

Better Breathing

An Educational Series for the Community

*Presented by Munson Medical Center Community Education
via REMEC TeleHealth Network (March 2010)*

March 1	Breathing Devices & Exercise; Pulmonary
Hygiene;	Travel Tips
March 8	Panic Control, Stress & Relaxation
March 2	Psychological Aspects of Chronic Illness;
	Intimacy
March 22	Nutrition & Lung Disease
March 29	Building Strength & Endurance

Time: 1:30 pm – 3:00 pm

Cost: No Charge for REMEC Member sites
There is a charge for Non-REMEC Member sites,
Contact REMEC at 231-935-7944 for details

*For information and to register:
Call Karen Kain, Respiratory Care at 231-935-6736*

Confirm broadcast with your hospital & site contact listed below

Munson Locations:
MCHC Classrooms A & B

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library



Eating Healthy on a Budget

Laura McCain, Dietitian

Thursday
March 18, 2010

Noon – 1:30 pm

*Presented live via the REMEC
TeleHealth Network from*
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684

March is National Nutrition Month

In celebration of National Nutrition Month, bring your sack lunch and join us to learn about how to eat healthy on a budget. Many of us want to eat healthy but often don't know how we can do it on a limited budget. We tend to feed our families lots of filling, less expensive foods that may not be the healthiest choices.

Laura McCain, Registered Dietitian

Laura McCain, Munson dietitian, will present a community program discussing tips on making healthy food choices for your family that are also inexpensive. Learn ways to provide healthy meals and stay within your food budget.

Open to the public
Free of charge.

***Registration is required for participants
attending at MCHC***



To register for participation at Munson Community Health Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____

Michigan State University-School of Human Medicine, Michigan
Center for Rural Health and
Geriatric Education Center of Michigan Present:
Geriatric Grand Rounds
via The REMEC TeleHealth Network

Topic: Alcohol and Substance Abuse in the Older Adult
Speaker: Mark Ensberg, MD
Date: Wednesday, March 3, 2010
Time: 12:00 Noon - 1:00 PM
Audience: General Medical Staff, Nurses



Accreditation Statement: **CME:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Michigan State University College of Human Medicine, Michigan Center for Rural Health, and Geriatric Education Center of Michigan. The Michigan State University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Michigan State University designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. **Social Workers:** Michigan State University School of Social Work (Provider No. 1136) is approved by the Association of Social Work boards (ASWB) approved continuing Education (ACE) program: www.aswb.org. 1-800-335-6880. MSU maintains responsibility for this conference. ASWB ACE-approved programs are recognized in Michigan. In addition, Wisconsin, Illinois, and Indiana recognize ACE-approved providers. Social workers should verify recognition of ACE approval with their state boards. Approval #012210-20

MNA: Michigan State University College of Nursing (OH-294, 81409) is an approved provider of continuing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



Faculty Disclosures will be made prior to the start of these activities

CONTACT MCRH @ 517-355-8250 or visit
www.mcrh.msu.edu
For Objectives and Program Information

Sign-in sheets, program evaluations & any available handouts will be posted 2-3 days prior to the program at the above website.

Munson Locations:
MMC REMEC D6 Classroom and MCHC Classrooms A & B
Contact REMEC at 231-935-7944

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library



Living with Pain: Ask the Doctor

Howard J. Beck, MD

**Tuesday
March 9, 2010**

Noon – 1:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*



The Burden of Pain

The American Pain Foundation reports that more than 25% of Americans suffer from persistent pain. Chronic pain affects not only body and soul, but healthcare costs, lost income and lost productivity.

Many conditions cause chronic pain, including low back pain, shingles, fibromyalgia, arthritis and cancer. Many therapies are available to alleviate and palliate pain.

Howard J. Beck, MD

Howard J. Beck, MD, a physician with Munson Spine and Nerve Pain Treatment Center will hold an informal Question & Answer session for people interested in finding out more about pain, conditions related to pain, pain treatments, and ways of coping with chronic pain.

