TexMed
2021
MAY 14-15

TEXAS MEDICAL
ASSOCIATION
Physicians Caring for Texans

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Welcome to TexMed 2021!

The past year tested our strength and resiliency. It brought us together, and it made us stronger. Now let’s unite for three days of celebration and education, and setting organized medicine’s course for the future.

TexMed 2021 celebrates physicians, residents, medical students, and our spouses. It celebrates organized medicine and gives us a tremendous platform to continue what we do best … to take care of our patients, take care of our communities, and take of our families.

With more than 50 free CME courses available to hone our medical expertise and skills, two dynamic general session speakers to provide us with education and reflection, and vibrant debates on health care policy in the House of Delegates … it’s sure to inspire your spirit, your mission, and your passion for the profession of medicine. This is our time to celebrate organized medicine. I’m glad you’re here.

E. Linda Villarreal, MD
TMA President, 2021-22

Join us for a Reception Honoring
2021-22 TMA PRESIDENT E. Linda Villarreal, MD, of Edinburg
and
2021-22 TMAA PRESIDENT Jennifer Lewis of San Antonio
FRIDAY, MAY 14, 6-6:30 PM
Sponsored by

Click here for ON-DEMAND CME

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TMAA President’s Message

As we emerge from the relentless storm of the pandemic, it is clear we are living in a world different from what we once knew. Despite countless obstacles faced over the past year, the Family of Medicine continues to provide a soft place to land for all members.

TMA and the TMA Alliance work toward one common goal – to improve the health of all Texans. Collectively, our efforts ensure that people in our communities and across the state have access to needed care. This is not an easy road, and as we pursue this goal, it is essential that we offer support and fellowship to one another.

The TMA Alliance looks forward to increasing our efforts in the coming year to provide a place for physicians, residents, medical students, and alliance members to land and flourish.

Jennifer Lewis
TMA Alliance President, 2021-22
The Texas Medical Association honors former TMA President William H. Fleming III, MD, of Houston with the 2021 TMA Distinguished Service Award in recognition of his lifelong dedication to medicine. The award will be presented at Friday’s House of Delegates meeting.

A neurologist, Dr. Fleming has spent much of his career taking on leadership positions in medicine. He has served as president of the Texas State Board of Medical Examiners, the Federation of State Medical Boards of the United States, the Texas Neurological Society, the Houston Academy of Medicine, and the Harris County Medical Society.

Dr. Fleming has also served on the Minority Affairs Consortium Advisory Board of the American Medical Association since 1999. He has been a member of the Board of Directors of the Texas Medical Liability Trust and chaired the State Affairs Committee for the American Academy of Neurology.

In 41 years as a TMA member, Dr. Fleming has served on the Board of Trustees, as speaker and vice speaker to the House of Delegates, as a delegate to the American Medical Association, and on the Council on Legislation.

A former U.S. Air Force captain, Dr. Fleming was born in Memphis, Tenn., and graduated from the St. Louis University School of Medicine in St. Louis, Mo. He held a general medicine internship at Montreal General Hospital at McGill University in Montreal. He also held a neurology residency at the Mayo Clinic and Mayo Graduate School of Medicine in Rochester, Minn.

Dr. Fleming has been awarded the National Medical Fellowships Champions of Health Distinguished Alumni Award, the Houston Medical Forum Lifetime Achievement Award, and the Texas Neurological Society Lifetime Achievement Award. *Texas Monthly* magazine three times named him a “Texas Super Doctor,” and *Houston Magazine* twice named him a “Top Doctor.”

He works as a clinical assistant professor at McGovern Medical School at UTHealth in Houston.
These are unprecedented times. Physicians in Texas and across the country continue to meet the challenges they face. When you boil it down, a big part of meeting these challenges is protecting yourself and the people in your life - your family, partners and staff, and your patients.

One way we protect ourselves and those we care about is with insurance. Life insurance protects our family and partners should we die. Disability insurance provides an income if we can't work. Business Overhead insurance will help ensure our practice can continue treating patients.

To help you meet these challenges and protect the important people in your life, call a TMA Insurance Trust advisor for a consultation. Together, we can do this.

Call us toll-free at 1-800-880-8181 or visit us online at tmait.org.
How to Navigate This Program
This program is divided into four main sections, which are shown at the bottom of each page. Click under the section name to navigate directly to that section. Additionally, you can click on any hyperlinked text in the program to follow that link to the associated website.

Virtual Event Access
The TexMed 2021 virtual event will open at 1 pm on Thursday, May 13. You should receive an email notification with a link to the log-in page. You can also access the virtual event from the TexMed website for the duration of the meeting. The event closes at 6 pm on Saturday, May 15.

AMA Physician’s Recognition Award (PRA)
The Texas Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Texas Medical Association designates this Other Activity (combined live and enduring materials) for a maximum of 52.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Credit designations are subject to change. See individual course descriptions for specific credit designations.

Looking for an Hour of Ethics?
Many of this year’s presentations meet the standards required for ethics/professional responsibility CME credit. Refer to the individual course descriptions for those with an ethics credit designation.

Documenting Your CME Credits
All participants can now self-report earned CME credits, including AMA PRA Category 1 Credits™, and credits for ethics/professional responsibility and state-approved education on human trafficking. Use the tracking sheet on page 8 of this program to keep track of the sessions you attend and the time you spend. At the end of the conference, visit https://cmeportal.texmed.org/ to self-report your CME credits. Once self-reported, your CME credits are reflected immediately in TMA’s CME database, and your personal CME transcript will be available for viewing and printing.

For more information, contact the TMA Knowledge Center at (800) 880-7955, or visit www.texmed.org/Transcripts.

Speaker Handouts
TexMed speaker handouts and other valuable TMA tools and resources are available for download in the virtual Knowledge Center. You can click the briefcase icon next to any document, and it will be added to your attendee briefcase. Be sure to download all items in your briefcase before the conference ends at 6 pm on Saturday, May 15.

Texas Medical Liability Trust policyholders who complete two hours of risk management CME activity may be eligible for a 3% premium discount. The discount will be applied to the physician’s next eligible policy period. Look for the TMLT logo next to the individual descriptions to find qualifying sessions.

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By your side through COVID-19 and beyond.

Few could have predicted the pandemic of 2020 or the crisis it caused. But through all the uncertainty we’ve already experienced and all the uncertainty yet to come, TMLT stands by you. We fight to defend you. We fight for tort reform. We will fight for you in the aftermath of COVID-19.

Join us for our virtual welcome reception! Friday, May 14 at 5 p.m.
Self-Report Your CME

With more than 50 hours of CME available at TexMed 2021, you’ll want to keep track of your participation to make self-reporting as easy as possible. Use this page to remember which sessions you attend. At the end of the event, visit https://cmeportal.texmed.org to add your total CME credits to your transcript.

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<th>SESSION TIME</th>
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**Total Hours:** _______________  **Total ETHICS Hours:** _______________  **Total TMLT Hours:** _______________
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The following sessions are prerecorded and available throughout TexMed 2021, until the event closes on Saturday, May 15, at 6 pm.

Advance Care Planning

The Future Is Now – How Advance Care Planning Initiatives Improve Patient Care and Reduce Costs
Stuart C. Pickell, MD, FACP
Kim Callanan, MA
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to (1) explain why an effective advance care planning process is important; (2) list three problems with advance care planning processes in hospital systems today; (3) list three important components of a robust advance care planning initiative; (4) identify patients who are appropriate for serious illness conversations and completion of a MOST form; (5) discuss the roles played by nonphysician health care professionals in an advance care planning initiative and explain why each are important; and (6) summarize how interdisciplinary advance care planning initiatives can improve patient care and satisfaction while reducing costs.

