Sledge, vice president of workforce health and safety describes how re-designing the medical evaluation process removed non-value-added steps, improved appointment capacity and duration and shortened time required to hire.

Learning Objectives

- List potential benefits for pre-employment medical clearance process improvements.
- Describe proven methodologies to optimize the medical clearance process.
- Explain the impacts of medical clearance improvements on appointment capacity/duration, and pre-hire paperwork.

Faculty

Ryan Sledge, MBA, MPH



Sunday, May 19, 2024

9:30 AM - 10:30 AM

106 Well-Being is a Team Sport: How to Build a Well-Being Culture in Your Workplace that Support Everyone's Health

Workers who feel they can better balance their professional and personal needs report greater satisfaction overall and experience fewer symptoms of depression and anxiety. An imbalance between work and life however, has been linked to negative health outcomes, including an increased risk of cardiovascular disease, digestive issues, poor sleep quality, and substance abuse. At the end of the workday, 43% of employees are 'often' or 'always' exhausted and 78% say that stress negatively impacts their work performance. That stress from work carries into our personal lives with employees indicating work negatively impacts their home life, wellbeing, and relationships. Most compelling, a survey of 2,200 employees (including managers) sponsored by the Workforce Institute, revealed that 81% of employees prioritize good health over a high-paying job. In this session, participants will learn the prescription for a happier, healthier, and more resilient workforce. Employees aren't seeking more benefits and programs. Employees are voting with their feet and they want a workplace culture that supports their health and well-being.

Learning Objectives

- Define the six building blocks needed to create a well-being culture.
- List three ways to leverage peer support to improve employee well-being.
- Define the role the team leader plays on the mental and physical health of those they lead.

Faculty

Richard Safeer, MD



Sunday, May 19, 2024

10:45 AM - 11:45 AM

107 Current and Complex Issues in Commercial Driver Medical Certification Part 2

This session will provide an update on new and complex issues in commercial driver medical certification. Topics will include (may be modified to address the late breaking information if applicable) the 2022 Draft Medical Examiner Handbook and recent and planned regulatory changes such as Alternative Medical Standards. Depending on time provided, will discuss examples of guidance from sources other than the ME Handbook such as Medical Expert Panel Reports and Evidence Based Review. Information will be provided from FMCSA as well as how examiner and employers may be impacted. A second session will allow additional material to be presented and include case studies, For over 20 years, these sessions are among the most heavily attended. We ALWAYS have more materia and discussion that we have time. Can fit into 1 hour but 2 is really ideal minimum.

Sponsored by the Transportation Section

Learning Objectives

- Describe content of Draft (of final) ME Handbook
- Discuss available guidance for MEs in making commercial driver medical certification determination
- Explain recent and pending changes in regulatory requirements or guidance in the commercial driver medical examination process

Faculty

Natalie P. Hartenbaum, MD, MPH, FACOEM

Michael Berneking, MD, FACOEM, FAAFP, FAASM



Sunday, May 19, 2024

10:45 AM - 11:45 AM

108 What to consider when establishing onsite health centers in different locations across the globe: an Oil and Gas Company approach

As a result of COVID-19, companies have been taking a more dynamic role to support the overall health of their workforces. They better grasp the criticality of health for worker safety and productivity, and how that is essential for business success, company reputation and talent retention. In the oil and gas sector, we work in different operation types and countries, and onsite health centers are key to such success. However, before confirming the needs for an onsite clinic, it is crucial to carefully assess the local health risks, alongside key internal and external factors. These factors include the type and size of the operations, the worker population and community health risks, the local health system capabilities, and services, as well as what to offer onsite while considering country health requirements. All these aspects are reviewed with a set of tools and jointly with company and operations site leaders, human resources, and our medicine and occupational health department.

Learning Objectives

- Describe the approach used by the Company to determine the needs for an onsite health center
- Indicate the tools applied to decide for an onsite health center and what type of services to offer
- Identify key internal and external factors for informed decision in establishing onsite health centers

Faculty

Malick Diara, MD, MBA, MPH

James L. Davis, M.D.



Sunday, May 19, 2024

10:45 AM - 11:45 AM

109 Clinical and Psychological Factors Associated With Return to Work Among United States Diplomats Who Sustained a Work-Related Injury While on Assignment in Havana, Cuba

This session will discuss the clinical and psychological features of the cohort of diplomats injured in Havana, Cuba. From July 2016 to 2018, US diplomats serving in Havana, Cuba reported exposures described as high-pitched, loud noises, buzzing and cicada like sounds, rumbling and experiences of head and/or ear pressure. This exposure resulted in prolonged illness in many with cognitive impairment and other clinical manifestations associated with work inability. The survey tools employed such as the validated NIH PROMIS questionnaires and the Symptom Score questionnaire will be discussed as well as the rationale for their use. Factors associated with return to work will be explored. Return to work after an injury can be complex and challenging involving multiple parties. We will discuss the challenges involved in the way forward to the road to recovery and maximal medical improvement then return to work or to a disability determination. The findings of the Consensus Study of the National Academy of Medicine will be woven into the talk.

Learning Objectives

- Explain the clinical and psychological features of the cohort of diplomats injured in Havana, Cuba.
- Describe the process for successful return to work endeavors involving all stakeholders in decision making and ensuring collaboration
- Learn important elements in determining causation in disability evaluation

Faculty

Judith Green-McKenzie, MD, MPH



Sunday, May 19, 2024

10:45 AM - 11:45 AM

110 Substance use disorder in the workplace: How to identify and provide recovery support as occ med clinicians

More than 70% of individuals suffering from substance use disorder are active in the workforce. Addiction is not just a personal chronic medical condition, it significantly impacts both the employees and employers with an increase in fatal/ non-fatal accidents, medical spend and productivity loss. Through the COVID-19 pandemic, substance use has drastically increased among workers. As an occupational medicine specialist, understanding substance use disorder in the workplace helps us identify workers in need of support, and create a dialogue with them by breaking down the societal stigma surrounding addiction. In this session, we will discuss: (1) the epidemiological statistics on substance use in the workplace post the COVID-19 pandemic, (2) the clinically validated approaches to identifying workers in need of substance use support, and (3) the current best practices including harm reduction solutions to support employees in recovery.

Learning Objectives

- Recognize the post COVID-19 pandemic state of substance use disorder among the workforce and summarize the impact of substance use on employees and employers.
- Describe the clinically validated methods to identify employees with a potential substance use concern while fostering a stigma-free discussion environment.
- Discuss the current evidence-based best practices such as harm reduction in addiction care and how these approaches impact workplace health.

Faculty

Justin (Chih Chao) Yang, MD MPH



Sunday, May 19, 2024

10:45 AM - 11:45 AM

111 Workability - Helping patients manage their disability and preventing job loss

The session will discuss the definition of workability and the role of the Occupational Health Professional in the disability process.

We will provide guidelines on how to assess disability and how to best support your patients with going out of work, staying out of work and returning to work. We will look at how clinical findings translate into work restrictions, limitations and work capacity. We will explain vocational terminology that can assist in completing disability forms. We will emphasize the importance of clinical documentation and consistency of your clinical findings with restrictions, limitation and capacity stated. We will discuss how to complete disability forms efficiently to reduce clarifications and avoid repeated requests for information. We will also discuss policy provisions that your patient may encounter.

Learning Objectives

- Recognize various types of disability insurance.
- Explain how to document work-related limitations, restrictions and workability using vocational terminology.
- Use the timeline associated with disability claims and recognize various policy provisions associated with disability.

Faculty

Jonathan S. Mittelman, MD MPH

Amy Cao, MD



Sunday, May 19, 2024

10:45 AM - 11:45 AM

112 Steer Your Career in the Right Direction: What You Need to Know for Early and Long-Term Success as an OEM Professional

Are you a resident, recent graduate, or new to the wonderful specialty that is Occupational and Environmental Medicine? If so, this session is for you! Join past and present leaders of the ACOEM Resident and Recent Graduates Section for an enlightening panel discussion filled with information that is pertinent to those who are at the beginning of their journey or who are looking to pivot in their professional path. Topics will include board exams and other professional certifications, the various career paths, the job search, interviewing, contract negotiations, leadership, and more. The panelists' breadth of experience includes academic, corporate, government, entrepreneurship, and international OEM. During this session, the panelists will share personal experiences, discuss best practices, and answer your most pressing questions. Attend this session to gain insight into successfully navigating the early career period and setting yourself up for long-term success.

Sponsored by the Residents and Recent Graduates Section

Learning Objectives

- Identify a wide range of career paths available to the OEM professional by job function, employer, and/or sector
- Integrate career interests with real-world experiences that were shared by panelists
- Utilize potential resources, mentors, and colleagues to advance their professional interests

Faculty

Rosandra Daywalker, MD, DipABLM

Ada Egbuji, MD, MSPH, FACOEM

Romero N. Santiago, MD, MPH

Bill Martin, MD, MBA, MPH, MMCi

Dominik S. Dabrowski, MD, MPH

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Sunday, May 19, 2024

1:15 PM - 2:15 PM

113 MRO Controversies

MRO Controversies provides a review of MRO topics that are late breaking and of particular interest to practicing medical review officers. The session covers new information in the field and discusses the areas of MRO work that are the most difficult to deal with and for which often times there are diversity of opinions. The session also includes the popular 'MRO Jeopardy' game show educational format, which has become a mainstay at AOHC.

Sponsored by the MRO Section

Learning Objectives

- Review of late breaking changes to federal and state statutes regarding drug and alcohol testing
- Review new science on drugs of abuse and how they affect workplace safety
- Implement consistent strategies in how to interpret drug test results in lieu of the new information above

Faculty

Douglas W. Martin, MD

Natalie P. Hartenbaum, MD, MPH, FACOEM

Kathryn J. Russo, JD



Sunday, May 19, 2024

1:15 PM - 2:15 PM

114 Global OEM for the UN Workforce: Mission Possible

The United Nations (UN) Health Intelligence conducts Health and Safety Risk Assessments (HRSA) of the UN workforce annually. Holistic and comprehensive HRSA are administered from the common platform in four languages. Core questions remain the same every year, capturing data on demographics, work patterns, health risks/conditions, mental health, domestic abuse, environmental concerns, ergonomics, absenteeism/presenteeism, and willingness to participate in wellness programs. Additionally, the 2023 HRSA is focused on impact of long COVID-19, work with disability, and safety concerns related to return to offices and mission travel. 19 UN organizations, including World Health Organization and UN Secretariat, are taking the survey, as well as the IMF, and the World Bank. The results, available in January 2024, will be especially important for the UN Mental Health Strategy, and UN Disability Accommodation and OSH Frameworks. It is the third global HRSA since the beginning of the pandemic. It will provide a large data set to analyze trends in observed population's health risk profiles, measure impact of health interventions, and guide UN OEM strategies.

Learning Objectives

- Appraise modifiable health risks in remote workforce-score health risks and assess health risk profiles of work population; Customize appropriate survey tools while keeping a core set of questions for benchmarking; Identify association between health risk
- Implement basic data privacy and IT security principles in gathering sensitive health information; Develop strong communication strategies to increase response rates and reduce survey fatigue; Establish a coordinated implementation of survey results by en
- Apply holistic approach in data gathering and analytics; Identify measurable health and safety indicators for monitoring and evaluation; Develop data driven, sustainable, and effective OEM strategies; Recognize the value of networking, knowledge sharing,

Faculty

Jasminka Goldoni Laestadius, MD, PhD, FACOEM

Matthias Lademann, MD

Sophia Woldemicael, Ms, MT, ASCP



Sunday, May 19, 2024

1:15 PM - 2:15 PM

115 Quality Improvement Programs to Increase Vaccination Rates Among Workers

ACOEM is one of seven specialty society partners for a 5-year cooperative agreement awarded to the Council of Medical Specialty Societies (CMSS) from the Centers for Disease Control and Prevention (CDC) to improve vaccination among high-risk adults. As part of this agreement, ACOEM has partnered with health care systems and large employers to increase adult immunization through education, dissemination, and quality improvement initiatives. This session will highlight strategies implemented in these organizations, including workflow improvements, education, and connection to Immunization Information systems (IIS), to help increase vaccinations. Data collection methods and metrics to date will be shared.

Learning Objectives

- Describe CDC's Standards for Adult Immunization Practice.
- Identify strategies to implement to help increase vaccinations among workers in your organization.

Faculty

Karyn Leniek, MD, MPH

Marcia Isakari, MD, MPH, FACOEM

Zeke McKinney, M.D.

Arthur Sanchez, MSN, NP-C



Sunday, May 19, 2024

1:15 PM - 2:15 PM

116 Taking the Stage - Occupational Medicine in the Performing Arts

This session will review how Occupational and Environmental Medicine physicians are particularly well suited to recognize the hazards in the performing and visual arts. Far from being a limited interest, the arts and their hazards are part of every community and involve school age children, hobbyists and professionals. There are many resources available to support OEM physicians' involvement in their local arts organizations. Published articles, texts and physician groups dedicated to the performing arts will be highlighted. One of the world's experts on dance injuries will discuss her experience and referral resources for physicians. An OEM physician who has treated theater performers will discuss his experiences. Stage hazards will be reviewed and examples of common health- and life-threatening cases with prevention techniques will also be presented. This session will equip OEM physicians with the basic tools to feel comfortable recognizing hazards in the performing arts workplace, to develop a return-to-work plan for this environment, and to provide guidance for individuals and organizations in their local arts settings.

Learning Objectives

- Recognize particular hazards for dancers and students that can contribute to chronic injuries.
- Assess an arts organization's work setting for common hazards
- Identify hazardous materials and preventive approaches that can be used in the arts.

