



10 Things You Didn't Know About Migraine

AAPA Category 1 CME: 0.75

Description: Migraine is common and treatment options are frequently emerging. The goal of this session is to highlight more uncommon features, pathophysiological etiologies, and dive deeper into rare components of migraine. When did migraines originally start in history? When is imaging necessary? What actually causes a migraine? What are the new treatment options and how can they be prescribed?

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize key molecules that play a role in the etiology of migraine
- Label the four phases of migraine
- Differentiate when neuroimaging is necessary

Primary Track: NEUR - Neurology

AAPA State Advocacy

AAPA Category 1 CME: 1.25

Description: Learn about AAPA's state advocacy priorities and how PAs are working across the country to advance legislation to improve access to care.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe AAPA state legislative priorities
- Discuss how AAPA engages in state advocacy
- Identify opportunities for participation

Primary Track: PROF - Professional Role/Professional Practice

Acne: Types and Treatment for the Myriad Presentations of the Common Skin Complaint

AAPA Category 1 CME: 1

Description: Acne is a common complaint. This session unpacks the causes of acne, conditions that mimic acne, and exacerbators of acne. Faculty also discuss treatment of acne with special consideration for pregnancy, skin of color, and diet considerations.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Compare and contrast different types of acne and acne mimickers
- Identify culprits that can exacerbate acne including medications, physical manipulation, infection
- Discuss treatment including caveats for skin of color, acne in pregnancy, and current literature recommendations about diet and acne

Primary Track: DERM - Dermatology

Acute and Chronic Leukemias in the Era of Targeted Therapies: A Review for the Non-Hematologist

AAPA Category 1 CME: 1

Description: Leukemia is a word that often strikes fear into the hearts of patients and providers alike. This session breaks down the basics of the most common types of leukemia and compare and contrast presentations of acute vs. chronic leukemias. Faculty reviews drug, drug interactions, and unique side effects of the novel oral targeted therapies PAs are most likely to encounter in their daily practice including tyrosine kinase inhibitors (TKIs) in chronic myeloid leukemia, bruton's kinase inhibitors (BTKis) in chronic lymphocytic leukemia (CLL), and BCL2 inhibitors in both acute myeloblastic leukemia and CLL.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the basic pathophysiology of leukemia
- Identify the factors and individual characteristics that explain how clinicians use feedback to change practice
- Consider differences in how individuals accept and use feedback
- Explore strategies preceptors and supervisors can use to help others put feedback into action
- Use evidence-based, best practices the next time they deliver feedback
- List drug-drug interactions and side effects of novel targeted therapies in leukemia that are relevant to your practice

Primary Track: HEMO - Hematology/Oncology

Adolescent Suicidality: Assessment and Prevention

AAPA Category 1 CME: 1

Description: Suicide is the second leading cause of death in adolescents in the U.S. The recent COVID-19 pandemic has likely exacerbated this mental health crisis. PAs in all specialties require the skills and



knowledge to assess patients for suicidality, as well as the ability to provide intervention and in some instances initiate treatment. Ultimately, large scale prevention efforts are necessary to help in decreasing this unnecessary cause of premature death.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify adolescents at risk for suicidality
- Apply current methodologies for assessment and treatment of suicidal adolescents
- Describe suicide prevention strategies that can be utilized with adolescent patients

Primary Track: PSYC - Psychiatry

Advancements and Management in Lipid Therapy

AAPA Category 1 CME: 0.75

Description: This session focuses on current ACC/AHA and ADA guidelines for lipid management including primary and secondary prevention, review of use of statin therapy, and review of nonstatin therapies including ezetimibe, PCSK-9 inhibitors, and bempedoic acid. Plus address residual risk, goal LDL therapy, and reviews literature and trials supporting guidelines and management. The session also covers treatment of other lipoprotein fractions and targets.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review current ACC/AHA and ADA guidelines for lipid management
- Review current and newer options for lipid therapy
- Discuss how to apply updated guidelines and treatment in clinical practice

Primary Track: CV - Cardiovascular

Adverse Childhood Experiences and Long-Term Sequelae

AAPA Category 1 CME: 1

Description: This session is designed to discuss adverse childhood experiences (ACEs), the scoring of ACEs, and the expected long-term sequelae. Participants will examine and evaluate in detail a number of the known ACEs, including witnessing and experiencing abuse in the household. Additionally, faculty discusses and explores some of the newer ACEs, such as bullying, community violence, and systemic racism. The goal is to educate about ACEs, and to establish a lens towards trauma-informed care of ACEs survivors as adults.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Define adverse childhood experiences (ACE) and discuss various types of ACEs
- Examine violence in the household as an ACE and discuss subtleties of detection and management
- Explore scoring of ACEs and expected long-term sequelae
- Briefly examine trauma-informed care with an ACE's 'lens' and know how to identify ACEs sequelae in adults

Primary Track: PEDS - Pediatrics

Anaphylaxis 2022 Guideline Update and Best Practices

AAPA Category 1 CME: 1

Description: Ideal for family practice, urgent care/ED and PAs in pediatrics, the session discusses the common triggers of anaphylaxis and those patients at high risk for adverse events. It covers the 2021 anaphylaxis practice parameters including rapid diagnosis, treatment, and follow-up care. The speaker evaluates the use of epinephrine autoinjectors, including how to help patients afford this often expensive treatment. Finally, the session identifies what is new in the field of anaphylaxis prevention how high risk infants can have the risk of anaphylaxis to peanut reduced by up to 90%.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss and recognize the signs and symptoms of an anaphylactic reaction including how to recognize the early signs and symptoms
- Summarize the decision-making process for determining when to use epinephrine
- Investigate the need for early epinephrine and the logic behind this recommendation including how epinephrine reverses all aspects of anaphylaxis
- Discover the different epinephrine auto injectors, discuss the cost and pro/cons of each and go through scenarios of actual patients with anaphylaxis
- Review the latest advances in the prevention of severe allergic reactions including new data on peanut anaphylaxis prevention