Anesthesiology

Presented by the Texas Society of Anesthesiologists under the direction of Juan Cata, MD, Houston, and Vijaya N.R. Gottumukkala, MD, Houston

Awake Craniotomy in 2021
Shreyas Bhavsar, DO

Upon completion of this program, participants should be able to (1) discuss preoperative assessments of the awake craniotomies; (2) describe anesthetic options for awake craniotomies; (3) and identify airway risks associated with awake craniotomies.

Long-Term Consequences of the Anesthetic Management
Maria Ramirez, MD
0.50 AMA PRA Category 1 Credit™

Upon completion of this program, participants should understand the impact of anesthetics on long-term outcomes.

Preoperative Assessment of the Patient With Cancer
Anh Dang, MD

Upon completion of this program, participants should be able to describe current perioperative management of cancer surgery.

Update on Women Anesthesiologists
Stephanie Byerly, MD
0.75 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to (1) list the goals of the preoperative assessment; (2) recognize the anesthesia-specific disorders that should be identified and assessed during the preoperative assessment; (3) identify the indications for preoperative laboratory and non-invasive testing; (4) explain the anesthesia-specific risks of chemotherapy, radiation, and immunotherapy; (5) understand the current initiatives from the ASA’s Committee on Women Anesthesiologists; (6) discuss compensation inequity in anesthesia; and (7) understand the effects of the COVID-19 pandemic on Women Anesthesiologists.

Cancer

Presented by the TMA Committee on Cancer under the direction of Lynn N. Stewart, MD, Austin

Alcohol Consumption and Cancer Risk
Abenaa M. Brewster, MD
0.50 AMA PRA Category 1 Credit™
0.50 ETHICS Credit

Upon completion of this program, participants should be able to (1) understand the biological and biochemical mechanisms of alcohol consumption and cancer risk; and (2) describe the dietary guidelines for alcohol consumption.

Financial Toxicity: What Is It and How Is It Affecting Your Patients?
Lalan S. Wilfong, MD
Stephanie B. Broussard, MSSW, LCSW, ACHP-SW
0.75 AMA PRA Category 1 Credit™
0.75 ETHICS Credit

Upon completion of this program, participants should be able to describe financial toxicity and management strategies to address financial toxicity as a component of supportive and comprehensive cancer care.

Vaccine Hesitancy and the HPV Vaccine in Texas
Lynn N. Stewart, MD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to (1) use effective strategies to address vaccine hesitancy among their patients; and (2) promote the human papillomavirus vaccine and other vaccines.
Colon and Rectal Surgery
Presented by the Texas Society of Colon and Rectal Surgeons under the direction of April Fox, MD, Austin

Quick Takes:

Delayed Colonoscopies in the COVID-19 Era
Hernan Hernandez, MD

Reducing the Cost of Robotic Colorectal Surgery: A Cost-Analysis Report
Clay Merritt, DO

Institutional-Driven Surveillance of Rectal Cancer of “Watch-and-Wait” Patients
Adatee Okonkwo, MD

PNE Approach for Fecal Incontinence: Marked Lack of Complications
Samuel Heathcote Sr., MD

Multipanel Genetic Testing Collaborative on Inherited Colorectal Cancer Practice
Hanjoo Lee, MD

Proctectomy for Distal Rectal Cancer with a Hand-Sewn Coloanal Anastomosis
Harith Mushtaq, MD

0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to (1) discuss how COVID-19 restrictions delayed and decreased endoscopies and the impact on diagnosis of colorectal cancers; (2) discuss the increasing use of the robotic platform in colon and rectal operations; (3) understand potential cost savings from use of a laparoscopic stapler versus a robotic stapler; (4) understand the inherent advantages to both the laparoscopic stapler and the robotic stapler; (5) discuss future research needed to determine if outcomes, such as anastomotic leaks, are equivalent between the two stapling methods; (6) explain the basis for a watch-and-wait protocol in the evolution of the management of rectal cancer; (7) identify advantages and disadvantages in the adoption of a watch-and-wait protocol, including limitations of a novel approach; (8) evaluate an institutional protocol for surveillance as part of a watch-and-wait protocol at a large tertiary care center; (9) understand the safety of sacral neuromodulators and the risk of complications; (10) state the criteria for genetic counseling for colorectal cancer and polyposis syndrome; (11) understand the minimum types of genes to be included in the genetic panel for colorectal cancer and polyposis syndrome; and (12) objectively evaluate the long-term lifestyle and (intestinal) functional quality of life after ultra-low anterior resection with sphincter-preserving, handsewn coloanal anastomosis for rectal cancer, and predict factors associated with poor function.

The Kono-S Anastomosis for Crohn’s Disease
Alessandro Fichera, MD

0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to (1) understand the risk factors for recurrence in Crohn’s disease; (2) understand the principles behind the Kono-S anastomosis; and (3) evaluate the results of the anastomosis.

Enhanced Perioperative Recovery
Presented by the Texas Society of Anesthesiologists under the direction of Semhar Ghebremichael, MD, Houston, and Vijaya N.R. Gottumukkala, MD, Houston

Important Quality Metrics
Srikanth Sridhar, MD

0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to review the core outcome measures and quality control metrics for a sustainable enhanced perioperative recovery program.

Starting and Implementing an Enhanced Recovery Program
Austin Street, MD

0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to formulate a plan for implementation of enhanced recovery after surgery programs.

Why Patient Optimization Is Important in an Enhanced Recovery Program
Megan Maxwell, MD

Upon completion of this program, participants should be able to outline how perioperative optimization is a critical portion of enhanced recovery success.

AND

Regional Anesthesia and Its Role in Enhanced Recovery Programs
Sudipta Sen, MD

Upon completion of this program, participants should be able to identify key elements of regional anesthesia that help with the success of enhanced perioperative recovery programs.

0.50 AMA PRA Category 1 Credits™

Implementation of a Cardiac Enhanced Recovery Program
Stephanie Ibekwe, MD

0.75 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to understand how to create and implement a cardiac enhanced recovery program.
Geriatrics
Presented by the Texas Geriatrics Society under the direction of Jessica Lee, MD, Houston

Managing COVID-19 Protocols, Fears, and Unintended Consequences in the Outpatient and House-Call Population
Maureen Stabile Beck, DNP, APRN, GNP-BC
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to prepare for the ongoing impact of COVID-19 isolation on outpatient and house-call patients.

Lessons From a Pandemic
Ana Leech, MD, FAAHPM
0.75 AMA PRA Category 1 Credit™
0.75 ETHICS Credit
Upon completion of this program, participants should be able to (1) outline the social constructs affecting patients with COVID-19; (2) evaluate patient stories and cases to develop better understanding of the human situation at hand; and (3) demonstrate the challenges to providing patient-centered care during a pandemic and discuss strategies to mitigate difficulties.

Quality
TMA gratefully acknowledges TMF Health Quality Institute for its generous support of this program.

How Social Determinants of Health Impact Quality Outcomes and Population Health
Elizabeth A. Jacobs, MD, MPP
0.50 AMA PRA Category 1 Credits™
0.50 ETHICS Credits
Upon completion of this program, participants should be able to (1) name the social determinants of health that impact population health; (2) describe how the social determinants of health impact efforts to improve quality of care; and (3) name efforts to address the social determinants of health practically in clinical practice.

TMA Leadership Development programming is designed to help you:

➤ Build your leadership skills,
➤ Enhance your resume,
➤ Boost your career, and
➤ Help to make a positive impact in your community.

To learn more about leadership and professional development programs at TMA, please visit www.texmed.org/LeadershipDevelopment.
Visit [www.TMFQIN.org](http://www.TMFQIN.org) to join the Quality Payment Program network and work with industry experts to successfully participate in the Merit-based Incentive Payment System (MIPS).

### For Free Assistance

**Visit**

**Call or Chat**
Call 1-844-317-7609 or live chat at [https://www.tmf.org/qpp](https://www.tmf.org/qpp) with a consultant Monday through Friday, 8 a.m. - 5 p.m. CT.

