

## AsMA Workshop Summaries

### Altitude Decompression Sickness: Pathophysiology, Diagnosis, Treatment and Mitigation

**Date: Sunday, May 21 (Max 75)**

**Time: 8:00 a.m. - 4:30 p.m.**

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.)

Altitude-induced decompression sickness (DCS) is an ever-present threat to aircrew. First seriously recognized as an entity around 1917, altitude DCS was not treated with recompression until 1959. Since then, it has been diagnosed and treated regularly within military aviation. This workshop is designed to provide attendees a relatively in-depth knowledge base upon which to diagnose, treat, and mitigate altitude DCS. Foundational presentations will address the history, etiology, pathophysiology, epidemiology, diagnosis, treatment, and efficacy of the USAF treatment algorithm. Additional special presentations will focus on low altitude DCS, epidemic DCS, and mitigation strategies to include the Altitude Decompression Sickness Risk Assessment Computer (ADRAC). Lastly, the workshop will host an expert clinical panel discussing the diagnosis and treatment of a number of challenging altitude DCS cases.

### Establishing Peer Support Programs Across All Aviation Segments (Max 75)

**Date: Sunday, May 21 (Max 75)**

**Time: 8:00 a.m. - 4:30 p.m.**

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.)

Peer support programs have demonstrated effectiveness in removing barriers for seeking mental health assistance and in improving wellbeing of individuals with less than optimum mental wellness. Aviation regulators have mandated of strongly recommended institution of peer support programs within the aviation industry as a strategy to improve safety and the mental wellness of those involved. This workshop will inform attendees of methods, programs and challenges in establishing peer support programs across the aviation industry. Experts from professional commercial airline pilot groups, cabin crew and maintainers, air traffic control services, business aviation, university and ab initio aviation training programs and all inclusive aviation peer support programs will present unique challenges with possible solutions for the establishment of peer support programs within their individual groups. The workshop will be interactive with opportunities for attendee participation and breakout sessions for individual groups. Attendees will be able to interact and request individual advice from speakers in small groups. The goal of this workshop is to provide attendees tools and templates to assist in establishing peer support programs within their aviation groups. Ultimately, these Peer support programs will reduce barriers to help seeking, improve mental wellness and enhance aviation safety. Incorporation of mental wellness programs in all aviation groups should be incorporated in an organization's safety management system and its safety culture.

### Aerospace Medicine Faculty Development Workshop

**Date: Sunday, May 22 (Max 75)**

**Time: 8:00 a.m. - 11:30 a.m.**

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 3.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.)

The Accreditation Council for Graduate Medical Education (ACGME) requires faculty members regularly participate in organized clinical discussions, rounds, journal clubs, conferences, and on an annual basis pursue faculty development designed to enhance their skills. Faculty development is intended to describe structured programming developed for the purpose of enhancing transference of knowledge, skill, and behavior from the educator to the learner. This workshop will offer needs-based programming reflective of recent and upcoming changes to residency training as implemented by the ACGME and demonstrate solutions to current resident educational requirements. Focus areas will include Faculty Appointments and Promotion in Academic Medicine, Introduction to Curriculum Development, and How to Write a Case Report.

## Register early! Attendance to workshops is limited.

**Accreditation Statement:** 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 the Undersea and Hyperbaric Medical Society and the Aerospace Medical Association. The Undersea and Hyperbaric Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

**Full Disclosure Statement:** All faculty members and planners participating in continuing medical education activities sponsored by the Aerospace Medical Association are expected to disclose to the participants any relevant financial relationships with commercial interests. Full disclosure of faculty and planner relevant financial relationships will be made at the activity.

**UHMS Disclaimer:** The information provided at this CME activity is for Continuing Medical Education purposes only. The lecture content, statements or opinions expressed however, do not necessarily represent those of the Undersea and Hyperbaric Medical Society (UHMS), its affiliates or its employees.