

**Nebraska Academy of Family Physicians  
25th Annual Fall Conference and Family Weekend  
Speaker Learning Objectives, Bios and Disclosures**

**SESSION:** Succeeding in the Management of Heart Failure: The Evolving Role of the Family Practitioner

**LEARNING OBJECTIVES:**

1. Describe primary care clinicians' role in the monitoring, follow-up, and post-hospital discharge management of patients with HF
2. Identify key components for the diagnosis of HF
3. Individualize HF treatment based on patients' clinical presentation and in alignment with the latest evidence-based guideline recommendations for management
4. Employ motivational interviewing to encourage patients to take an active role in disease management

**PRESENTER:**

Lee R. Goldberg, MD, MPH  
Associate Professor of Medicine  
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**BIOGRAPHY:**

Lee R. Goldberg, MD, MPH, FACC is Associate Professor of Medicine at the University of Pennsylvania School of Medicine, Philadelphia, Pennsylvania. He is Chief of the Advanced Heart Failure and Transplant Section in the Division of Cardiovascular Medicine. He is Vice Chair of Medicine for Informatics at the University of Pennsylvania and in this role is responsible for the implementation and optimization of the electronic medical record as well as coordinating quality and operational data across the Department of Medicine. Dr. Goldberg is board certified (and re-re-certified) in Internal medicine, Cardiovascular Disease and Advanced Heart Failure and Cardiac Transplant.

He was the Principle Investigator of an AHRQ sponsored RO1 grant evaluating the impact of different technology models on heart failure disease management. He is currently a Co-PI of an NIH sponsored RO1 grant studying behavioral economics as part of heart failure remote monitoring. He is the Chair of the Member Section Steering Committee of the American College of Cardiology and also served as the past Chair of the Heart Failure and Cardiac Transplant Leadership Council. He is past Chair of the Heart Failure and Transplant Medicine Council of the International Society of Heart and Lung Transplantation. He is a past member of the Health Information Technology Task Force, Digital Steering Committee and Cardiovascular Management Council and is a

current member of the Lifelong Learning Committee of the American College of Cardiology. He is co-chair of the International Sessions for the ACC Annual Meeting Program Committee. He is a member of the AHA Get with the Guidelines Heart Failure Clinical Workgroup and is the lead for Get With The Guidelines Heart Failure China.

Dr. Goldberg earned his medical degree cum laude from Boston University School of Medicine. He completed an internal medicine internship and residency at the Hospital of the University of Pennsylvania. Dr. Goldberg continued his postgraduate medical education with a fellowship in cardiovascular disease at Massachusetts General Hospital, Harvard University, followed by a fellowship in heart failure and cardiac transplantation at the same facility. He received his Master of Public Health Degree concentrating in Clinical Effectiveness from the Harvard University School of Public Health.

The author of numerous journal articles, abstracts and reviews, Dr. Goldberg's work has been published in *Circulation*, *Circulation – Heart Failure*, *Journal of the American College of Cardiology*, *Lancet*, *Journal of Clinical Epidemiology*, *Cardiovascular Drugs and Therapy*, *American Journal of Cardiology*, *The Journal of Heart Lung Transplantation* and *The American Heart Journal*. He is on the Editorial Board for *JACC-Heart Failure* serves as a reviewer for publications including *The New England Journal of Medicine*, *Journal of the American College of Cardiology*, *European Journal of Cardiology*, *Annals of Internal Medicine*, *the Journal of Heart and Lung Transplantation*, and *the American Journal of Respiratory and Critical Care Medicine*.

Dr. Goldberg is a Fellow of the American College of Cardiology, and a member of the American Heart Association, the International Society of Heart and Lung Transplantation and Heart Failure Society of America. He is a frequent invited lecturer on topics including health information technology, congestive heart failure, sleep apnea and heart failure, heart failure disease management and remote monitoring, ventricular assist devices and cardiac transplantation.

**Conflict of Interests:**

Still Pending

## **SESSION: Adult ADHD: Time Changes Everything**

### **LEARNING OBJECTIVES:**

1. Understand how ADHD changes character over time
2. Recognize ADHD presentations at all ages
3. Incorporate clinical interventions at all ages to improve patients' ADHD prognosis

### **PRESENTER:**

Martin W. Wetzel, MD  
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### **BIOGRAPHY:**

Dr. Martin Wetzel is an Associate Clinical Professor of Psychiatry for the University of Nebraska Medical Center Department of Psychiatry and the Behavioral Medical Director for WellCare of Nebraska, one of three Nebraska Heritage Health Medicaid managed care organizations. Prior to joining WellCare Dr. Wetzel was the Chief of Psychiatry for the Nebraska Department of Correctional Services. Dr. Wetzel began practicing in the Omaha and Lincoln area in 1992, first with Nebraska Methodist Health System and then as a specialist in Adult ADHD at UNMC. He is a collaborator and supervisor for many psychiatry APRNs across Nebraska and is also on the faculty of the department of psychiatry at Creighton University.