**Email**
Email [QPP-SURS@tmf.org](mailto:QPP-SURS@tmf.org) (practices with 15 or fewer clinicians in Arkansas, Colorado, Kansas, Louisiana, Mississippi, Missouri, Oklahoma, Puerto Rico and Texas).

### Streamlined Payment Options

**Physicians and clinicians have choices** when participating in the MIPS, 1 of 2 payment options under the Quality Payment Program.

- Participate in only 1 program instead of 3 or more.
- Receive reimbursement for reporting on quality measures. Clinicians **choose performance measures** and activities best suited to their practice and specialty.
  - Be rewarded for participating in improvement activities of your choice.

Join the Quality Payment Program
1 pm **TEXMED 2021 VIRTUAL EVENT OPENS**
Get your first look at the TexMed conference platform as it opens. Become acquainted with platform navigation in a Scavenger Hunt – with prizes from 1-5 pm. Once you are logged in to the platform, click on the leaderboard icon to read the rules, and find each hidden item.

2 pm **NEW MEMBER MEETUP**
Don’t miss the opportunity to connect with other new TMA members from across the state. Join the New Member Meetup in the Networking Lounge. Learn how to maximize your membership, meet your TMA field representative, and network with other new members from your area.

2-4 pm **DEDICATED EXHIBIT HALL HOURS**
The Expo Hall is your location for the latest technologies, services, and product knowledge that will enhance your quality of patient care and practice operations ... all from solution-based exhibitors. Thanks to our exhibitors and sponsors, TexMed is a free member benefit.

8 pm **SECTION MIXER**
Kick off your TexMed 2021 with a special Trivia Night hosted by all six TMA special interest sections. Compete alongside other section members for bragging rights, prizes, and fun! Make sure you log in on time for a quick mocktail/cocktail mixology lesson before the trivia starts. Members of the winning team will receive a one-year subscription to Headspace. TMA gratefully acknowledges the Texas Prescription Monitoring Program for its support of this event. Register now.
AGENDA – FRIDAY, MAY 14

8 am EXPO HALL OPEN
Stop by the Expo Hall and visit with our sponsors and exhibitors. Play Expo Bingo and be entered to win great prizes.

8-9 am CME: CONCURRENT SESSIONS

Allergy, Asthma, and Immunology
Presented by the Texas Allergy, Asthma and Immunology Society under the direction of Millard “Buddy” Tierce, DO, Fort Worth

The Microbiome: A Cornerstone in Immunology and Tolerance
Millard Tierce, DO
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to outline the current understanding of and appraise translational studies regarding the microbiome and its effect on atopic diseases and treatments.

Physician Health and Wellness
Presented by the TMA Committee on Physician Health and Wellness under the direction of Sejal S. Mehta, MD, MBA, Plano

Overcoming Distress in Medicine
Cheryl L. Hurd, MD, FAPA
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) identify factors that lead to compassion fatigue and personal distress; (2) highlight components that facilitate compassion, discussion, and reflection to overcome emotional exhaustion; and (3) classify resources and coping strategies for students, residents, and physicians related to stressful events.

Practice Management
Presented by the Council on Practice Management Services under the direction of Susan B.A. Hudson, MD, New Braunfels

Transitioning to VBC – A Phased Approach
Yvonne Mounkhoune, RN, BSN, MA, PCMH CCE
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to explain value-based care (VBC) terminology.

9 am-Noon HOUSE OF DELEGATES OPENING BUSINESS SESSION
Observe the Opening Business Session as delegates debate and vote on resolutions that move the business of TMA forward. For more information, see page 33.

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9:15-10:15 am **CME: CONCURRENT SESSIONS**

**Allergy, Asthma, and Immunology**
Presented by the Texas Allergy, Asthma and Immunology Society under the direction of Millard “Buddy” Tierce, DO, Fort Worth

**Nasal Polyps: Increasing Treatment Options**
Ashley Hall, MD
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to review the phenotypes of nasal polyposis and integrate evolving therapy options into a clinical approach.

**Practice Management**
Presented by the Council on Practice Management Services under the direction of Susan B.A. Hudson, MD, New Braunfels

**Remote Patient Monitoring and Telehealth Beyond the Crisis**
Yvonne Mounkhoune, RN, BSN, MA, PCMH CCE
0.50 AMA PRA Category 1 Credits™
Upon completion of this program, participants should be able to plan for and prepare to continue offering telehealth services after the public health crisis.

**Physician Health and Wellness**
Presented by the TMA Committee on Physician Health and Wellness under the direction of Sejal S. Mehta, MD, MBA, Plano

**Sticky Wellness Trends: Cannabidiol and Hemp**
Debra M. Osterman, MD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) define cannabidiol (CBD), hemp, and their derivatives, and list the consumable and nonconsumable items made with CBD; (2) distinguish these products from other cannabis products; (3) characterize the effect of consumable CBD goods on patient care; (4) describe the most common conditions improved with pharmaceutical grade cannabidiol and the most common side effects of cannabidiol use; (5) outline the legal status and quality of hemp and CBD; (6) recognize ethical dilemmas associated with cannabidiol use to promote community safety; (7) assess cannabidiol education in medical training and the preparedness of physicians-in-training; and (8) explain when it would be ethically appropriate to recommend patient use of pharmaceutical-grade cannabidiol products.

**Professional and Leadership Development**
Presented by TMA Leadership Development and TMA Sections (International Medical Graduate, LGBTQ Health, Medical Student, Resident and Fellow, Women Physicians, Young Physician) under the direction of Tina Philip, DO, Round Rock

**Dismantling Implicit Bias in Medicine**
Ann Caroline Fisher, MD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) define implicit bias and how it manifests in a clinical setting; (2) identify the potential impact of implicit bias on patient care and staff relationships; and (3) learn how to recognize and mitigate implicit bias in action.

10:15 am **Take a Break!**
Share your prior authorization horror stories in the Networking Lounge. Prior authorization was a well-intentioned attempt to manage novel and expensive medications and procedures when introduced. Instead, health plans now require it for virtually everything, including generics, costing physicians and patients time and money. Stop in to see how you can quickly and easily join TMA’s legislative advocacy effort to streamline prior authorizations, and share your own HIPAA-compliant stories to help TMA educate lawmakers on why change is needed.

Visit the Expo Hall to play Expo Bingo. Thanks to our sponsors and exhibitors, TexMed 2021 is a free member benefit.

Check out the Vendor Theater, sponsored by TMF Health Quality Institute. Watch on-demand videos from our sponsors to learn about initiatives their companies are undertaking to support their communities.

Find rest and relaxation in the Wellness Lounge, sponsored by TMA Insurance Trust, with a quick five-minute yoga practice, a mindfulness exercise, and more.
10:45-11:45 am **CME: CONCURRENT SESSIONS**

**Allergy, Asthma, and Immunology**  
*Presented by the Texas Allergy, Asthma and Immunology Society under the direction of Millard “Buddy” Tierce, DO, Fort Worth*

**Food Allergy: Prevention and Early Introduction**  
Christopher Parrish, MD  
1.00 AMA PRA Category 1 Credit™

Upon completion of this program, participants should be able to (1) define a framework for addressing food allergy; (2) discuss the utility and application of testing; and (3) develop an approach to prevention and early introduction.

**Physician Health and Wellness**  
*Presented by the TMA Committee on Physician Health and Wellness under the direction of Sejal S. Mehta, MD, MBA, Plano*

**The Complexities of Health Deserts**  
Viki Chancellor, MD  
1.00 AMA PRA Category 1 Credit™  
1.00 ETHICS Credit

Upon completion of this program, participants should be able to (1) describe the challenges of working in rural communities and list recommendations to prepare trainees for practicing in health deserts; (2) assess the effects of distress and fatigue, and the mental/ emotional/ physical quality of life for physicians and their patients due to the inadequate number of physicians and workforce in a rural setting; (3) discuss the projected physician shortage and the overall impact; (4) evaluate mentorship programs that help medical students explore career paths in rural settings; and (5) list the existing rural immersion programs that serve as gateways to practice in health deserts and the opportunities for growth in those areas.

