



2026 Winter CME Conference Schedule

What If? Are you Ready?

Thursday, February 26, 2026

7:30 a.m.

OMT – Advanced Screening Techniques: The Area of Greatest Restriction Screen

Instructor: Chris Edwards, DO

9:45 a.m.

OMT – The Fascial Distortion Model

Instructor – Chris Edwards, DO

Dr Chris Edwards is a Doctor of Osteopathic Medicine specializing in neuromusculoskeletal medicine and osteopathic manipulation. He graduated from Des Moines University College of Osteopathic Medicine and residency specializing in neuromusculoskeletal medicine in Kirksville, MO. He has lived in Southern Utah and taught at Rocky Vista University since 2018.

Area of Greatest Restriction Screen is a time efficient and comprehensive screen to assess the whole body to quickly identify the areas of somatic dysfunction that provide the greatest effect on the body. The Fascial Distortion Model is a recently developed modality of osteopathic manipulation aimed at treating and resolving commonly missed areas of fascial dysfunction that can persist despite the application of other modalities.

1:00 p.m.

Wound Care: Advances and New Modalities

Jayson Malufau, DO

Dr. Jaydon Malufau is a board-certified family physician with specialized training in wound care and hyperbaric medicine. He has led Wound and Hyperbaric programs as Medical Director in Arizona and Utah and now practices direct primary care with Primestin. A Utah Tech (formerly Dixie State) alumnus, he earned his DO from Touro University Nevada and completed residency at Kingman Regional Medical Center.

Wound care, particularly for chronic wounds, often presents significant challenges, especially in rural areas where access to dedicated wound centers or even mobile health services may be limited. These wounds are time-consuming to manage and carry a high risk of hospital admissions. This presentation will explore the latest advances in wound care and new modalities that are helping to alleviate these burdens, improve healing rates, and ultimately enhance patients' quality of life.

2:00 p.m.

Telehealth in Utah: Expanding Access & Enhancing Whole-Person Care

Instructor: Nicki Perisho, UTN

Nicki Perisho, RN, Director of the Northwest Regional Telehealth Resource Center (NRTRC), based out of the University of Utah. She has worked in telehealth since 2010 and is considered a pioneer in the field leading efforts for telehealth growth, utilization, and sustainability. Perisho is currently enrolled as a Rural Health Policy Fellow at Cal Berkeley as a Masters of Public Health Student.

Despite expanded telehealth availability and supportive policy in Utah, many osteopathic physicians lack the clinical, regulatory, and workflow knowledge needed to effectively integrate telehealth into whole-person, relationship-based care—particularly for rural, frontier, tribal, and behavioral health populations. This presentation provides an overview of telehealth in Utah,



2026 Winter CME Conference Schedule

What If? Are you Ready?

highlighting current policy and reimbursement, practical clinical integration, and opportunities to enhance whole-person osteopathic care. It also examines how telehealth supports rural access, behavioral health, and statewide transformation efforts, including the Rural Health Transformation Program and CMS ACCESS Model.

3:15 p.m.

Considerations in Upper Respiratory Infections

Instructor: David Dalton, DO

Dr. David Dalton is board certified in Family Medicine and in Neuromusculoskeletal Medicine. He is the owner of the Country Doc Shop. He works out of the Whittaker Family Chiropractic office in Cedar City, UT and the Summer Lilly Salon in Caliente, NV. He also works as a table trainer for the OPP department at Rocky Vista University in Ivins, UT

Quick Percussion hammer treatment -Define Upper Respiratory Infection -Common presentation of upper respiratory patient -Preventive Options for patients -Supportive therapies for upper respiratory patient -Potential Medication therapies -OMT techniques and considerations

4:15 p.m.

Update on Alzheimer's Disease: Diagnosis, Treatment, & Prevention

Instructor: Cathleen Obray, MD

Dr. Cathleen Obray is an internist who completed all of her medical training at Johns Hopkins University in Baltimore, Maryland. For the last 16 years, she has practiced internal medicine in the St. George area, focusing on the geriatric population, including those with dementia. She recently joined the faculty at Rocky Vista University in the department of primary care medicine.

