



**Northwestern Medicine**<sup>®</sup>  
Feinberg School of Medicine

Les Turner ALS Center

# Northwestern's Second Annual Updates in the Diagnosis and Management of ALS

**Friday, September 20, 2019**

Northwestern Medicine  
Prentice Women's Hospital  
250 East Superior Street  
Third Floor, Conference Room L South  
Chicago, Illinois  
8:00 am to 4:00 pm

*Sponsored by Northwestern Medicine  
and the Les Turner ALS Center at  
Northwestern Medicine*

**REGISTER ONLINE: [northwestern.cloud-cme.com](http://northwestern.cloud-cme.com)**

# Northwestern's Second Annual Updates in the Diagnosis and Management of ALS

**Course Directors: Senda Ajroud-Driss, MD, and John M. Coleman III, MD**

Amyotrophic Lateral Sclerosis (ALS) is a progressive, neuromuscular degenerative disease that presents in many forms, but ultimately will require full caregiver support and lead to death. Given the various forms of presentation, diagnosis of the disease is challenging. While pharmacotherapy is still an under-developed treatment, what has been proven to be effective in treatment and prolonging life in patients with ALS is aggressive respiratory care and nutritional support.

This program offers participants a unique opportunity to hear from expert clinician leaders from the **Lois Insola ALS Clinic** at the **Les Turner ALS Center at Northwestern Medicine** and the **Les Turner ALS Foundation**. Attendees will be introduced to the multidisciplinary care at the center of taking care of ALS patients, and will hear from the health professionals elongating and improving the quality of life of these patients.

## PROGRAM OBJECTIVES

**After attending this educational activity, participants should be able to:**

- 1) Identify the signs and symptoms associated with ALS and understand the diagnostic criteria to clarify the diagnosis and when to refer to a tertiary care center.
- 2) Explain the clinical importance and availability of respiratory care therapies for patients living with ALS, both noninvasive ventilation and airway clearance, and how to qualify patients for these therapies.
- 3) Describe the role of early dietary interventions, both supplements and gastrostomy tubes, and the methods proven to be safest for patients.
- 4) Review the role of speech therapy in the treatment of ALS, both early assessment of swallowing dysfunction and review of the newer technology available for communication.
- 5) Identify the role of occupational therapy in the treatment of ALS, for mobility and positioning.
- 6) Explain the role of exercise in the treatment of ALS.
- 7) Review the available resources in the community to support both the patient and the caregivers.

For more information, please contact **Sarah Baggs**, Continuing Medical Education administrator, Northwestern Memorial HealthCare, at **[sbaggs@nm.org](mailto:sbaggs@nm.org)**

# Friday, September 20, 2019

<b>8:00 am</b>	<b>Breakfast and Registration</b>
<b>8:30 am</b>	<b>Overview of ALS: Pathophysiology, Mechanism and Science of Treatment</b> <i>Robert G. Kalb, MD</i>
<b>9:00 am</b>	<b>Clinical Management for ALS: Diagnosis, Treatment and Clinical Trials</b> <i>Senda Ajroud-Driss, MD</i>
<b>9:30 am</b>	<b>Respiratory Evaluation and the Role of Noninvasive Ventilation in ALS</b> <i>John M. Coleman III, MD</i>
<b>10:00 am</b>	<b>Break</b>
<b>10:15 am</b>	<b>Airway Clearance</b> <i>Lisa F. Wolfe, MD</i>
<b>10:45 am</b>	<b>Hands-On Sessions: Spirometry, MIP, Ambu, NIV, Therapy Vest, MIE</b> <i>Senda Ajroud-Driss, MD, and John M. Coleman III, MD</i>
<b>11:30 am</b>	<b>Lunch</b>
<b>12:30 pm</b>	<b>Living Life to the Fullest with ALS: The Role of Occupational Therapy</b> <i>Sophia Anagnos, MS, OTR/L, Grace Eisenberg, MS, OTR/L, and Arielle Frederico, MS, OTR/L</i>
<b>12:55 pm</b>	<b>Communication and Swallowing Issues in ALS</b> <i>Kristin Larsen, MA, CCC-SLP, and Sharon Veis, MA, CCC-SLP</i>
<b>1:20 pm</b>	<b>Therapeutic Exercise and Physical Activity Considerations for People with Motor Neuron Diseases</b> <i>Colin K. Franz, MD, PhD</i>
<b>1:45 pm</b>	<b>Break</b>
<b>2:00 pm</b>	<b>Pre-operative Evaluation and Peri-operative Management of People Living with ALS</b> <i>Bobbie Jean Sweitzer, MD, FACP</i>
<b>2:25 pm</b>	<b>Maintaining Optimum Nutrition Status in ALS: From Supplements to Tube Feeding</b> <i>Julia Casey, MS, RD, LDN, and Dominique Kosk, MPH, RD, LDN, CNSC</i>
<b>2:50 pm</b>	<b>The Les Turner ALS Foundation: Providing a Personalized Approach for Families Living with ALS to Confidently Navigate the Disease</b> <i>Laurie B. Fieldman, LCSW, MS, and Lauren Webb, LCSW</i>
<b>3:30 pm</b>	<b>Q&amp;A</b>
<b>4:00 pm</b>	<b>Closing Comments and Adjournment</b>

# Program Course Directors

## **Senda Ajroud-Driss, MD**

*Director, Lois Insolia ALS Clinic*  
Les Turner ALS Center at Northwestern Medicine  
*Program Director, Neuromuscular Fellowship*  
*Associate Professor, Department of Neurology*  
*(Neuromuscular Disease)*  
Northwestern University  
Feinberg School of Medicine

## **John M. Coleman III, MD**

*Assistant Professor, Department of Pulmonary*  
*& Critical Care Medicine*  
Northwestern University  
Feinberg School of Medicine

