



Garland & Associates  
MEDICAL LEGAL PUBLIC RELATIONS & MARKETING

## Medical-Legal Continuing Education for Attorneys and Claims Professionals

Phone 888 455-1600 Website [www.garlandpr.com](http://www.garlandpr.com)

Garland & Associates is a State Bar of California approved MCLE Provider

### **ORTHOPAEDIC LECTURES**

#### **Gary Brazina, MD**

##### **Deposing the Orthopaedic AME/QME 1 MCLE credit hour**

*Learn the basics of an orthopedic medical legal report and how an attorney should review the report to prepare for a deposition of the AME/QME.*

##### **Shoulder Injuries and the AMA Guides 1 MCLE credit hour**

*Learn how to rate shoulder injuries using the AMA Guides. Gain a better understanding of symptoms and appropriate treatment of the shoulder.*

##### **What's New in Knee Surgery & How it Relates to the AMA 5th Edition Guidelines 1 MCLE credit hour**

*Discussion is focused on arthroscopic procedures for the knee and understanding the appropriate treatment for knee injuries. Impairment rating issues are also discussed using the AMA Guides.*

##### **Orthopaedic Physical Examination 1 MCLE credit hour**

This course will focus on the physical examination process that a patient goes through during an orthopaedic exam. The doctor will define the orthopaedic terms of art to explain what each test means and will demonstrate the purpose of each test in the physical examination process and what it means in a medical legal report.

##### **Compartment Syndrome 1 MCLE credit hour**

*This informative talk will focus on a syndrome that can be found in cases where a patient has experienced major trauma. The cause of this syndrome and its effects on a patient is outlined with a complete detailed explanation of the reasons to authorize immediate emergency surgical treatment.*

#### **Hamid Mir, MD**

##### **Improving Outcomes of Spine Surgery 1 MCLE credit hour**

*Learn the latest treatment and surgical techniques used by spine surgeons to optimize a patient's recovery outcomes to minimize unnecessary surgeries and to focus the patient on return to function.*

#### **Andrew Steiner, MD**

##### **Ankle Fractures and Sprains 1 MCLE credit hour**

*Dr. Steiner is a Foot and Ankle Fellowship trained Orthopedic Surgeon, that will present important information in the medical evaluation and treatment of ankle fractures and sprains focusing on the initial evaluation and treatment as well as the management of these injuries beyond the first day, and the medical issues and situations that lead to a failure to heal.*



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## **CARDIOVASCULAR AND INTERNAL MEDICINE LECTURES**

### **Paul Grodan, MD**

#### **Heart and the Guides 1 MCLE credit hour**

*The most common heart issues in Workers' Compensation of Coronary Heart Disease, Hypertension, and Cardio Myopathy, are presented with a discussion of how the AMA guides are used to rate whole person impairments.*

#### **Cardiovascular Assessment 1 MCLE credit hour**

*In order for a cardiologist to diagnose cardiovascular disease, appropriate cardiovascular testing is required to match symptoms with pathology. Dr. Grodan provides detailed information on cardiovascular testing and the appropriate testing needed to substantiate a diagnosis of cardiovascular disease.*

### **Richard Hyman, MD**

#### **Deconditioning and Problem Tables of the AMA Guidelines 1 MCLE credit hour**

*This lecture defines "Deconditioning" and its relation to a workers' compensation claim. A review of the AMA Guides 5th edition and the problem tables from an internal medicine and cardiology perspective are also discussed.*

#### **A Guide to Understanding Workers' Compensation Issues in Heart Cases 1 MCLE credit hour**

*A review of heart diseases and hypertension in workers' compensation claims is presented with a discussion of the AMA Guides 5th edition and Labor Code 3212 presumptions.*

#### **Diabetes in the Workplace and AMA Guides 5th Impairment Rating 1 MCLE credit hour**

*The goal of this presentation will be understanding the medicine related to diabetes, treatment, cost of future medical care and ratable complications. Novel new cost saving solutions for diabetes and obesity will also be discussed.*

### **Robert B. Weber, MD, QME**

#### **Cardiovascular Disease and Metabolic Syndrome 1 MCLE credit hour**

*Review of the anatomy of the heart, and how it functions. Discussion of the most common cardiac claims in workers' compensations, and the AMA Guides 5th Edition impairment tables for rating cardiovascular disease. Learn the signs and symptoms of Metabolic Syndrome and how it might apply in a Workers' Compensation case. Treatment recommendations for Metabolic Syndrome will also be discussed.*