A native of Curtis, Nebraska, Dr. Wetzel is a graduate of Nebraska Wesleyan and the UNMC College of Medicine. He and his wife Dr. Sharon Hammer are former residents of general psychiatry at Washington University in St Louis, moving back to Omaha in 1992.

Dr. Wetzel is an author of numerous articles on Adult ADHD, lectures extensively on the topic, and is the author of the book The Adult ADHD Handbook for Patients, Family and Friends.

### **CONFLICTS OF INTEREST:**

WellCare of Nebraska, Employed as the Medical Director  
All Conflicts have been resolved

**SESSION:** Ensuring Early Diagnosis and Targeting Treatment to Remission in Patients with Rheumatoid Arthritis: Recommendations for Primary Care Clinicians

**LEARNING OBJECTIVES:**

1. Describe presenting features of rheumatoid arthritis
2. Recognize the value of early diagnosis and treatment
3. Describe therapeutic options in the treatment of RA

**PRESENTER:**

Brian F Mandell, MD, PhD, FACR, MACP  
Professor Chairman Academic Medicine  
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**BIOGRAPHY:**

Brian Mandell is Professor and Chairman of Academic Medicine and a Senior Staff Physician in Rheumatology and Immunologic Diseases, Center for Vasculitis Care and Research at the Cleveland Clinic.

Dr. Mandell joined the Cleveland Clinic in 1993 following a faculty appointment at the Hospital of the University of Pennsylvania and Chief of Rheumatology at the Graduate Hospital. He previously earned a BA in Biology and a PhD in Physiology and Biophysics from Washington University, St. Louis, and then a Medical Degree from New York University School of Medicine. He trained in medicine and rheumatology at the University of Pennsylvania. He is board certified in Internal Medicine and Rheumatology. He served as interim Director of Inflammation Research and Exploratory Clinical Pharmacology at CIBA Pharmaceuticals.

He is currently Editor-in-Chief of the Cleveland Clinic Journal of Medicine and is a Professor of Medicine at the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. He previously served as the Director of the Cleveland Clinic Internal Medicine Residency Program's Scholarly Activity Program and the Medicine Humanities Program. He is a graduate of the Stanford Faculty Development Program in clinical teaching. He completed a term as member of the Cleveland Clinic's Board of Governors and has participated in or chaired many clinical/administrative and academic task forces at the Clinic.

Dr. Mandell has served on or chaired national education planning and writing committees for the American College of Rheumatology (ACR), the American Board of Internal Medicine and the American College of Physicians (ACP), including serving as chairman of the Annual Meeting Planning Committee for both the ACP and ACR. He served as Vice Chairman of the ACGME Internal Medicine Residency Review Committee (RRC) until 2019. He has served on the Editorial Board of several journals including Arthritis Care and Research, J Clin Rheumatology, and Arthritis and

Rheumatology. He is an Editor of the Merck Manual (rheumatology and immunology sections). He presents the annual workshop in synovial fluid analysis at the annual ACR scientific meeting and speaks nationally and internationally on a range of topics including gout, vasculitis, medical education and authorship.

He has published approximately 200 articles, chapters, and editorials in peer-reviewed publications and textbooks related to clinical and basic aspects of medical science as well as medical education. He is a clinical investigator and has a special interest in gout as well as vasculitis and multi-system inflammatory diseases.

**CONFLICTS OF INTEREST:**

Horizon, Gout Investigator/Consultant  
Genentech, GCA (vasculitis) Lecturer  
All conflicts have been resolved

## **SESSION: Friday Night Lights**

### **LEARNING OBJECTIVES:**

1. Discuss the diagnosis and evaluation of sports related concussion
2. Describe treatment and return to play approaches for patients with sports related concussion
3. Outline treatment options for common upper and lower extremity fractures