# Program Faculty

## **Sophia Anagnos, MS, OTR/L**

*Occupational Therapist*  
*Rehabilitation Services*  
Northwestern Memorial Hospital

## **Julia Casey, MS, RD, LDN**

*Clinical Dietitian*  
Northwestern Memorial Hospital

## **Grace Eisenberg, MS, OTR/L**

*Occupational Therapist*  
*Rehabilitation Services*  
Northwestern Memorial Hospital

## **Laurie B. Fieldman, LCSW, MS**

*Director of Social Services*  
Les Turner ALS Foundation

## **Colin K. Franz, MD, PhD**

*Assistant Professor, Departments*  
*of Physical Medicine & Rehabilitation*  
*and Neurology*  
Shirley Ryan AbilityLab  
Northwestern University  
Feinberg School of Medicine

## **Arielle Frederico, MS, OTR/L**

*Occupational Therapist*  
*Rehabilitation Services*  
Northwestern Memorial Hospital

## **Robert G. Kalb, MD**

*Director, Les Turner ALS Center at*  
*Northwestern Medicine*  
*Les Turner Professor, Department of*  
*Neurology (Neuromuscular Disease)*  
Northwestern University  
Feinberg School of Medicine

## **Dominique Kosk, MPH, RD, LDN, CNSC**

*Advanced Dietitian*  
Northwestern Memorial Hospital

## **Kristin Larsen, MA, CCC-SLP**

*Assistant Director,*  
*Voice, Speech, and Language Service*  
*and Swallowing Center*  
*Senior Lecturer,*  
*Speech Language Pathologist*  
Northwestern University  
School of Communication

## **Bobbie Jean Sweitzer, MD, FACP**

*Director, Preoperative Medicine*  
*Professor, Department of Anesthesiology*  
Northwestern University  
Feinberg School of Medicine

## **Sharon Veis, MA, CCC-SLP**

*Speech-Language Pathologist I*  
*Senior Lecturer*  
*Voice, Speech and Language Service*  
*and Swallowing Center*  
Northwestern University  
School of Communication

## **Lauren Webb, LCSW**

*Director, Support Services and Education*  
Les Turner ALS Foundation

## **Lisa F. Wolfe, MD**

*Associate Professor, Departments*  
*of Pulmonary & Critical Care Medicine*  
*and Neurology*  
Northwestern University  
Feinberg School of Medicine



### Program Location

The program will be held at [Northwestern Medicine Prentice Women's Hospital](#), 250 East Superior Street, Third Floor, Conference Room L South, Chicago.

### Directions and Parking

Please visit [nm.org](#) for directions to the conference. We offer discounted parking in the garage just south of the hospital at 222 East Huron Street.

### Hotel Accommodations

To make a hotel reservation, visit our list of local hotels offering discounted rates for Northwestern Medicine visitors at [nm.org](#). We recommend you make your reservations as soon as possible to ensure accommodations.

### Audience

This course is designed for general neurologists, primary care physicians and others caring for ALS patients including advanced care providers, nurses, nurse practitioners, physician assistants, genetic counselors, geneticists, hospitalists, physical therapists, occupational therapists, speech language pathologists and allied health professionals.

### Registration Fee

The fee is \$60 for physicians and \$40 for trainees, nurses and other healthcare professionals. Breakfast, refreshments and lunch are provided. Space is limited. No refunds will be issued after **September 6**.

### Registration Procedure

To register online, please visit [northwestern.cloud-cme.com](#). If paying with check, please mail your check, made payable to **Northwestern Memorial Hospital (CME)**, to the following address, prior to **September 6**.

Sarah Baggs  
c/o Northwestern Memorial HealthCare  
420 East Superior Street, Suite 9-905  
Chicago, Illinois 60611

### Accreditation Statement

The Northwestern University Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### Credit Designation Statement

The Northwestern University Feinberg School of Medicine designates this educational activity for a maximum of 6 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Occupational Therapists

This course has been approved for continuing education hours for occupational therapy practitioners by the Illinois Occupational Therapy Association. *CE Hours Awarded: 6 Maximum.*

### Physical Therapists

The Illinois Chapter Continuing Education Committee has certified that this course meets the criteria for approval of Continuing Education offerings established by The Illinois Physical Therapy Association. *CE Hours Awarded: 6 Maximum.*

*This course content is not intended for use by participants outside the scope of their license or regulation.*

### Family Attractions

Northwestern Medicine Prentice Women's Hospital is located in the heart of Chicago, within walking distance of a variety of restaurants, Navy Pier and the Magnificent Mile, Chicago's premier shopping area. For a listing of all Chicago has to offer, visit [cityofchicago.org](#).

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# Registration Form

### Registration Category

- Physician..... \$60
- Trainee, nurse and other healthcare professional ..... \$40

### How to Register

 **ONLINE:** [northwestern.cloud-cme.com](http://northwestern.cloud-cme.com)

**OR MAIL** with check (*payable to Northwestern Memorial Hospital (CME)*)

Sarah Baggs  
c/o Northwestern Memorial HealthCare  
420 East Superior Street  
Suite 9-905  
Chicago, Illinois 60611

### For Questions:

**Email:** [sbaggs@nm.org](mailto:sbaggs@nm.org)  
**Phone:** 312.503.4005

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### Please Type or Print

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

- Physician     Trainee     Nurse     OT     PT     SLP     Other

Institution \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Email (Required) \_\_\_\_\_  
*Your registration confirmation will be emailed*

Specialty \_\_\_\_\_

Special Dietary Requirements \_\_\_\_\_

Disability Accommodations \_\_\_\_\_  
*Please advise us of your needs*

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### How did you hear about our program?

- Brochure     Email     Website     Word of Mouth     Previous Attendee