## **GASTROENTEROLOGY AND INTERNAL MEDICINE LECTURES**

### **Lazaro Alonso, MD**

#### **The Side Effects of Medication and Gastrointestinal Impairment in Workers' Compensation 1 MCLE credit hour**

*This lecture provides critical information on the side effects of medication and the resulting impact on the gastrointestinal system and how the consistent use of medications can cause permanent impairment. This discussion includes how to rate with the AMA guides.*

#### **Job Stress and the Effects on Internal Organs 1 MCLE credit hour**

*The focus of this discussion centers on how stress plays a role in causation or aggravation of permanent damage to internal organs. Cardiac disease, hypertension, gastrointestinal diseases such as GERD, IBS, ulcer disease, headaches, and some controversial topics such as diabetes and cancer are all topics that are debated daily in Workers' Compensation cases. These topics with the requirement of substantial medical evidence to prove or disprove a claim and accepted scientific principles based on current literature will be presented to gain a better understanding of how to litigate medical stress cases by associating the acute or chronic stress to causation/disease process. Sample cases will be used to explain the appropriate tables for rating permanent impairment. Apportionment will also be covered based on current case law where aggravation of a pre-existing disease may exist.*

#### **Understanding Diabetes from a Workers' Compensation Perspective 1 MCLE credit hour**

*This lecture will cover the medical legal issues of causation of diabetes, aggravation of pre-existing diabetes, whether apportionment is applicable, and the long-term consequences of failing to treat this disease. Questions of whether an employer has to assume the responsibility for covering future medical care and whether an impairment rating based on the AMA Guides 5<sup>th</sup> edition is applicable to this disease will also be covered.*



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### **PULMONARY DISEASES, SLEEP MEDICINE AND INTERNAL MEDICINE LECTURES**

#### **Eli Hendel, MD**

##### **The Use of Cardio Pulmonary Exercise Testing to Determine Disability in Workers' Compensation 1 MCLE credit hour**

*This lecture outlines how to use Cardio Pulmonary Exercise Testing as substantial medical evidence in determining disability.*

##### **Understanding the Diagnosis of Sleep Apnea 1 MCLE credit hour**

*Understanding a sleep claim from the point of view of a Pulmonary specialist. Gain an understanding of the objective medical evidence that is available and when it is necessary for use as a diagnostic tool.*

##### **Occupational Asthma 1 MCLE credit hour**

*Focus is on claims alleging exposure to solvents, dust, molds, chemicals, etc, causing asthma. Appropriate diagnostic testing, and sources for scientific based evidence that is peer reviewed and acceptable by the medical community is outlined.*

##### **MRSA 1 MCLE credit hour**

*This lecture will explain the cause of MRSA and whether permanent disability might occur, and if so, what kind of ratings to expect. The goal is for the listener to gain a better understanding of the objective medical evidence that is necessary to reach a diagnosis. Treatment plans for this medical disease will be discussed. MRSA is a presumption for fire and police.*

##### **Valley Fever 1 MCLE credit hour**

*Learn the cause of this disease/syndrome and how it is effectively treated. Also included, will be a discussion of the AMA Guides 5<sup>th</sup> Ed., and rating for any residual impairment that may occur.*

##### **Understanding Consequences of Brain injury from a Non-Neurologist Point of View 1 MCLE credit hour**

*The participant will learn how injury affects the endocrine system and the resulting hormonal changes and causation of diabetes. Other internal effects of vestibular disorders and sleep and arousal disorders will be discussed and the relevant appropriate whole person rating from the AMA Guides 5<sup>th</sup> edition will also be covered. Discussion will also cover signs and symptoms which will lead a brain injured patient to be referred to a residential center.*

##### **The Toxicology Lab Report: Purpose and Guide to Interpretation 1 MCLE credit hour**

*The purpose of the toxicology lab report will be to define the types of drug screens available, their uses, explanation of the test results including false positives, and to outline the different drugs that are checked in the toxicology screen. The discussion will also establish the difference between the qualitative and quantitative analyses of a drug screen.*

##### **Sleep Tests: Indication and Interpretation 1 MCLE credit hour**

*The attendee will learn the purpose and use of different types of diagnostic testing to prove a sleep disorder. An overview of the types of sleep disorders will be reviewed and will be followed by examples of testing that is appropriate for use in medical legal evaluations as well as treatment cases.*