**Practice Management**  
*Presented by the Council on Practice Management Services under the direction of Susan B.A. Hudson, MD, New Braunfels*

**Preparing Yourself and Patients for a Telemedicine Visit**  
Yvonne Mounkhoune, RN, BSN, MA, PCMH CCE  
0.50 AMA PRA Category 1 Credit™  
0.50 ETHICS Credits

Upon completion of this program, participants should be able to (1) outline preparations needed to ensure a safe and successful telemedicine visit, including patient education components; and (2) identify strategies to overcome technical issues during a telemedicine visit.

**Professional and Leadership Development**  
*Presented by TMA Leadership Development and TMA Sections (International Medical Graduate, LGBTQ Health, Medical Student, Resident and Fellow, Women Physicians, and Young Physician) under the direction of Tina Philip, DO, Round Rock*

**Distantly Social: Building Professional Relationships in Today’s Remote Reality**  
Marny Lifshen  
1.00 AMA PRA Category 1 Credit™

Upon completion of this program, participants should be able to develop and employ strategies to communicate effectively in a professional virtual setting.
Noon-12:45 pm Lunch and Learn Session
Grab your lunch and tune in for this session on nutrition. TMA gratefully acknowledges the Texas Beef Council for its support of this program.

Benefits of Increased Dietary Protein Across the Lifespan: Practical Applications for Physicians
Heather J. Leidy, PhD
0.75 AMA PRA Category 1 Credits™
Upon completion of this program, participants should be able to (1) describe the difference between protein intake required for prevention of deficiency versus that required for optimal health; (2) identify the value of increased dietary protein as a strategy for weight management; and (3) incorporate evidence-based nutrition information into patient education.

Noon-12:30 pm Ask the Expert
Telemedicine FAQs
Yvonne Mounkhoure, RN, BSN, MA, PCMH CCE
Shannon Vogel, MS, FHIMSS
0.50 AMA PRA Category 1 Credits™
Upon completion of this program, participants should be able to discuss the benefits of providing telemedicine services to their patients and overcoming implementation challenges.
You play a critical role in your patients’ health

We’re here to help

COMPLIMENTARY Nutrition Education Materials

1. Hover your phone camera over the QR code.
2. Select “View all’ in the PATIENT EDUCATION MATERIALS section to download or order delivery of complimentary materials.

PRINT & DIGITAL ENGLISH & SPANISH

You can find the following resources:
- BeefLovingTexans.com
- Carne Asada Recipe
- Nutrition information per serving:
  - Calories: 239
  - Total Fat: 8.6g (12% DV)
  - Saturated Fat: 4.3g
  - Cholesterol: 64mg
  - Sodium: 182mg
  - Carbohydrates: 4g
  - Fiber: 1g
  - Protein: 16g
  - Vitamin A: 18% DV
  - Vitamin C: 31% DV
  - Calcium: 4% DV
  - Iron: 8% DV

Beef丽 torso (96% lean) as desired.

INGREDIENTS
- 2 pounds flank steak, trimmed
- 1/2 cup dried sweetened cranberries
- 1/4 cup thinly sliced red onion
- 1/2 cup diced bell pepper
- 1/2 cup orange juice
- 1/2 cup fresh lime juice
- 2 Tbsp. red wine vinegar
- 2 tsp. salt
- 1 tsp. freshly ground black pepper
- 1 tsp. ground cumin
- 1 tsp. oregano
- 4 garlic cloves, minced
- 1/4 cup olive oil
- 1/2 cup reduced-fat champagne dressing
- 1/2 cup toasted chopped walnuts or pecans
- Optional: sliced black olives
- 1/2 cup reduced-fat Cheddar cheese

PREPARATION
- Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion.
- Remove skillet from heat; keep warm.
- Combine beef Steak, Brussels sprouts, apple, and cheese with tomatoes; toss to coat.
- Fold and serve.
1-2 pm **CME: CONCURRENT SESSIONS**

**Ask the Expert**

*Operational and Billing Aspects of COVID-19 Vaccines*
Carra Benson, MS, CPC, CDEO, CPMA
Meredith Vinez, MPH
0.50 AMA PRA Category 1 Credits™
Upon completion of this program, participants should be able to discuss guidelines for administering and billing the COVID-19 vaccine.

**Emergency Medicine**

*Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin*

*Social Media Do’s and Don’ts*®
Sara Andrabi, MD
AND

*Psychological Impact of Terrorism*
Romeo Fairley, MD
1.00 AMA PRA Category 1 Credit™
*0.50 ETHICS Credit*
Upon completion of this program, participants should be able to (1) define social media; (2) appraise literature pertaining to social media in medicine; (3) review best practices for using social media; (4) define terrorism; (5) discuss acute and chronic psychological impact of terrorism on health care workers; and (6) identify resources to improve acute and chronic outcomes.

**Ethics in Medicine: George R. Hugman III, MD, Forum**

*Presented by the TMA Board of Councilors under the direction of Steven Petak, MD, Houston*

**Telemedicine During COVID-19 and Beyond,**

**Part 1**
Moderator: Steven Petak, MD
Ogechika Alozie, MD, MPH
Jack DuBose, MD
Sarah Pletcher, MD
Mari Robinson, JD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to understand and evaluate (1) the effectiveness of expanding telemedicine during COVID-19, including its effect on access to care; (2) cost and cost-effectiveness; (3) patient and clinician experience; (4) ethics and telemedicine; and (5) projections on the future of telemedicine.

**Pain Medicine**

*Medical Cannabis and CBD Oil – What’s Happening Now?*
Kenneth Finn, MD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) analyze the basic science of the endocannabinoid system’s actions on the opioid receptors; (2) describe the current medical evidence, positive and negative, of the effects of cannabis and CBD oil on pain; and (3) evaluate updates on the Colorado experience and issues in Texas regarding the opioid epidemic, cannabis, and CBD oil.

**Population Health: Obesity**

*The Weight of Our Past: The Connection Between Trauma and Obesity, and How We as Physicians Can Help*
Helene Alphonso, DO
Karen Smith, MD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) identify psychological factors contributing to obesity; (2) examine the effects of trauma on wellness; (3) review the principles of trauma-informed care; (4) identify common perceptions in medicine about obese patients; (5) evaluate the evidence linking trauma to obesity; (6) identify the perpetuating principles of trauma, addiction, and obesity; and (7) collate the principles of trauma and addiction to improve communication and empathy in working with patients suffering from obesity.
2:15 pm **CME: CONCURRENT SESSIONS**

**Ask the Expert**
*This session starts at 2:30 pm.*

**Telemedicine FAQs**
Yvonne Mounkhoune, RN, BSN, MA, PCMH CCE
Shannon Vogel, MS, FHIMSS
0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to discuss the benefits of providing telemedicine services to their patients and overcoming implementation challenges.

**Emergency Medicine**
*Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin*

**Ethical Dilemmas in the Era of COVID-19**
Angela F. Gardner, MD, FACEP
Robert Greenberg, MD, FACEP
Arlo Weltge, MD, MPH, FACEP

1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to understand the breadth of new ethical issues that have arisen because of the current pandemic; (2) appreciate the changes in mental health and well-being caused by both COVID illness and the forced isolation, as well as the limits of the current system in dealing with rapidly evolving psychiatric milieu; and (3) discuss a framework by which physicians can assist patients and colleagues in addressing evolving conflicts related to moral and ethical concerns.