Primary Track: ALRG - Allergy/Immunology



Asthma Guideline Update

AAPA Category 1 CME: 1

Description: This session reviews the new NIH (U.S.) Guideline changes for the assessment and treatment of asthma in both pediatric and adult populations. The session also examines the 2022 GINA (International) Guidelines and shows how these international recommendations compare to the U.S. Critical changes have occurred in the past three years and it is vital that PAs understand treatment recommendation changes and how advances in biologic therapy have altered the asthma landscape.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Assess the new 2020 NIH Asthma Guideline Update, the first U.S. based asthma update since 2007, and discuss the significant changes that have occurred
- Recognize the key changes to the update and how these changes will impact our daily management of asthma for both adult and pediatric patients
- Compare the new U.S. based guidelines with well recognized international asthma guidelines (GINA)
- Recall current FDA approved treatments and how these guidelines may differ from what is FDA approved
- Construct a plan for the implementation of the treatment changes that are right for your particular patient population

Primary Track: PULM - Pulmonology

Atopic Dermatitis and Alopecia Areata

AAPA Category 1 CME: 1

Description: This session provides education to assist clinicians in providing patient- centered care for atopic dermatitis (AD) and alopecia areata (AA) through a greater understanding of their immunological pathways, treatment considerations, impact of these conditions on patients' QoL, the latest data on emerging treatment, and how to apply this information into practice.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the pathophysiologic underpinnings of AD and AA
- Describe the risk factors and common comorbidities associated with AD and AA
- Explain burden of disease of AD and AA from a holistic standpoint, incorporating clinical and psychosocial elements



- Summarize clinical profiles of novel and emerging therapies, including MOAs, efficacy, and safety

Primary Track: DERM - Dermatology

Basic Principles of Culturally Sensitive Care of Sexual and Gender Diverse Patients (Including LGBTQ+)

AAPA Category 1 CME: 1

Description: Sexual and gender diverse patients have unique health concerns which can often be complicated by a variety of psychosocial issues. Education on the unique needs of diverse patients is increasingly recognized in medical education; however, the populations remain underrepresented and suffer from disparities. Complexity of intersecting minority status including race is addressed in this session. PAs will leave the session with concrete opportunities to improve cultural sensitivity as providers and within their practices.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize medical terminology necessary to support a culturally sensitive patient history
- Apply current knowledge to the medical care of diverse patients across the lifespan
- Describe treatment goals for the medical care of SGM patients across the lifespan
- Enhance access to medically necessary therapies for SGM patients across the lifespan

Primary Track: DIVR - Disparities/Diversity

Bipolar Disorder: Mania, Melancholy, and Maintaining Wellness

AAPA Category 1 CME: 1.25

Description: This session is part of the Mental Health Symposium. Bipolar Disorder is one of the most misdiagnosed mental health disorders. This session outlines and explains the criteria for diagnosis as well as explores the nuances to helping patients reach the appropriate diagnosis and treatment options. Patients can be managed and experience wellness and recovery when properly diagnosed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Overview of bipolar disorder (BPD)
- Discuss how BPD differs from other mental health diagnoses
- Review therapeutic interventions
- Recognize associated Impairments of BPD



Primary Track: PSYC - Psychiatry

Boost Patient Safety and Provider Well-being by Enhancing Psychological Safety

AAPA Category 1 CME: 0.75

Description: Medical errors carry high consequences for patients, their families, and the healthcare team members involved in the error occurrence. Medical errors may be prevented and professional well-being preserved through the intentional cultivation of psychological safety in the healthcare workplace. Several national organizations, including the Agency for Healthcare Research and Quality (AHRQ) and the Institute for Healthcare Improvement (IHI), endorse the importance of psychological safety in improving patient safety. Empirical research has demonstrated associations between psychological safety and related concepts and healthcare professional well-being. PAs serve as both formal and informal leaders in the healthcare workplace and are therefore well positioned to advocate for psychological safety. Using tools developed by both AHRQ and IHI, PAs can take practical steps to reinforce the psychological safety of their healthcare teams.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize how psychological safety influences patient safety and provider well-being
- Evaluate behaviors that may undermine psychological safety on healthcare teams
- Formulate action plans to increase psychological safety on healthcare teams

Primary Track: HPOL - Health Policy/Law/Legislation/Regulations

Bottom's Up: An Overview of Colorectal Cancer

AAPA Category 1 CME: 0.75

Description: This session covers principles of colorectal cancer, including incidence, current screening guidelines, diagnostic workup, primary treatments and survivorship care.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Follow screening guidelines for colorectal cancer
- Complete diagnostic workup for colorectal cancer
- Know primary treatments for colorectal cancer
- Implement comprehensive survivorship care for patients with a history of colorectal cancer

Primary Track: HEMO - Hematology/Oncology



Brain Health Matters: What You Can Do To Keep Your Patients From Cognitive Decline As They Age

AAPA Category 1 CME: 1

Description: There is increasing evidence and agreement that promoting brain health earlier in life can strengthen the brain's resistance to brain conditions later in life. Rapidly advancing science points to the ability to reduce dementia risk and enhance cognitive function and health as individuals age. Evidence is clear that lifestyle and health factors affect cognitive function and interventions that promote brain health earlier in life can have a positive impact on delaying or preventing cognitive decline with age. Until now attention has primarily focused on patients already exhibiting symptoms of cognitive decline, with an emphasis on early detection and diagnosis of dementia. This session focuses on providing PAs in both primary and specialty care with knowledge and skills to incorporate brain health into the care of adults, especially those at risk for cognitive decline, before they experience changes in cognitive abilities or function.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify risk factors across the life course that have been shown to be associated with increased risk for cognitive decline with age
- Identify patients with high risk for cognitive decline in middle age
- Describe strategies that can be used in clinical practice to improve brain health among those at higher risk for cognitive decline with increasing age