Faculty

David Caretto, MD, MPH, MRO, FACOEM

David L. Hinkamp, MD MPH

Kathleen L. Davenport, MD



Sunday, May 19, 2024

1:15 PM - 2:15 PM

117 A Call for Research: How to Start a Study

Occupational and Environmental Medicine practice is multifaceted, comprising both clinical medicine and population health in a range of practice settings.(1)Though many practitioners of OEM have a mainly clinical focus, they are also well positioned to research topics relevant to patient cases or environmental issues that arise.(2) In this session, an overview of research study designs will be reviewed (3), with an eye toward developing original research contributions. Current initiatives of the Council on Scientific Affairs will be discussed to inform and inspire participants. New developments in EHR certification requirements which may facilitate research on specific industries and occupations will be investigated (4). ACOEM resources for both current and potential members who are interested in getting more involved in research will be highlighted.

Sponsored by the Cabinet of Councils

Learning Objectives

- Create an overview of research study design and how to critically evaluate research which may contribute to evidence-based medicine.
- Discuss the need for original research in occupational and environmental health to track and prevent diseases or adverse outcomes.
- Consider how research may contribute to professional fulfillment and explore designing a study or ways to contribute to ongoing OEM research.

Faculty

Michele Kowalski-Mcgraw, MD

Judith Green-McKenzie, MD, MPH

Ismail Nabeel, MD, MPH, FACOEM

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Sunday, May 19, 2024

1:15 PM - 2:15 PM

118 Resident Research I

More information will be available in April 2024

Moderator

John D. Meyer, MD, MPH, FACOEM



Sunday, May 19, 2024

2:45 PM - 3:45 PM

119 Proof of Concept Study on the Brain Gym: An Integrative Digital Solution to Corporate Employee Well-Being

Health and Productivity Solutions (HPS) is proud to present data from a proof-of-concept study on our novel, digital well-being health promotion program: The Brain Gym. Built on 30+ years of neuroscience and psychiatric research, this digital solution is designed to track and improve the well-being of corporate employees. The Brain Gym program leverages this prior research and the power of human coaching through our Brain Gym Connect App, where uniquely trained Coaches support their assigned employees through helping them to implement personalized programs of well-being. Our 4-week proof of concept study was conducted with 25 administrative and corporate-level employees at a Fortune 500 company. We saw a 95% participation rate throughout the 4 weeks⁶. The program was associated with significant improvements in well-being across a range of domains, such as sleep and movement (pre-M = 3.63 [SD 0.39], post-M = 3.83 [SD 0.38], T = 2.30, p = 0.01), and reductions in total emotional behavior problems (pre-M = 7.10 [SD 5.25], post-M = 5.76 [SD 4.08], T = 1.94, p = 0.032)⁶. We will also share exciting new data from an 8-week pilot study with 100 employees at a Fortune 25 company.

Learning Objectives

- Describe the Brain Gym Program, its basis in neuroscience, and its function in corporate settings.
- List the impact of the Brain Gym Program on employee well-being at a Fortune 100 company
- Implement more effective programs to monitor and promote employee well-being.

Faculty

Jim Hudziak, MD

Kenji Saito, MD, JD, FACOEM

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Sunday, May 19, 2024

2:45 PM - 3:45 PM

120 Worker Health - Workplace Regulation and Policy

As OEM physicians, we have built our specialty around defending the health of workers, in no small part by developing a deep understanding of the reciprocal impacts between worker health, and workplace regulation and policy. This session will seek to expand our appreciation of additional laws and policies that are also fundamentally work-related - essential to, intrinsic to, inextricable from the workplace - but more rarely discussed in terms of their effect on workplace health. We will also draw upon our other unique skill within this context, by identifying populations at risk of specific, modifiable hazards as a result of their treatment by these laws and policies, and building an awareness of who is protected, when, and why.

Learning Objectives

- Apply workplace policy and regulation as a work-related hazard or protection.
- List the less-recognized policy/regulation factors that are essentially work-related, and that have a substantial effect on the health of our worker-patients.
- Identify worker populations at increased risk of adverse health outcomes based on their distinct treatment by these laws and policies.

Faculty

Andre Montoya-Barthelemy, MD MPH

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Sunday, May 19, 2024

2:45 PM - 3:45 PM

121 Stump the Chumps 2024 - Deciphering and Discussing Dilemmas in Medical Center Occupational Health.

Annual interactive session that allows attendees to engage the panel in a discussion of challenging Medical Center Occupational Health (MCOH) situations. Audience member questions are highly encouraged, as the goal of the session is to identify, review, and learn from those issues that are most pertinent to MCOH practitioners and to gain insights from each other's experiences. Discussion is open to the full breadth of MCOH topics, including but not limited to work injury care, infectious disease exposures (e.g., COVID, TB, pertussis, laboratory pathogens), medical surveillance and fitness for duty exams, bloodborne pathogen exposures, and clinician wellbeing.

Sponsored by the Medical Center Occupational Health Section

Learning Objectives

- Manage challenging clinical and/or regulatory situations in a medical center setting
- Identify resources available to help manage issues in a MCOH setting
- Define and integrate the scope and nuance of MCOH practice.

Faculty

Lori Rolando, MD MPH
Melanie Swift, MD, MPH
Rebecca Guest, MD, MPH, FACOEM
Rachel Leib, MD
Mark Russi, MD MPH
Amy Behrman, MD
Wendy T. Thanassi, MD

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2:45 PM - 3:45 PM

122 High Margin, High Yield, Mobile Occupational Health and Employee Screening

We are seeing a movement with more and more employers bringing healthcare on-site. Employers are looking for a more relational experience with occupational medicine instead of the transactional. In this session we will cover how to operationalize a mobile team to perform employment related surveillance exams on-site at employer locations. We will review exam types that work well in this model, equipment needs, team training, space constraints, time studies, how to interview an employer, and how to execute a successful event.

Learning Objectives

- List employment related surveillance exams that work well in a mobile occupational health model.
- Design an efficient workflow for a mobile occupational health event
- Design a mobile team and identify equipment needed to operationalize a mobile occupational health team

Faculty

Nicolette Davis, PA-C



Sunday, May 19, 2024

2:45 PM - 3:45 PM

123 Process and results of increasing the required firefighter fitness for duty stress test from nine to twelve METs for all 2500 firefighters in Montgomery County , Maryland

We successfully performed this twelve met stress test study with the Howard County Firefighters in 2007. We documented a 40% reduction in recordable injuries across the fire Department , with an ROI of 4.6 to 1, and published these results in JOEM. Dr. Patterson, who also worked for Concentra at that time, was my mentor on this project. He died prior to our completion of this project.

The current twelve MET stress test initiative for Montgomery County, MD Fire Department was rolled out on July 5, 2023

To date, 155 stress tests tests have been completed including: 136 successfully completing twelve mets. At this rate we will have close to 1000 stress tests completed to analyze by February 2024.

Learning Objectives

- Apply aligning incentives in a government agency to move a project forward with collaboration
- Assembling a work-team with incentives alligned producing innovation
- Demonstrate how Occupational Medicine professionals move this innovative fitness for duty process forward.

Faculty

Marc Leffer, MD MPH FACOEM

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Sunday, May 19, 2024

2:45 PM - 3:45 PM

124 Resident Research II

More information will be available in April 2024

Moderator

John D. Meyer, MD, MPH, FACOEM

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Sunday, May 19, 2024



Monday, May 20, 2024

8:00 AM - 10:30 AM

201 Suture Skills Workshop

Registration Fee*: \$200 (Registration is limited to 30 people)

This session is a hands-on skills session. Building on the success from 2023 session, we will have a 'beginners pod' and an 'advanced pod' allowing participants to advance skill set regardless prior acumen/skill level. Workshop will include review of basic techniques to include refresher on local vs digital block anesthesia. Focus will be on gaining/regaining confidence with common work injuries then advancing skill set to include layered closure, addressing nail avulsions, grinder injuries, foreign body exploration. Short didactic presentations will cover evolved evidence base pertaining to wound care and underscore how higher level of competence can represent a value add for your patients. This workshop will also 'train the trainer' in quickly assessing a provider's current proficiency and then coaching needed new skills to include use of suture mat for training/practice. Cost will include each participants suture training kit same as 2023 session.

Sponsored by the Work Fitness and Disability Section

****You must register for this session and the fee for this workshop covers the cost of a suture skill trainer kit which you will be able to take home for your own use and to facilitate your teaching others.***

Learning Objectives

- Identify and advance suture skill set.
- Build confidence in participating clinicians ability to triage wounds and definitively address versus provider immediate care (e.g., irrigate and close skin) and refer (e.g., tendon interruption).
- Acquire train the trainer skills by learning how to teach other aspiring clinicians utilizing suture training kit.

Faculty

John Burress, MD, MPH

Robert Bourgeois, MD, MPH, FACOEM

Douglas W. Martin, MD

Dena Stetson, CNP, COHN-S, APRN, MSN, COHN-S



Monday, May 20, 2024

8:00 AM - 9:00 AM

202 Post COVID WC Experience

Persistent adverse health effects of COVID-19 have been dubbed Post COVID or Long COVID condition. For those still managing or adjudicating Post COVID claims, we will explore the process used to develop the definition of Long COVID and challenges with its usability. Further, the effects of COVID strains, COVID vaccines and Paxlovid on Long COVID are explored. Emerging Long COVID prevalence data from WC claims is becoming available through 2021 and beyond. Illnesses are associated with the first several waves of the COVID-19 pandemic where most employees infected with SARS-Cov-2 recovered quickly and were able to return to work immediately following their isolation periods, however, many experienced persistent, new and even recurring symptoms in the ensuing weeks and months following their initial COVID-19 diagnosis. In addition to prevalence of Long COVID, associated industry and employee characteristics, state variations, costs of Long COVID claims and duration of temporary disability benefits are also explored.

Learning Objectives

- Explain the process of defining Long COVID and how the final definition affects usability in diagnostic, return to work, benefits and disability decisions.
- Discuss the effects of the various COVID strains, COVID vaccines and Paxlovid on prevalence and severity of Long COVID as well as the impact on claims is explored.
- Explain the effects of worker and industry characteristics, state variations as well as symptom severity and hospitalization on claim outcomes.

Faculty

Tanisha Taylor, MD, MPH, MBA



Monday, May 20, 2024

8:00 AM - 9:00 AM

203 Clinical Aspects of Knee Procedures among Injured Workers

This 60-minute session will focus on identifying factors associated with adverse workers compensation claim development. Topics include:

- Clinical aspects of knee procedures among injured workers in workers' compensation (WC) system
- Trend of arthroscopic meniscectomy (AM) and total knee arthroplasty (TKA) among injured workers
- Is arthroscopic meniscectomy associated with an increased risk of total knee arthroplasty for claimants in the WC system?

Learning Objectives

- Explain the trend and impact of workplace knee injuries on WC cost and return to work
- Explore an increased risk of total knee arthroplasty for claimants with a prior arthroscopic meniscectomy

Faculty

Grant Tao, M.D., Ph.D.

Edward J. Bernacki, M.D., M.P. H.

Dan Hunt, DO

Nicholas F. Tsourmas, M.D.



Monday, May 20, 2024

8:00 AM - 9:00 AM

204 How Evidence-Based Concepts May Reduce Mental Health Stigma

Science requires measurement; but the term "mental health" references an indefinable concept, The Mind, that can't be measured. While the DSM-V defines "mental disorder" as a set of measurable variables (cognitions, behavior & emotional regulation), the nineteenth century "mental health" term remains the default label for one's psychological state. We also hypothesize that the term itself may well be a major cause of the stigma surrounding it. Given that mental is a term burdened by centuries of superstition and uninformed stereotypes, this idea should be neither surprising nor controversial. Because mental problems usually involve thinking problems (a finding affirmed by research & clinical practice), cognitive health is suggested as a twenty-first century, evidence-based alternative to mental health. Cognitive health is defined by measurable data and it carries no historical baggage; so, substituting cognitive health for mental health, whenever possible, may well reduce the fear commonly associated with anything labelled mental.

Learning Objectives

- Explain why the term mental health is a misleading categorization for "mental disorders," as defined by the DSM-V
- Explain, from a strictly scientific perspective, why may some consider the term mental health to be an obsolete misnomer
- Describe why the term mental health may be a cause of mental health stigma

Faculty

David Frances, PH.D



Monday, May 20, 2024

8:00 AM - 9:00 AM

205 Cardiovascular Mortality and the Impetus for Revision of Outdated OSHA Lead Standards

Multiple, high-quality, prospective cohort studies have linked adult inorganic lead exposure to an increased risk of cardiovascular disease mortality. Five large prospective cohort studies of subjects from the general population who lived a considerable proportion of their lives prior to 1980 when background blood lead levels (BLLs) averaged 10 to 25 mcg/dL reveal a significant association between biomarkers of lead exposure and cardiovascular mortality. Combined with coherent studies of lead's mode of action, the weight of the evidence establishing the cardiovascular mortality risk of lead is among the most conclusive of any workplace chemical exposure regulated by the Occupational Safety and Health Administration. Based in part on these concerns, revisions to workplace lead standards are currently on the agenda of the Cal/OSHA Standards Board and of federal OSHA. This session will detail the evidence for ACOEM's support for these actions on the state and federal state level recently expressed in a revised position statement (JOEM, 659(3):e170-176; 2023).

Learning Objectives

- Recognize the clinical and epidemiological evidence establishing lead exposure as a major risk factor for cardiovascular mortality
- Recognize the inadequacy of current state and federal OSHA workplace lead standards to protect worker health.
- Provide an pending on pending regulatory revisions in California and at federal OSHA that may reduce permissible exposure levels for lead in air, address activities that alter or disturb lead containing materials, and mandate removal of workers from ongoing lead exp

Faculty

Michael J. Kosnett, MD, MPH



Monday, May 20, 2024

8:00 AM - 9:00 AM

206 Navigating Workplace Cannabis Impairment Amidst Cannabis Legalization: Insights from Canada with Relevance for Safety-Sensitive Workplaces.