### **PRESENTER:**

T. Jason Meredith, MD, CAQSM, FAAFP  
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### **BIOGRAPHY:**

Jason Meredith, MD, CAQSM, FAAFP is the Associate Program Director and Assistant Professor at the University of Nebraska Medical Center Family Medicine Residency. Dr. Meredith is a board certified in Sports Medicine and Family Medicine. He previously served as core residency faculty, Associate Program Director, clinic director, and director of sports medicine in the Air Force component of the UNMC Family Medicine Residency Program at Offutt Air Force Base. Dr. Meredith received his medical degree from the University of Tennessee Health Science Center in Memphis, TN (his hometown). He completed his Family Medicine Residency at UNMC/Offutt AFB. He then completed his Primary Care Sports Medicine Fellowship at Alleghany Health Network- St. Vincent Hospital in Erie, PA. He specializes in advanced non-surgical care for musculoskeletal and orthopedic conditions, including evaluation, ultrasound, and injections. In addition, he provides medical care of the athlete/active person ranging from asthma to concussions. He has used his expertise to publish book chapters and articles on Sports and Family Medicine topics.

### **CONFLICTS OF INTEREST:**

None

**SESSION:** Public Health for Primary Care

**LEARNING OBJECTIVES:**

1. Understand vector borne disease epidemiology in NE
2. Understand epidemiology of substance abuse in NE
3. Understand antibiotic resistance epidemiology in NE
4. Vaccine-preventable disease epidemiology in NE

**PRESENTER:**

Thomas J. Safranek, MD  
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**BIOGRAPHY:**

Still pending

**CONFLICTS OF INTEREST:**

None

**SESSION:** Women's Health: Urinary Incontinence and the Use of PT

**LEARNING OBJECTIVES:**

1. Identify patients who would benefit from physical therapy for urinary incontinence
2. Utilize office evaluation to discriminate between stress and urge incontinence
3. Understand key clinical concepts regarding the pathophysiology of female incontinence

**PRESENTER:**

Amandeep Mahal, MD  
Physician, Adult and Pediatric Urology and Urogynecology  
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**BIOGRAPHY:**

Doctor Mahal completed medical school from Creighton University in 2006. He subsequently completed residency and fellowship training programs at the University of Iowa and Stanford, respectively. Aman Mahal has been a practicing urogynecologist in the greater Omaha area since 2017. He sees patients in Fremont, Council Bluffs, Omaha, and Nebraska City. Doctor Mahal has published research in several national peer reviewed journals including Menopause and has presented his findings at national scientific meetings for the American Urogynecologic Society, American Urologic Association, and the American Board of Obstetrics and Gynecology. He is faculty by courtesy at Creighton University School of Medicine and a clinical physician with Adult and Pediatric Urology and Urogynecology.

**CONFLICTS OF INTEREST:**

None



**SESSION: Primary Care Eye Care****LEARNING OBJECTIVES:**

1. Be able to better differentiate red eyes without a slit lamp
2. Visual symptoms which are scary, which are not
3. When to refer and how urgently
4. Tips and pearls

**PRESENTER:**

Mindy Dickinson, OD  
Midwest Eye Care, PC, Optometrist  
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**BIOGRAPHY:**

Dr. Mindy Dickinson is a full-scope optometrist in a large primary care/referral-based ophthalmology practice in the Omaha metro area. She spent a portion of her training at the renowned Bascom-Palmer Eye Institute in Miami and completed her ocular disease residency at the Kansas City VA Hospital. She loves seeing patients of all ages and takes care of a variety of urgent eye problems referred from emergency departments and local practices. Additionally, she instructs family practice residents within the UNMC and Clarkson programs during their two-week shadowing experience.

**CONFLICTS OF INTEREST:**

None

## **SESSION:** Update on Treating Migraines

### **LEARNING OBJECTIVES:**

1. To review the pathophysiology of migraines
2. To assess new patients for migraines
3. To review abortive and preventative treatments of migraines
4. To review upcoming treatments for migraines

### **PRESENTER:**

Chad Whyte, MD, FAMS  
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### **BIOGRAPHY:**

Dr. Chad Whyte is originally from New Jersey, but he also spent time in South Florida. He completed his Neurology residency at Seton Hall in New Jersey and completed a headache fellowship at the Cleveland Clinic. After two years at a practice in Charlotte, NC, Dr. Whyte's wife got homesick and convinced him to move to Omaha where he has been with the Neurology Consultants of Nebraska ever since practicing 100% headache medicine. Dr. Whyte is published in the journals Headache and Neurology as well as others. He is planning to write a book on chronic post-traumatic headache beginning next year.

### **CONFLICTS OF INTEREST:**

Lilly, Speakers Bureau  
Teva, Speakers Bureau  
AMGEN/Novartis Speaker Bureau  
All conflicts have been resolved