



Speaker and Course Information for Doctors

Date: Friday, August 21, 2020, from 8am-12pm

Course Title: Neurodegeneration: Chiropractic Examination and Case Management

CE Hours Provided: 4 Mandated (Category 2) hours

Speaker: Rob Kessinger, DC, DABCI, DACBN



Dr. Rob Kessinger has over 32 years of experience in private practice as a Doctor of Chiropractic in Missouri, graduating from Logan College of Chiropractic in 1988, and holds a Bachelor of Science degree in human biology. He also earned a Diplomate of the Clinical Board of Nutrition in 2015 and a Diplomate of the American Board of Chiropractic Internists in 2014. Dr. Kessinger is a Certified Master in Upper Cervical Chiropractic Technique and a fellow of the Kale Certification program.

Dr. Kessinger is currently serves as the Board President for the Missouri State Chiropractic Physicians Association, is a member of the America Chiropractic Association and a charter member of the International Chiropractic Association Council of Upper Cervical Chiropractic.

Dr. Kessinger enjoys teaching throughout the country at multiple chiropractic association events and is a regular guest speaker at Logan College of Chiropractic Palmer College of Chiropractic, Western States, Sherman College of Straight Chiropractic, and Life University. He is a published author in *The Original Internist*, *Journal of Canadian Chiropractic Association*, and the *Journal of Upper Cervical Chiropractic Research* to name a few.

Over the last 29 years, Dr. Kessinger has led several foreign missions to bring chiropractic care to other nations, including Ghana, Costa Rica, Kenya, Moldova, Guatemala, Bulgaria, Trinidad, Jamaica, India, Dominican Republic, and Russia. Throughout his career, he has also mentored numerous chiropractic students and doctors in various aspects of chiropractic practice.

Dr. Kessinger is happily married with three children and in his spare time, he enjoys family time, church, reading, organic gardening, fitness, natural health care, travel, and music.

Course Summary:

As our population ages, neurodegeneration increasingly has become an important clinical discussion. The purpose of this presentation is to provide the audience with an understanding of neurodegeneration and its clinical impact, how to evaluate neurodegeneration including how to identify early signs and how to develop clinical strategies to reduce its impact. Dr. Kessinger will go through a literature review detailing the impact of chiropractic and lifestyle management. The presentation on Neurodegeneration: Chiropractic examination and case management will include clinical pearls and the attendee can expect to walk away with “Monday morning ready” clinical strategies.

Course Objective/Program Outline:

Course objectives:

1. A clinical appreciation for the neurodegeneration process
2. A review of the clinical signs and symptoms of neurodegeneration
3. The history and physical examination that focuses on neurodegeneration
4. How to develop clinical strategies to impact neurodegeneration
5. To provide practical clinical information doctors can put into practice

Course outline:

- I. 00:00: Introduction to neurodegeneration
 - a. Definition
 - b. Neurodegeneration vs. neurodegenerative disease
 - c. Epidemiology
 - d. Clinical manifestation
 - e. Literature review
- II. 00:45: Pathophysiology of neurodegeneration
 - a. The Neuron Theory
 - i. Fuel and activation
 - b. A review of the glial system
 - i. Microglia priming
 - ii. The role of concussions including mTBI
 - c. CSF flow and vascular compliance
 - i. Cervical spine injuries
 - ii. The role of chiropractic
- III. 01:30: Clinical signs and symptoms of neurodegeneration
 - a. History
 - i. The importance of using targeted questionnaires
 - ii. Navigating the consultation
 - iii. Observation of early signs/symptoms of neurodegeneration
 - b. Physical
 - i. Screening examination
 - ii. Focused examination based on history findings
 - c. Imaging
 - i. MRI findings
 - d. 02:30: In office cognitive testing
 - i. Questionnaire's
 - ii. Computerized testing
 - iii. Literature review
- IV. 03:00: Developing care strategies
 - a. Identifying potential factors accelerating neurodegeneration
 - i. Blood evaluation
 1. The screening evaluation
 2. Focused evaluation based on history/physical exam findings
 3. Specialty labs
 4. Literature review
 - ii. Urinalysis
 1. Standard
 2. Specialty testing

- a. Organic acids
 - b. Mycotoxin evaluation
 - c. Hormone evaluation
 - iii. Putting it all together
 - 1. Protocols
 - 2. Re-evaluation
 - V. 03:45: Conclusion
 - a. Q&A
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Date: Friday, August 21, 2020, from 1pm-5pm

Course Title: Understanding and Managing the Gut-Brain-Immune Sensory Axis and Pivot Your Practice from Pain to Brain!