Canadian workplaces have accumulated years of experience in the management and mitigation of cannabis-related risks. With cannabis legalization in effect for half a decade, numerous valuable insights have been gained. This presentation delves into the management of workplace cannabis impairment risks, aiming to furnish actionable insights for U.S. enterprises grappling with the surge in cannabis usage within a legalized framework. This presentation will predominantly center around the most current data pertaining to cannabis-induced impairment hazards in the workplace, concentrating on contexts that demand high levels of alertness and responsibility. Effective approaches for drug testing in the context of a substance that is legally permissible across many regions of the U.S. will be comprehensively examined. As cannabis legalization continues its expansion, comprehending the intricacies of cannabis-associated risks and formulating a robust strategy to curtail impairment becomes indispensable for U.S. workplaces. **Learning Objectives**

- Identify the known risks of cannabis impairment and the factors that determine the potential impact for the workplace.
- Examine the options for drug testing, and understand how these can be utilized to provide information regarding impairment risks.
- Compare the various strategies that can be implemented within a workplace to manage a legalized substance.

Faculty

Melissa Snider-Adler, MD, CCFP(AM), MRO, DABAM, FASAM

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Monday, May 20, 2024

9:30 AM - 10:30 AM

207 Factors that influence the Applicant Pipeline of OEM Training programs

We will outline the factors that influence the applicant pipeline to OEM training programs. This session will present original research underway at the time of this proposal, funded by a grant from NIOSH through the Harvard ERC. The session will outline the beliefs and perceptions of individual OEM applicants as well as those of training institutions and other professional and academic organizations. As the field of OEM shrinks due to insufficient quantity of new practitioners to replace our retiring workforce, broad dissemination and integration of this new knowledge is vital to the future of OEM. Publication in JOEM will follow.

Learning Objectives

- Describe the current state of applicants to OEM training programs.
- Discuss how to integrate the perspectives of prospective applicants into existing organizational procedures.

Faculty

Matthew Hamm, MD, MPH

Stefanos (Stephen) N. Kales, MD, MPH



Monday, May 20, 2024

9:30 AM - 10:30 AM

208 Quaternary Care in Workplace Injuries-Empowering the OEM Provider with an approach and toolkit to support RTW and Recovery

Injuries in the workers' compensation system, like any health system, are categorized into level of care: Primary, Secondary, Tertiary, and Quaternary. The first three levels encompass workplace prevention measures to reduce injuries and management of injuries with low risk of morbidity. The fourth level - Quaternary care - is required to manage cases with high morbidity leading to increased risk of permanent disability and job loss. This session is an interactive discussion of the evidence, challenges, resources, and approach to caring for injured workers with high risk of permanent disability and job loss. Case examples will be provided to highlight key elements of successful quaternary care workplace injury management. Attendees are encouraged to bring complex cases to discuss with faculty: Dr. Kurt Hegmann, Dr. David Caretto, and Dr. Rupali Das.

Learning Objectives

- Define quaternary care for injured workers within the WC system, including current state of access barriers.
- Explain a multidisciplinary approach to managing and treating injured workers with severe disease, including resources needed to support their recovery.
- Identify ways in which providers can collaborate with WC insurance carriers to successfully manage injured workers with extremely high risk of permanent disability and job loss.

Faculty

David Caretto, MD, MPH, MRO, FACOEM

Kurt Hegmann, MD, MPH

Rupali Das, MD MPH FACOEM



Monday, May 20, 2024

9:30 AM - 10:30 AM

209 OSHA Investigations: Ergonomics and PFAS cases

The authors will present recent OSHA work on ergonomics and hydrogen sulphide. Ergonomics: Since 2002, OSHA conducted over 6,900 inspections, issuing 1107 Hazard Alert Letters (HALs), i.e., recommendations without citations and penalty, and citing 52 employers under the General Duty clause [5(a)(1)]. Since 2014, OSHA has issued 10 ergonomics citations, in healthcare, nursing, and manufacturing, 9 resulting from complaints and 1 from a planned inspection. For comparison, the investigators selected 22 facilities with those NAICS codes that had received HALs. The presentation will outline the criteria by which citations were issued and upheld. Hydrogen Sulphide: OSHA regularly investigates deaths attributable to hydrogen sulphide (H₂S) or some other 'vitiated atmosphere. Thiosulfate is considered a possible biomarker for H₂S toxicity. Still it may be falsely elevated through therapeutic administrations or postmortem metabolism), limitations. In addition, death may occur too rapidly so that inadequate metabolism time precludes the formation of thiosulfate. The authors reviewed the world's literature and OSHA cases in an effort to characterize those. **Learning Objectives**

- Discuss what ergonomics criterion OSHA inspectors have used to issue ergonomics citations under the General Duty Clause [5(a)(1)].
- Describe cutoff levels for thiosulfate and exclusion criteria for attributing death to H₂S.

Faculty

Michael J. Hodgson, MD, MPH
Elizabeth K. Bonson, MD, MPH



Monday, May 20, 2024

9:30 AM - 10:30 AM

210 Time to Get the Lead Out - Legacy and Current Lead Exposure in the US and Abroad

Many US OEM doctors think that lead poisoning is a thing of the past. Indeed, the OSHA lead standard has greatly reduced the risk of occupational lead poisoning here, although environmental lead poisoning remains a risk. Both occupational and environmental lead poisoning are serious global health problems. Lead particles in the soil, leaded paint and lead in aging water pipes continue to haunt urban centers around the world. Lead poisoning remains a silent threat to the health of children and the adults they will become. OEM physicians have an opportunity and obligation to recognize the opportunities for lead exposure in their sphere of influence, whether that includes medical surveillance for workers with lead exposure, corporate oversight of global ventures, OEM consultation, or serving as a champion for environmental health for their communities. This session will describe recent community lead poisoning events related to environmental contamination, local occupational pollution, and failing infrastructure and will cover current and future approaches to diagnosis, environmental mitigation, and treatment of those with lead poisoning.

Learning Objectives

- Identify the potential sources of lead exposure in the communities and patients they serve.
- Develop surveillance systems in the jurisdiction in which they have their practice in collaboration with all stakeholders.
- Prioritize evidence-based measures to prevent/control lead poisoning among children and workers (mostly in low- and middle-income countries)

Faculty

Janvier J. Gasana, MD, PhD
Marianne Cloeren, MD MPH



Monday, May 20, 2024

9:30 AM - 10:30 AM

211 Incorporation of Digital Health Tool into Employee Benefit Package that Measure/Manage Emotional Health, May Decrease Absenteeism and in turn Promote Productivity in the Workplace

Emotional illness (stress, anxiety, depression) is considered by many to be the 'other pandemic'. It is associated with attrition, linked to other non-communicable diseases, long and short-term disability claims, absenteeism and ultimately corporate productivity. The provision of Employee Assistance Programs (EAP's) is not enough as utilization does not exceed 5%. In this report, we outline the merits of a digital emotional health platform, powered by artificial intelligence (AI) and how its incorporation into any workplace can positively impact productivity through a reduction in absenteeism.

Learning Objectives

- Identify the workplace factors associated with emotional illness.
- Explain the link between emotional illness and absenteeism and/or disability applications.
- Use the mobile phone as a ubiquitous tool to measure/manage emotional health and serve as a source of illness resolution.

Faculty

Robert L. Quigley, MD, D.Phil
Philippe Guibert, MD



Monday, May 20, 2024

11:00 AM - 12:00 PM

212 Getting the Numbers Up and Reversing Current Trends: Results from the ACOEM Presidential Task Force on Expanding the OEM Pipeline

The OEM Pipeline Task Force is a coalition from the entire OEM community to increase the applicant pipeline to OEM residencies. This session will review the results of the Task Force's work over the last year in the three main categories of major issues: structural (i.e., training pathways and the application/matching process), funding of residency slots, and OEM visibility.

Learning Objectives

- Identify the primary obstacles and root causes of pipeline shortcomings. Determine which obstacles, if properly addressed, offer the best opportunity to increase the pipeline.
- Provide creative solutions for those problems that can potentially be addressed by the Task Force. For topics or interventions that require resources or authority beyond the scope of this Task Force, propose solutions on how they might be achieved, and which the stake holders are best positioned to address them.
- Implement solutions that enhance the OEM pipeline by bringing greater quantity and quality of applicants to OEM training programs.

Faculty

Ross A. Mullinax, MD, MPH
Matthew Hamm, MD, MPH



Monday, May 20, 2024

11:00 AM - 12:00 PM

213 Creating a Healthy and Productive Global Workforce: Learning from a Global Awards Winner

The COVID-19 pandemic has highlighted the importance of workplace health and has led to an increase in employers investing in policies and programs for their employees. A number of health-related, sustainability and business drivers are pushing employers worldwide to create healthy workplaces. While occupational and environmental medicine (OEM) is crucial for creating healthy and safe workplaces, an expanded role is necessary to contribute to sustainable development and achieve positive business outcomes. This includes the physical work environment, psychosocial work environment, wellbeing resources, mental health support, and community involvement. Multinational companies have been at the forefront of expanding their well-established safety strategies to include ambitious and future-oriented wellness strategies for all of their sites globally. This session will highlight a specific example of a multinational health and wellbeing program, which has been recognized as a global best practice through the esteemed Global Healthy Workplace Awards and has been successful in enhancing the health and performance of their employees.

Learning Objectives

- List at least three current drivers for employers to invest in and create healthy workplaces.
- Describe the components of a comprehensive and systematic approach to workplace health and wellbeing.
- Define good practices specific to the design and implementation of multinational health and wellbeing programs.

Faculty

Wolf Kirsten, MSc

Diana Han, MD

Jalees Razavi, MD



Monday, May 20, 2024

11:00 AM - 12:00 PM

214 Military OEM Consultant Panel Discussion

As in years past, I am submitting a proposal that would allow the respective OEM consultants from the Navy, Army, and Air Force to lead a panel discussion on service specific OEM updates for each community. The topics of discussion include an overview of each service's OEM program as well as updates regarding manning, billets, policies, and the future direction of the specialty within the military health system. The intended audience is any OEM providers who work within the military health system either in uniform or as a civil servant as well as anyone with an interest in military medicine as this will be an unclassified briefing highlighting the current and future state of OEM in the military. We anticipate having a robust Q&A session where we can address specific questions and concerns from those interested stakeholders in attendance.

Learning Objectives

- Recognize the similarities and differences of the Navy, Army, and Air Force OEM programs.
- Report the current and future state of the OEM specialty within the military health system.
- Address specific issues and concerns as a mechanism for feedback to the military services and make recommendations on specific ways forward as a specialty.

Faculty

Robert Unizskiewicz, MD, MPH
Benjamin N. Palmer



Monday, May 20, 2024

11:00 AM - 12:00 PM

215 International Occupational Medicine: Comparing and Contrasting to the US experience.

A rise of global economy in recent decades has taken multiple U.S. companies to spread out to other countries. High and upper-middle income countries tend to invest abroad for lower labor and manufacturing costs, lower taxation rates and easier access to markets to sell products. Global medical directors sometimes face the challenge of keeping their international workforces safe and healthy. Global companies may be providing occupational health and safety needs but access to other healthcare needs is variable in many parts of the world, especially in the low- and lower-middle-income countries. This adds to disease burden, increases sick leave absenteeism, and creates challenges to maintain a healthy workforce. This panel will focus on how employee health services in different countries can be facilitated by their U.S. parent company in providing better healthcare to its international workers for personal medical conditions. Variations in national laws in addressing medical problems in workers will also be discussed.

Sponsored by the International Section

Learning Objectives

- Compare employee health services and access to general healthcare in different world regions.
- Identify different challenges faced by global medical directors and their occupational medicine providers when taking care of a global workforce.
- Propose how US based medical directors can help provide better healthcare to their international workers.

Faculty

Sajjad A. Savul, MD, FACOEM

Robert J. Kantor, MD MPH



Monday, May 20, 2024

11:00 AM - 12:00 PM

216 What's Up with the Doc? Findings from a Physician Health Center

Mayo Clinic's Physician Health Center accepts referrals from practicing doctors, their employers, licensing boards, and state physician monitoring programs for a wide variety of illnesses and injuries. The PHC is not primarily a substance use or psychiatric program; physicians referred to the PHC typically have complex medical or occupational situations. The PHC team approaches each case from two perspectives medical and occupational - to ensure each physician-patient is correctly diagnosed, under appropriate management and has clear recommendations for work. A wide variety of specialists and a Multidisciplinary Simulation Center are key resources used by the PHC. The goal is to assess and support each physician's ability to safely practice, with restrictions or accommodations if needed. In this session, we will describe the population seen in the PHC (specialty, region, health conditions) and the resulting occupational recommendations. Deidentified cases drawn from our experience will illustrate approaches to assess physical, psychological, and cognitive fitness for duty in physicians who are struggling with their own health problems.

Sponsored by the Medical Center Occupational Health Section

Learning Objectives

- Articulate the rationale for objective, comprehensive medical and occupational evaluation in physicians whose health conditions may impact their practice.
- Describe occupational outcomes in a Physician Health Center.
- Identify resources and a framework to assess fitness for duty in physicians with medical, psychiatric, or neurologic conditions.

Faculty

Melanie Swift, MD, MPH

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Monday, May 20, 2024

11:00 AM - 12:00 PM

217 AOHC 2024 Health Achievement Award Presentation

Stay Tuned to be announced onsite.



Monday, May 20, 2024

1:30 PM - 2:30 PM

218 A Snapshot of Contemporary Occupational and Environmental Medicine-Related Public Policy - Translating State and Local Wins into Policy Progress in Washington D.C.

Panelists in this session will discuss several key legislative and regulatory developments and topics surrounding issues related to occupational and environmental medicine, such as:

- Federal funding available to train future generations of OEM physicians,
- Efforts to establish occupational standards for heat exposure,
- Mitigation of the growing number of cases of advanced silicosis attributable to the fabrication of engineered stone, and
- Workplace lead exposure and updating archaic standards to reflect today's science.
- Data and privacy-related policies and their implications on health data, electronic health records, and the practice of OEM.