Primary Track: NEUR - Neurology

Building the Foundation: Trauma-Informed Care and Implementation in Healthcare Settings

AAPA Category 1 CME: 1

Description: Trauma-informed care is a concept that is applicable to a variety of different environments, and is encompassed by an effort to shift the dialogue from 'What's wrong with you?' to 'What happened to you?' In today's sociopolitical environment, the focus on the trauma associated with systemic racism, poverty, community violence, and interpersonal violence can be overwhelming. This session is designed to help participants understand the background of trauma-informed care, the foundational elements of delivering trauma-informed care, and give providers actionable tasks and ideas to apply to any care environment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review various conditions and events that contribute to trauma, including social determinants of health, systemic racism, and interpersonal violence
- Define trauma-informed care and discuss the 'building blocks' for trauma-informed care



- Analyze various components of trauma-informed care and real-life applications of these components
- Evaluate and apply components of trauma-informed care to healthcare settings in an achievable and realistic framework

Primary Track: PROF - Professional Role/Professional Practice

Can You Hear Me Now? Inner Ear Emergencies

AAPA Category 1 CME: 1

Description: Inner ear emergencies are often missed or misunderstood, but timely identification and treatment can mean the difference between recovery and disability. This session reviews the three main types of inner ear emergencies (sudden sensorineural hearing loss, vestibular neuritis, and acute labyrinthitis), how to identify them, how to treat them, and how/when to refer patients. The presentation is intended for PAs in primary care (family medicine and internal medicine), urgent/emergent care, and ENT.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Differentiate the basic types of acute inner ear pathologies and their respective treatments
- Recognize key history and exam findings to help guide next steps in evaluation and treatment
- Identify referral criteria and implement options

Primary Track: ENT - Ears/Nose/Throat

Challenges in Communicating Across Cultural Differences

AAPA Category 1 CME: 1

Description: In a time when there are increasing pressures on metrics such as patient satisfaction scores and intangibles like culture awareness, how we communicate can be an opportunity for success, but also for failure. This session will help identify common areas for miscommunications to develop that can result in stressful interactions - with patients, colleagues, and leadership.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define cross-cultural communication
- Identify the four basic elements of cross-cultural communication
- Describe strategies for communicating in a cross-cultural environment



- Examine barriers and challenges to cross-cultural communications
- Implement these principals and strategies in professional practice settings

Primary Track: DIVR - Disparities/Diversity

CKD for the Non-Nephrologist

AAPA Category 1 CME: 1

Description: Kidney disease is common. One in 7 U.S. adults or 15% of the population have it but it is often missed, even in 2021. Ninety percent of patients with chronic kidney disease (CKD) do not know that they have it. It is vital to diagnose CKD because of the personal costs, which include increase in heart attacks, strokes, or early death, and the societal cost of CKD care, which is larger than the budget of the NIH + NASA added together! CKD staging and eGFR calculators have gone through a transition with new race/gender modifiers. There are new treatments and guidelines that have been proven to slow progression of CKD. However, these interventions must occur early in the disease. This session provides the most up-to-date diagnosis and management of kidney disease.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the updated definition of CKD highlighting race and gender modifiers for staging CKD 1-5
- Discuss both the causes and treatments of CKD
- Demonstrate proven methods to prevent progression of CKD in patients including new dietary interventions

Primary Track: NEPH - Nephrology

Combining Theory and Practice: How Understanding Patient Behavior Can Improve Health Outcomes

AAPA Category 1 CME: 1

Description: Health behavior theory can be used to understand and explain why patients choose to adopt or reject specific health behaviors. There are multiple theoretical constructs that can be incorporated into clinical practice. Improving patient-provider communication is vital to increasing patient adherence and reducing health disparities. PAs can be innovators and leaders in healthcare by utilizing theory-based frameworks to address health disparities.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define the role of health behavior theory in patient care



- Apply constructs of the health belief model, social cognitive theory, and transtheoretical model to the patient experience
- Describe how incorporating health behavior theory into clinical practice can reduce healthcare disparities

Primary Track: DIVR - Disparities/Diversity

Common Skin Infections and Infestations

AAPA Category 1 CME: 0.75

Description: Dermatological conditions continue to be a major cause of morbidity and mortality globally. For many PAs, making a diagnosis and treatment plans can be daunting. This session covers the latest evidence-based management of skin infections and infestations across the life span. This session will cover the clinical features, differential diagnosis, and management of various skin infections and infestations. Using a case-based approach, the epidemiology, host/pathogen factors, disease mechanisms, transmission, and treatment guidelines are also addressed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the clinical presentation of common skin infections and infestations seen in primary care settings
- Discuss the differential diagnosis and management of common skin infections and infestations
- Recognize life threatening skin infections and appropriately refer patients to specialized dermatology care
- Discuss pharmacological and non-pharmacological interventions for skin infections across the life span

Primary Track: INFD - Infectious Disease/HIV

Constipation: Implications and Actions

AAPA Category 1 CME: 1

Description: Constipation is more than a box to click on our review of systems template. Constipation has far reaching effects and has a significant impact on our patient population. It is one of the most common digestive complaints, affecting nearly 20% of Americans. Neurologic and psychiatric diseases also have a high prevalence of constipation. This problem is often under-appreciated and not recognized until complications or sequelae develop. This session covers causes, assessment, and a multi-modal approach to this problem.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Compare and contrast functional versus organic constipation
- Describe the key elements of the history and physical findings for a patient with constipation
- Describe the diagnostic workup of constipation
- List the common medical conditions and medications that cause constipation
- Summarize primary and secondary interventions to treat constipation