CE Hours Provided: 4 Mandated (Category 2) hours

Speaker: Monika Buerger, DC



Dr. Monika Buerger graduated from Life Chiropractic College-West in 1991. She also has an undergraduate degree in Exercise Physiology from California State University, Fresno. She has enjoyed extensive post graduate training in the areas of neurodevelopment, functional neurology, neuronutrition and functional medicine. She currently has a private family practice in Ammon, Idaho that is dedicated to serving those with neurodevelopmental challenges, neurodegenerative disorders and chronic health issues. She is the pioneer in the chiropractic profession when it comes to working with children that have Neurosensory and Neurodevelopmental Disorders.

She is a contributing author to the textbook *Pediatric Chiropractic, Volume I and Volume II* with chapters on Pediatric History and Physical Exam, Neurodevelopmental Disorders and Sensory Processing Disorder. She has been lecturing nationally and internationally for over 20 years and is the founder of the *Intersect4Life Education Seminars* mentoring and on-line Learning Academy with various CE classes focusing on functional neurology, neurodevelopment, methylation biochemistry and functional nutrition. She has also collaborated with Dr. Heidi Haavik on bringing on-line CE classes to chiropractors with Haavik-Buerger Seminars.

Her newest exciting adventures is her “developingMINDS” certification and CE program in *Childhood and Adolescent Neurodevelopment* where she has brought 30 years of her research, teaching, and clinical experience into one incredible program!

Course Summary:

Hour 1: Neurophysiology of the Gut-Brain-Immune-Sensory Axis & the Chiropractic Connection

This hour will focus on the interconnections of the gut-brain-immune-sensory axis, how this is the foundation of health and neurodevelopment and how what we know from chiropractic neuroscience plays such an important role in regulating this axis.

Hour 2: Neurobiology of Dis-Ease

This hour will focus on how prenatal stress lays the foundation of the function and regulation of the Gut-Brain-Immune-Sensory Axis for the life of the child.

Hour 3: Understanding the Role of Perception-Response Disorders

This hour will focus on understanding and identifying poor perception-response mechanisms that are at the roots of a dysfunctional Gut-Brain-Immune-Sensory Axis.

Hour 4: How to Help Manage Your Patients

This hour will focus on easy to implement management strategies and protocols for doctors to implement starting immediately in order to help optimize the health of their patients.

Course Objectives:

The course objectives are to help the Doctor of Chiropractic understand the neurophysiology of the Gut-Brain-Immune-Sensory axis and the connection between chiropractic care and the autonomic nervous system. Also, to give doctors tools and protocols to help optimize the health of their patients.

Date: Saturday, August 22, 2020, from 8am-12pm

Course Title: Diagnostic Diversity: Combining History, Orthopedic, and Neurological Exams, and Diagnostic Imaging- Part I

CE Hours Provided: 4 Mandated (Category 1) hours

Speaker: Tracey Littrell, DC, DACBR



Dr. Tracey Littrell graduated from Purdue University with a degree in Psychology. After several years working in the mental health field in psychiatric hospitals and halfway houses, with plans to attend graduate school to become a developmental psychologist, she opted to change her career plans following several months of care with her first chiropractor. She realized she wanted the type of relationship with patients he had with his and took his recommendation to go to “the oldest, the biggest, the best, Palmer!” Full circle moment—last trimester, her first chiropractor’s son graduated from Palmer—and she had been one of his professors!

After graduation, Dr. Littrell did locum tenens coverage for vacationing chiropractors (something she occasionally does today to help colleagues take well-deserved breaks), private practice, and served as faculty in the Palmer clinics. She eventually was accepted into the radiology residency program, which was her goal since her 4th trimester. At Palmer, in addition to working in the clinics, she was the Coordinator of Clinical Academics, before transitioning to the Diagnosis and Radiology Department. Since earning her diplomate in radiology (DACBR), Dr. Littrell has also earned her diplomate in orthopedics (DACO—now the International Academy of Neuromusculoskeletal Medicine), and certification in sports (CCSP).