Panelists will highlight recent activities across the U.S., including instances where states and localities are leading the way to address these issues and providing examples for policymakers at the Federal level to consider. The session will also cover initiatives and interventions ACOEM is undertaking to inform the policymaking process at the Federal level.

Learning Objectives

- Identify real-world examples of legislative and regulatory policies that impact OEM.
- Discuss and initiate potential pathways to influence OEM-related policy change in their jurisdiction.
- Assess emerging local OEM issues with potential regional or nationwide impacts and organize a coordinated response with their component or ACOEM.

Faculty

Dane Farrell, MA

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1:30 PM - 2:30 PM

219 Happiness can save lives

Happiness at work is a crucial factor for organizational success and can contribute to reducing turnover and occupational injuries and enhancing organizational loyalty. It is essential for organizations to commit to creating a positive work environment where employees feel valued and motivated while impacting job satisfaction, engagement, and meaningful work and productivity. Studies suggest that happier employees are more productive, engaged, satisfied and safer while executing their jobs, and likely to stay in the company.

Sponsored by the ICSEEM

Learning Objectives

- Explain the importance of happiness in the workplace: also learn about the benefits of fostering a positive work environment and how it can lead to increased productivity, employee engagement, and overall job satisfaction.
- Discuss evidence-based strategies to enhance happiness at work: also will explore evidence-based strategies and interventions that can be implemented to enhance happiness in the workplace.
- Describe the impact of happiness on employee well-being, job satisfaction, overall productivity and injuries and incidents.

Faculty

Yohama Auxiliadora y.c. Caraballo, MD

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Monday, May 20, 2024

1:30 PM - 2:30 PM

220 Primary Care Management Update for Occupational Medicine Practitioners

When was the last time you prescribed a medication for a chronic medical condition? Do you understand the mechanism of action of the newest medications that employees are taking and how they can impact your occupational exams? Are you following the most recent consensus guidelines when you provide counseling in conjunction with your occupational exams? Current knowledge of primary care basics is critical to providing quality occupational health care. This session will provide updates in management of common, chronic medical conditions such as diabetes and hypertension that are relevant to the practice of occupational and environmental medicine. The session will use a case-based and interactive format to present this information.

Learning Objectives

- Interpret laboratory results with appropriate consideration of the examinee's medication profile.
- Provide recommendations for primary care follow-up that are consistent with current guidelines.

Faculty

Pamela L. Krahl, MD, MPH



Monday, May 20, 2024

1:30 PM - 2:30 PM

221 The Occupational Medicine Physician: Planning for and transitioning into Retirement

Planning for a successful retirement includes preparing financially as well as preparing for the physical, social, and mental aspects of aging and leaving the full-time activity in the workforce. Some occupational physicians may delay retirement while others might pursue compensated and/ or uncompensated activities on a part-time or voluntary basis or a combination of both. A survey of ACOEM members including almost 500 occupational medicine physicians in the US, UK, and other countries revealed significant gaps in preparation for transitioning into retirement. This included 282 ACOEM members. A panel of occupational medicine physicians including those who are transitioning into retirement will present the data on and discuss various topics related to retirement transitioning. These include financial planning, opportunities in consulting, serving as a part-time medical director, and volunteering.

Learning Objectives

- Discuss the transition into retirement for occupational physicians in various countries.
- Discuss the compensated and non-compensated opportunities for the occupational physician who are transitioning into retirement.
- Discuss the financial planning considerations for the occupational medicine physician who are transitioning into retirement.

Faculty

Wayne N. Burton, MD

Gregg M. Stave, MD, JD, MPH

Richard J.L. Heron, MB ChB FRCP FFOM FACOEM

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Monday, May 20, 2024

1:30 PM - 2:30 PM

222 2024 Kammer Award: Impacts of the Statewide COVID-19 Lockdown Interventions on Excess Mortality, Unemployment, and Employment Growth

Stay Tuned to be announced onsite.

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Monday, May 20, 2024

1:30 PM - 2:30 PM

223 Update on Military Environmental Exposures from Deployments or Other Service.

Military Environmental Exposures are a concern to about 40% of Veterans being tracked through the VA Health Care System and a 2022 law called the PACT ACT expanded benefits and health care for many disease conditions. Besides deployments there are many concerns with base possible exposures including PFAS, BPA and others. This talk will review some of the classic exposures or concerns such as Agent Orange or Gulf War illness but also talk about emerging concerns that include Havana syndrome like disorders, burn pit exposures, depleted uranium and others. It will be done doing a combination of clinical presentations and background information leaving time for a discussion among participants. Faculty include those working up Veterans for such concerns and policy makers.

Sponsored by Environmental Health

Learning Objectives

- Provide an awareness of military environmental exposure concerns and how common they are.
- Name the programs and services available to exposed Veterans.
- Discuss how to get involved with military Veterans and their concerns.

Faculty

Peter D. Rumm, MD, MPH

Manijeh Berenji, MD, MPH, FIAIME, FACOEM FACPM

Melissa McDiarmid, MD, MPH



Monday, May 20, 2024

3:00 PM - 4:00 PM

224 The Future of Medicine: The impact of Developments in Technology on occupational and environmental medicine Innovations in technology impact OEM from how residents are trained, to how and what work is done, and to where care is delivered.

The four of us will discuss the impact of new technology and innovations on workers' compensation. We will address how technological advances impact training for occupational medicine physicians as well. We talk about the financial impacts as well as the need for legislative and rating organizations to consider the need to account for medical innovations. We talk about how this affects the business of medicine, the clinical practice of medicine, and work comp outcomes such as return to work.

Learning Objectives

- Describe the impact of how medical care is delivered as technologies and innovation disrupt the current system.
- Evaluate the value of technology and innovation in the delivery of care space.
- Discuss how the new technologies and innovations are on the horizon and how will they impact occupational medicine.

Faculty

Jill Rosenthal, MD

Kenji Saito, MD, JD, FACOEM

Michael Choo, MD

Gerry Stanley, Jr., MD

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Monday, May 20, 2024

3:00 PM - 4:00 PM

225 Occupational Burnout - Identifying Risk and Strategies for Prevention

Stress and its impacts on the human body will be discussed. Transition to workplace stresses, a tool for Self-assessment of stress, then clearly define Occupational Burnout, and discuss prevention and intervention strategies.

Learning Objectives

- Identify the characteristics of Occupational Burnout.
- Describe the stress response, acute stress, chronic stress and risks for stress-related diseases.
- Apply clear strategies for reducing risk of burnout to workforce populations, and strategies for intervening to resolve aspects.

Faculty

Jerry E. Strohkorb, MD MPH FACOEM



Monday, May 20, 2024

3:00 PM - 4:00 PM

226 Social Capital and Related Factors among Village Health Volunteers in Samutprakarn Province, Thailand

An essential component of Thailand's primary healthcare system is the work of Village Health Volunteers (VHVs). 'Social capital' is one of the VHV selection criteria that the World Health Organization suggests. However, there aren't many studies about social capital, particularly individual social capital, in Thailand and developing countries, despite the fact that the WHO suggests it should be one of the requirements for becoming an active village health volunteer.

Learning Objectives

- Analyze the cross-sectional study aimed to explore the social capital levels of VHVs in the Samutprakarn province in three dimensions: 1) structural social capital, 2) civic engagement, and 3) cognitive social capital.
- Discuss the associating factor between all three dimensions of social capital and relevant factors.
- Distinguish between social capital and Village Health Volunteers' performances

Faculty

Pokkapat Prasatkettkarn, MD



Monday, May 20, 2024

3:00 PM - 4:00 PM

227 AMA Guides Sixth Edition Digital Updates On Musculoskeletal Chapters

The AMA Guides Editorial Panel is entrusted to continuously update the AMA Guides to the Evaluation of Permanent Impairment, Sixth Edition Digital on a yearly cadence. The most significant update is occurring as the Panel is addressing updates to the Upper Extremity, Lower Extremity, and Spine Chapters. These chapter updates are needed in order to bring forward the best medicine to insure fair and equitable impairment ratings. This session is a panel discussion session that will be led by the Co Chair of the Guides Editorial Panel and an AMA Representative. They will discuss the changes in methodology, explaining the rationale, challenges, and successes.

Learning Objectives

- Describe why there needed to be a philosophical change in how to approach musculoskeletal impairment ratings, while still maintaining a diagnostic approach.
- Identify and follow the process of determining a common spine, UE. or LE impairment rating using the updated criteria.
- Explain and report why a simplified impairment rating approach using the new methods will lead to an improvement in interrater and interrater reliability.

Faculty

Douglas W. Martin, MD
Kenneth Eichler, BA



Monday, May 20, 2024

3:00 PM - 4:00 PM

228 Headache in the Workplace: Work-related Causes, Comparative Multi-payor Impact, Work Productivity Impact, Employer-based Interventions, and occupational medicine management

Despite being a leading cause of disability, headache disorders tend to be invisible because most (89% for migraine) productivity loss being due to presenteeism and because of their underdiagnosis, undertreatment, and hence low claims. Dr. Steven Serra, an Executive Physician Leader at a large commercial health insurance company with international experience and experience as a flight surgeon, will first present common work-related causes of headaches using an interactive case-based approach, and then share the comparative, multi-payor impact of headache (group commercial, work comp, STD/LTD, PBM, Medicaid/Medicare). Dr. Olivia Begasse de Dhaem, a clinical Neurologist at a large academic center and world-renown specialist on headache in the workplace will discuss the impact of migraine in the workplace (the second leading cause of presenteeism in the USA) and cost-effective employer-based interventions. Then she will go through cases to present how the new migraine treatments can be integrated into the headache management by occupational medicine onsite clinics.

Learning Objectives

- Describe work-related causes of headaches and learn how to optimize the diagnosis, evaluation, and management of headache disorders in the workplace.
- Discuss the impact of headache at work from group commercial, work comp, STD/LTD, PBM, Medicaid/Medicare, productivity, and clinical standpoints.
- Indicate evidence-based employer-based interventions to mitigate the impact of headache disorders on workplace productivity.

Faculty

Olivia Begasse de Dhaem, MD

Steven Serra, MD, MPH, MSc, FACOEM



Monday, May 20, 2024

3:00 PM - 4:00 PM

229 Transforming Care for Veterans with Toxic Exposures: PACT Act Legislation, Toxic Exposure Screening and Exposure Informed Care.

This session will provide an overview of the PACT Act of 2022 (Sergeant First Class Health Robinson Honoring our Promise to Address Comprehensive Toxics Act). This legislation offers the most expansive enhancement of care to date for Veterans with health concerns related to toxic exposures incurred during their military service. Section 603 of PACT Act involving the implementation of the Toxic Exposure Screening (TES) process for all 8.5 million enrolled Veterans in VA will be highlighted. Using this screening process as the portal to ongoing exposure-informed care for Veterans will be described. The potential implications of these innovations in exposure care for non-Veteran populations will be discussed.

Learning Objectives

- Recognize and discuss the most common exposure related health concerns in Veterans.
- Describe and discuss the recent PACT Act legislation and the ways in which it enhances resources, services and benefits available to Veterans who were exposed to such toxic substances during their military service and deployments.
- Describe and discuss how the principles and practices of 'exposure-informed care' is being used to create a foundation of ongoing care for Veterans with health concerns related to exposures, and the potential applicability of exposure-informed care to non-Veteran populations.

Faculty

Stephen C. Hunt, MD MPH

Jose M. Ortiz, MD, MPH, FACOEM

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Monday, May 20, 2024

5:45 – 6:45 PM

ACOEM Town Hall



Tuesday, May 21, 2024

8:30 AM - 9:30 AM

301 Part 1: Culinary and Lifestyle Medicine: Important Connections for Workplace Health

Occupational health programs have taken on greater responsibility for looking at total worker health. To round out taking care of employees beyond workplace injuries and surveillance exams, it is incumbent for occupational physicians to understand robust programming that can enhance the health of their workers. Lifestyle medicine and culinary medicine are providing evidence-based concepts that can improve the health and well-being of employees, far beyond corporate wellness programs that often revolve around activities and incentives. Food is an important element to health that is often overlooked. This session will discuss how health can be impacted by the way diets and menus are planned. Presenters will cover basics of lifestyle medicine, demonstration of a few culinary medicine techniques that can improve the health and wellbeing of your employees, as well as the basics of how to begin integrating these concepts into foundational occupational health programs.

Learning Objectives

- Identify the concepts of culinary medicine.
- Analyze how lifestyle medicine can augment occupational health programs.
- Describe how to better integrate concepts from lifestyle medicine programs into workplace health programs.

Faculty

Sharon Wasserstrom, MD

MaryLu Williams, MS RD

Marc Watkins, MD

Pamela Hymel, MD, MPH, FACOEM



Tuesday, May 21, 2024

8:30 AM - 9:30 AM

302 Demystify Medical Surveillance

Occupational and Environmental Medicine (OEM) providers work in concert with other health and safety professionals to advocate for workplace safety and prevent the onset of preventable occupational illnesses. Medical surveillance is a component of comprehensive workplace occupational health and safety programs, but these programs can vary widely between workplace settings. In order for OEM clinicians to develop, administer, and manage medical surveillance programs, they must understand the applicable medical surveillance programs for their workplace setting. At the end of the session, learners will be able to increase their understanding of the essential components required to develop a comprehensive medical surveillance program. Tools and resources will be discussed to assist clinicians with administration, management, and compliance for common OSHA medical surveillance programs. These tools can be used to enhance clinic quality and clinician competence. **Learning Objectives**

- Describe requirements for establishing a medical surveillance program
- Discuss components of a medical surveillance program
- Describe tools to assist in the administration, management, and compliance of common OSHA medical surveillance programs to enhance clinic quality and clinician competence

Faculty

Erlinda M. Singarajah, PhD, ANP-C, COHN-S

Melanie E. Hayes, DNP, APRN, FNP-C

Pamela Snyder, DNP, APRN, ANP-BC

Scot Forler

Heather Bland, FNP

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Tuesday, May 21, 2024

8:30 AM - 9:30 AM

303 A High Performing OEM Team: Collaboration Between Physicians, APPs and Management

This presentation will describe how the Dartmouth Hitchcock Medical Center Occupational Medicine clinic has developed a high performing team with three Advanced Practice Providers (APPs - a nurse practitioner and two physician assistants) along with two physicians (one as medical director) working closely with the operations director. We will describe how the various providers interact collaboratively together to provide worker's compensation clinical care, pre-employment services, fit for duty assessments, and overall employee health programs for a large multi-hospital health system spread across two New England states.