**Open to the public
Free of charge.**

***Registration is required for participants
attending at MCHC***

To register for participation at Munson Community Health Center:
Call Munson Community Health Library at 231-935-9265

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____



Munson Healthcare
Community Health Library



Osteoarthritis Update

Dr. Sarah Bancroft-Treadway

**Tuesday
March 16, 2010**

6:00 – 7:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Community Health
Center (MCHC) Classrooms A & B
550 Munson Avenue
Ground Floor
Traverse City, MI 49684*



A Baby Boomer Disease

Osteoarthritis, the most common form of arthritis, is called a “Baby Boomer Disease.” It afflicts more than 20 million people nationally. It strikes not only older people, but also hits people in their 30’s and 40’s who have had damage from accidents or sports-related injuries. Although not all individuals experience symptoms, pain from Osteoarthritis can be debilitating and interfere with activities of daily living. Joint replacement may be needed in several cases, but several medical therapies exist to manage pain and may delay the need for surgery.

Sarah Bancroft-Treadway, MD

Dr. Bancroft-Treadway attended medical school at Wayne State University. She did her residency and Sports Medicine fellowship at Oakwood Healthcare Annapolis. She practices at Creekside Clinic in Traverse City.

**Open to the public
Free of charge.**

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attending at MCHC***

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For participation at all other sites:
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Michigan Center for Rural Health and
the MSU School of Social Work Present:
MSU SOCIAL WORK GRAND ROUNDS
via The REMEC TeleHealth Network

Topic: *Reflective Supervision*

Speaker: Cheryl Williams-Hecksel, LMSW, ACSW;
JoAnn McFall, LMSW, ACSW, RN
Julie Navarre, LMSW

Date: Thursday, March 4, 2010

Time: 12:00 Noon - 1:00 PM



Objectives: Upon completion of this presentation, the audience should be able to:

1. Define reflective supervision.
2. Identify the benefits of reflective supervision as a tool for supporting professional development
3. Understand the influence of professional development stages on supervisory processors.

Accreditation Statement: Michigan State University School of Social Work (Provider No. 1136) is approved by the Association of Social Work boards (ASWB) approved continuing Education (ACE) program: www.aswb.org. 1-800-335-6880. MSU maintains responsibility for this conference. ASWB ACE-approved programs are recognized in Michigan. In addition, Wisconsin, Illinois, and Indiana recognize ACE-approved providers. Social workers should verify recognition of ACE approval with their state boards.

Contact MCRH @ 517-355-8250 or visit

www.mcrh.msu.edu

For Program Information and Learner Objectives

Sign-in sheets, program evaluations, & any available handouts will be posted 2-3 days prior to the program at the above website. It is the responsibility of the participant to access and print this information.

Munson Locations:

MMC REMEC D6 Conference Room

Contact REMEC at 231-935-7944

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program availability in your area. _____



PRE-HOSPITAL TRAUMA CONFERENCE

Continuing pre-hospital education is vital to improving patient outcome and provides an excellent opportunity to review and refine patient pre-hospital care initiatives. The Trauma Burn Pre-Hospital Trauma Conference is designed to meet the educational objectives of pre-hospital and hospital personnel. This quarterly free conference is targeted statewide to all pre-hospital and hospital healthcare providers including RN's, EMT's, Paramedics, Firefighters, and First-Responders. Topics are presented by experts in the fields of trauma and burns, injury prevention, workplace safety, and emergency medicine.

Date: Tuesday, March 2, 2010
Time: 8:45 am – 12:00 Noon
Topic: Shock Management

Schedule for March 2, 2010 Pre-Hospital Trauma Conference: Shock Management

- 8:45 – 9:45** **Shock and traumatic arrest in the pre-hospital and ED setting**
Discussion of traumatic arrest and shock management in trauma patients
Christopher Wagner, Trauma Program Manager
UMHS
- 9:45 – 10:45** **Fluid resuscitation strategies in shock**
Discussion of current guidelines for fluid resuscitation in shock
Melissa Brunsvold, MD, Trauma Surgeon, UMHS
- 10:45 – 11:00** **Break**
- 11:00 – 12:00** **Pediatric Shock – diagnosis and Management**
Review management of shock in pediatric patients
Dr. Stuart Bradin, DO, Pediatric Emergency Dept. Physician, UMHS Pediatric Emergency Dept.

