Northwestern’s First Annual Updates in the Diagnosis and Management of ALS

Friday, September 28, 2018
Prentice Women’s Hospital
250 East Superior Street
Third Floor, Conference Room L South
Chicago, IL
8:00 am to 3:30 pm

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

REGISTER ONLINE: invivox.wixsite.com/nw-als
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, aggressive respiratory care and nutritional support have been proven effective in the treatment of and prolonging life in patients with ALS.

This program offers participants a unique opportunity to hear from expert clinician leaders from the Lois Insolia 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 advanced patient care and will hear from the health professionals elongating and improving the quality of life for ALS 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, at Northwestern Memorial HealthCare, at sbaggs@nm.org.
<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>8:00 am</td>
<td>Breakfast and Registration</td>
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<tr>
<td>8:30 am</td>
<td>Welcome and Les Turner ALS Center Overview</td>
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<td></td>
<td><em>Robert G. Kalb, MD</em></td>
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<tr>
<td>8:45 am</td>
<td>ALS 101 (Diagnosis, Management and Clinical Trials)</td>
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<td></td>
<td><em>Senda Ajroud-Driss, MD</em></td>
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<tr>
<td>9:15 am</td>
<td>Respiratory Evaluation and NIV in ALS</td>
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<td><em>John M. Coleman III, MD</em></td>
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<td>9:45 am</td>
<td>Airway Clearance</td>
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<td><em>Lisa F. Wolfe, MD</em></td>
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<tr>
<td>10:15 am</td>
<td>Break</td>
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<tr>
<td>10:30 am</td>
<td>Hands-On Sessions: Spirometry, MIP, Ambu, NIV, Therapy Vest, MIE</td>
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<td><em>Senda Ajroud-Driss, MD, and John M. Coleman III, MD</em></td>
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<tr>
<td>12:00 pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 pm</td>
<td>Living Life to the Fullest: Occupational Therapy's Role in ALS</td>
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<td><em>Kari Brouwer, OTR/L, Anya Chappell, OTR/L, and Abbey Eckhoff, OTR/L</em></td>
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<tr>
<td>1:20 pm</td>
<td>Therapeutic Exercise and Physical Activity Considerations for People with ALS</td>
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<td><em>Colin K. Franz, MD, PhD</em></td>
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<td>1:40 pm</td>
<td>Maintaining Optimum Nutrition Status in ALS: From Supplements to Tube Feeding</td>
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<td><em>Sonal Choudhary, MPH, RD, LDN</em></td>
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<td>2:00 pm</td>
<td>Communication and Swallowing Issues in ALS</td>
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<td><em>Kristin Larsen, MA, CCC-SLP, and Sharon Veis, MA, CCC-SLP</em></td>
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<td>2:20 pm</td>
<td>G-tube Placement, Timing and Safety</td>
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<td><em>Cosette Burian, MMS, PA-C</em></td>
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<td>2:40 pm</td>
<td>The Les Turner ALS Foundation: Providing Comprehensive and Individualized ALS Support</td>
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<td><em>Judy Richman, RN, BSN</em></td>
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<td>3:00 pm</td>
<td>Q&amp;A</td>
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<td>3:25 pm</td>
<td>Closing Comments and Adjournment</td>
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The Les Turner ALS Center at Northwestern Medicine effectively connects the worlds of research and patient support to ensure the best care is provided and the brightest minds are working to find a cure.

Comprised of four leading research labs and a dedicated ALS clinic, the Center boasts the largest team of specially trained, experienced ALS researchers, clinicians and other healthcare professionals in Chicagoland, all committed to finding a cure.

The clinical care team is comprised of a chief of neuromuscular medicine, a clinic director, neurologists, pulmonologists, dietician, genetic counselor, occupational and physical therapists, respiratory therapist, speech pathologists, registered nurses, medical assistants, clinical trials research coordinator, equipment vendors and the support services team who support patients between visits at the clinic.

The four research laboratories at Northwestern Medicine are leading global advancements in ALS research and treatment through partnerships with researchers across the globe. Unlike other organizations, the Center connects researchers, clinicians and support services enabling advancements achieved at our clinic to influence research conducted in our labs and vice versa.