##### **Importance of Screening Commercial Licensed Drivers for Sleep Disorders 1 MCLE credit hour**

*Sleep disorders account for a large portion of truck accidents which are different than auto accidents in that result in more fatalities. The physical exam to obtain and renew a commercial driver's license is rigorous involving 13 areas including blood pressure, diabetes, visual, hearing and many others but it does not include screening for sleep apnea. A task force recently provided the department of transportation much evidence for the need to address this problem. It was started during the Obama administration and it was eliminated with the current one. Learn the details and the science behind it.*

##### **Opioid Crisis and CURES 1 MCLE credit hour**

*Opioid addiction is a crisis and the State of California has developed the CURES program to require all licensed physicians to be registered and all controlled substances to be listed onto a registry. Every provider will develop a profile. Guidelines have been established for the following: Differentiate acute, subacute and chronic pain; Make attempts to avoid the acute pain sufferer who has an acute injury from progressing to chronic pain where the injury has healed; Understand the difference between long acting and short acting medications and adopting "opioid sparing alternatives" such as neuropathic medications; Adopting a different philosophy that it is unrealistic to expect a complete pain free state. Change the goal from relieving complete pain to improving functional status through management of pain.*



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### **PSYCHOLOGY AND NEUROPSYCHOLOGY LECTURES**

#### **L. Scott Frazier, PhD**

##### **The Use and Misuse of Psychiatry**

**1 MCLE credit hour**

*This lecture consists of an overview of medical legal issues in psychiatry and psychology, including psychological testing. Dr. Frazier explains with examples, substantial evidence and reasonable probability in diagnosis, causation, apportionment and the crucial role of psychological testing including, the purpose and intention for their use, and how to apply the appropriate test results in the medical legal setting.*

##### **PTSD 1 MCLE credit hour**

*Emotional trauma is on the rise. First-responders (police, paramedics, lifeguards, fire), even bus drivers are often assaulted. The worst terrorist attack in U.S. history after 911 was in our own back yard. Regularly we read of other "mass-attacks". The result for those involved, either as victims, first-responders, or even witnesses can be PTSD. But not everyone so traumatized develops PTSD. 1. What is PTSD? What goes on in the brain and body of someone who truly has this disorder? 2. Why do some people so traumatized develop PTSD and others do not? Who is faking PTSD? 3. What treatments work, and work well? 4. What "treatments" can actually make PTSD worse? 5. Why is chronic PTSD so terrible?*

##### **Good Faith Personnel Actions 1 MCLE credit hour**

*Learn about the perspective of a psychological evaluation in defending a "good faith personnel action", with a discussion of the importance of using psychological testing to provide objective medical evidence to support the medical opinion. Learn how the employer must rely on the Judge as the "trier of fact", based on the Rolda case, to make the final determination of the legal decision of whether the employer's use of a "good faith personnel action" to defend a stress or other alleged employer violation of discrimination and harassment, was appropriate.*

#### **Mara Tansman, PsyD**

##### **Understanding the GAF in Medical Legal Reports**

**1 MCLE credit hour**

*This presentation addresses the specific approach to psychiatric impairment rating with the Global Assessment of Functioning Scale (GAF). The attendees will learn a detailed and practical approach to determining a GAF score. With that knowledge, they can determine whether the GAF score stated in a psych report is accurate. This presentation is critical to understanding how to rate the GAF scale for Workers' Compensation claims.*

##### **Before Opiates: 2017 Revised MTUS Chronic Pain Guidelines and Alternative Therapies 1 MCLE credit hour**

*The goals of this presentation is to understand the reasons why the MTUS (Medical Treatment Utilization Schedule) recommends alternative therapies prior to the initiation of opiate treatment for chronic pain. In addition, discussion will focus on how to understand the emotional and social impact of opiate addiction. Attendees will also learn about the various alternative therapies to opiate use to treat chronic pain.*

##### **Deposing the Psych Expert 1 MCLE credit hour**

*Techniques and methods are presented for deposing a Psych Expert who has prepared a Workers' Compensation report. Key concepts are reviewed including credibility issues, nature and extent of the diagnosis and the supporting evidence, accuracy of Temporary Disability dates as pertaining to psych injuries, analysis of AOE/COE issues, appropriate GAF score rating and whether substantial evidence has been offered for psych apportionment. Appropriate treatment guidelines are reviewed too.*



