



February 6th, 2026

Holiday Inn & Conference Center

Coralville, IA

REGISTRATION

Attendee Pass - \$200

Attend the conference on Friday, February 6th. Heartland Center Trainees can attend at no cost.

Exhibitor Table - \$350

Register to exhibit on Friday, February 6th. Includes attendance and lunch for 2 people. Exhibitor slots are limited.

Cancellation Policy: If registration is cancelled prior to January 30th, 2026, the registration fee will be refunded less a \$30 handling charge. If cancelled on or after January 30th, the full amount will be invoiced.

CONTINUING EDUCATION CREDITS

To obtain a certificate for Nursing Contact Hours the health care professional will need to register for continuing education credit along with check-in at the start of the course, attend the workshop in its entirety, and complete the program evaluation form. Certificates will not be awarded for partial credit. A Certificate of Completion indicating the contact hours or CEHs suggested will be issued. For Nursing and most Allied Health Professions in Iowa it is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board. As a courtesy, Kirkwood lists suggested hours for professions for which the class may meet continuing education requirements, but the list is not exhaustive. Kirkwood Community College does not pre-approve content with any licensing board/agency unless specifically listed. Licensees are responsible for retaining documentation of the workshop for 4 years after the offering has concluded. Suggested hours, Nursing Contact Hours: 6.17 (RN's, LPN's, ARNP's). Please note: Late arrivals or early departures will be allowed to attend the workshop- but they will NOT be eligible to earn a continuing education certificate. Participants should be prepared to provide license information when registering

Nursing Credit

The Heartland Center requires full time attendance for nursing credit.

With full-time attendance:

- Friday, February 6th, a certificate for 6.17 Nursing Contact Hours will be provided.

Certificates will be issued by Kirkwood Community College via email 2-3 weeks following workshop date. Reminder to check spam or junk folders and download certificates on a desktop. The files for certificates are not adaptable to mobile devices.

The Heartland Center will award 6 hours of general continuing education credit for full participation.

Questions?

Contact Tammi Goerdt at tammi-goerdt@uiowa.edu.

ACCOMODATIONS

Holiday Inn & Conference Center
1220 1st Ave, Coralville, IA 52241
(888) 465-4329 | www.ihg.com

PLANNING COMMITTEE

Tammi Goerdt

Director of Continuing Education & Outreach, Heartland Center for Occupational Health and Safety

Diane Rohlman, MA, PhD

Associate Professor, Department of Occupational & Environmental Health

Center Director and Principal Investigator, Healthier Workforce Center of the Midwest

Laura Keniston, MHA

Outreach Coordinator, Healthier Workforce of the Midwest

Shelly Campo, PhD, MA

Associate Dean for Administrative Affairs, Graduate College

Tracie L Neustel MSN, ARNP, FNP

*Nurse Practitioner
UI Occupational Health*

Joe Schmidt, MBA

*Employer Relations Manager
University of Iowa Health Care*

Horacio Borgen Alfaro

Continuing Education & Outreach Coordinator, Heartland Center for Occupational Health and Safety

PURPOSE

This symposium will address the ever-changing nature of work and the implications of these changes for the health, safety, and well-being of workers.

INTENDED AUDIENCE

This symposium is intended for nurses, nurse practitioners, physicians, physician assistants, safety professionals, human resources professionals, administrators, wellness administrators, and other individuals interested in improving the health and safety of workers.

JOINTLY PROVIDED BY

The University of Iowa's College of Public Health's Heartland Center for Occupational Health & Safety, Healthier Workforce Center of the Midwest, and the UI Occupational Health.

Friday, February 6

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| 7:15 am | Registration, Exhibits, and Breakfast |
| 7:50 am | Welcome and Announcements |
| 8:00 am | Non-Traditional Therapies For The Work Comp Patient: Curtis Witt and Greg Schroeder – Athletico |
| 9:00 am | Exhibits and Refreshment Break |
| 9.30 am | Critical Incident Stress Debriefing: Dr. Jim Coyle - GriefCare Specialist, Cedar Memorial |
| 10:35 am | MTBI and Return to Work: Maranda Bear and Monica Radcliffe - On with Life |
| 11:35 am | Lunch (provided) and Exhibits |
| 12.30 pm | The Worker with Shoulder Injury: An industrial athlete approach at the WIRC: Dr. James Nepola, MD MHA - University of Iowa |
| 1.35 pm | AI Shifting Adoption to Affirmation: From “Can We?” to “Should We?” In Occupational Health and Safety: Dan Tuuri - True North Companies |
| 2:35 pm | Exhibits and Refreshment Break |
| 3:00 pm | Ask the Doc Discussion: Dr. Patrick Hartley and Dr. Jeff Westpheling |
| 4:00 pm | Adjourn |

EDUCATIONAL OBJECTIVES

Upon completion of this program, participants will be able to:

Witt-Schroeder: Understand the rationale for Dry Needling and/or Shockwave and when it is best used for therapy care of injured employees.