Primary Track: GAST - Gastroenterology

Contraception Choices

AAPA Category 1 CME: 1

Description: Woman empowerment starts with reproductive choice. This session outlines all the available options to date and how to perform shared decision-making with each patient.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the various options available to women including hormonal and non-hormonal
- Discuss the different factors at play when deciding on the best option, including menstrual cycle history and preference
- Review the available treatment options for the lactating and non-lactating person

Primary Track: OBGY - Obstetrics and Gynecology

COPD Treatment Update

AAPA Category 1 CME: 1

Description: The GOLD COPD Guidelines are published annually and are the backbone of COPD care worldwide. In addition, the American Thoracic Society (ATS) published the new pharmacologic treatment recommendations for COPD in February 2020. Both the ATS and GOLD guidelines include strong recommendations supporting the use of LAMA/LABA therapy; however, up to 75% of patients with COPD are on a steroid inhaler either alone or in combination therapy. This is directly against ATS and GOLD recommendations and the negative impact of this therapy is considerable including increased risk of pneumonia and URIs. This session outlines these recommendations, as well as the accurate diagnosis of COPD outside of the pulmonary office. This rapid session is ideal for providers who are in family practice, internal medicine or ED/urgent care.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Examine the 2021 GOLD and the 2020 American Thoracic Society COPD diagnosis and treatment recommendations
- Explain the guidelines and how they can be used daily in primary care and other non-pulmonary office settings
- Identify the advantages of using current guidelines with patients in increased efficacy and decreased adverse effects
- Discover easy-to-implement changes to improve care of COPD including reduction of readmission of hospitalized COPD patients

Primary Track: PULM - Pulmonology

Core Concepts in Wilderness and Austere Medicine

AAPA Category 1 CME: 1

Description: This session covers the general concepts and unique characteristics of wilderness medicine. The session includes an overview of common topics in wilderness medicine including environmental emergencies, patient assessment, drowning, CPR considerations, musculoskeletal injuries, advanced hemorrhage control, HEENT injuries, envenomation, medical kits, and wound management. The session also highlights the role of PAs in wilderness medicine, including practice and advanced training opportunities.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define the core principles of patient assessment, stabilization, and evacuation in the wilderness environment
- Identify the signs and symptoms of hypo/hyperthermia and their management in the wilderness environment
- Identify the signs and symptoms of anaphylaxis and envenomation and their management in the wilderness environment
- Demonstrate understanding of wound care and advanced hemorrhage control techniques (pressure dressing/tourniquet use) in the wilderness environment
- Identify musculoskeletal emergencies(fractures/dislocations) and their treatment (immobilization/reduction) in the wilderness environment

Primary Track: EMER - Emergency Medicine



Critical Thinking: Eliminating Race-based Practices in Clinical Medicine

AAPA Category 1 CME: 1

Description: This session examines the use of race in clinical algorithms (including decision-making tools and practice guidelines) used in medicine and propose questions to consider when utilizing clinical guidelines. Medicine understands race as a social construct, but conceptions of race by medical professionals nevertheless deleteriously affect people of color. Race finds its way into diagnostic and practice guidelines with high potential for negative outcomes even when it is invoked with the intention of correcting implied biases. Unfortunately, this reinforces the system of race-based medicine that uses race as a biological scientific construct. This session scrutinizes the underlying data and assumptions of some of these clinical algorithms (like eGFR) and demonstrate how biases are embedded. Speakers will propose three questions PAs should ask before considering any race-embedded algorithm.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Examine how race is used in clinical algorithms, guidelines, and decision-making tools
- Discuss how understanding race in clinical tools is important for health equity
- Apply a three-question test when teaching and applying clinical algorithms

Primary Track: DIVR - Disparities/Diversity

Development of Burnout in Clinical Students: Current Understanding and Future Directions

AAPA Category 1 CME: 1.5

Description: A panel of experts engage in a discussion on the current state of research on clinical student burnout and well-being and where our knowledge needs to grow.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize what burnout looks like in clinical students
- Recommend steps that may be taken to reduce burnout or enhance well-being in clinical students
- Discuss areas for future research

Primary Track: PROF - Professional Role/Professional Practice



Diabetes Technologies: Integrating Guidance, Gadgets and Gizmos

AAPA Category 1 CME: 1

Description: This session is part of the Diabetes Symposium. The spectrum of clinical presentation, classification and disease progression of diabetes varies considerably from pre-diabetes to advanced diabetes with multiple complications. Blood sugar control is declining overall among adults with diabetes while the variety of available diabetes technologies surges. How can the primary care provider keep up with and apply the available technologies to help change this trend? This session aims to present strategies for primary care providers to offer the most appropriate technologic interventions to their patients with the most common forms of diabetes.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the classification and diagnosis of the most common forms of diabetes
- Compare and contrast the spectrum of available blood glucose data collection options
- Review consensus guidelines for most appropriate use of glucose monitoring technologies
- Analyze and interpret glycemic trends using ambulatory glucose profiles
- Explore case-based scenarios within the diabetes spectrum to apply most appropriate technologies

Primary Track: ENDO - Endocrinology

Does the Wolf Still Bite? 2022 Lupus Update

AAPA Category 1 CME: 1

Description: Systemic Lupus Erythematosus (SLE) is an inflammatory condition that potentially can affect multiple organ systems. Due to scientific medical advances, morbidity and mortality associated with SLE has improved in recent decades. However, there is still much to do regarding early recognition and optimum treatment for this condition. Teams of health professionals, including PAs, from various medical specialties working together will yield best outcomes. Recognizing the health disparities and how lupus affects persons of varying ethnicity is also important. This sessions provides a review and update of diagnostics, treatment, and monitoring approaches for SLE.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Outline the diagnostic criteria and differential diagnosis for SLE
- Utilize basic approaches to management of SLE including steroids, DMARDs, and biologics
- Perform routine monitoring for disease complications and comorbidities

Primary Track: RHEU - Rheumatology



Does This Kid Have Asthma?