At Palmer, Dr. Littrell continues to wear many hats: Professor, Title IX investigator, Ethics hearing panel member, and a member of many college committees. Outside Palmer, she operates her own business as a chiropractic radiologist, is the managing editor for the Journal of Academy of Chiropractic Orthopedists (now JIANM), and the radiology editor and contributing author for DC Tracts. Dr. Littrell is also a frequent continuing education instructor for Palmer, Parker Seminars, the ICA Pediatrics diplomate program, and for several state associations.

Dr. Littrell and her husband, Clay have two sons, 15 and 12. They both play basketball and baseball and way too much Xbox. They also have a ten acre “farm” where they grow nothing more than grass and weeds and have 16 chickens.

Course Summary:

This course will emphasize identification, assessment, and management of various musculoskeletal and visceral conditions. This course will help increase the clinician's confidence during the evaluation process and assist in diagnostic accuracy. Evidence-based screening tools will be used to identify relevant aspects of clinical presentations and relate those clinical presentations with common disease processes. Using case-based scenarios, participants will assess the clinical presentations of head and neck, thorax, abdomen, lumbopelvic, and extremities.

Date: Saturday, August 22, 2020, from 3:00pm-5:00pm

Course Title: Diagnostic Diversity: Combining History, Orthopedic, and Neurological Exams, and Diagnostic Imaging-Part II

CE Hours Provided: 2 Mandated (Category 1) hours

Speaker: Tracey Littrell, DC, DACBR

Course Summary: (see above)

Date: Sunday, August 23, 2020, from 8am-12pm

Course Title: Risk Management for Billing and Medicare

CE Hours Provided: 4 Mandated (Category 2) hours

Speaker: Yvette Noel, CPCO



Yvette Noel was born and raised in Ohio and began her career in healthcare right after high school where she quickly made her way to office manager. It is here she developed her skills of medical coding and billing. She became very successful in managing the practice's outstanding AR.

Course Summary:

Compliance with billing and Medicare is even more demanding now that the MACRA legislation is in effect as of January 1, 2017. Would it surprise you to know that a few tweaks on your standard operating procedure for Medicare, documentation and billing can make you money while lowering your risk? In this important, fast-paced session, appropriate for doctors and team members alike, we'll cover the journey to all important aspects of a clean, compliant, Medicare documentation process, from the front desk to the insurance department to the doctor. The latest and most important billing and Medicare process and procedure will leave you feeling more confident, compliant, and current!

Course Objectives/Program Outline:

At the end of this program, the attendee will be able to:

- Understand the definition of medical necessity vs. clinical appropriateness and who pays in either case
- Execute a complete and compliant treatment plan that includes all required elements
- Know how to mitigate risk for full-spine adjustment
- Recognize the differences between acute, chronic, and maintenance care
- Become familiar with the most common chiropractic diagnoses and the necessary rationale for compliance
- Know Medicare's guidance on Federal Program requirements for documentation and medical necessity
 - Understand how to assess change since the last visit as it applies to federal regulations in Medicare.
 - Document the latest required updates in MIPS so you don't lose money.
- Identify CMT coding and how it is differentiated from maintenance in Medicare.
- The connection between PART and SOAP in Medicare documentation requirements
- Locate and understand the Medicare Local Coverage Determination (LCD) for your state including all the rules and guidelines

Hours One and Two: Compliance Overview, Basics, Rules and Regulations

History and Basics: Compliance rules, audits, and requirements

- What behavior got us here so far?
- Understanding the basics of physician assessment
- Medically Necessary vs. Clinically Appropriate Care

Hours Three and Four: Medicare Mastery

CERT: comprehensive error rate testing reporting

- Medicare PART process
- MIPS Quality details that should be followed visit to visit
- Medicare initial visit guidelines
- The requirements for writing treatment plans
- General recordkeeping documentation for Medicare
- Medical review policy and the Doctor of Chiropractic
- Review of statistical data that shows how risk is identified through data analysis
- Billing compliance and random auditing to meet OIG compliance guidelines