Founded in 1977, the Les Turner ALS Foundation is the leader in comprehensive ALS care in Chicagoland. Although we’re one of the largest independent ALS groups in the country, we treat each person like family and we’re committed to supporting them every step of the way. Our individualized approach ensures each person living with the disease receives the best quality of care, and our local community of support provides their loved ones with answers and encouragement. Our Les Turner ALS Center at Northwestern Medicine is led by the most well-respected and successful clinicians and researchers in the field, advancing vital care and research in pursuit of life-enhancing treatments and a cure.
Program Course Directors

**Senda Ajroud-Driss, MD**
Director of the Lois Insolia ALS Clinic
Les Turner ALS Center at Northwestern Medicine
Associate Professor of Neurology
Neuromuscular Fellowship
Program Director
Department of Neurology
Northwestern University
Feinberg School of Medicine

**John M. Coleman III, MD**
Assistant Professor of Pulmonary & Critical Care Medicine
Northwestern University
Feinberg School of Medicine

Program Faculty

**Kari Brouwer, OTR/L**
Occupational Therapist
Rehabilitation Services
Northwestern Memorial Hospital

**Cosette Burian, MMS, PA-C**
Physician Assistant, Neurology
Northwestern Medicine

**Anya Chappell, OTR/L**
Occupational Therapist
Rehabilitation Services
Northwestern Memorial Hospital

**Sonal Choudhary, MPH, RD, LDN**
Clinical Dietitian
Clinical Nutrition Services
Northwestern Memorial Healthcare

**Abbey Eckhoff, OTR/L**
Occupational Therapist
Rehabilitation Services
Northwestern Memorial Hospital

**Colin K. Franz, MD, PhD**
Director of the Regenerative Rehabilitation Research Laboratory
Shirley Ryan AbilityLab
Assistant Professor of Physical Medicine and Rehabilitation
Northwestern University
Feinberg School of Medicine

**Robert G. Kalb, MD**
Director of the Les Turner ALS Center at Northwestern Medicine,
Les Turner Professor of Neurology (Neuromuscular Disease)
Northwestern University
Feinberg School of Medicine

**Kristin Larsen, MA, CCC-SLP**
Speech Language Pathologist
Assistant Director, Lecturer
Voice, Speech, Language, and Swallowing Service
Northwestern University

**Judy Richman RN, BSN**
Director of Support Services and Education
Les Turner ALS Foundation

**Sharon Veis, MA, CCC-SLP**
Speech-Language Pathologist, Senior Lecturer
Voice, Speech and Language Service
Northwestern University

**Lisa F. Wolfe, MD**
Associate Professor of Pulmonary and Critical Care Medicine and Neurology
Northwestern University
Feinberg School of Medicine
Program Location
The program will be held at Prentice Women's Hospital, 250 E. Superior Street, Third Floor, Conference Room L South, Chicago.

Directions and Parking
Please visit nm.org for directions to the conference. We will offer discounted parking in the garage just south of the hospital at 222 E. Huron Street.

Hotel Accommodations
To make a hotel reservation, please visit our list of local hotels who offer a discounted rate for Northwestern Medicine visitors. 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, hospitalists, physical therapists, occupational therapists, speech language pathologists and allied health professionals.

Registration Fee
The fee is $50 for physicians and $35 for trainees, nurses, OT's and other healthcare professionals. Breakfast, refreshments and lunch are provided. Space is limited. No refunds will be issued after September 7.

Registration Procedure
To register online, please visit invivox.wixsite.com/nw-als. If paying with check, please mail your check, made payable to Northwestern Memorial Hospital (CME), to the following address, prior to September 7.

Sarah Baggs
c/o Northwestern Memorial HealthCare
675 North St. Clair Street, Galter 3-104H
Chicago, IL 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 5.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses
The American Nurses Credentialing Center (ANCC) and the Illinois Department of Financial and Professional Regulation accept AMA PRA Category 1 Credits™ from organizations accredited by the ACCME for relicensure & recertification requirements. 1 CME credit is equivalent to 1 contact hour. Your certificate of completion, which includes the number of CME credits awarded, is the only documentation required.

This course has been approved for continuing education hours for occupational therapy practitioners by the Illinois Occupational Therapy Association.
Registration Form

Registration Category

- Physician: $50
- Trainee, nurse or OT: $35

How to Register

ONLINE: invivox.wixsite.com/nw-als

OR MAIL with check (payable to Northwestern Memorial Hospital (CME))
Sarah Baggs
C/o Northwestern Memorial HealthCare
675 North St. Clair Street
Galter 3-104H
Chicago, IL 60611

For Questions:

Email: sbaggs@nm.org
Phone: 312-926-7975

Please Type or Print

Last Name ____________________________________________ First Name ______________________________________________
- Physician
- Trainee
- Nurse
- OT

Institution _____________________________________________________________________________________________________
Address _______________________________________________________________________________________________________
City _____________________________________________________ State ________________________ ZIP Code _______________
E-mail (Required) _______________________________________________________________________________________________
Your registration confirmation will be e-mailed
Specialty ______________________________________________________________________________________________________
Special Dietary Requirements ____________________________________________________________ Advance notification required
Disability Accommodations _______________________________________________________________ Please advise us of your needs

How did you hear about our program?

- Brochure
- E-mail
- Website
- Word of Mouth

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