AAPA Category 1 CME: 0.75

Description: Asthma is very common in children, but diagnosing can present a challenge for PAs, especially in the young child. This session covers the importance of recognizing and diagnosing asthma in children. The session outlines key points in the history and evaluation of children who may have asthma, and apply the diagnostic approach through case studies.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Become familiar with using diagnostic indices for asthma
- Recognize high risk populations in children raising their risk for having asthma
- Review how to interpret simple spirometry in children

Primary Track: PULM - Pulmonology

(Don't) Just Feed Them, Already! A Thoughtful Approach to Nutrition Emergencies

AAPA Category 1 CME: 1

Description: Anorexia nervosa has the highest fatality of all psychiatric diagnoses, partially due to the physiologic consequences of starvation. Nutritional rehabilitation of starved patients can also be deadly when complicated by refeeding syndrome and Wernicke's encephalopathy. This session provides a patient case-based review of anorexia nervosa, starvation, and the potential perils of nutritional rehabilitation. With clinical pearls presented by the faculty, this session paints a memorable picture of these three life-threatening nutrition emergencies, reinforcing prompt diagnosis, and discussing a thoughtful, evidence-based approach to management. Patients with anorexia nervosa, refeeding syndrome, and Wernicke encephalopathy can be seen in virtually every setting, from pediatric clinics to the emergency room to the intensive care unit, making this session broadly applicable to many disciplines.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the epidemiology of anorexia nervosa, Wernicke's encephalopathy, and refeeding syndrome
- Analyze the pathophysiology of starvation
- Recognize the clinical manifestations of anorexia nervosa, refeeding syndrome, and Wernicke's encephalopathy
- Explain diagnosis and appropriate management of anorexia nervosa, refeeding syndrome, and Wernicke's encephalopathy



- Describe appropriate nutritional rehabilitation and maintenance therapies for a starved patient

Primary Track: NUTR - Nutrition

Elevated PSA and Diagnosing Prostate Cancer

AAPA Category 1 CME: 1

Description: It is estimated that one in six men will be diagnosed with prostate cancer in their lifetime. Early detection is important for overall survival and primary care providers must be comfortable discussing the initial screening and know when to refer patients to urology. Prostate cancer is a complex disease where some men will need aggressive treatment and others can simply be observed without ever receiving any form of treatment, so it is important to have a basic knowledge of risk factors and criteria that ultimately make the disease more aggressive for some men. This session explains the importance of PSA testing and at what age to begin screening. The session covers recent improvements in technology that make prostate biopsies more accurate and help with overall treatment decisions, and concludes with case presentations where screening and technology helped influence treatment outcomes.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the history of screening for prostate cancer and the controversy that existed for many years about PSA testing
- Describe a normal PSA level in different decades of life and when to refer to a urology provider
- Explain a prostate MRI and what information it gives a healthcare provider
- Describe a standard prostate biopsy and the advantages to an MR Fusion prostate biopsy

Primary Track: HEMO - Hematology/Oncology

Emergency Medicine Tricks of the Trade: What the Textbooks Do Not Teach You!

AAPA Category 1 CME: 1

Description: Often some of the best emergency medicine pearls are learned from clinical experience and not from reading a textbook. This session provides tricks that can be used in an urgent care center or emergency department, including wound management, orthopedics, pediatrics, and more. Participants will leave this session with new knowledge and skills to improve patient care.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe new tips and tricks that can help facilitate patient care



- List new ways to solve old problems
- Review how to improvise in the emergency department

Primary Track: EMER - Emergency Medicine

Emergency Medicine Update: A Case-Based Review of Recent Impactful Literature

AAPA Category 1 CME: 1

Description: Using a case-based format, this session summarizes the current emergency medicine literature. New literature is published continuously across numerous journals. While review of this research is critical to maintaining evidence-based practice, limited time, and access are potential barriers to staying up-to-date. The presenter has filtered the vast quantity of recent emergency medicine literature to present the most relevant articles for practice and content highly applicable to outpatient acute care. Topics include pediatric pneumonia management, firearm injuries, blunt cerebrovascular trauma, acute extremity pain, migraine management, orbital fractures, intravenous fluids, COVID lung ultrasound, and Lyme disease. This session will empower clinicians to make evidence-based decisions in frequently encountered emergency medicine and acute-care situations.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize and discuss Lyme disease treatment options in pediatric patients
- Analyze firearm injury patterns presenting to the emergency department
- Appraise the use of opioids in the management of acute extremity pain
- Outline the role of screening imaging in blunt cerebrovascular trauma
- Discuss parenteral treatment options in acute headache

Primary Track: EMER - Emergency Medicine

Expedited Hepatitis C Cure for the Primary Care PA

AAPA Category 1 CME: 0.75

Description: Hepatitis C infections are increasing across the country, especially in rural areas where specialty care is limited. The WHO has created an ambitious plan of eliminating hepatitis C by 2030. PAs in primary care are uniquely positioned to help cure hepatitis C in their patient population. The American Academy of the Study of Liver Disease has created an expedited cure protocol to help assist primary care providers with curing their patients of this potentially deadly disease. This sessions covers the expedited protocol making primary care PAs comfortable with curing hepatitis C and provide expert recommendations for optimizing success in curing hepatitis C.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the current hepatitis C epidemic and the health risks associated with chronic hepatitis C infection
- Perform screening in appropriate patient populations, confirmation of chronic hepatitis C, and staging of liver fibrosis
- Apply the American Academy of the Study of Liver Disease (AASLD) expedited guidelines to provide cure to patients with hepatitis C