Dementia goes undiagnosed about 50% of the time. This will be an overview of the state of Alzheimer's disease with an emphasis of diagnostic pearls, newer treatments and prevention strategies.



2026 Winter CME Conference Schedule

What If? Are you Ready?

Friday, February 27, 2026

7:30 a.m.

Best Practices for Safe Use of Medical Cannabis

Instructor: Matthew McIff, MD

Dr. Matthew McIff is a family physician in St George, UT at the Intermountain Washington Fields Clinic. He became a Qualified Medical Provider for cannabis therapy in 2019 and now has several years of experience in cannabis therapy. He also served on the Utah Department of Health Cannabis Research Review Board and represents the Department of Health in cannabis education.

There is a large gap in knowledge about the basics of the Endocannabinoid system in the body (not taught in medical school) as well as how to use or prescribe cannabis safely and effectively. As cannabis use continues to grow it is important for providers to be educated on the best practices for safe use of cannabis: key factors to include in a consultation, strategies for safer use, products & dosing and current laws and regulations.

8:30 a.m.

Diagnosis and Management of Obstructive Sleep Apnea

Team Instructors: Amie Mower, DO and Kendall Mower, DMD

Dr. Amie Mower is a board certified family medicine physician and Fellow of the American Academy of Family Physicians. She currently works as a clinical faculty member at Noorda College of Osteopathic Medicine.

Dr. Kendall Mower is a Diplomate of the American Board of General Dentistry and the American Board of Dental Sleep Medicine, and a Master of the Academy of General Dentistry. He graduated from dental school in 2002 and served on active duty as an Army Dentist from 2002–2023, with a clinical focus on comprehensive general dentistry and dental sleep medicine.

10:45 a.m.

Major Depressive Disorder Sucks

Instructor: John Hendleman, DO

Dr. John Hendleman is a local psychiatrist and proud father of 3. He began his career at age 17 in the 19th Special Forces Group (Airborne), completing Jump, Air Assault, SWAT training, and various anti-terrorism courses before attending medical school at COMP-NW in Oregon. After residency in Las Vegas and West Virginia, he and his wife founded Better Balance Psychiatry in St. George, Utah.

Many patients are still not screened consistently in primary care or specialty settings. Identify suicide risk patterns and apply appropriate screening and intervention strategies in primary care. Outline evidence-based treatments for depression, including approaches to treatment-resistant cases and advanced therapies.

12:45 p.m.

Ultrasound-Guided Carpal Tunnel and Trigger Finger Release

Instructor: Craig Chappell, DO

Dr. Craig Chappell has been performing regenerative injections with the use of ultrasound guidance for the past 17 years and has taught regenerative injection technique nationally and internationally. Dr. Chappell specializes in non-surgical orthopedics, sports medicine, and regenerative medicine.

Many physicians are not aware of the possibilities associated with ultrasound guidance. Learners will increase their knowledge of the capabilities in ultrasound guidance for carpal tunnel and trigger finger release.



2026 Winter CME Conference Schedule

What If? Are you Ready?

1:45 p.m.

Safeguarding Dignity: Empowering Older Adults to Prevent Abuse and Exploitation

Instructor: Rob Ence, MBA, Utah Commission on Aging

Financial exploitation of older adults is a growing and underreported crisis with serious financial, social, and health consequences. Adults age 50 and older control the majority of household wealth in the United States — about 77% according to AARP — making them a primary target for scammers and financial abusers. Effective response requires more than fraud education. Professionals and caregivers must approach victims with empathy, patience, and respect. Listening first — rather than lecturing — builds trust and reduces shame.

3:00 p.m.

Pain Management Options of Various Pain Syndromes

Instructor: Matthew Irvin, DO

Dr. Matthew Irvin hails from Southern Utah and is a graduate of Utah Tech University. He pursued his medical degree at A.T. Still University in Kirksville, MO, followed by a residency in Physical Medicine and Rehabilitation and a Pain Fellowship in South Florida. Now happily residing in Southern Utah with his wife and two teenage sons, he is dedicated to his practice at Southern Utah Spine and Rehab.

