

RISING INFLAMMATION: ASTHMA & COPD

A Six-Hour Interprofessional Symposium
 Saturday, April 20, 2024 | 8:45 a.m. to 4:30 p.m. (ET)

OBJECTIVES

8:45am	PARTICIPANTS LOGIN	
9:20am – 9:30am	Welcome and Introductory Remarks / Program Moderator: Michael W. Hess, MPH, RRT, RPFT	
9:30am – 10:30am	“Epidemiology and Etiology” <p>COPD has historically been considered a "smoker's disease," a result of poor lifestyle choices that lead inexorably to reduced quality of life, disability, and often an early demise. This stereotype has led to a sense of futility, leading COPD to drop far down any list of research and advocacy priorities. However, the truth is that COPD is often the result of a complex series of interactions between the human body, the environment, and society. This session will cover a brief history of COPD, its impacts on individual and population health, and how the clinical community can work together to improve care and lower the burden of COPD for all.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Understand the impact of COPD and associated conditions on health care systems both in the United States and around the world. 2. Describe the pathophysiological changes associated with COPD. 3. Discuss the latest concepts of COPD etiology, screening, and diagnosis. 4. Examine ways all health care professionals can address barriers to health equity in lung disease. 	Michael W. Hess, MPH, RRT, RPFT
10:30am – 11:30am	“Screening and Diagnostics” <p>Diagnosing obstructive lung disease is crucial in providing appropriate care and treatment for patients. This talk aims to identify current diagnostic tools and approaches used to diagnose such conditions, examine methods used for interpretation, and updates being implemented to ensure equitable care. We will also highlight the challenges and limitations clinicians face in accurately diagnosing these conditions. Attendees will be updated on the current state of diagnostic practices for obstructive lung diseases and explore opportunities for improvement in this field.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Identify current diagnostic tools and approaches to identify obstructive lung diseases such as Asthma and COPD. 2. Examine current diagnostic testing regression equations and updates being implemented to ensure equitable care. 3. Describe challenges and limitations related to diagnostic testing. 	Amanda Clark, RRT
11:30am – 12:30pm	“Treatment / Rehabilitation” <p>This presentation will take a deep dive into the evidence-based strategies for managing both stable and acute phases of asthma and COPD. Explore the latest advancements in pharmacologic interventions, from bronchodilators to personalized treatment plans, and uncover the benefits of nonpharmacologic approaches, including lifestyle modifications and complementary therapies. Learn how to navigate acute exacerbations with emergency management strategies and rescue medications. Empower yourself with insights into patient education and self-management techniques for improved long-term outcomes. Engage in a live Q&A session to address specific questions, ensuring you leave with a comprehensive understanding of optimal asthma and COPD management.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Recognize management recommendations based on clinical asthma and chronic obstructive lung disease (COPD) criteria. 2. Identify management strategies for acute exacerbation of asthma or COPD. 3. Recommend pharmacologic or nonpharmacologic treatment based on clinical scenarios for a patient with asthma or COPD. 	Jonnie Korinko, MSRC, RRT, RRT-ACCS
12:30pm	LUNCH BREAK	
1:30pm – 2:30pm	“Pharmacology Management” <p>This presentation will discuss the current approach to the management of COPD. This will involve both the Global Initiative for Chronic Obstructive Lung Disease (GOLD) and the COPD Foundation approaches to the pharmacologic management of COPD. Both approaches use symptoms and exacerbation history as the main way to consider how therapies are selected to treat COPD. Dr. Mannino will then describe the different therapies and how they are used in the treatment of COPD. This component will include the current vaccination strategies for COPD patients. The final part of the talk will look at future pharmacologic options in COPD.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Describe the current GOLD and COPD Foundation guidance for Pharmacologic Management of COPD. 2. Define the current therapeutic options in the treatment of COPD. 3. Explore future therapies in COPD. 	David Mannino, MD, FCCP, FERS
2:30pm – 3:30pm	“Cultural Humility in Care Delivery” <p>Cultural Humility 101 covers topics related to the lifelong process of actively seeking to understand and foster genuine respect across diverse cultural landscapes, also known as the process of cultural humility. Participants will gain insights into fostering an inclusive healthcare environment by addressing biases, promoting psychological safety for patients and staff, exploring the role of allies in healthcare settings, and advocating for equity to enhance patient outcomes and experiences.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Identify and examine personal biases, assumptions, and stereotypes and how they affect interactions with patients 	Amanda Atkinson, MSN, RN

- and colleagues.
- 2. Understand and implement cultural humility principles in patient care and colleague interactions.
- 3. Define psychological safety within the healthcare context, recognizing its core elements and identifying its importance in creating a positive collaborative experience for colleagues and patients.
- 4. Apply the principles of equity and allyship in patient and professional interactions, understanding that allyship involves actively working to foster an inclusive and collaborative team environment.

“Psychosocial Support”

Gabrielle Davis, MPH, MA, RRT, LPC, NCC

3:30pm – 4:30pm

This presentation will focus on the importance of psychosocial support in chronic health conditions. Within healthcare, we sometimes overlook the mind-body connection and how physical health can impact mental wellbeing and vice versa. We will discuss ways that you can help patients adjust to and manage the stress that can come with COPD treatment and management. We will cover specific coping skills that could be helpful for patients, focusing primarily on cognitive and behavioral techniques. We will also explore the importance of support networks for patients dealing with chronic illness, including promoting social support and knowing when to seek professional support.

Learning Objectives

- 1. Understanding the link between stress and COPD
- 2. Learning specific coping skills that can be shared with patients to improve psychosocial wellness
- 3. Exploring the importance of support, including ways to promote social support and identifying when additional professional support is needed.

4:30pm

PROGRAM ENDS