Primary Track: INFD - Infectious Disease/HIV

Fast 15: Beware the Double Halo The Dangers of Button Batteries

AAPA Category 1 CME: 0.25

Description: Ingestion of button batteries is a surgical emergency which requires immediate identification of the ingested object on radiography and prompt surgical consultation for removal. Any delay in the patient's care could cause severe ramifications.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the clinical symptoms and radiographic signs of button battery ingestion
- Rapidly formulate a plan for the patient with button battery ingestion

Primary Track: PEDS - Pediatrics

Fast 15: COVID-19 Vaccine Effectiveness in Immunocompromised Patient Populations

AAPA Category 1 CME: 0.5

Description: Immunocompromised patients are at high risk of infection with COVID-19 and vaccination is crucial to protect these patients. However, immunocompromised patients may not exhibit a robust immune response to the COVID-19 vaccines, given their immunocompromised state, myelosuppressive chemotherapy, and immunosuppressive medications for transplant. This session covers how much protection is conferred to these patients after full COVID-19 vaccination and what recommendations are provided for further protection for this vulnerable patient population.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify immunocompromised patient populations
- Discuss immunocompromised patients' serological response to COVID-19 vaccination



- Identify recommendations for ensuring protection from COVID-19 in immunocompromised patients

Primary Track: COVID - Covid-19

Fast 15: How to Perform an Anal Pap

AAPA Category 1 CME: 0.5

Description: What is an anal pap? Learn how to perform an anal pap and the who, what, when, where, and why of screening for anal cancer and HPV. No national recommendations exist for screening for and preventing anal cancer, despite increasing rates particularly among certain populations. These include people living with HIV, men who have sex with men, patients with iatrogenic immunosuppression, and patients with gynecologic HPV-related disease. Anal dysplasia experts currently follow an algorithm similar to that of HPV-associated cervical dysplasia, but anal dysplasia and cervical dysplasia are not quite the same. The anal pap is a simple test that does not require special training or equipment, but the test is limited by low sensitivity and specificity. This sessions covers epidemiologic and clinical data and demonstrates how to perform an anal pap.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the standard screening options for anal dysplasia including the anal pap
- Consider an appropriate anal cancer screening and prevention plan at your clinical site
- Perform an anal pap smear

Primary Track: INFD - Infectious Disease/HIV

Fast 15: International PAs and PA Comparables: Current and Future Initiatives

AAPA Category 1 CME: 0.5

Description: This session is geared for PAs interested in where PAs exist globally. Case-based examples of where PA and PA comparables exist in the world is highlighted. Current and future global initiatives is also discussed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify where PAs and PA comparables are located in the world
- Discuss current and future initiatives with international PAs
- Describe PA and PA comparable scope of practice in a few countries

Primary Track: GLOB - Global Health/Travel Medicine



Fast 15: Reducing MRSA and Healthcare Associated Infections

AAPA Category 1 CME: 0.5

Description: Multi-drug resistant organisms (MDRO's) including MRSA continue to cause significant patient harm and increase healthcare costs. Previous efforts, utilizing contact isolation, MRSA screening and decolonization protocols have been largely ineffective in reducing transmission rates, healthcare-associated infections (HAI's), central line associated infections (CLABSI's) and surgical site infections (SSI's). This session provides new decolonization strategies which have led to dramatic reductions in HAI, CLABSI and SSI's without the burden and cost of contact isolation and worsening antibiotic resistance.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the pathogenesis of MSSA/MRSA transmission and subsequent infection
- Recall the failed containment strategies of universal screening and contact isolation
- Discuss mupirocin resistance
- Explain the benefits of universal nasal decolonization and chlorhexidine gluconate baths in healthcare facilities

Primary Track: INFD - Infectious Disease/HIV

Female Sexual Health: How to Ask, How to Help

AAPA Category 1 CME: 1

Description: This session is an evidence-based presentation providing a detailed discussion of sexual health. The session covers sexual health definitions, normal and abnormal symptoms, how providers can ask and help while also comparing various pathologic conditions that affect sexual health. Each pathologic condition will be discussed in detail summarizing the risk factors, etiology, symptoms, physical exam findings, diagnostic evaluation, and treatment. The session is applicable to all PAs practicing in primary care and in various medical specialties including gynecology, psychiatry, and emergency medicine.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Summarize the definitions pertinent to sexual health
- Describe normal and abnormal symptoms
- Summarize what we can do to help patients address sexual health concerns
- Compare and contrast the various pathologic conditions affecting sexual health
- Explain the risk factors, etiology and presenting symptoms of sexual health conditions

Primary Track: OBGY - Obstetrics and Gynecology



Female Urinary and Fecal Incontinence: What to do in the Primary Care Setting and When to Refer

AAPA Category 1 CME: 1

Description: Fecal and urinary incontinence among females can be socially stigmatizing and devastating to a patient's quality of life. Despite this, a large majority of females do not seek evaluation or treatment from a medical provider. PAs need to ask the right questions and provide a comfortable space for patients to discuss their symptoms. This session aims to provide knowledge for PAs in primary care to evaluate a female patient for both urinary and fecal incontinence, as well as offer options for treatment. The session provides a review of the anatomy and physiology of the bladder and rectum, appropriate history-taking, physical examination techniques, indications for advanced imaging, and treatment of these conditions.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the anatomy and physiology of the bladder and rectum/anus
- Recognize the different types of urinary incontinence by defining their discreet symptomatology and workup
- Discuss the updated recommendations for treatment of urinary incontinence in females
- Discuss the updated recommendations for treatment of fecal incontinence in females

