



**CLEVELAND SOCIETY OF OBSTETRICIANS AND GYNECOLOGISTS**

**Secretary**

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Dear Colleague:

The next educational meeting of the Cleveland Society of Obstetricians and Gynecologists will be on November 20, 2019 at the DoubleTree Hotel at 6200 Quarry Lane, Independence, Ohio 44131, 216/447-1300. A copy of the program is enclosed.

The registration fee with CME credits is included in your paid dues. If you have not paid your dues for this year please plan to do so at the meeting, or if you need your invoice resent you can request it at [clesog@gmail.com](mailto:clesog@gmail.com)

If you are not yet a member but would like to attend, the cost is \$60.00 and includes 3.5 *AMA PRA Category 1 Credits™* and can be paid at the meeting.

Be sure to mark your calendar for our future meeting on:

***January 15, 2020 Advocacy and Crisis***

***March 18, 2020 Adolescent GYN***

***May 20, 2020, 1:00-5:00 pm Research Day***

You may RSVP by replying to this correspondence. We hope to see you at the meeting.

Sincerely yours,

*Johanna O'Neill/pw*

Johanna O'Neill, MD

Secretary

JO/pw

Enclosure



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## Cleveland Society of Obstetricians and Gynecologists

### Topic: The 4<sup>th</sup> Trimester

Moderator: Rebecca Bagley, M.D.

**November 20, 2019 1:00-5:00 pm**

DoubleTree Hotel at Rockside and I-77

- 1:00 p.m.     **Welcome** by Natalie Bowersox, M.D., President
- 1:05 p.m.     **Systemic and Cultural Opioid Reduction**  
Eric Chiang, M.D.  
Director, Western Sector – Regional Practice Anesthesiology, Cleveland Clinic  
Director of Obstetrical Anesthesia, Fairview Hospital
- 1:45 p.m.     **The Fourth Trimester: Why it Matters**  
Susan Hudson, MSN, CNM  
Director of Midwifery Services, Western Region  
Institute of OB/GYN & Women’s Health, Cleveland Clinic
- 2:25 p.m.     **Managing Hypertension After Delivery and Beyond**  
Edward Chien, M.D.  
Professor-Reproductive Biology, Case Western Reserve University  
Director of Maternal Fetal Medicine, MetroHealth Medical Center
- 3:10-3:40 p.m.     **Refreshment Break**
- 3: 40 p.m.     **Women’s Mental Health in the 4<sup>th</sup> Trimester**  
Sarah Nagle-Yang, M.D.  
Assistant Professor of Psychiatry, CWRU SOM  
Co-Director, Women’s Mental Health Services, University Hospitals  
Cleveland Medical Center, Department of Psychiatry
- 4:20 p.m.     **Healthy Healing in the Fourth Trimester**  
Lisa Hickman, M.D.  
Female Pelvic Medicine and Reconstructive Surgery PGY7 Fellow  
Cleveland Clinic Foundation
- Katie Propst, M.D.  
Assistant Professor of Surgery, Cleveland Clinic Lerner College of Medicine,  
Staff Urogynecology and Reconstructive Pelvic Surgery and Director of  
The Postpartum Care Clinic, Cleveland Clinic
- 5:00 p.m.     **Raffle and Adjourn**

## **LEARNING OBJECTIVES & PROFESSIONAL PRACTICE GAP(S)**

### **After this session, participants will be able to:**

1. Review the scope of the opioid crisis in the USA
2. Appreciate the mechanisms that make opioids a poor choice for pain control (opioid paradox)
3. Discuss the tiered approach to acute pain management
4. Identify the newest ACOG guidelines related to the fourth trimester
5. Name three values related to doing a 2-3-week postpartum visit
6. Identify three resources for women who need fourth trimester support
7. Explore ways to protect our patients and the community
8. Improve understanding of hypertension on morbidity and mortality in the PP period
9. Know long term management of hypertension
10. Realize risk associated with pregnancy associated hypertension
11. Describe ACOG and other relevant recommendations for screening for mental health and substance use disorders in the postpartum period
12. Summarize principles of trauma-informed care and how these can be implemented in Ob/GYN care
13. Develop ideas about how anticipatory guidance might address and support a woman's transition into parenthood
14. Review pelvic floor anatomy
15. Realize short-term complications of OASIS
16. Review management strategies for complications of perineal lacerations
17. Appreciate pelvic floor sequelae of obstetric injury

**Practice Gap(s) for this session:** The Practice Gap is the reason a conference or CME activity needs to be held. It describes the difference between where a group of learners/field of study/ practice currently is (**current status**) and where the learning/practice should be (**desired status**). The "gap" between the current and the desired will be used to identify conference needs, purposes, objectives, and desired outcomes.

1. *According to ACOG, over half of women surveyed (54%) consider their ob-gyns to be their primary physician – the first doctor they see for all their health care needs*
2. *Without continued professional education, integration of practice guidelines is not optimal by OB/GYNs. This series will reinforce appropriate practice guidelines during selected quarterly sessions throughout the year.*
3. *Despite the development of evidence-based recommendations, it can be difficult to identify and incorporate new evidence into practice. Providers identify and apply new evidence-based practice approaches.*

## **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 Case Western Reserve University School of Medicine and the Cleveland Society of Obstetricians and Gynecologists. Case Western Reserve University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Case Western Reserve University School of Medicine designates this live activity for a maximum of 3.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## **DISCLOSURE STATEMENT:**

The policy of Case Western Reserve University School of Medicine CME Program (CWRU) requires that the Activity Director, planning committee members and all activity faculty (that is, anyone in a position to control the content of the education activity) disclose to the activity participants all relevant financial relationships with commercial interests. Disclosure will be made to activity participants prior to the commencement of the activity. Case Western Reserve University School of Medicine CME Program also requires that faculty make clinical

recommendations based on the best available scientific evidence and that faculty identify any discussion of “off-label” or investigational use of pharmaceutical products or medical devices.

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