*University of Michigan Health System's Educational Services for Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. 3.0 contact hours will be provided.

Continuing educational credits for EMT's (1 CEU per hour) have been approved by the State of Michigan.

Upcoming Dates & Focus

Tuesday, May 25, 2010 – Airway
Tuesday, August 10, 2010 – Burns
Tuesday, November 9, 2010 – Pediatric Trauma

Participants are responsible for printing their own program materials.
Once available, they will be posted on the REMEC web site at the following address:
<http://www.remectelehealth.com/UofMPreHospitalTrauma.htm>

Munson Medical Center Location:
REMEC D6 Annex
Contact REMEC at 231-935-7944 for directions

For participation at all other sites:
Contact the site coordinator at your Facility to confirm program availability in your area. _____

The Michigan Center for Rural Health and
the MSU College of Nursing Present:
**Coaching Not Backbiting: Creating Healthy
Work Environments for Nurses**
via the REMEC TeleHealth Network

Topic: Coaching Not Backbiting: Creating Healthy Work
Environments for Nurses

Speaker: Kathleen Kessler, RN, BSN

Date: Thursday, March 25, 2010

Time: 12:00 Noon - 1:00 PM

(Please feel free to bring your own lunch)



Objectives:

1. Discuss the increased role of the nurse as preceptor coach and mentor.
2. Explore how the culture of nursing healthcare organizations and individual style impacts creation of healthy work environments
3. Describe a model for coaching and communication strategies that support a healthy work environment for nurses.

Accreditation: Participants who attend the entire session and complete an evaluation form will receive a certificate for 1.0 contact hours. Michigan State University College of Nursing (OH-294, 081409) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CONTACT MCRH @ 517-355-8250 or visit

www.mcrh.msu.edu

For Program Information

**Sign-in sheets, program evaluations & any available handouts will be
posted 2-3 days prior to the program at the above website.**

Munson Medical Center Location:

MMC, REMEC D6 and MCHC Classrooms A & B

Contact REMEC at 231-935-7944

For participation at all other sites:

Contact the site coordinator at your Facility to confirm program
availability in your area. _____



Munson Healthcare
Community Health Library

Lumbar Spinal Stenosis: New Treatments



Dr. Zimmerman & Dr. Beck

Wednesday
April 28, 2010

6:00 – 7:30 pm

*Presented live via the REMEC
TeleHealth Network from
Munson Medical Center
1105 Sixth Street
Traverse City, MI 49684
Conference Center 1- Basement Level*

Open to the public
Free of charge.

***Registration is required for
participants attending at Munson
Medical Center***

What is spinal stenosis? As we age, our spines change. These normal wear-and-tear effects of aging can cause the space around the spinal cord to become narrow. This condition is called spinal stenosis. When stenosis occurs in the lower back it is called lumbar spinal stenosis (LSS). This puts pressure on the spinal cord and the spinal nerve roots, and may cause pain, numbness, or weakness in the legs.

Persons who have this condition may have tried treatments that don't give lasting pain relief. This program will discuss the latest non-surgical and surgical treatment options for LSS.

Dr. Eric Zimmerman & Dr. Howard Beck

Dr. Howard Beck, from the Munson Spine and Nerve Pain Treatment Center, will discuss non-surgical management for LSS. Dr. Eric Zimmerman, Neurosurgeon, will discuss surgical treatment options including a new minimally invasive alternative which is an interspinous process decompression device: the X-Stop spacer.



To register for participation at Munson Medical Center:

Call Munson Community Health Library at 231-935-9265

For participation at all other sites:

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