Primary Track: OBGY - Obstetrics and Gynecology

Fibromyalgia for Primary Care Providers

AAPA Category 1 CME: 1

Description: This session focuses on the pathophysiology, signs and symptoms, diagnosis, and management of patients with fibromyalgia, a condition commonly seen in primary care. While these patients were often referred to rheumatology for management, this condition warrants a multidisciplinary approach to treatment which a primary care provider is well suited to coordinate. Participants will learn about abnormalities in the immune system, neurotransmitter levels, central pain processing, muscle function, sleep disorders, and endocrine disruptions seen in this patient population. Comorbid conditions associated with this enigmatic condition and potential genetic and environmental triggers are also explored in this session. Finally, evidence-based pharmacological options including FDA-approved medications and non-pharmacological treatments is discussed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss pathophysiology of fibromyalgia
- Identify triggers and comorbid conditions associated with fibromyalgia
- Diagnose fibromyalgia utilizing current ACR and/or AAPT criteria



- Formulate individualized treatment plans for patients with fibromyalgia using holistic approach
- Utilize appropriate pharmacotherapy for patients with fibromyalgia

Primary Track: RHEU - Rheumatology

From Cations to Anions and More: The Renal Labs

AAPA Category 1 CME: 0.75

Description: Evaluation of renal electrolytes is critical to the detection and diagnosis of both acute and chronic kidney disease (CKD). In this session, participants are presented with a brief overview of the most commonly ordered electrolytes along with the clinical implications encountered with electrolyte abnormalities. In addition, the role of osmolality, anion gap, BUN, creatinine, and urine protein: creatinine ratios in assessing CKD is discussed. Using a series of cases, participants are presented with patient scenarios that includes a discussion of electrolyte and renal lab results in order to promote better understanding of the concepts involved and highlight the significance of the renal labs in assessing kidney disease.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Evaluate the basic normal physiology and pathophysiology of the common renal electrolytes and other renal labs
- Identify the disease states indicated by specific combinations of renal lab abnormalities
- Establish clinical correlation of renal laboratory values to specific patient presentations

Primary Track: LABM - Laboratory Medicine

Glomerulonephritis (GN) for the Non-Nephrologist

AAPA Category 1 CME: 1

Description: Glomerulonephritis (GN) is a broad term used to define injury to the glomeruli. There are multiple types of GN, each with varying pathology. The incidence of GN is quite prevalent, as it is the third most common cause of end-stage kidney disease (ESKD), following diabetes and hypertension. Throughout this session, case studies is utilized to increase awareness of this diagnoses, including the clinical presentation of the various types of GN. Treatment options is also reviewed, including KDIGO treatment guidelines, as well as the downfalls and complications designed to enhance the participants knowledge of the various treatments. This session also covers what providers may see in their clinical practice from patients who carry the diagnosis of GN and are undergoing treatment.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Define and describe the major subtypes of GN
- Highlight the common clinical presentation of GN
- Using the KDIGO guidelines, review treatment options for GN discussing pros and cons of treatment modalities

Primary Track: NEPH - Nephrology

'Got an Eye on You!' How to Diagnose and Disposition Dangerous Causes of Red Eye for the Primary Care PA

AAPA Category 1 CME: 0.75

Description: Patients presenting to ambulatory clinics such as primary care offices, urgent care, and emergency departments with 'red eye' is a common chief complaint. Providers should be adept in differentiating causes of red eye that can easily be dispositioned in an outpatient setting and those that should be referred for urgent vs. emergent ophthalmological evaluation. This session aims to review important historical, physical exam, and diagnostic features that can help the clinician build an accurate differential diagnosis and know when and how to disposition and treat the patient appropriately.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the historical, clinical, and physical exam features of causes of 'Red Eye' that can be dispositioned safely as an outpatient
- Recognize the historical, clinical, and physical exam features of causes of 'Red Eye' that will need urgent vs. emergent referral
- Review common ophthalmologic diagnostics and physical exam features to build an accurate differential diagnosis to disposition and treat the patient appropriately

Primary Track: OPHT - Ophthalmology

Gout and Its Cousins: Crystal Arthritis 2022

AAPA Category 1 CME: 1.25

Description: Gout is a medical condition with a colorful medical history. Over time, understanding of gout has increased, such that providers have a deepened knowledge of the magnitude of this common ailment and its systemic affects. Gout is not alone in the crystal arthritis family as it has several 'cousins', such as pseudogout and other calcium crystals causing arthritis. This session provides a through



overview of gout, the most common type of inflammatory arthritis, and other crystal arthritides, including the recognition, workup, and treatment of these conditions.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Cite the risk factors and triggers for gout and other forms of crystal arthritis
- Distinguish gout from other forms of inflammatory arthritis
- Perform the appropriate work-up for gout and other forms of crystal arthritis
- Recommend appropriate treatment regimens for crystal arthritides

Primary Track: RHEU - Rheumatology

Hand Trauma Essentials

AAPA Category 1 CME: 0.75

Description: Hand trauma accounts for 11-20% of all emergency visits and can be a significant cause of disability. Early recognition, management, and referral of hand injuries are therefore of ultimate importance. Hand anatomy and physical examination are reviewed in this session, as faculty covers important topics such as fractures/dislocations, subungual hematoma, lacerations, foreign bodies, high pressure injection injuries, avulsion/amputation/deglowing injuries, compartment syndrome, and burns.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review important hand anatomy
- Summarize the key components of a good hand examination
- Discuss several common hand injuries and the initial emergency management of these injuries
- Identify important potential complications of these common hand injuries