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### **PSYCHOLOGY AND NEUROPSYCHOLOGY LECTURES**

#### **Mark Levine, PhD**

##### **Psych Report Workshop: Dissecting & Evaluating Psych Reports and their Evidence Conclusions 1 MCLE credit hour**

*An AME and QME medical legal report will be reviewed section by section to provide insight and instruction on the importance and meaning of each analytical tool used by a psych professional. Evidentiary conclusions will be discussed to define the basis of substantial medical evidence.*

##### **Subtle Consequences of Head Injury that are only Noticeable from Psychological Testing 1 MCLE credit hour**

*This presentation will describe how a class of patients who present superficially as functionally capable of continuing their job, and who appear to others as articulate, well, and able to comprehend, can possess deficits that will ultimately undermine their effectiveness at work and in activities of daily living. These issues include self-awareness, subjective judgment, sustained attention, planning and organizational skills, as well as subtle memory problems. These problems directly affect true levels of ratable disability. This talk will demonstrate how specialized psychological testing can detect these subtle and hidden deficits, and document them in an empirically verifiable manner.*

##### **Distinguishing Pre-existing Stress from New Trauma through Psychological Testing 1 MCLE credit hour**

*A central challenge for psychiatric AME evaluations is distinguishing symptoms of stress, anxiety, and depression that have resulted from an injury or trauma, from the part of these symptoms that belong to a pre-existing condition. Medically trained psychiatrists render such conclusions, but often with little empirical data to substantiate their decision. This presentation will demonstrate how specialized psychological testing can distinguish between stressful psychological conditions resulting from an individual's current circumstances, from a pre-existing diagnosis of depression or other condition. The importance of having this additional empirical data to support or contradict a worker's claim will be discussed.*

##### **Identifying and Documenting Pre - Existing Psychiatric Disorders 1 MCLE credit hour**

*This course will describe and illustrate how empirically based psychological tests can be used to investigate clients who present with conditions such as depression, anxiety and stress disorders, and identify when these disorders have been in existence prior to injuries or traumatic events. The presentation will focus on how an expanded repertoire of psychological assessment techniques can move us beyond a descriptive report of psychological distress, to shed light on the possible chronic nature of these conditions. Discussion will involve the relevance of these assessments to medical legal evidence.*

##### **How to Use a Neuropsychological Evaluation to Effectively Litigate a Workers' Compensation Claim and Minimize Costs and Lengthy Delays on a Psyche Case 1 MCLE credit hour**

*This lecture will define a neuropsychological evaluation and then explain how the tests can be used to create substantial medical evidence, providing dual impairment for both neurological impairment as well as psychiatric impairment. Included will be an approach to minimizing costs and lengthy delays on a psyche case. A discussion of impairment rating will be included to define how impairment ratings are created from neuropsychological and psychological testing. Central to the focus of this discussion is how neurological impairment must be documented and rated separately and independently of psychiatric impairment. Pre-existing conditions and their effect on neurological and psychological apportionment, and impairment ratings following the rulings held in the Escobedo decision will also be discussed.*



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### **PSYCHOLOGY AND NEUROPSYCHOLOGY LECTURES**

#### **Nicholas Thaler, PhD, ABPP**

##### **Neuropsychological Assessment of Brain Injury in Medical-Legal Cases**

**1 MCLE credit hour**

*The teaching objectives for this presentation include: 1. Understand the methods and science behind neuropsychological assessment. 2. Learn about traumatic brain injury and its long-term sequelae. 3. Examine how neuropsychological assessment can assist in diagnosing and treating brain injury. 4. Tie neuropsychological assessments with issues of impairment and disability in workers' compensation cases.*

#### **Yassi Zarrin, PsyD**

##### **Neuropsychological Assessment**

**1 MCLE credit hour**

*The attendee will learn: The difference between neuropsychology and psychology; When to use neuropsychological testing; What a neuropsychological evaluation entails (clinical interview and battery of testing); Objective test measures vs. subjective test measures; The use of chapter 13 in the AMA guides for rating purposes on a neuropsychological evaluation.*

##### **The Use of Neuropsychological Testing to Determine Credibility**

**1 MCLE credit hour**

*The attendee will learn: Objective test measures vs. subjective test measures; Malingering; Effort and motivation.*

##### **Workplace Violence**

**1 MCLE Credit hour**

*Learn the warning signs and issues to acknowledge for angry employees. Discussion of workplace violence in the work environment. Learn about policies that can be utilized to minimize the dangers.*