Learning Objectives

- Describe the concepts of high performing teams.
- Recognize how professionals from various backgrounds can work together to meet the OEM needs of a large health system.
- Explain how to overcome licensing differences and professional experiences to collaborate closely.

Faculty

David S. Cockrum, MD, MPH

Mindy T. Dube, APRN

Amy L. Cassingham, MHS, PA-C



Tuesday, May 21, 2024

8:30 AM - 9:30 AM

304 Navigating the AI Frontier in Occupational Medicine: Opportunities and Challenges for Clinical Practice, Workplace Management, and Program Administration

In this dynamic panel discussion, we will explore the exciting intersection of Artificial Intelligence (AI) and Occupational Medicine. We will discuss the vast potential and practical applications of AI across various aspects of occupational medicine. The session will be divided into four sections, each focusing on a specific area within occupational medicine:

- Exploring the Potential of AI in Occupational Medicine: The opportunities and challenges that AI presents, examining its impact on clinical practice, workplace management, and program administration. Gain a comprehensive understanding of this evolving technology and its implications.
- AI-Driven Clinical Applications in Occupational Medicine: How AI can revolutionize clinical practice in occupational medicine.
- Enhancing Workplace Management and Compliance with AI
- AI Integration in Program Administration: Discover how AI can optimize resource allocation, automate data analysis, and inform evidence-based decision-making

This is an opportunity for OEM physicians to stay at the forefront of advancements in occupational medicine and learn how AI can enhance their practice.

Sponsored by the Health Informatics Section

Learning Objectives

- Illustrate the Potential of AI in Occupational Medicine: Delve into the opportunities and challenges that AI presents, examining its impact on clinical practice, workplace management, and program administration. Gain a comprehensive understanding of this evolving technology and its implications in the field.
- Discuss how AI is revolutionizing clinical practice in occupational medicine. Learn about AI-driven diagnostic tools, automated record review, and predictive analytics, and explore real-life case studies showcasing successful integration of AI in clinical workflows.
- Integrate Workplace Management and Compliance with AI; Uncover how AI is transforming workplace management and compliance. Discover AI-powered solutions for real-time hazard monitoring, predictive modeling, and proactive safety protocols. Get insights into legal and regulatory considerations associated with AI implementation.

Faculty

J Denise Clement, MD
Zeke McKinney, M.D.



Tuesday, May 21, 2024

8:30 AM - 9:30 AM

305 More than a Decade of Experience in Implementing a Global Drivers Medical Program

In the World Bank (WB), travel on roads is the biggest occupational health risk for thousands of staff and business travelers who spend almost a million travel days/year in low- and middle-income countries. In 2010, the WB developed a comprehensive Staff Road Safety Directive. Since its implementation, the number of fatalities, injuries, road traffic crashes, and near-crashes has been reduced. The Health and Safety Directorate (HSD) oversees global drivers' medical clearances which is based on US DOT requirements for professional drivers and customized for implementation in over 130 countries. HSD also supports medical evacuations after road traffic crashes and the management of drivers' return to work after illness or injury. Another preventative component of managing drivers' health and wellbeing is ergonomics. Drivers are subject to stressful traffic situations and maintain awkward driving postures for extended periods of time. HSD's Ergonomics team has developed webinars and provides personal and group assessments for drivers. Addressing all these components is essential to a successful road safety program.

Learning Objectives

- Implement a drivers health and fitness program that focuses on prevention, ergonomics, response to emergencies and disability management. Gain a better understanding of the ergonomic challenges with drivers.
- Identify challenges in low-medium income countries and understand the unique challenges that impact the program such as an aging drivers with multiple comorbidities, program compliance, and healthcare accessibility. Gain Knowledge on the unique demands of armored vehicles that impact the physical and mental health of workers
- Apply learnings regarding the importance of participation from all stakeholders in implementation of road safety policies. Road safety focal points and their proper training are essential for program coordination globally.

Faculty

Blythe Mansfield, MD, MPH, FACOEM
Jasminka Goldoni Laestadius, MD, PhD, FACOEM
Caryn Frith, MD, FACOEM, MBBCH
Kimberly Binder, RN
Sophia Woldemicael, Ms, MT, ASCP



Tuesday, May 21, 2024

8:30 AM - 9:30 AM

306 RETAIN Progress Report: Approaches to Creating a State Work Disability Prevention Program

Retaining Employment and Talent After Injury/Illness Network (RETAIN) is a five-year federal demonstration project designed to evaluate the impact of providing rapid access to stay-at-work/return-to-work services for individuals with work-limiting health conditions. RETAIN is based on seven evidence-based strategies to support work retention and reduce work disability, adapted for the specific needs of each participating state. In this interactive, fast-paced panel discussion, states participating in the RETAIN project and states independently developing and running similar programs will discuss the key features, current data, and unique approaches of their programs as they move from development to sustainability. Comparison of these innovative programs to existing services will also be highlighted. Opportunities exist to create variations on the RETAIN idea in other systems and states, in which occ docs should logically play a major role. Lessons from these programs have the potential to significantly expand opportunities for our specialty nationwide.

Sponsored by the Work Fitness and Disability Section

Learning Objectives

- Describe the purpose of the RETAIN Demonstration Project and how RETAIN programs differ from existing stay-at-work/return-to-work services.
- Explain ways states adapted their RETAIN programs to their unique needs and environment as a framework for building RETAIN-type programs in other systems and states.
- List two or more critical success factors for a work disability prevention program that serves diverse work populations and multiple healthcare delivery organizations, employers, and insurers across a wide geographic area.

Faculty

Karen Huyck, MD, PhD, MPH, FACOEM

Laura Breeher, MD, MPH

Jennifer H. Christian, MD, MPH, FACOEM

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Tuesday, May 21, 2024

10:00 AM - 11:00 AM

307 Part 2 Culinary and Lifestyle Medicine: Important connections for workplace health

Occupational health programs have taken on greater responsibility for looking at total worker health. To round out taking care of employees beyond workplace injuries and surveillance exams, it is incumbent for occupational physicians to understand robust programming that can enhance the health of their workers. Lifestyle medicine and culinary medicine are providing evidence-based concepts that can improve the health and well-being of employees, far beyond corporate wellness programs that often revolve around activities and incentives. Food is an important element to health that is often overlooked. This session will discuss how health can be impacted by the way diets and menus are planned. Presenters will cover basics of lifestyle medicine, demonstration of a few culinary medicine techniques that can improve the health and wellbeing of your employees, as well as the basics of how to begin integrating these concepts into foundational occupational health programs.

Learning Objectives

- Identify the concepts of culinary medicine.
- Analyze how lifestyle medicine can augment occupational health programs.
- Describe how to better integrate concepts from lifestyle medicine programs into workplace health programs.

Faculty

Sharon Wasserstrom, MD

MaryLu Williams, MS RD

Marc Watkins, MD

Pamela Hymel, MD, MPH, FACOEM



Tuesday, May 21, 2024

10:00 AM - 11:00 AM

308 Cognitive Impairment in Physicians: Is Screening practical? Legal? Ethical?

Some hospitals and health systems have begun mandating age-based cognitive screening for physicians. While such requirements are ostensibly an attempt to identify cognitive impairment that could jeopardize patient safety, is age-based screening effective, legal, practical, and ethical? This expert panel will present an update on the state of cognitive screening tools, the legal considerations for employers contemplating a policy requirement, and the practicalities of implementing a cognitive screening program. Through audience discussion with the panel, we will explore the ethical, legal, clinical, and practical aspects of this thorny issue.

Sponsored by the Medical Center Occupational Health

Learning Objectives

- Identify at least 3 tools available for assessing cognition and describe their applicability to screening physicians as an occupational group.
- Summarize the protections afforded by the ADA regarding employer-mandated medical exams, and whether/how this impacts cognitive screening of older physicians as a way to protect patient safety.
- Describe at least one legal and rational approach to early detection of common age-related impairments in physicians.

Faculty

Melanie Swift, MD, MPH

Howard Rudnick, MD

Caitlin Brown, JD

Greg P. Couser, MD, MPH, FACOEM



Tuesday, May 21, 2024

10:00 AM - 11:00 AM

309 International Occupational Medicine Society Collaborative (IOMSC): Education and Advocacy to Improve Worker Health

The International Occupational Medicine Society Collaborative (IOMSC) is an organization of 52 national occupational medicine (OM) societies in 46 countries, with a shared mission to improve workers' health globally. Ten years after its inception, members reviewed their national challenges and opportunities to determine how to scale up collaboration in the next decade. Several opportunities were identified for increased impact of IOMSC on:

- Advocacy guidance to facilitate OM input on regulatory changes
- Integration of OM expertise and referral pathways within local health systems,
- Increased capacity of OM training,
- Knowledge sharing, using membership surveys and needs analysis, with co-creation of evidence-based tools,
- Learning sessions on current challenges e.g., healthcare professional burnout, workforce mental health, and
- Collaboration with ministries of health, UN, and other associations to facilitate training, education, and knowledge sharing

This session will discuss progress to date in expanding the reach of IOMSC.

Learning Objectives

- Describe ways that a collaboration of occupational medicine societies can share education and training, participate in advocacy, and address current global health issues.
- Discuss interactions with the World Health Organization and International Labour Organization.
- Demonstrate progress made on educational offerings.

Faculty

Richard J.L. Heron, MB ChB FRCP FFOM FACOEM

Ron R. Loeppke, MD, MPH, FACOEM, FACPM

Herman O. Spanjaard, MD, MPH, FACOEM

Marianne Cloeren, MD MPH

Steven Nimmo, MBChB MSc FRCP FFOM

Lanre Ogunyemi, FFOM FFOMI FACOEM FRCPI

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Tuesday, May 21, 2024

10:00 AM - 11:00 AM

310 Providing High-level Overview of one of the Presidential Task Force's Initiatives on Digital Transformation through a Planetary Health Lens.

Dr. Berenji and Dr. Saito will highlight the current trends in healthcare innovation as it applies to occupational and environmental medicine.

Learning Objectives

- Discuss current innovations in healthcare (Generative AI/machine learning/Augmented and Virtual Reality).
- Apply these innovations in healthcare delivery and medical surveillance.

Faculty

Manijeh Berenji, MD, MPH, FIAIME, FACOEM FACPM

Kenji Saito, MD, JD, FACOEM



Tuesday, May 21, 2024

10:00 AM - 11:00 AM

311 World Trade Center Health Effects: Best Practices for Treatment Over 20 years Later

WHO WILL WANT TO ATTEND THIS SESSION? This session will be of interest to occupational physicians throughout the country as there are patients who responded to the World Trade Center disaster in every state in the United States and many doctors are in fact treating patients with these exposures. Best practice for the identification and treatment of conditions associated with the WTC disaster will be presented. Additionally, many responders and community residents have relocated from the New York - New Jersey area after retirement. This session will also be relevant for occupational and environmental health professionals designing programs and taking care of other patients after natural and manmade disasters including wildfires in Hawaii and California, hurricanes, and building collapses in Surfside, Florida and Davenport, Iowa.

Learning Objectives

- Explain the complex issues related to developing a large medical surveillance program and identify the ways in which an existing program must adapt over time.
- Discuss best practices for the identification and treatment of physical health conditions occurring as a result of the WTC disaster.
- Demonstrate the integration of mental health services into an occupational health program and utilize standardized questionnaires to better understand disease trajectories.

Faculty

Jacqueline MOLINE, MD, MSc

Iris G. Udasin, MD, MD



Tuesday, May 21, 2024

10:00 AM - 11:00 AM

312 Part 1 Defining, Identifying, and Managing Implicit Bias in OEM Practice: An Overview with a Panel Discussion Exploring Colleague Experiences

Part one of this two part session will present an overview of implicit bias, defining and characterizing the concept and helping OEM professionals identify implicit bias in their professional lives. Part two of the session will be a panel discussion with members of the ACOEM JEDI committee and others to share personal experiences with implicit bias and how OEM providers can identify and address it.

Sponsored by JEDI Committee

Learning Objectives

- Define and recognize implicit bias in workplace and clinical settings.
- Describe the impact of implicit bias from the perspective of OEM colleagues based on lived experiences.
- Discuss why recognizing and addressing implicit bias and 'bias blind spots' can foster healthy relationships with patients and colleagues

Faculty

John Clarke, MD, MBA, MS, FAAFP

Craig Thorne, MD, MPH, MBA, FACOEM, FACP



Tuesday, May 21, 2024

11:30 AM - 12:30 PM

313 Part 2 Defining, Identifying, and Managing Implicit Bias in OEM Practice: An Overview with a Panel Discussion Exploring Colleague Experiences

Part one of this two part session will present an overview of implicit bias, defining and characterizing the concept and helping OEM professionals identify implicit bias in their professional lives. Part two of the session will be a panel discussion with members of the ACOEM JEDI committee and others to share personal experiences with implicit bias and how OEM providers can identify and address it.

