



**A Sampling of Common (And Some Not So
Common – But Not to Be Missed) Musculoskeletal Concerns
and
The Autism Spectrum and the Enhance Program**

Host: Debra Lukacsko, MSN, BA, RN, APN, C

Friday, January 17, 2020

Ramapo College of New Jersey

Robert A. Scott Student Center, Room 157/158

505 Ramapo Valley Road

Mahwah, NJ 07430-1623

AGENDA

TIME	TOPIC
9:00 – 9:30 a.m.	Registration & Breakfast
9:30 – 10:45 a.m.	A Sampling of Common (and some not so common but not to be missed) Musculoskeletal Concerns <i>Presenter: J. Christopher Mendler, MD – Collaborating Physician, Ramapo College of New Jersey, Health Services</i>
10:45 – 11:00 a.m.	Break
11:00 a.m. – 12:15 p.m.	The Autism Spectrum and the Enhance Program <i>Presenter: Suzanne Calgi, LCSW – Psychological Counselor & ENHANCE program coordinator, Ramapo College of New Jersey</i>
12:15 – 1:15 p.m.	Lunch
1:15 – 2:15 p.m.	Business Meeting
2:00 – 3:00 p.m.	Open Forum/Current Issues in College Health
3:00 – 3:15 p.m.	Program Evaluations/Distribution of Certificates*

Credits are pending approval

**Physicians: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 2.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

**Nurses: This activity is awarded 2.5 contact hours. (60 minute CH) Nurses should only claim those contact hours actually spent participating in the activity.*

Activity Overview and Description

A review of common and not so common musculoskeletal concerns encountered in the college age patient. The activity will review relevant anatomy, musculoskeletal triage, initial management and when to watch, when to refer. The activity will provide learners with an overview of the latest treatment modalities and guidelines for commonly diagnosed issues.

Target Audience

This educational activity will be of interest to physicians, nurses and advanced practice nurses.

Learning Objectives

J. Christopher Mendler, MD - Upon completion of this activity, participants should be better able to:

1. Identify the anatomy of the lower extremity, ankle region and foot region.
2. List common injuries of the hip, thigh, knee, shin, ankle and foot that affect the college age population.
3. Recognize the latest diagnostic procedures and treatment modalities to better inform their practice.

Suzanne Calgi, LCSW- Upon completion of this activity, participants should be better able to:

1. Understand what autism is and how it is diagnosed.
2. Describe the characteristics and symptoms of Autism that are common college-age student.
3. Understand the interventions utilized with students diagnosed with autism.
4. Understand the ENHANCE Program.

Speaker Biographies

J. Christopher Mendler, MD is board certified in sports medicine with over 15 years of clinical experience in sports medicine. Practice settings have included a private sports medicine practice, as well as hospital based and collegiate-based sports medicine programs. Over the years, Dr Mendler has had the opportunity to work with athletes of all levels and abilities, and has had the privilege of serving as team physician for high school, college, elite and professional athletes. He served as the US Team Physician for USA-Triathlon for the 1999 World Championships Long Course Triathlon, held in Sweden. Along with a team of colleagues from Holy Name Medical Center, he provided care to the 2012 US Championship Ironman Triathlon, hosted in New York and New Jersey. Dr Mendler currently serves as the team physician for several area high schools and colleges in the Bergen County area. He is the Collaborative Physician for Ramapo College of NJ.

Suzanne Calgi, LCSW holds a Bachelor of Arts Degree in Urban Studies from the University of Connecticut and a Master of Social Work Degree from New York University. She also has a certificate in Psychoanalytically-Oriented Psychotherapy from the New Jersey Institute for Training in Psychoanalysis. Suzanne's professional interests include working with individuals and groups presenting with Asperger's and Autism Spectrum Disorders, Social Skills Groups, psychodynamic treatment for adapting to life transitions. She is the Coordinator of the ENHANCE program, a new support program for students on the Autism Spectrum. Suzanne has been a Psychological Counselor at Ramapo College since 2014.

Accreditation



In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and New Jersey College Health Association. Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to sign in at the beginning of the program, attend the program, and complete an evaluation form at the conclusion of the activity. For any questions/concerns about the contact hour process, please contact Linda Burns, @ 732-235-9348 or burns11@ubhc.rutgers.edu

Peer Review

In order to help ensure content objectivity, independence, and fair balance, and to ensure that the content is aligned with the interest of the public, UBHC CCE has resolved all potential and real conflicts of interest through content review by non-conflicted, qualified reviewers. This activity was peer-reviewed for relevance, accuracy of content, and balance of presentation by:

Stephanie Marcello Duva, PhD, Program Director, BRTI, Rutgers University Behavioral Health Care

Laura Burns, Program Manager, CCE, Rutgers University Behavioral Health Care

Disclosure Declarations

In accordance with the disclosure policies of RBHS and to conform with Joint Accreditation requirements and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants: 1) the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 12 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

The following faculty have no relevant financial relations to disclose.

J. Christopher Mendler, MD

Suzanne Calgi, LCSW