**Ethics in Medicine: George R. Hugman III, MD, Forum**
*Presented by the TMA Board of Councilors under the direction of Steven Petak, MD, Houston*

**Telemedicine During COVID-19 and Beyond, Part 2**
Moderator: Steven Petak, MD
Ogechika Alozie, MD, MPH, CPHIMS
Jack DuBose, MD
Sarah Pletcher, MD
Mari Robinson, JD

1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to understand and evaluate (1) the effectiveness of expanding telemedicine during COVID-19, including its effect on access to care; (2) cost and cost-effectiveness; (3) patient and clinician experience; (4) ethics and telemedicine; and (5) projections on the future of telemedicine.

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**3:15 pm Take a Break!**

Visit the **Expo Hall** to play **Expo Bingo**. Thanks to our sponsors and exhibitors, TexMed 2021 is a free member benefit.

Find rest and relaxation in the **Wellness Lounge**, sponsored by TMA Insurance Trust, with a quick five-minute yoga practice, a mindfulness exercise, and more.

Check out the **Vendor Theater**, sponsored by TMF Health Quality Institute. Watch on-demand videos from our sponsors to learn about initiatives their companies are undertaking to support their communities.

Chat with colleagues in the **Networking Lounge**, sponsored by Humana, before the General Session begins.
3:30-5 pm OPENING GENERAL SESSION

Fireside Legislative Update
Join TMA President Diana L. Fite, MD; TMA Council on Legislation Chair Debra Patt, MD; and TMA Vice President of Advocacy Dan Finch as they review highlights of the 87th Legislative session, status of bills important to medicine, and where medicine landed on its priority issues.

Global Vaccines, Autism, and 21st Century Vaccine Diplomacy
Peter J. Hotez, MD, PhD
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to
(1) describe efforts to develop new neglected disease vaccines to overcome social and physical hurdles to combating illness; (2) identify how “vaccine diplomacy” will present a new opportunity for solving 21st century public health crises; (3) interpret antivaccine misinformation campaigns and political action committees; and (4) communicate with patients and parents using tips and strategies to increase the likelihood of a successful vaccine conversation.

TMA gratefully acknowledges support for this speaker from the TMAF Louis J. Goodman Leadership in Medicine Fund, which brings outstanding speakers and critical education for physicians to lead the future of medicine. Speakers supported by the TMAF Louis J. Goodman Leadership in Medicine Fund are selected based on their contributions to the profession of medicine and on issues related to physician leadership in a dynamic, changing health care environment.

About the Speaker
Peter Hotez, MD, PhD, an internationally recognized physician-scientist, is dean of the National School of Tropical Medicine and professor of pediatrics and molecular virology and microbiology at Baylor College of Medicine, where he is also director of Texas Children’s Center for Vaccine Development and Texas Children’s Hospital Endowed Chair of Tropical Pediatrics. He obtained his undergraduate degree in molecular biophysics from Yale University in 1980 followed by a PhD in biochemistry from Rockefeller University in 1986, and an MD from Weil Cornell Medical College in 1987.

Dr. Hotez has authored more than 500 original papers and four single-author books.

Dr. Hotez describes his work in developing vaccines against neglected diseases that perpetuate poverty worldwide, and how “vaccine diplomacy” between nations can help solve 21st century public health crises. He also shares his personal story as vaccine scientist, pediatrician, and parent of an adult daughter with autism to overcome antivaccine misinformation and activism.

TMA gratefully acknowledges TMLT for its support of this program.
5 pm **WELCOME RECEPTION**  
*Sponsored by Texas Medical Liability Trust*  
Join us in the Networking Lounge for an energizing hour of live music, networking, and a fun trivia game with prizes and remarks from our friends at TMLT. The Welcome Reception is always a conference favorite. This year won’t disappoint.

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6 pm **PRESIDENTS’ RECEPTION**  
*Sponsored by TMA Insurance Trust*  
Immediately following the Welcome Reception, the Presidents’ Reception will honor 2021-22 TMA President E. Linda Villarreal, MD, and 2021-22 TMAA President Jennifer Lewis. Don’t miss their remarks. This celebration takes place ahead of the installation ceremony at the House of Delegates on Saturday.

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7 pm **TMA FOUNDATION GALA**  
**Superheroes: Meeting the Challenge**  
Advance ticket purchase required before May 13.  
Virtually all the fun from in-person events from years past! This year’s gala will feature a silent auction, special messages to the health care superheroes in Texas, and entertainment from outstanding Austin musicians. Join us to show your pride in your colleagues as well as all medical professionals who have answered the call during the pandemic.

For more information about tickets for this event, visit [www.texmed.org/Gala](http://www.texmed.org/Gala).

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Created over 60 years ago and exclusively endorsed by the Texas Medical Association, TMA Insurance Trust is proud to work with TMA member physicians to meet their personal and professional insurance needs. Contact an advisor for a no-obligation consultation by calling us toll-free 1-800-880-8181, or visiting us online at tmait.org.
7:30-8:30 am **CME: QUALITY**
If you’re an early riser, be sure to catch this valuable presentation on how you can improve health care quality for your patients. TMA gratefully acknowledges TMF Health Quality Institute for its generous support of this program.

**Improving Health Care Quality Across the Continuum of Care**
Russell Kohl, MD, FAAFP
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to (1) describe the differential impacts of COVID-19 on health care quality improvement across facility types; (2) discuss quality challenges facing health care in the post-COVID-19 environment; (3) recognize effective strategies employed over the past year to improve the quality of health care; and (4) recognize the role of health equity and social determinants of health in improving population-based quality measures.

**8-9 am VISIT THE EXPO HALL**
Stop by the Expo Hall and visit with our sponsors and exhibitors. Thanks to our sponsors and exhibitors, TexMed 2021 is a free member benefit.

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**Get familiar with the conference platform by playing**

**SNEAK PEEK SCAVENGER HUNT**
Thursday, May 13, 1-5 pm

It’s simple and fun! All you have to do is:
1. Log on to the TexMed platform.
2. Click on “TexMed Scavenger Hunt” in the top right of the leaderboard.
3. Find the hidden symbol around the conference.

Find all 10 hidden symbols to be entered to win a $50 Amazon gift card!*  

*Winners will be announced by broadcast message. You don’t need to be present to win. Gift cards will be emailed to winners. Sponsors, exhibitors, and staff are ineligible to play.

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8:30-9:30 am CME: CONCURRENT SESSIONS

**Emergency Medicine**
Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin

Cardiac Risk Stratification Tools and Cardiac Imaging
Deborah B. Diercks, MD, MSc, FACEP
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) review options for risk stratification; (2) discuss impact of risk stratification on decisionmaking; and (3) discuss options for additional cardiac testing.

**Geriatrics**
Communication, Education, and Clinical Practice During the COVID-19 Pandemic in an Acute Care for Elders (ACE) Unit
Rachel Jantea, MD
Ezenwa Onyema, MD, MS, FACP
Nahid Rianon, MD, DrPH
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit
Upon completion of this program, participants should be able to adopt and optimize clinical care practices for older adults in acute care settings during an infectious pandemic.

**Physical Medicine and Rehabilitation**
Presented by the Texas Physical Medicine and Rehabilitation Society under the direction of Kim Barker, MD, Dallas

COVID-19 Recovery: Multidisciplinary Treatment for the PASC
Surendra Barshikar, MD
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) understand what defines COVID-19 “long-haulers”; (2) understand the multidisciplinary model for treating post-COVID-19 symptoms; and (3) summarize the UT Southwestern experience and guidance on setting up their own program.