Witt-Schroeder: Identify the differences between Dry Needling and Acupuncture.

Coyle: Importance of post incident and crisis care.

Coyle: Importance of self-care in the workplace and in our personal life.

Bear-Radcliffe: Participants will have improved understanding of mTBI diagnosis, including the difference between acute concussion vs. persistent post-concussion syndrome.

Bear-Radcliffe: Participants will summarize literature findings related to mTBI populations and their ability to return-to-work successfully.

Nepola: The attendee will develop a greater understanding of shoulder injuries in workers and the role of expedited evaluation in treatment to reduce time away from work and improve outcome

Tuuri: Evaluate AI tools and decisions using clear criteria and frameworks that incorporate ethical considerations, risk, and impact within occupational safety contexts.

Tuuri: Refine prompts, validate outputs, and assess appropriate use cases for AI applications to support, rather than undermine, safety decision-making and worker trust.

Westpheling/Hartley: Explore challenging situations that can arise in occupational medicine and describe effective ways to address them

PROGRAM FACULTY

Curtis Witt, MSPT, CSHE

Managing Therapist, Athletico Physical Therapy

Gregory Schroeder, PT, DPT

Clinic Manager, Athletico Physical Therapy

Dr. James Coyle, LCPC (#13090) DPC

Certified Grief Educator GriefCare specialist Cedar Memorial

Maranda A. Bear

Speech-Language Pathologist, On With Life

Monica Radcliffe - M.S. in Occupational Therapy

Outpatient neurorehabilitation clinic, On With Life

Dr. James Nepola, MD MHA

Professor of Orthopedics and Rehabilitation; Director, UI Work Injury Recovery Center; Director, Bone Healing Laboratory; Department of Orthopedics and Rehabilitation; University of Iowa Health Care

Dan Tuuri, CISA, CISSP

Cybersecurity consultant, TrueNorth Companies

Dr. Jeffrey Westpheling, MD

Physician, Probit Medical Services

Dr. Patrick Hartley

Clinical Assistant Professor, University of Iowa



HEARTLAND SYMPOSIUM

Time	Session Title	Speakers / Organization	Session Description
7:15	Registration Opens		
7:30	Breakfast and Exhibits Open		
7:50	Opening Announcements		
8:00	Non-Traditional Therapies for the Work Comp Patient	Curtis Witt and Greg Schroeder – Athletico	Discussion of non-traditional therapies such as dry needling and Shockwave therapy, including myths and evidence supporting improved return-to-work outcomes.
9:00	Break and Exhibits		
9:30	Critical Incident Stress Debriefing	Dr. Jim Coyle – GriefCare Specialist, Cedar Memorial	Addresses workplace violence, fatalities, and traumatic events, covering trauma elements, crisis care tools, grief processing, and the importance of self-care.
10:35	MTBI and Return to Work	Maranda Bear and Monica Radcliffe – On With Life	Outlines symptoms of mild traumatic brain injury, differences between acute concussion and post-concussion syndrome, and the role of outpatient neurorehabilitation.
11:35	Lunch and Exhibits		
Time	Session Title	Speakers / Organization	Session Description
12:30	The Worker with Shoulder Injury : An industrial athlete approach at the WIRC	Dr. James Nepola, MD MHA - University of Iowa Health Care	In this session Dr. Nepola will describe the principles and practice of the evaluation and treatment of an injured worker with shoulder pain and a presumed work-related injury. Emphasis will be directed towards optimal and efficient timely diagnosis and treatment. The concept that a worker with an injury is much like an athlete who needs to return to the field of play as soon as possible if that can happen.
1:35	AI Shifting Adoption to Affirmation: From “Can We?” to “Should We?”	Dan Tuuri – True North Companies	Introduces frameworks to evaluate ethical, regulatory, and worker well-being considerations when applying AI in occupational health and safety.
2:35	Break and Exhibits		
3:00	Ask the Doc Discussion	Dr. Patrick Hartley and Dr. Jeff Westpheling	Interactive expert Q&A session. Anonymous questions may be submitted prior to the conference.
4:00	Adjourn		