

2024 Pain Care Skills Training Virtual Functional Medicine & Shared Medical Appointments: Force Multipliers for Pain and Performance

**Presented by: Bryan Stepanenko MD MPH IFMCP FAAFP Lifestyle & Performance
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VA Office of Patient Centered Care & Cultural Transformation**

Offered: 14 AUGUST PM 1300-1600 EST

Location: ZoomGov

Course Description: Learn what Functional Medicine (FM) and Shared Medical Appointments (SMAs) are and how both care delivery systems can be leveraged to improve patient outcomes and empower patients to own their journey and support each other. For FM, we will review patient cases and discuss how FM can be integrated into clinical care, force health protection, as well as human performance initiatives. For SMAs, we will walk you from ideation through planning, patient selection, implementation, and iteration – highlighting the core skills and training resources to help you start your own SMA in the DHA.

Learning Objectives:

- 1) Define and describe the core tenets and concepts Functional Medicine (FM)
- 2) Define and describe the core tenets and value proposition for Shared Medical Appointments in the Defense Health Agency (SMA in the DHA)
- 3) Understand how any practitioner can develop and implement an SMA at their MTF and where to go for further resources, training, and templates

14 AUG

1300 - 1310	Workshop Introduction & Background (10 min)
1310 - 1330	Evolution and Definition of FM in the Military Context
1330 - 1400	Review of Patient Cases (FM Applied to Pain and Performance)
1400 - 1410	BREAK (10 min)
1410 - 1440	Evolution and Definition of SMA in the VA (and DHA)
1440 - 1510	SMA Examples
1510 - 1520	BREAK (10 min)
1520 - 1545	How to Develop & Implement Your own SMA
1545 - 1550	Summary & Closing Statements (5 min)
1550 - 1600	Q & A