**Occupational Medicine** (until 10:45 am)
Presented by the Texas College of Occupational and Environmental Medicine (TxCOEM) under the direction of Michael Paston, MD, MPH; Annamaria Macaluso Davidson, MD, MBA, CMQ; Cynthia Ball, DO, MS; and Michelle R. McDaniel, BS, CHES

Welcome, TxCOEM Update, Agenda Review, and Introductions
Michael Paston, MD, MPH

Overview of Conference Platform
Michelle McDaniel, BS, CHES

Panel: Return to Work From COVID-19
1.75 AMA PRA Category 1 Credits™
Moderator: Annamaria Macaluso Davidson, MD, MBA, CMQ
Panelists: George Delclos, MD, MPH, PhD
Shaadi Khademi, MD
Kevin Moore, PhD, MBA, ASP
Warren Sayre, MD
Leila Williams, DO
Upon completion of this program, participants should be able to (1) describe the current status of the pandemic and the impact of vaccines, globally, nationally and locally; (2) discuss projections for fall 2021 and their impact on the future of work; (3) explain and give examples of best practices and lessons learned in workforce health; and (4) discuss return-to-work strategies for employees who have been ill with or exposed to COVID-19, and implementation of vaccine-related polices in the workplace.
9 am-Afternoon HOUSE OF DELEGATES CLOSING BUSINESS SESSION
Observe the Closing Business Session for 2021, as delegates continue to debate and vote on resolutions, and find out who won TMA elections. Be sure to tune in to watch the installation of 2021-22 TMA President E. Linda Villarreal, MD. For more information, see page 33.

9:45-10:45 am CME: CONCURRENT SESSIONS

**Emergency Medicine**
*Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin*

**Top 10 Tox Trends in 2021**
Spencer C. Greene, MD, FACEP
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) describe the management of poison-induced cardiogenic shock; (2) discuss the indications for physostigmine in the setting of antimuscarinic toxicity; (3) recognize the clinical features of anticonvulsant toxicity; and (4) identify situations where physicians are likely to mismanage analgesic toxicity.

**Holistic Medicine**

**Science of Yoga and Meditation**
Indranill Basu-Ray, MD
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to discuss the scientific evidence of the benefits of yoga and meditation including physiologic changes, changes in hormone levels, and structural changes in the brain as a result of meditation.

10:45 am **Take a Break!**
Share your prior authorization horror stories in the Networking Lounge, sponsored by HUMANA. Prior authorization was a well-intentioned attempt to manage novel and expensive medications and procedures when introduced. Instead, health plans now require it for virtually everything, including generics, costing physicians and patients time and money. Stop in to see how you can quickly and easily join TMA’s legislative advocacy effort to streamline prior authorizations, and share your own HIPAA-compliant stories to help TMA educate lawmakers on why change is needed.

**Occupational Medicine**

**Panel: Return to Work From COVID-19**
(continued, see previous page for details)

**Physical Medicine and Rehabilitation**
*Presented by the Texas Physical Medicine and Rehabilitation Society under the direction of Kim Barker, MD, Dallas*

**When Patient Care Can’t Wait: Managing Intrathecal Drug Delivery Pumps in a Pandemic**
Patricia Gordon, MSN, MPH, APRN, FNP-BC
Fatma Gul, MD
Patricia Krohn, MN, MPH, APRN, FNP-BC
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) identify the types of medications that can be used in the intrathecal drug delivery pump system; (2) be familiar with the signs of intrathecal medication withdrawal; (3) understand the protocol for refilling a pump in a COVID-19+ patient and steps taken to mitigate exposure risk; and (4) understand a process for running clinic office visits with limited staff to minimize exposure to COVID-19.

Visit the Expo Hall to play Expo Bingo. Thanks to our sponsors and exhibitors, TexMed 2021 is a free member benefit.

Check out the Vendor Theater, sponsored by TMF Health Quality Institute. Watch on-demand videos from our sponsors to learn about initiatives their companies are undertaking to support their communities.

Find rest and relaxation in the Wellness Lounge, sponsored by TMA Insurance Trust, with a quick five-minute yoga practice, a mindfulness exercise, and more.
11:15 am-12:15 pm CME: CONCURRENT SESSIONS

Emergency Medicine
Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin
Harm Reduction – If You Can’t Quit … at Least Be Safer
Amy F. Ho, MD

The Opiate Epidemic*
Kurt C. Kleinschmidt, MD
1.00 AMA PRA Category 1 Credit™
*0.50 ETHICS Credits
Upon completion of this program, participants should be able to (1) discuss general concepts of harm reduction and frame the addiction discussion beyond just abstinence only; (2) discuss nicotine harm reduction for smokers, including vaping, patches, nicotine replacement therapy, and more; (3) discuss IV drug abuse harm reduction, including safer practices for beyond clean needles; (4) discuss when emergency medicine physicians can use a buprenorphine product; (5) state if an “X-waiver” is still needed; and (6) describe the “three-day rule.”

Occupational Medicine
Presented by the Texas College of Occupational and Environmental Medicine under the direction of Michael Paston, MD, MPH; Annamaria Macaluso Davidson, MD, MBA, CMQ; Cynthia Ball, DO, MS; and Michelle R. McDaniel, BS, CHES
Occupational Shoulder Injuries – Physical Exam 101
Nicholas Tsourmas, MD
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to emphasize and relearn pertinent anatomy and pathology to improve physical exam skills to accurately diagnose the common shoulder problems.

Physical Medicine and Rehabilitation
Presented by the Texas Physical Medicine and Rehabilitation Society under the direction of Kim Barker, MD, Dallas
TeleREHAB (Raising Every Human/Hero Above Barriers)
Carol Li, MD
Katherine Lin, MD
Angela Vrooman, DO
1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to: (1) understand how telemedicine is overcoming barriers (such as transportation and socioeconomic barriers) and addressing health care gaps; (2) understand how telemedicine is creating additional barriers (such as technology and broadband access, cognitive barriers, and language barriers); and (3) summarize best practices transitioning out of the pandemic – examples of who and what type of visit would still be best served with this modality and how to optimize the care.
AGENDA – SATURDAY, MAY 15

12:15-1:15 pm CME: CONCURRENT SESSIONS

Occupational Medicine
Presented by the Texas College of Occupational and Environmental Medicine under the direction of Michael Paston, MD, MPH; Annamaria Macaluso Davidson, MD, MBA, CMQ; Cynthia Ball, DO, MS; and Michelle R. McDaniel, BS, CHES

Residency Research Presentations

What Happened to You?
Trauma-Informed Care for Occupational and Environmental Medicine
Rosandra L. Daywalker, MD

Case Report: Returning to Work, COVID-19 vs. Lyme
David Rios, MD

Obstacles to Performing Research on Commercial Fishermen in the Gulf of Mexico During the COVID-19 Pandemic
Alexander Nguyen, DO

Effects of Multiple VHP Decontamination Cycles on Retrofit N95 Filtration Efficiency and Fit
Seena Rohani, DO

1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) describe psychological trauma, the tenets of trauma-informed care, and practical applications in occupational and environmental medicine; (2) understand the return-to-work guidelines for COVID-19; (3) identify chronic viral fever syndromes; (4) troubleshoot unclear return-to-work situations; (5) understand the presence and distribution of Lyme disease in Texas; (6) review the hazards involved in commercial fishing work in the Gulf of Mexico; (7) describe the process of conducting qualitative research during the COVID-19 pandemic; (8) recognize the obstacles to performing field research on commercial fishermen during the COVID-19 pandemic; and (9) understand the solutions available to health care professionals and hospitals to extend the life of personal protective equipment should another shortage occur.

Professional and Leadership Development
Presented by TMA Leadership Development and TMA Sections (International Medical Graduate, LGBTQ Health, Medical Student, Resident and Fellow, Women Physicians, and Young Physician) under the direction of Tina Philip, DO, Round Rock

Everyday Practical Tips for the Personal Safety and Security of Physicians and Staff
Fred Burton

1.00 AMA PRA Category 1 Credit™
Upon completion of this program, participants should be able to (1) describe key concepts of security, including situational awareness, observation skills, and the attack cycle; (2) discuss strategies to increase personal safety within one’s surroundings; and (3) apply methods to enhance office security and develop emergency action plans.

