

Interprofessional Solutions for Physical Inactivity in Primary Care

Virtual

May 9, 2020

8:30am-3:30pm

Zoom

George Fox University | Newberg, Oregon



Interprofessional
Primary Care Institute
Strengthening Each Other

Activating Physical Activity in the People Who Need it Most (8:30am to 12:30pm)

Physical activity is an *inexpensive powerful medicine* that helps people but is underutilized. This continuing medical education event will *empower healthcare clinicians* to activate the people they support. Our presenters will review new CDC guidelines for physical activity alongside brief evidenced-based assessment & treatment approaches. *Patient-Reported Outcome Monitoring Information System (PROMIS)* will be reviewed & utilized.

Dr. Jeff Houck, PT, PhD is a *leading researcher* applying *PROMIS* to clinical care. He also is a master physical therapist, specializing in behavior change, physical therapy in primary care, and clinical biomechanics. Dr. Daniel Kang, PT, DPT is a master physical therapist who uses psychosocial and manual therapy approaches. Dr. Kang is particularly skilled in the support of people with chronic pain. He serves as a member of the *Oregon Pain Management Commission*. Dr. Mary Imboden, PhD is an exercise science professor and researcher at George Fox University. She is the *Chair of the Oregon Academy of Science - Health and Kinesiology Division*. Drs. Houck, Kang & Imboden will demonstrate behavior change interventions specific to knee osteoarthritis, metabolic syndrome, and chronic low back pain.



Learn & Practice

- Evidence-based strategies to apply CDC guidelines for physical activity in primary care practice.
- Biopsychosocial assessment & intervention strategies to activate people with complex health concerns.
- Interprofessional communication & collaboration skills.
- Quality improvement methods to advance your clinical work.

An Interprofessional Experience to Remember (1:30pm-3:30pm)

We provide rich interprofessional experiences to inspire innovation in primary care. This interactive online session is designed to do just that! Drs. Houck, Kang & Imboden will be joined by IPC Institute Directors Dr. Amber Nelson, PsyD, Dr. Bhavesh Rajani, MD, MBA & quality improvement practitioner Florence Gerber, MBA.

During this interactive virtual session you will be randomly-assigned to diverse interprofessional teams facilitated by an IPC Institute director. Teams will develop complex care plans leveraging the capacities of each team member. Key quality improvement methods for primary care practice will also be reviewed & practiced.



\$100 Professionals | \$50 Interns, Residents & Students | \$0 George Fox Students

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of OHSU School of Medicine and George Fox University. The OHSU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. Credit: Oregon Health & Science University School of Medicine designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Register here for this interactive online course

<https://georgefoxuniversity.regfox.com/virtual-interprofessional-solutions-for-physical-inactivity-in-primary-care>