Sponsored by JEDI Committee

Learning Objectives

- Define and recognize implicit bias in workplace and clinical settings.
- Describe the impact of implicit bias from the perspective of OEM colleagues based on lived experiences.
- Discuss why recognizing and addressing implicit bias and “bias blind spots” can foster healthy relationships with patients and colleagues

Faculty

David S. Cockrum, MD, MPH

Jill Rosenthal, MD

Raul A. Mirza, DO

Deidre Defoe, MD, MPH

John Clarke, MD, MBA, MS, FAAFP



Tuesday, May 21, 2024

11:30 AM - 12:30 PM

314 Leveraging Global OEM Expertise for a Mutual Medical Education Project

Across the world, there is a dearth of physicians trained to deliver occupational and environmental medical (OEM) care to workers. This is becoming increasingly important as the world of work becomes more dangerous due to climate change. There are many countries, especially low- and middle-income countries, with no training pathways, no certification process and no specialty recognition for OEM. This session will describe and solicit participation in three new ventures to help address this pipeline problem. 1. The International Occupational Medicine Society Collaborative (IOMSC) is launching a new project in 2024 of global OEM Grand Rounds. OEM residents will provide free quality virtual education to occupational health providers anywhere, while learning more about occupational health hazards not common in high income countries. 2. The IOMSC is developing an online catalog of free high-quality OSH educational materials. 3. Workplace Health Without Borders is collaborating with student leaders in the Consortium of Universities for Global Health to develop an international network of OEM specialists to become mentors and OSH trainers.

Sponsored by IOMSC and ICSEOEM

Learning Objectives

- Describe how to get involved in the planned OEM global grand rounds project.
- Provide input to the planners of the OEM international mutual education projects about the most valuable topics for such educational sessions.
- Identify ways to use the proposed 'trickle-down mentoring' approach described in this session in their own work domain.

Faculty

Marianne Cloeren, MD MPH
Herman O. Spanjaard, MD, MPH, FACOEM
Janvier J. Gasana, MD, PhD
Warren Silverman, MD FACOEM FACPM
Yohama Auxiliadora y. Caraballo, MD



Tuesday, May 21, 2024

11:30 AM - 12:30 PM

315 Putting your Best Foot Forward--Interview Strategies for Transition to Leadership Positions in OEM

This session will use a case-based, evidence-based, interactive format to demonstrate effective preparation for and performance during behavior-based interviews as well as engage the learners in planning their strategy to transition to positions of greater responsibility and scope in leadership positions Occupational and Environmental medicine, in Corporate and Clinical environments. It will be particularly useful for those who are either preparing for their first job interviews after residency or Military service, as well as for those transitioning from other specialties or roles who are seeking positions in OEM for the first time. Audience participation will be employed for engagement, and evidence-based resources regarding preparing for behavior-based interviews, participating in the interview process, and follow-up after an interview will be shared with learners. Additionally, resources and examples will be highlighted for those who are preparing to conduct interviews for new hires and/or for succession planning in their roles.

Learning Objectives

- Describe the differences between behavioral -based interviews and traditional interview experiences, and describe evidence-based strategies for optimum preparedness
- Measure own key knowledge, skillsets and experience and practice techniques to articulately describe them in an interview scenario in order to highlight value.
- Prepare focused responses 'in the moment' to optimize interview content and competitiveness for a desired position in OEM.

Faculty

Francesca K. Litow, MD MPH
Michael Levine, MD, MPH, FACOEM

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Tuesday, May 21, 2024

11:30 AM - 12:30 PM

316 Lessons Learned from a Hazardous Medication Surveillance Program in Healthcare

Hazardous medication surveillance programs (HMSPs) continue to be a topic of interest from US healthcare institutions with many continuing to question what to include in a HMSP and whether the program testing benefits workers or results in unintended psychological harm and unnecessary additional tests. This session will present the results of a standardized enterprise-wide HMSP launched in 2020 at the Mayo Clinic, including health questionnaire findings and lab results correlated to hazardous medication exposure risks. We will detail lessons learned from the analysis of the surveillance program data and how we adjusted the program accordingly.

Sponsored by Medical Center Occupational Health Section

Learning Objectives

- Identify required vs recommended elements of a HMSP under the USP<800>.
- Appreciate the prevalence of abnormal CBCs in the general population.
- Apply an evidence-based approach to create a HMSP in a medical center.

Faculty

Melanie Swift, MD, MPH

Laura Breeher, MD, MPH



Tuesday, May 21, 2024

11:30 AM - 12:30 PM

317 When You're Hot, You're Hot; When You're Not, You're Not – Practical Measures for Dealing with Heat Stress

The proposed OSHA Heat Stress Standard will affect millions of workers and workplaces. This session will address practical tactical measures that an OEM physician can use to mitigate the effects of heat stress. These measures allow for productive work in heat while offering a safety environment for the worker. As many experts ponder the effects of our changing climate, we as OEM physicians are THE EXPERTS on the effects of heat on workers.

Learning Objectives

- Assess heat stress risk in the workplace.
- Identify potential heat stress mitigation measures.
- Explain heat stress mitigation to employers and employees.

Faculty

Robert M. Bourgeois, MD, MPH, FACOEM

Douglas W. Martin, MD



Tuesday, May 21, 2024

11:30 AM - 12:30 PM

318 Why Business Travel Might be Hazardous to Your Health

Ever have trouble sleeping in a hotel? Feel held hostage to fast food in an airport? Have little motivation to work out on road? Stressed by travel itself not to mention the work you have to do? Isolated from your family during a business trip? If you can relate you are not alone. The face of business travel has changed drastically with the pandemic - business travel was down 90% the first year of the pandemic but is coming back, perhaps in a new form. Forbes calls it 'bleisure', trips that combine business and travel and tend to be a bit longer. However, these trips still come with the same health and well-being challenges as pre-pandemic. Frequent business travel can be associated with physical, emotional, and social health challenges. Please join this session if you want to hear more about these health challenges and how to optimize health and well-being on the road.

Learning Objectives

- Describe the health effects of business travelers including the literature on this topic.
- Advise business travelers on strategies to address physical, emotional, social, and safety challenges on the road.
- Develop policies and resources for business travelers.

Faculty

Louise J. Short, MD, MSc



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

319 Part 1: So Many Big Changes in Firefighter, Police and Other Public Safety Employee Standards and Guidelines

Buckle up for a roller coaster ride on all the changes that have occurred in the past year in ACOEM's Guidance to Public Safety Employees and NFPA's 1582. There are some seismic changes that every provider that evaluates public safety employees needs to know. These changes are happening regularly, and the participant will become aware of the changes that have been made and those that are still in the works. We will also introduce the Public Safety Medicine Provider's Course and explain why this will be needed for all practitioners that see public safety employees. We will also be unveiling a new chapter in the ACOEM Guidelines (spoiler alert - stroke).

Sponsored by the Public Safety Medicine Section

Learning Objectives

- Explain how to use the newest versions of guidance and standard for public safety employees.
- Use the ACOEM Guidance for the Evaluation of Public Safety Employees to evaluate any person with a safety sensitive job who has had a cerebral vascular event.
- Access the program which will provide a certification of completion and be listed on a Web site for employers in their area to be able to contact them.

Faculty

Daniel G. Samo, MD

Fabrice Czarnecki, MD, MA, MPH, FACOEM



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

320 Targeted Rewiring: How Innovative, Evidence-based Behavioral Medicine Treatments Change Chronic Pain Management

Chronic musculoskeletal pain is the leading cause of disability across industries and occupations. Over the past two decades, with advancing technologies, scientists have gained a greater understanding of how the body interacts with pain, and how our brain conducts *targeted rewiring*, known as *neuroplasticity*, to interact and adjust one's perception of pain. A biopsychosocial, interdisciplinary model in a chronic pain program is essential in providing comprehensive treatment and in preventing workers from entering permanent disability. In this panel discussion with two pain specialists, we will discuss: (1) the changing landscape of pain behavioral science, (2) the importance of a biopsychosocial, interdisciplinary approach to treating pain for achieving optimal outcomes, and (3) the latest treatments and their evidence such as Empowered Relief, Acceptance and Mindfulness therapies, CBT, Pain Reprocessing Therapy, and technologies such as immersive Virtual Reality programs for pain.

Learning Objectives

- Summarize the latest clinical evidence on pain behavioral medicine and neuroscience, and how these findings change the way we manage chronic pain.
- Describe the integration of a comprehensive, 'whole health' biopsychosocial approach to chronic pain program, and how this interdisciplinary approach improves treatment outcomes.
- Recognize the latest evidence based treatments and novel technologies for chronic pain programs, and how to incorporate these into daily clinical practice.

Faculty

Justin (Chih Chao) Yang, MD MPH

Kristen M. Slater, PsyD

Michael Spertus, MD



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

321 Exploring Career Paths across the Federal Government

Occupational and Environmental Medicine (OEM) physicians work in a wide variety of settings including as civilian medical officers in the federal government. There is considerable diversity of OEM opportunities across the federal government. Convening a panel of civilian medical officers, we will explore various opportunities for public service by soliciting panelists' experiences at various federal agencies including, but not limited to, the U.S. Food and Drug Administration, the National Institutes of Health, and the Veterans Health Administration.

Sponsored by the Residents and Recent Graduates Section

Learning Objectives

- Describe various ways in which OEM civilian medical officers contribute to federal agency activities.
- Evaluate whether civilian service in the federal government will facilitate their personal and career goals.

Faculty

Andrew Karasick, MD, MBA, MPH, FACPM

Glen Cheng, MD, JD, MPH

Sacha H. Gutierrez, MD, MS, FACOEM



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

322 The Significance of the "CROWN" Act towards Creating a Diverse Work Environment

This session will discuss the biology of hair, hair as identity, and the history of the CROWN Act and its importance to job security and wellness for diverse workers. The 'Creating a Respectful and Open World for Natural Hair' (CROWN) Act was created in 2019 by Dove and the CROWN Coalition, in partnership with then State Senator Holly J. Mitchell of California. This is a California law which prohibits discrimination based on hair style and hair texture and the first such legislation passed at the state level in the United States. It ensures protection against discrimination based on race-based hairstyles and has now been adopted by several states. This talk will invite audience participation in a space for openness, kindness, willingness to learn and share vulnerable discussions.

Sponsored by the History and Archives Section

Learning Objectives

- Discuss the history of the CROWN Act.
- Explain the biology of the various hair types.
- Apply knowledge of the CROWN Act and its impact on wellness of employees with diverse backgrounds.

Faculty

Brianna McKenzie, AB

Verba Moore, MD, MPH, FACOEM



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

323 Part 1 Methods for Teaching Health Professionals at all Learning Levels about Climate Change and Health

Climate-driven changes in the ambient and occupational environment make work and communities increasingly hazardous for those segments of our population already shouldering the burden of health inequities. Vulnerable people, including outdoor workers, indoor workers in unconditioned work environments, workers with co-morbidities, immigrants, BIPOC workers, and workers from under-resourced communities, are at the highest risk. As the premier medical organization specializing in environmental medicine, ACOEM has the opportunity to lead efforts to incorporate climate and health education and practice throughout the US health ecosystem. In a roundtable, interactive format, the faculty of this session will present their initiatives to educate medical and public health learners at all levels about how to incorporate climate-related health issues into their professional work.

Learning Objectives

- Access resources and methods available for teaching healthcare professionals at all levels about how to incorporate climate-related health issues into their professional work.
- Participate in ACOEM efforts to teach its members about their role in addressing the occupational and environmental health effects of climate change.
- Create a public health course on climate and health; Align case-based training in planetary health with ACOEM and ACGME competencies; Incorporate bioethical issues into environmental curricula for health care professionals.

Faculty

Robert K. McLellan, MD, MPH

Peter Rabinowitz, MD, MPH

Kathleen M. Fagan, MD, MPH

Manijeh Berenji, MD, MPH, FIAIME, FACOEM FACPM



Tuesday, May 21, 2024

1:45 PM - 2:45 PM

324 Holoportation: A New Frontier in Healthcare

Advancements in consumer technologies introduce the world to newer, faster, creative, and more effective tools that reshape healthcare, healthcare education, lifestyle habits and behaviors. These rapid advances are driving a complex call-to-action within the healthcare industry to reimagine facility designs embracing smart, accessible, comprehensive, collaborative, and optimal care delivery solutions. Demonstrated by the pioneering healthcare innovations and evidence-based research initiated at the University of Central Florida (UCF), this panel addresses the now, near, and future possibilities that Holoportation connections engineer within the skilled art and science of equitable, accessible, and enhanced healthcare delivery. The innovation of Holoportation in healthcare introduces a new communications medium to:

- Extend opportunities that reduce the geography and proximity barriers and improve both access to healthcare education and equity to healthcare services.
- Reshape how to receive and engage with expert specialists in high demand and short supply.
- Expedite treatment pathways without logistical burdens.
- Deliver comprehensive and preventative medical education that improves health literacy.
- Advance clinical training using psychologically-based multimodal trace data (e.g., eye movements, natural language processing) to understand, track, model, and support clinicians' expertise development
- Provide a patient specific assessment for patient health education, nutrition, and the pillars of lifestyle medicine (sleep, food, clothing, etc.)

Learning Objectives

- Describe what Holoportation technology is and how it works.
- List two ways Holoportation can be implemented in healthcare education.
- Identify two ways Holoportation may reduce barriers to care.
- Identify two ways Holoportation can advanced the training of clinicians using multimodal trace data (e.g., eye movements, concurrent verbalizations).

Faculty

Bari Hoffman, PhD, CCC-SLP, ASHA
Roger Azevedo, PhD



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

325 Part 2: Applying Public Safety Guidelines for Fitness for Duty Evaluations in Other Occupations.

This session will inform the participant in the underlying principles and legal requirements of performing a fitness for duty evaluations. The participant must understand that these are the principles they need to rely on when asked to make a decision on a pre-placement exam, return to work exam or disability evaluation. The participant will learn how to adapt the information in police officer and firefighter standards/guidelines to any job category that the participant is evaluating. The session will also use two cases that relate to new chapters (fibromyalgia and oncology) to demonstrate how to use the Guidance for fitness for duty evaluations.