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1:30-2:30 pm  **CLOSING GENERAL SESSION**

**Resilience Reset**
Anne Grady
1.00 AMA PRA Category 1 Credit™
1.00 ETHICS Credit

Upon completion of this program, participants should be able to
(1) describe mental habits that support versus sabotage their resilience;
(2) harness the power of stress productively; (3) build a resilience toolbox
full of actionable strategies including self-care, social connection, gratitude,
and humor; (4) use mindfulness to reset their nervous system; and
(5) gain clarity around priorities.

**About the Speaker**
Anne Grady is a bestselling author, two-time TEDx speaker, trainer,
survivor, optimist, inspirer, and truth-bomb dropper. She has a master’s
degree in organizational communication and has spent the past 20 years
working with some of the largest organizations around the globe. She has
become known as a leading expert on resilience, emotional intelligence,
and leadership, contributing to Harvard Business Review, Entrepreneur,

Ms. Grady shares inspiring personal stories; cutting-edge, research-based
content; and tools to transfer learning into real life to improve relationships,
navigate change, and triumph over adversity.
2:45-3:45 pm **CME: CONCURRENT SESSIONS**

**Emergency Medicine**  
*Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin*  
**Pediatric Readiness Efforts**  
Katherine E. Remick, MD, FACEP  
1.00 AMA PRA Category 1 Credit™  
Upon completion of this program, participants should be able to (1) highlight disparities in pediatric emergency care across the United States; (2) discuss key strategies to ensure high-quality pediatric emergency care; and (3) identify opportunities to support pediatric readiness in their community.

**Holistic Medicine**  
*Presented by the Texas Indo-American Physicians Society Northeast Chapter under the direction of Anupkumar Shetty, MD, Dallas, and Hima Reddy, MD, Fort Worth*  
**Applying Meditation at the Organizational Level**  
Darshan Mehta, MD  
1.00 AMA PRA Category 1 Credit™  
Upon completion of this program, participants should be able to understand the process and potential challenges of implementing a meditation program at an organizational level.

**Occupational Medicine**  
*Presented by the Texas College of Occupational and Environmental Medicine under the direction of Michael Paston, MD, MPH; Annamaria Macaluso Davidson, MD, MBA, CMO; Cynthia Ball, DO, MS; and Michelle R. McDaniel, BS, CHES*  
**Human Trafficking 101: A Healthcare Primer**  
Kimberly Williams  
1.00 AMA PRA Category 1 Credit™  
1.00 ETHICS Credit  
Upon completion of this program, participants should be able to (1) review how trafficking occurs and the red flags of exploitation; (2) discuss the basics of trauma-informed care and management; and (3) identify local resources for trafficked individuals.  
This course also meets all required Texas Health and Human Services Commission human trafficking training standards.

**Physical Medicine and Rehabilitation**  
*Presented by the Texas Physical Medicine and Rehabilitation Society under the direction of Kim Barker, MD, Dallas*  
**Stem Cell Therapies for the Spine – Hype vs. Hope?**  
Nasser Ayyad, DO  
**Spine, Body, and Soul: Integrative Treatments for Spine Health**  
G. Sunny Sharma, MD  
1.00 AMA PRA Category 1 Credit™

**Professional and Leadership Development**  
*Presented by TMA Leadership Development and TMA Sections (International Medical Graduate, LGBTQ Health, Medical Student, Resident and Fellow, Women Physicians, and Young Physician) under the direction of Dr. Tina Philip, DO*  
**Civilian Response to Active Attack Events**  
John Curnutt  
1.00 AMA PRA Category 1 Credit™  
Upon completion of this program, participants should be able to identify techniques to deescalate and minimize harm in an active shooting situation.
AGENDA – SATURDAY, MAY 15

4-5 pm **CME: CONCURRENT SESSIONS**

**Emergency Medicine**
*Presented by the Texas College of Emergency Physicians under the direction of Jessica Best, MD, Austin*

*Dallas Buyer’s Club: The Intersection of State-Based Marijuana Policy and Emergency Care*
Todd Phillips, MD, FACEP
0.50 AMA PRA Category 1 Credits™

Upon completion of this program, participants should be able to investigate available literature to see if legalization of marijuana has been objectively detrimental or beneficial to public health.

**Holistic Medicine**
*Presented by the Texas Indo-American Physician Society Northeast Chapter under the direction of Anupkumar Shetty, MD, Dallas, and Hima Reddy, MD, Fort Worth*

*Role of Meditation and Yoga for Post-COVID-19 Syndrome*
Dilip Sarkar MD
1.00 AMA PRA Category 1 Credit™

Upon completion of this program, participants should be able to (1) discuss the present state of yoga therapy; (2) understand the science of yoga therapy and how to cite scientific articles on this subject in clinical journals; and (3) evaluate the integration of yoga therapy with conventional medicine to treat post-COVID-19 patients.

**Occupational Medicine**
*Presented by the Texas College of Occupational and Environmental Medicine under the direction of Michael Paston, MD, MPH; Annamaria Macaluso Davidson, MD, MBA, CMQ; Cynthia Ball, DO, MS; and Michelle R. McDaniel, BS, CHES*

*Utilization Review*
Cynthia Ball, DO
1.00 AMA PRA Category 1 Credit™

Upon completion of this program, participants should be able to (1) describe the role of utilization review; (2) describe types of reviews; and (3) recognize factors and information affecting review recommendations.

6 pm **THANK YOU**

The TexMed 2021 virtual event will end. Please be sure you have downloaded any materials from your attendee briefcase before you leave the meeting. We hope you enjoyed your time at TexMed.

For physicians that will claim CME, please visit the self-reporting portal at [https://cmeportal.texmed.org/](https://cmeportal.texmed.org/) to claim your credits. Credits will be reflected immediately on your personal CME transcript.

Please tell us how we did!
To provide feedback about the CME offered at TexMed 2021 and give suggestions for future education topics, please take [this brief CME survey](#).

To share your experience with TexMed 2021 and help us improve our event offerings in the future, please also take a few minutes to complete the [TexMed Evaluation](#).
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TMA’s House of Delegates is the association’s top legislative and policymaking body. It represents individual grassroots members, county and specialty medical societies, ex officio members, boards, councils, committees, and sections. All TMA members are encouraged to testify virtually at reference committee hearings and observe meetings of the house. Only designated delegates, alternates, or voting ex officio members may participate in discussion, and only delegates and ex officio members may make motions and vote during the house sessions on Friday and Saturday.
VIRTUAL REFERENCE COMMITTEE HEARINGS

**Saturday, May 8**
Four reference committees hold open hearings to consider the issues listed below. Follow progress of each reference committee on your computer or mobile device at http://refcom.texmed.org.

**Financial and Organizational Affairs** Join
8 am
Association finances, membership, representation, and federation relationships

**Medical Education and Health Care Quality** Join
8 am
Undergraduate, graduate, and continuing education; physician workforce; scientific/clinical aspects of medicine; biomedical research; medicine and technology; and health care quality

**Science and Public Health** Join
Noon
Core public health functions; environmental health; child and adolescent health; EMS and trauma; addictive and infectious diseases; and regulations and licensure

**Socioeconomics** Join
Noon
Managed care; Medicare/Medicaid; payment; and legislative, regulatory, and legal issues

TECHNOLOGY ORIENTATION

**Thursday, May 13, 7-8 pm**
(Delegates and alternates will be emailed specific instructions to join.)

Be sure to attend this special technology orientation and practice session to learn about procedures for joining the virtual testifying queue, speaking, and voting on house business. The speakers invite you to practice placing yourself in the queue and testifying on video during this orientation.

**Note:** Delegates and alternates who wish to testify will use two platforms to participate in the House of Delegates: Lumi and Zoom Video Webinars. It is recommended that you use a separate device for each platform and run the Zoom webinar on your larger device.

OPENING BUSINESS SESSION

**Friday, May 14, 9 am-Noon**
(Delegates and alternates will be emailed specific instructions to join. All TMA members are invited to observe the session within the TexMed virtual event.)