### **PSYCHOLOGY AND PSYCHIATRY LECTURES**

#### **Brian Jacks, MD**

##### **Deposing the Psych Expert**

**1 MCLE credit hour**

*Techniques and methods for deposing a Psych Expert who has prepared a medical legal or permanent and stationary report for a Workers' Compensation case. Key concepts that will be reviewed include credibility issues, nature and extent of the diagnosis and supporting substantial medical evidence, accuracy of temporary disability dates as they pertain to psych injuries, analysis of AOE/COE issues, GAF score and supporting evidence, apportionment and causation of impairment.*

##### **GAF Scale and Apportionment**

**1 MCLE credit hour**

*The topic of this lecture is an explanation of the GAF Scale and how a mental health specialist applies it in the disability evaluation setting. A discussion of the Escobedo case ruling on apportionment is also covered and how it applies to psych cases.*

##### **Lawful, Good Faith (ROLDA) , Non-Discriminatory Personnel Issues and Malingering**

**1 MCLE credit hour**

*This talk will focus on how to analyze personnel issues to determine what is lawful, good faith non-discriminatory personnel actions. Malingering will be discussed to better understand the medical and the legal definitions.*

##### **Chronic Pain Disorders and Psych Cases Post SB 863**

**1 MCLE credit hour**

*Discussion focuses on the psychiatric perspective of chronic pain including fibro myalgia, and other pain diagnoses. Rating from the AMA Guides is discussed to provide a better understanding of how to rate impairment. Also covered will be how SB 863 affects the filing of psych cases.*

#### **Psych Updates:**

##### **Current Law and Basics of Rating and Apportionment and How to Assess a Psych Report**

**1 MCLE credit hour**

*Overview of current law and reporting requirements for psychiatric reports for workers' compensation claims. The attendee will learn how to evaluate and assess a psych report to determine compliance with causation, the GAF Scale impairment rating, substantial medical evidence, and apportionment discussion.*



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### **OPHTHALMOLOGY LECTURES**

#### **David Sami, MD**

##### **Ophthalmic Assessments for Injured Workers 1 MCLE credit hour**

*This lecture will focus on the strengths and failures in methodology of the AMA Guide 5th Edition. For Ophthalmic related disability. Examples of calculating the Functional Acuity Score and Functional Field Score will be demonstrated and how it relates to creating and defining the impairment rating. Also, discussed will be color vision, sensitivity testing and rating for double vision.*

##### **The Ophthalmology of Traumatic Brain Injuries 1 MCLE credit hour**

*The ophthalmic manifestations of traumatic brain injury will be discussed with an overview of the type of appropriate testing that should be done. Whole person impairment from an ophthalmic perspective will also be discussed with the use of the methodology of the AMA Guides 5<sup>th</sup> edition. This lecture will provide a foundation to understand how traumatic brain injuries affect visual function and how to rate the handicap with the appropriate AMA Guide 5<sup>th</sup> edition tables.*

### **SKIN CANCER LECTURES**

#### **Alfred Roven, MD**

##### **Skin Cancer, Causation, and AMA Guide Rating 1 MCLE credit hour**

*Skin cancer cell types are identified and causation factors are discussed to provide a better understanding of skin cancer. Appropriate treatment options will be explained and impairment rating will be outlined based on the skin chapter in the Guides.*

### **OTOLARYNGOLOGY LECTURES**

#### **Alfred Roven, MD**

##### **Hearing Loss and Audiology in Workers' Compensation 1 MCLE credit hour**

*Gain an understanding of the inner ear structure and how hearing loss can occur. Audiology testing is explained to provide a better understanding of how test results are used as objective evidence and foundation of a hearing claim. Dr. Roven also dissects a hearing loss medical legal report and gives instruction on how to rate hearing loss based on the AMA Guides 5th Edition Impairment Rating Charts.*

##### **Understanding TMJ Syndrome 1 MCLE credit hour**

*The anatomy of the jaw area is presented in a format that is easily understood to gain a better understanding of the diagnosis of TMJ syndrome and the basis for treatment. Rating TMJ in a medical legal evaluation is also discussed.*

### **NEUROLOGY LECTURES**

#### **Jay Jurkowitz, MD**

##### **Diagnostic Tests in Neurology 1 MCLE credit hour**

*A thorough review of neurological diagnostic tests is given in a format designed to give the listener actual test results to view and to gain a better understanding of symptoms and the appropriate diagnostic test required to reach a neurological diagnosis.*