Sponsored by the Public Safety Medicine Section

Learning Objectives

- Able to be in legal and regulatory compliance when performing fitness for duty evaluations.
- Apply ACOEM's Guidance for the Medical Evaluation of Public Safety Employees and NFPA's 1582 to any class of worker that they are asked to evaluate.
- Evaluate employees with fibromyalgia or cancer using ACOEM's Guidance for the Medical Evaluation of Public Safety Employees.

Faculty

Daniel G. Samo, MD

Fabrice Czarnecki, MD, MA, MPH, FACOEM

Ashley M. Nadeau, MD, MPH

Dominik S. Dabrowski, MD, MPH



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

326 Implementing Standardized Patient Self-Assessment Questionnaires to Guide Care in Injured Workers

This presentation will continue and expand on the presentation from a OHC 2023 presented by Dr. Ethan Moses and Dr. Kathryn Mueller using PROMs (patient reported outcome measures) in clinical practice. We will briefly discuss the history of patient self assessment, how to standardize the history to track progress. We will address the again the critical importance of measuring functional progress for injured workers. We will discuss the history of Colorado's QPOP (quality performance and outcomes payments) program. This includes how the division of Worker's Compensation has selected approved questionnaires, certifying providers, standardizing payments, and working with carriers. The majority of the presentation will discuss implementation of a program within a practice. This includes the practicalities of choosing questionnaires, training providers, training staff. We will discuss integration into electronic medical record. We will discuss the finer details of incentive providers to participate as well as provide examples of how utilization can become miss managed as well as somAn important discussion will be how to manage psychological components.

Learning Objectives

- Choosing practical measures for your practice.
- Implement PROM in a practice.
- Recognize individual outcome trends that can improve patient care and outcomes.

Faculty

Paul Ogden, MD, MSPH

X.J. Ethan Moses, MD, MPH, FACOEM



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

327 Injury, Illness, and Uncertainty: Three Career Paths Navigating OEM Chaos and War Through the Lenses of the Military, VA, and OSHA

This session will be presented by three Physicians who have taken their OEM training into leadership positions in OSHA, the Military and VA. They will describe their individual professional journeys through training and into clinical, research, educational and policy development positions in these three agencies/organizations. They will contrast the unique missions of these organizations and how they draw upon various aspects of what the field of OEM has to offer. The shared foundation they will identify in summary is a focus on health impacts of the activities human beings are engaged in and the health impacts of the environments in which these activities are performed: identifying those health impacts, addressing them clinically, conducting research to better understand them, finding effective interventions to mitigating them, and creating systemic approaches and public health-oriented policies to support primary, secondary and tertiary prevention. You will discover how you, along with every other OEM clinician, are contributing in your own way to meaningful applications of our OEM training and expertise across the healthcare landscape.

Learning Objectives

- Recognize and discuss applications of OEM training in settings such as the Military, the VA and OSHA.
- Describe and discuss their own trajectory into our OEM Specialty and ways in which it compares, contrasts, parallels or radically departs from those of the discussants.
- Recognize and discuss how sharing our experiences and learning from others in our field can broaden the impact of OEM across the health care landscape and deepen the ways that we put our training to use in our own settings.

Faculty

Stephen C. Hunt, MD MPH

Michael J. Hodgson, MD, MPH

Jose M. Ortiz, MD, MPH, FACOEM



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

328 TED 8: Ambassadors to OEM's Future

ACOEM's TED series have become outstanding successes. The ACOEM Teaching Academy is pleased to sponsor an eighth TED session, featuring exciting brief presentations by outstanding speakers on cutting edge OEM topics. Each TED 8 speaker will present an area of passionate personal interest that demonstrates OEM's contributions to employers, workers and communities. We feel these individual will be OEM's ambassadors to the future. TED 8 speakers will demonstrate their mastery of communication effectiveness, having been supported by Teaching Academy coaches to advance from 'good' to 'great' to 'outstanding' presentations. This is not just about OEM data, this is about those things in our field that inspire the heart of OEM physicians to love the field of OEM and to champion workplace and environmental health.

Sponsored by the ACOEM Teaching Academy

Learning Objectives

- Create memorable, effective, brief communications in which speakers match their own passions to the needs of an audience.
- Demonstrate simple, powerful ideas and effective techniques to quickly explain OEM's unique benefits to workers, employers and communities.
- Apply effective communication to and from emerging OEM leaders.

Faculty

Kent W. Peterson, MD, FACOEM, FACPM, MRO
Constantine J. Gean, MD, FACOEM, MD, MS, MBA



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

329 Part 2 Methods for Teaching Health Professionals at all Learning Levels about Climate Change and Health

Climate-driven changes in the ambient and occupational environment make work and communities increasingly hazardous for those segments of our population already shouldering the burden of health inequities. Vulnerable people, including outdoor workers, indoor workers in unconditioned work environments, workers with co-morbidities, immigrants, BIPOC workers, and workers from under-resourced communities, are at the highest risk. As the premier medical organization specializing in environmental medicine, ACOEM has the opportunity to lead efforts to incorporate climate and health education and practice throughout the US health ecosystem. In a roundtable, interactive format, the faculty of this session will present their initiatives to educate medical and public health learners at all levels about how to incorporate climate-related health issues into their professional work.

Sponsored by the Environmental Health Section

Learning Objectives

- Apply resources and methods that are available for teaching healthcare professionals at all levels about how to incorporate climate-related health issues into their professional work.
- Participate in ACOEM efforts to teach its members about their role in addressing the occupational and environmental health effects of climate change.
- Create a public health course on climate and health; Align case-based training in planetary health with ACOEM and ACGME competencies; Incorporate bioethical issues into environmental curricula for health care professionals

Faculty

Robert K. McLellan, MD, MPH

Peter Rabinowitz, MD, MPH

Kathleen M. Fagan, MD, MPH

Manijeh Berenji, MD, MPH, FIAIME, FACOEM FACPM



Tuesday, May 21, 2024

3:15 PM - 4:15 PM

330 Building Resilience to Facilitate Return to Work: The Impact of an App-based Resilience Coaching Program Discovered

Resilience, the ability to withstand adversity and bounce back after a difficult life event, can play a critical role in an employees' recovery from an injury. Many resilient individuals successfully navigate through life's challenges. Unfortunately, others do not. Psychosocial barriers to functional recovery may be understood using the framework of resilience. Identifying injured workers who have psychosocial risk factors for delayed recovery and may lack resilience skills can help us develop management strategies to achieve better outcomes. The good news is that resilience can be learned and developed, and psychosocial risk can be reduced. In this session we will share how to identify these injured workers and how one intervention, an app artificial intelligence conversational agent, has been used to reduce disability duration after a work-related injury.

Learning Objectives

- Identify individuals who may lack or need to develop their resilience skills to overcome work related disability.
- Communicate to claim professionals to facilitate addressing psychosocial barriers during the management of a work related injury.
- Describe the claim and functional benefits realized when a biopsychosocial approach is adopted to help individuals return to function after a work related injury. Specifically, understand how users of a digital app were able to learn skills taught through an artificial intelligence conversational agent to reduce disability duration.

Faculty

Marcos A. Iglesias, MD, FACOEM, FAAFP
Sarah E. Grace, RN



Wednesday May 22, 2024

7:15 AM - 8:15 AM

401 Basics of Medicine in the Outdoors

This session will provide listeners with 45 minutes of didactic lecture material followed by open discussion of practicing medicine in the very real world: outdoors. Ever been on a plane worried about an in-flight emergency and the flight attendant asking for a doctor? How can I make the most of a plane's first aid kit? What should I say to flight traffic control? The speaker is a good fit to give this lecture because he is afraid of all these and generally just afraid of practicing medicine beyond the walls of an exam room! We will go over a standardized approach to various topics in wilderness medicine (what to include in a travel medical kit, modified ABCs of the found down patient), diving medicine, in-flight emergencies, among others, and most importantly focus on identifying when is it time to get to safety and evacuate. The goal will be to walk out with a sense of relief as a physician with a bit more understanding of how to prepare for medicine in the world around you. The target audience for this lecture is resident trainees and third- and fourth-year medical students. This session is for educational purposes only. The speaker does not have any conflicts of interest. **Learning Objectives**

- Examine a standard approach to in-flight emergencies.
- Identify some emergencies in the wilderness; with altitude; and when diving, and when it is time to get to safety and evacuate.
- Demonstrate how to put together a medical first aid kit or making use of the one available to you in the outdoors.

Faculty

Ali T. Khan, MD



Wednesday May 22, 2024

7:15 AM - 8:15 AM

402 An Osteopathic Approach to the Painful Elbow: Introduction to the Fascial Distortion Model

Lateral epicondylitis is a common overuse injury affecting approximately 1 to 3 percent of the population. The condition is often associated with common employment activities, and is a significant cause of work loss and disability. Although symptoms may disappear spontaneously within 1 year, the clinical guidelines for conservative treatment are not clear. Treatment ranges from watchful waiting to physical therapy, electrophysiotherapy, injections, and even surgery. This session will review the anatomy, pathophysiology, common causes and current therapeutic modalities in the diagnosis and treatment of this common condition. We will discuss common causes of elbow pain addressing elbow, wrist and forearm symptoms. In keeping with the theme of AOHC 2024, I will introduce the Facial Distortion Model as an innovative modality to diagnose and treat this and other painful elbow conditions, while emphasizing the importance of collaborating with other clinical providers and empowering patients to play an active role in their recovery.

Learning Objectives

- Diagnose lateral epicondylitis in the clinical setting.
- Determine current treatment recommendations and modalities available for this and other painful conditions of the elbow.
- Explain the Fascial Distortion Model as an anatomical perspective in which 'the underlying etiology of virtually every musculoskeletal injury is considered to be comprised of one or more of six specific pathological alterations of the body's connective tissues' and an alternative method of addressing this and other common painful conditions of the elbow & forearm

Faculty

Byron Perkins, DO



Wednesday May 22, 2024

7:15 AM - 8:15 AM

403 Collaborations and Innovations in the Approach to the Health and Safety of Marginalized, Underrepresented, and Underserved Occupational Populations

Current issues and research updates concerning parity in the occupational health and safety of national, international, and indigenous workers.

Learning Objectives

- Describe lack of adequate worker protections for underserved, underrepresented, and marginalized worker populations in our communities.
- Describe barriers to equitable occupational health and safety faced by various community worker populations such as construction, hospitality, food service, farmworker, gig economy, indigenous, and temporary workers.
- Identify resources to support clinicians treating these workers and be familiar with current efforts directed at providing appropriate health and safety protections to these worker populations and their families both here in the States and abroad.

Sponsored by Underserved Occupational Populations Section

Faculty

Scott D. Morris, MD

Linda S. Forst, MD, MPH

Brett Shannon, MBBS, MAE



Wednesday May 22, 2024

7:15 AM - 8:15 AM

404 Using Standing Orders to Grant Respirator Medical Approval

OSHA requirements for respirator medical approval have remained unchanged even as workplace hazards to healthcare workers, especially COVID-19, have yielded a greatly increased number of required respirator users without a commensurate increase in resources to fulfill occupational health mandates. Effective use of standing orders to delegate a physician's authority to supervised occupational health staff can ensure efficient and effective respirator medical approval for required respirator users in a manner that is consistent with OSHA's Respiratory Protection Standard.

Sponsored by the Michigan Occupational and Environmental Medicine Association

Learning Objectives

- Recommend Physician or other licensed healthcare professional (PLHCP) when granting respirator medical approval as specified by OSHA's Respiratory Protection Standard.
- Review how state medical laws enable a physician to delegate authority via standing orders, using Michigan as an example.
- Demonstrate how, with appropriate supervision, standing orders integrating itemized conditional logic can empower occupational health staff to either grant respirator medical approval or else triage required respirator users for more detailed evaluation by a PLHCP.

Faculty

Thomas John Bender, MD, PhD

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INNOVATE • COLLABORATE • EMPOWER OEM

Wednesday May 22, 2024

7:15 AM - 8:15 AM

405 OEM Late Breaking Session TBD



Wednesday May 22, 2024

7:15 AM - 8:15 AM

406 Accommodations in Pregnancy: What's Old, What's New and What's Reasonable

With the passage of the Pregnant Workers Fairness Act (PWFA) and Providing Urgent Maternal Protections for Nursing Mothers or PUMP Act in 2023, occupational health professionals will be legally required to accommodate pregnant and nursing mothers. This session will review the major physiological changes associated with pregnancy, clarify what has changed in terms of worksite requirements since the passage PWFA and the PUMP Act, and provide insight into appropriate accommodations, including the American Medical Association and NIOSH lifting recommendations at each trimester of pregnancy.

Sponsored by the Nurse Practitioner Section

Learning Objectives

- Discuss recent changes related to accommodating pregnant and breastfeeding workers due to the PWFA and PUMP Act in 2023.
- List the major physiological changes experienced in pregnancy.
- Identify worksite hazards relevant to the pregnant worker, the developing fetus and the newborn in a breastfeeding mother.
- Develop evidence-based accommodations for pregnant and breastfeeding worker.

Faculty

Sarah A. Foster-Chang, RN, MSN, DNP, ANP-BC



Wednesday May 22, 2024

10:15 AM - 11:15 AM

407 Decoding the Safety Data Sheets – Toxicologists Perspective on SDS use in Practice

OSHA's 2012 modified Hazard Communication Standard sought enhance to the worker's right to know about hazards in their workplace. An aspect of this modification was the adoption of Safety Data Sheets (SDS) with sixteen standardized sections, conforming United Nations' Globally Harmonized System of Classification and Labelling of Chemicals (GHS). A wealth of information about chemical hazards may be obtained from updated SDS, however, utilizing these documents properly requires training and familiarity. In this session, OEM physician toxicologists will utilize case based scenarios (some both preemptive and following exposure aspects) to illustrate principles of locating and interpreting information found within the SDS. Limitations of SDS information will also be discussed.