**Presiding:** Speaker Arlo F. Weltge, MD, Houston, and Vice Speaker Bradford W. Holland, MD, Waco

**House Agenda**
- Address by AMA President Susan R. Bailey, MD, Fort Worth
- Address by TMA President Diana L. Fite, MD, Houston
- Reference committee recommendations debated and voted on

CLOSING BUSINESS SESSION

**Saturday, May 15, 9 am-Afternoon**
(Delegates and alternates will be emailed specific instructions to join. All TMA members are invited to observe the session within the TexMed virtual event.)

**House Agenda**
- Reference committee recommendations debated and voted on
- Announcement of TMA election results for officers, councilors, and Texas Delegation to the AMA
- Installation of TMA President E. Linda Villarreal, MD, Edinburg
### BUSINESS MEETINGS

Board, council, and committee members will receive meeting login information from the appropriate chair or TMA staff member. For a complete list of TMA’s boards, councils, committees, and sections, visit [www.texmed.org/BCCInfo](http://www.texmed.org/BCCInfo).

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<th>DAY</th>
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<td>Medicaid, CHIP, and the Uninsured</td>
<td>Tuesday, May 18</td>
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<td>Business Meeting</td>
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### BUSINESS MEETINGS

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Drop in for a relaxing yoga class or a calming meditation session, or to check out some quick mindfulness tips.
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Take a digital coffee break and visit the Networking Lounge to connect with attendees, join a chat conversation, attend a meetup, or just check out the music.
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### Vendor Theater
Visit the Vendor Theater to learn about exclusive products and services available to conference attendees. On-demand videos showcase our conference sponsors.
*Sponsored by TMF Health Quality Institute*

### Lunch and Learn – Friday, May 14, noon – CME Hall
Grab your lunch for the topical program, Benefits of Increased Dietary Protein Across the Lifespan: Practical Applications for Physicians, by Heather Leidy, PhD.
*Sponsored by the Texas Beef Council*

### Opening General Session – Friday, May 14, 3:30-5 pm
Head to the General Session to catch a timely talk by Peter J. Hotez, MD, PhD: Global Vaccines, Autism, and 21st Century Vaccine Diplomacy.
*Sponsored by Texas Medical Liability Trust*

### Welcome Reception – Friday, May 14, 5-6 pm
Head to the Networking Lounge to enjoy an hour of DJ tunes, live music, networking, trivia games, and prize giveaways.
*Sponsored by Texas Medical Liability Trust*

### Presidents Reception – Friday, May 14, 6-6:30 pm
Join leadership in the Networking Lounge to honor new 2021-22 TMA President E. Linda Villarreal, MD, and TMAA President Jennifer Lewis.
*Sponsored by TMA Insurance Trust*

### Snack Breaks – Friday, May 14, 10:15-10:45 am, and Saturday, May 15, 10:45-11:15 am – Expo Hall
Between CME sessions, nourish your body with a quick snack and your mind by exploring other areas of the TexMed conference.
*Sponsored by TMA PracticeEdge*
TexMed 2021

BiNGO!

Log on at texmed.org/TexMed

STEP 1 Visit eight participating exhibitors in the Expo Hall.
STEP 2 Click on the Bingo icon 🎁 in each booth.
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Play Bingo: May 14, 8 am-May 15, 5 pm.

Winners will be announced throughout TexMed via alerts on the virtual platform. You DO NOT need to be present to win. Prizes will be mailed to winners. Participating exhibitors will contact prize winners directly via email. Sponsors, exhibitors, and staff are ineligible to play.

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Welcome!
CME Reporting

AGENDA
Thursday CME, Social Events
Friday CME, Social Events
Saturday CME, Social Events

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House of Delegates
Business Meetings

EXPO HALL
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Christian Health Service Corps (CHSC) is a community of Christian physicians serving the poor in places that have little or no health care access. CHSC has U.S.-trained physicians serving long term throughout Africa, Asia, Latin America, and the Middle East.

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www.hhs.texas.gov/eci

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Lucas, TX 75002
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www.p360d.com

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Austin, TX 78738
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www.presarioventures.com
Presario Ventures is a real estate investment firm focused on acquiring and developing multifamily real estate assets on behalf of its clients. Our goal is to create lifestyle choices for physicians through passive income.

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Austin, TX 78726
(512) 335-2333
www.txbeef.org
The Texas Beef Council (TBC) is a nonprofit organization funded by Texas farmers and ranchers through the national Beef Checkoff program and the Texas state Beef Checkoff program. TBC is charged with education, research, and promotion efforts and is committed to working with health professionals to communicate accurate information about nutrition and health.
Texas Department of Insurance, Division of Workers’ Compensation
7551 Metro Center Dr., Ste. 100
Austin, TX 78744
(512) 804-4000
www.tdi.texas.gov

The Division of Workers’ Compensation (DWC), under the direction of the division’s appointed commissioner, oversees the administration and operation of the Texas workers’ compensation system. DWC monitors compliance of all parties, taking enforcement action when necessary, to ensure that the Texas Workers’ Compensation Act, Texas Labor Code, and other regulations regarding workers’ compensation are implemented and enforced. DWC does not pay benefits on workers’ compensation claims. Insurance carriers pay benefits.

TEXPAC/Texas Medical Association
401 W. 15th St.
Austin, TX78701
(512) 370-1363
www.texpac.org

Organized in 1962, TEXPAC is one of the oldest political action committees in Texas. It is the largest bipartisan political action committee in the state and ranks first in size among other state medical association PACs. TEXPAC provides financial support to both state and federal candidates.

TMA Foundation
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Austin, TX 78701
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TMA Foundation is the philanthropic arm of the Texas Medical Association. Its mission is to “fund initiatives with the power to help physicians create a healthier future for all Texans.” Funded projects target urgent health needs affecting a large segment of the state’s residents.

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(800) 880-1300
www.texmed.org/Benefits

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Austin, TX 78701
(888) 900-0334
www.tmapracticeedge.com
Created by TMA in 2015, TMA PracticeEdge offers turnkey solutions that strengthen the independent practice of medicine, manage population health, and improve the financial viability of medical practices.

TMF Health Quality Institute
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5918 W. Courtyard Dr.
Austin, TX 78730
(800) 725-9216
www.tmf.org
TMF Health Quality Institute focuses on improving lives by improving the quality of health care through contracts with federal, state, and local governments, as well as private organizations. For more than 45 years, TMF has helped health care providers and practitioners in a variety of settings improve care for their patients.

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TMHP
12357 B Riata Trace Pkwy.
Austin, TX 78727
(512) 506-7000
www.tmhp.com

Translation & Interpretation Network
249 W. Thornhill Dr.
Fort Worth, TX 76115
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https://tintranslation.com/

The University of Texas MD Anderson Cancer Center
7007 Bertner Ave.
Houston, TX 77030
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https://mdanderson.org
The University of Texas MD Anderson Cancer Center’s sole mission is to end cancer for patients and their families around the world, all while remaining committed to patient safety. Health care provider resources: http://mdanderson.org/physicianresources.
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Ongoing feelings of loneliness and social isolation can be dangerous to your patients and significantly impact their health. In fact, these patients have a 64 percent greater chance of developing clinical dementia.* That’s why Humana works with physicians and community organizations to develop tools and resources that can help you more easily identify and address loneliness or social isolation in your patients.

To access UCLA’s simple screen for loneliness, or to find community resources that can help your patient, visit PopulationHealth.Humana.com/#toolkits and download the loneliness and social isolation toolkit.

SAVE THE DATES!

FUTURE TMA MEDICAL MEETINGS

2021 Fall Conference
Sept. 17-18
Register!

2021 Advocacy Retreat
Dec. 3-4

2022 Winter Conference
Jan. 28-29

TexMed 2022
April 29-30

texmed.org/Events
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