Many healthcare providers, patients, and even medical students lack a comprehensive understanding of the role and capabilities of physiatrists. This lack of awareness can lead to underutilization of physiatric services, with patients potentially missing out on holistic rehabilitation approaches that integrate physical, emotional, and social aspects of recovery. There is a need for standardized metrics to evaluate the effectiveness of rehabilitation interventions. Currently, variations in outcome measurement tools can hinder the ability to assess and compare the efficacy of treatments. Developing and implementing uniform quality metrics will facilitate better benchmarking and improvement initiatives.

4:00 p.m.

Environmental and Mountain Emergencies

Instructor: Michael Rhodes, MD

Dr. Michael Rhodes is the Associate Dean of GME & CME at the Noorda COM. Dr. Rhodes earned his MD from the Medical College of Georgia. He has practiced full spectrum Family Medicine with OB for 30+ years. He is an active member of the WMS and has taught AWLS courses across UT. He currently teaches Wilderness Medicine and serves as the faculty advisor for Wild Med Interest Group at Noorda COM.

Many Utah clinicians working in rural or community settings encounter environmental emergencies but lack structured training in AWLS frameworks for field assessment, evacuation decisions, and resource-limited management in the management of hypothermia, altitude illness and avalanche. Impact on Patient Care: This can lead to delayed recognition of severity, inefficient evacuations, inappropriate referrals, and inconsistent prehospital guidance to SAR teams or EMS in mountain environments. This session focuses on three critical areas of wilderness medicine relevant to Utah clinicians: high-risk environmental emergencies, altitude illness, and avalanche medical management. These topics are drawn from the Advanced Wilderness Life Support (AWLS) curriculum.



2026 Winter CME Conference Schedule

What If? Are you Ready?

Saturday, February 28, 2026

7:30 a.m.

Neuro-Excitatory Conditioning for Anxiety, Burnout, and Stress Prevention

Instructor: Dmitri A. Kapitonov, DO

Dr. Dmitri A. Kapitonov received an MS in Microbial Genetics and Molecular Biology PhD in Structural Biology and Bioinformatics at Virginia Commonwealth University. Postdoc in Brain Cancer Research at UPENN and VCU. He received his Doctorate of Osteopathy from Lake Erie COM and completed his Residency in Anatomic Pathology and a Fellowship in Neuropathology at the University of Utah. Dr. Kapitonov is Board-Certified in Anatomic Pathology, Neuropathology, and Molecular Diagnostics.

Following brief introduction to the psychological disorders and non-pharmacological treatment modalities, deeper dive into neuroanatomy and neuroscience will cover foundations of the workshop. Workshop covers several exercises and a form of guided meditation to develop and guide stretching or deep tissue myofascial release and paraspinal inhibition-induced excitatory waves; while a form of guided meditation is aimed at recreation and amplification of these excitatory waves. Techniques are easy to perform and are reproducible. Applications to both physician wellness and patient's care are demonstrated.

8:30 a.m.

Student Research Posters

Student research posters are displayed

9:45 a.m.

History of Osteopathy

Instructor: Kevin Duke, DO

Dr. Kevin Duke is a Board Certified Family Physician working in Cache Valley, Northern Utah since 2002. Co-Owns Living Tree Medical Group and operates two primary care offices and two Urgent cares with 3 physicians, 4 nurse practitioners, and 3 physician assistants. Married to wife Shanna for 32 years and has 3 children. Loves to golf, learn, read, teach, travel, golf, fish, hike, and golf.

This will give a more personal view of AT Still and the founding and history of the profession of Osteopathy and its progress in the US and the state of Utah.

10:45 a.m.

From Clinic to Judgement: Ethical Tensions in Contemporary Osteopathic Practice

Instructor: Carol Penn, DO, MA, DipABOM, DipABLM, FACOFP

This clinician-focused session explores timely ethical challenges facing practicing physicians, including equity in clinical care, the appropriate use of race in clinical decision-making, and the ethical implications of artificial intelligence in healthcare. Through real-world clinical scenarios, participants will examine how evolving tools, technologies, and professional responsibilities influence clinical judgment, patient outcomes, and physician accountability in contemporary medical practice.