Sponsored by the Occupational Toxicology Section

Learning Objectives

- Describe the hazard classification criteria and categories in Section 2 of an SDS, and how these determinations may be made.
- Explain selected physical and chemical properties and how these properties may be useful for predicting routes of exposure and potential toxicities.
- Describe what portions of the SDS are relevant to acute and chronic health effects, and what sources or methods may have been used to obtain this information.

Faculty

John W. Downs, MD, MPH

Jonathan Borak, MD



Wednesday May 22, 2024

10:15 AM - 11:15 AM

408 Exploring Alternative Revenue Streams: Let's Talk about IME's, Testimony, School Health, Remote Administrative Medical Directing, Environmental Consultating, Working Globally

There are so many things an OEM trained provider can do. Rather than be tied into a subspecialty, we handle people and situations across a wide spectrum of medical specialties and public health initiatives. We deal with groups, organizations, and governments and can bring a medical expertise from toxicology to ergonomics, to solve problems. Working with new employer groups like schools or space travel companies will offer opportunities which are new to our field. Preparing for and developing skills to seek out these opportunities is worthwhile starting now.

Learning Objectives

- Prepare alternative career paths beyond the traditional Occupational Medicine realm.
- Recognize specific skills that OEM provides that differ this field from traditional clinical medicine and apply these skills to real world opportunities.
- Apply alternative skill sets that can be subsequently learned and honed in order to be able to generate a viable income and career.

Faculty

Warren Silverman, MD FACOEM FACPM



Wednesday May 22, 2024

10:15 AM - 11:15 AM

409 Serious as a Heart Attack - How Occupational Medicine Physicians can Reduce the Risk of Cardiovascular Disease Deaths in Firefighters

Approximately 40% of the non-trauma related firefighter line of duty deaths investigated by the NIOSH Fire Fighter Fatality Investigation and Prevention Program are due to cardiovascular causes. Occupational medicine physicians may be designated fire department physicians or be consulted by individual firefighters on this issue so it is vital that physicians keep current in the various aspects relevant to firefighters' cardiovascular health. Due to the physically demanding nature of firefighting, improving and maintaining good cardiovascular health is vital in achieving a long career while maintaining a good quality of life. This presentation will review the unique cardiovascular risk factors encountered by firefighters, how cardiovascular health is assessed in this workforce, approaches to decrease those risk factors through department policy and individual actions, and potential barriers to implementing risk reduction strategies and how to overcome them.

Learning Objectives

- Cite 5 cardiovascular health risk factors commonly experienced by firefighters.
- Describe how cardiovascular health is assessed in the fire service.
- List 5 interventions fire departments can implement to improve firefighters' cardiovascular health.

Faculty

Judith Eisenberg, MD, MS



Wednesday May 22, 2024

10:15 AM - 11:15 AM

410 Your Opinions Count too!: How to Share them by Writing Op-eds for the Lay Press

Occupational medicine is often misunderstood in the eyes of the general public, as well as our colleagues in other medical specialties. During the COVID-19 pandemic, our training and experience was leveraged to provide sound advice and action plans regarding vaccines, isolation, quarantine and treatment protocols. Now that the pandemic has subsided, we need to continue to advocate for our specialty, and part of this task involves getting information out to the public in ways that are unfamiliar to most physicians. Current topics of interest include: vaccines, fitness for duty evaluations, heat stress injuries and preplacement drug testing, to name just a few. Dr. Williams will discuss opinion editorials and how to write and get them published in the local, regional and national press. He will also discuss how to leverage social media platforms to 'get a message out'. Articles written for the lay press by physicians on the 'front line' reach a broader audience, and are often more compelling and understandable than medical society position statements, practice guidelines and publications in the peer-reviewed literature.

Learning Objectives

- Associate what an opinion editorial (op-ed) is, and see specific examples of articles that pertain to current occupational health topics of interest to the general public, such as: vaccines, fitness for duty exams, heat stress injuries and preplacement drug testing. Able to recognize which subjects they have sufficient expertise to write about and comment on.
- Review the basic format of an opinion editorial, and the importance of outlining the issue at hand; discussing the medical implications and proposing a solution and way ahead. Condense their ideas and verbiage into articles that may range anywhere from 500 to 1500 words.
- Quote news outlets that accept unsolicited op-eds and the stories they may be interested in. Self-publication platforms will also be discussed, as well as how to watch out for conflicts of interest. Identify where they have the best chance of getting their article published and reaching the most appropriate audience.

Faculty

John M. Williams, Sr, MD MPH



Wednesday May 22, 2024

10:15 AM - 11:15 AM

411 Occupational Vision Testing: Making Sense of When It Doesn't

Eye and vision testing is important in fitness for duty evaluations for many occupational roles—such as commercial drivers, pilots, law enforcement officers and members of the military—where good visual skills are critical. This course presents some of the pitfalls often encountered when testing visual function to a standard, provides red flags to look for, and offers options for getting the best information towards the correct decision. The goal is to serve as a reminder of some of the areas in eye and vision testing where our due diligence is important to the safety of the patient and the public.

Learning Objectives

- Provide critical assessment of visual skills for the worker who must meet vision standards for a job.
- Explain job-related standards related to common procedures such as visual acuity, color vision, stereopsis and visual fields.
- Recognize commonly encountered situations that should be red flags when making determination on whether a candidate or employee is visually fit for duty.

Faculty

Jeffrey L. Weaver, OD, MS, FAAO



Wednesday May 22, 2024

10:15 AM - 11:15 AM

412 Enhancing Fitness for Work: The Government Support and Best Practices in Egypt, Saudi Arabia, and Indonesia

Maintaining Fitness for work ensures the safety of workers, preventing work accidents, injuries, and occupational diseases heavily. Each country has its own governmental regulations to support fitness for work programs within their occupational health systems. Considering the diverse geography and industries across countries, the implementation of fitness for work programs varies based on health regulations. Occupational Health Physicians play a crucial role in complying with regulations by identifying high-risk jobs and conducting specific health assessments to match industry demands. Strong government regulations and management commitment to enforcing fitness for work programs have demonstrated positive compliance and resulted in reduced work accident rates and fatalities in specific industrial areas of Egypt, Saudi Arabia, and Indonesia. Evidence-based efficacy on return-to-work programs supporting business processes further strengthens occupational health programs in the workplace. The integration of digital support in this OEM implementation will significantly enhance the success rate of the program.

Sponsored by the ICSEOEM

Learning Objectives

- Describe the different best practice in Saudi Arabia, Egypt and Indonesia.
- Recognize the phases of the return-to-work process as a crucial component of fitness for work programs.
- Define and conduct fit-for-task assessments tailored to specific industries and job demands, ensuring the necessary health assessments are aligned.

Faculty

Ade Mutiara, MD, MOM, OM

Yohama Auxiliadora yc Caraballo, MD

Ahmed Aly Albadry Elsayed Ahmed, MBBCH, Msc, PhD, TQMD, FACOEM



Wednesday May 22, 2024

11:30 AM - 12:30 PM

413 Anecdotes and Antidotes: Evolved Thinking of Bystander Antidote Use in the Workplace

Toxicology is a core occupational and environmental medicine (OEM) practice competency. OEM physicians may be consulted to recommend an antidote following accidental workplace poisonings. In the United States, the management of work-related cyanide toxicity has changed over the last two decades with the introduction of hydroxocobalamin. However, there continues to be an emphasis within the occupational safety and health community on point of care administration of amyl nitrite, an antidote with questionable efficacy and a history of diversion for recreational use. In contrast, naloxone is a very effective point of care antidote that can be taught to by-standers such as co-workers. The ravages of the opioid epidemic in the US has led some to advocate for adding naloxone to workplace first aid kits and training for by-stander administration. This session aims to educate OEM physicians about these evolving trends.

Sponsored by the Occupational Toxicology Section

Learning Objectives

- Describe the role of amyl nitrite and hydroxocobalamin in the treatment of work-related cyanide poisoning.
- Discuss the current legal and regulatory framework for the use of naloxone in workplaces.
- Prepare their workplace for naloxone use by bystanders and healthcare workers.

Faculty

John W. Downs, MD, MPH

Michael G. Holland, MD

Jakub Furmaga, MD



Wednesday May 22, 2024

11:30 AM - 12:30 PM

414 Get Certified and Stay Certified: ABPM's Initial Certification Process and Continuing Certification Program (CCP)

In 2023, all ABPM Diplomates with time-limited certificates began participating in the ABPM's new Continuing Certification Program (CCP). The CCP replaced the previous Maintenance of Certification (MOC) program and offers OEM physicians flexible, meaningful options to demonstrate their current knowledge and skills.

In this session, ABPM leaders will discuss the requirements to become certified in OEM and to maintain your certification.

Learning Objectives

- Describe the elements of the ABPM's CCP.
- Discuss each of the three phases of ABPM's launch of the CCP.
- Describe the essential eligibility requirements for initial ABPM certification in OEM.

Faculty

Clare Foreman, MLIS



Wednesday May 22, 2024

11:30 AM - 12:30 PM

415 Adverse Childhood Experiences and Psychological Distress among Police Officers

Limited research exists examining effects of Adverse Childhood Experiences (ACEs) on psychological distress among police officers. Police service is widely recognized as one of the most dangerous and stressful occupations, in which police officers are often exposed to stressors such as traumatic events, long work hours, and other research shows that experiencing stress situations at work might lead to adverse mental health outcomes such as depression and anxiety. Exposure to ACEs can have a profound and negative effect on one's health and emotional well-being in the future leading to increases in risks of mental health problems. In a critical occupation such as policing, it is important to recognize life experiences that may shape work behaviors.

Learning Objectives

- Evaluate associations of adverse child experiences with mental health.
- Discuss antecedents of mental well being among law enforcement personnel.
- List the ten types of adverse childhood experiences.

Faculty

John M. Violanti, PhD



Wednesday May 22, 2024

11:30 AM - 12:30 PM

416 Real World Events and OccPod: Leveraging Podcasting to Explore Current Events with an OEM Perspective

Podcasting is a medium that can disseminate information in near-real time, to educate and enhance the knowledge base of healthcare providers. Discussing timely topics with available data can assist OEM practitioners in responding to public health events at a regional or national level. Recent OccPod episodes which showcased current events include the Ohio train derailment which contaminated the local groundwater with the release of the toxic substances, burn pits and their impact on the health of veterans and active-duty members, and understanding deep-sea/decompression sickness after the implosion of the submersible Titan while exploring the depth of the ocean. Podcasts can be an effective tool for OEM clinicians to enhance their knowledge base, leveraging OEM specific information for current events. This session aims to highlight podcasts as one of the formidable educational tools OEM practitioner's arsenal to examine current events through the OEM lens.

Learning Objectives

- Describe how podcasts can be used to disseminate information to the OEM practitioners with OEM perspective on events unfolding in real time.
- Describe how OccPod can serve as an educational learning tool for the ACOEM member.
- Use the tools needed to be able to create and stream semi structured podcasts on diverse themes. It will provide strategies on how to integrate podcasts as an effective tool to disseminate nuanced information and thus enhancing their OEM practice.

Faculty

Erin L. Ransford, BSPH

Ismail Nabeel, MD, MPH, FACOEM



Wednesday May 22, 2024

11:30 AM - 12:30 PM

417 Understanding Method, Utilization and Quality of EMG and NCV in Industrial Medicine.

In this session, participants will learn how to interpret EMG and NCV data through didactic learning and case studies

Learning Objectives

- Recognize poor quality NCV and EMG studies.
- Improve provider skills of interpretation of NCV and EMG.
- Describe how EMG and NCV may contribute to clinical treatment decisions for worker injury patients.

Faculty

Jonathan Rutchik, MD



Wednesday May 22, 2024

11:30 AM - 12:30 PM

418 Implications of Muscular Health for Workforce Performance and Safety

While the majority of executives would not consider muscular health a critical element of workforce management, multiple scientific studies have shown a significant correlation between healthy muscle mass and injury prevention, reduced risk of chronic conditions, and wellbeing.

In conjunction with the Dr. Paul Terpeluk, Datafit investigated the impact Strength to Body Weight (SBW) had on employee health costs. Using the SBW data, it was determined that the worker fell into one of 4 categories - a High-Risk category for disease and injury, a High-Moderate Risk, Low-Moderate Risk and Low-Risk.

Studying the SBW of 23,000 nurses at the Cleveland Clinic between 2011 and 2019, nurses in the high-risk category had 42% higher employee health cost compared to those in the low-risk category.

When using this application across industries (145,942 SBW scores) from 2018- 2022, the analysis showed a significant increase in the High-Risk category from 25% to 40% whereas the Low-Risk category demonstrated a significant decrease from 24% to 15%.

The outcomes demonstrate the worker continues to become less healthy mostly due to the loss of strength and an increase in body weight.

Learning Objectives

- Identify how a healthy muscle mass impacts the ability of the worker to manage and/or prevent certain lifestyle diseases.
- Identify how a healthy muscle mass impacts the ability of the worker to prevent musculo-skeletal injuries and slips and falls as the worker ages.
- Demonstrate the strength to body weight ratio through weight management and strength training.

Faculty

Thomas Gilliam, PhD
Paul Terpeluk, DO, MPH



Conflict of Interest

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The following speaker have indicated no potential conflicted of interest(s) exist:

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Amy Behrman, MD
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MaryLu Williams, MS RD



Conflict of Interest

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Olivia Bagasse de Dhaem, MD | *Discloses: Consultant relationship with Pfizer*

Wayne Burton, MD | *Discloses: Consultant relationship with GRAIL; Consultant relationship with Abbvie; Consultant relationship with Amgen; Consultant relationship with PEAR Therapeutics*

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