



# 6th Annual Excellence in Orthopedic Nursing Conference

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

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

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

## Planning Committee

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

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

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

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

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

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

## Faculty

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

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

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

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

*Clifford Smith, MSN, RN, ONC, CRNP*  
Nurse Practitioner

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

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

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

## Registration Information

Registration Fees as follows:

Type	Pre-Registration	On-site
UPMC employee	\$45.00	\$50.00
Regular Registration	\$65.00	\$75.00
Student	\$30.00	\$40.00

Registration due by Friday, February 3, 2017.  
All attendees must register online.

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

### How to Register Online:

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

### Paper Registration for Sponsored Attendees

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

### Cancellations

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

### ANCC Contact Hours Disclaimer

UPMC Provider Unit is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The learner will be awarded 5.5 continuing education contact hour(s) for attending the program in its entirety and upon completion and submission of an evaluation form.

## Objectives

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

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

## Parking

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

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

## Special Needs

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

## Overnight Accommodations

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

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

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