Primary Track: EMER - Emergency Medicine

Heart Failure: Discussing Broken Hearts

AAPA Category 1 CME: 1

Description: The incidence of heart failure is increasing, despite improvements in therapy and the mortality rate for the condition has remained quite high. This session provides an overview of acute and chronic heart failure, management strategies, and prognostic indicators for poor outcomes associated with heart failure.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Outline the primary differences between acute and chronic heart failure
- Recognize signs of poor prognosis in patients with heart failure
- Discuss a management strategy for patients with advanced heart failure

Primary Track: CV - Cardiovascular

Hepatitis B Vaccination Update: New Recommendations from the ACIP

AAPA Category 1 CME: 0.75

Description: Vaccination rates for hepatitis B continue to be low for adults in the U.S. New recommendations from the Advisory Committee on Immunization Practices is recommending universal vaccination for all adults in addition to infant and childhood immunizations.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Informed of the epidemiology of acute/chronic hepatitis B in the U.S.
- Become aware of the morbidity and mortality of chronic hepatitis B infection from complications of cirrhosis and hepatocellular carcinoma (HCC)
- Select the currently available hepatitis B vaccines for the appropriate patients and schedule
- Review the new ACIP recommendations for universal vaccination against hepatitis B in adults in the U.S.

Primary Track: INFD - Infectious Disease/HIV

Hospital Medicine and PAs: Rules, Reimbursement, and Productivity

AAPA Category 1 CME: 1.25

Description: Rules and reimbursement related to the professional services provided by PAs in hospitals can be complex and often misunderstood. This session focuses on rules and regulations related to PA practice, Medicare compliance, and billing rules in special situations (e.g. split/shared billing, critical care, and teaching facilities).

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review rules and regulations affecting PA scope of practice in a hospital setting



- Discuss billing rules for inpatient and observation care, split/shared services, assisting at surgery, and critical care services
- Describe Medicare payment policies and requirements that affect the ability of PAs to deliver services in hospital and facility settings
- Recognize the implications surrounding allegations of fraud and abuse
- Identify methods of defining and measuring PA productivity and value

Primary Track: REIM - Reimbursement Issues/Business of Medicine

Hospital Thrombocytopenia: Navigating those Scary Three Letter Acronyms

AAPA Category 1 CME: 0.75

Description: This is a fast paced, cased-based, high energy presentation on the multiple etiologies of thrombocytopenia. Participants will be asked to become hospitalists and work through cases and interpret findings to determine likely etiology of thrombocytopenia and best treatment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize causes of thrombocytopenia in hospitalized patients
- Discuss workup of thrombocytopenia in hospitalized patients
- Review management of thrombocytopenia

Primary Track: HEMO - Hematology/Oncology

How Do I Effectively Help Persons with Rheumatoid Arthritis?

AAPA Category 1 CME: 1

Description: An estimated 1.3 million adults have rheumatoid arthritis (RA). During the last two decades, advances have been made in the understanding of the pathophysiology of this condition. This increased knowledge lends itself to improved diagnosis and treatment of inflammatory arthritis. Updated classification criteria for RA support the importance of early identification of those with this rheumatic disease. Biologics are important pharmacologic tools that can be used with traditional Disease Modifying Anti-Rheumatic Drugs (DMARDs) for appropriately selected RA patients. Updated RA treatment guidelines were published by the American College of Rheumatology in 2021. This session provides an update on the latest diagnostic and treatment options for rheumatoid arthritis to aid the non-rheumatology PA in providing care to persons with RA.

Learning Objectives

At the conclusion of this session, participants should be able to:



- Utilize the latest diagnostic approaches when evaluating persons with rheumatoid arthritis
- Identify the currently approved medications for rheumatoid arthritis
- Describe the risks, benefits and expectations of biologics in treating rheumatoid arthritis

Primary Track: RHEU - Rheumatology

How Genetics Can & Should Fit Into Your Practice: A Non-Genetics PA's perspective

AAPA Category 1 CME: 0.75

Description: Genetics can and should fit into daily PA practice, and it can be accomplished through improving the skills which PAs already have in their wheelhouse. This session prepares PAs to discuss how to address concerns patients may have regarding genetic testing, privacy, and dealing with genetic testing results.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Analyze 3-generation pedigrees and learn how to obtain them
- Identify resources which can assist PAs with obtaining a targeted family history for possible genetic causes of disease
- Describe patient motivations and concerns regarding genetic/genomic testing
- Review common presentations in primary care/specialty offices of disorders with genetic underpinnings

Primary Track: GENE - Genetics

HPV: Here, There, Everywhere

AAPA Category 1 CME: 1

Description: Human papillomavirus (HPV) is the most common sexually transmitted infection (STI). According to the U.S. President's Cancer Panel and the CDC, nearly 80 million people in the U.S. are currently infected with HPV and about 14 million people become newly infected each year. The CDC states that HPV is so common that nearly all men and women who have sex will get it at some point in their lives. Some HPV types can cause genital warts and are considered low risk, with a small chance for causing cancer. Other types are considered high risk, causing cancer in different areas of the body including the cervix and vagina in women, penis in men, and anus and oropharynx in both men and women. This session consists of a panel of three speakers who will review oral pharyngeal, anal and cervical HPV with regards to epidemiology, clinical presentation, diagnosis, and treatment. Challenges along with prevention strategies across the lifespan is also covered.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss current knowledge of HPV epidemiology, including cervical, anogenital, and oropharyngeal
- Describe sociocultural dynamics of HPV infection
- Identify current prevention, testing, and treatment strategies
- List future challenges and directions

Primary Track: INFD - Infectious Disease/HIV

Hypertension and Chronic Kidney Disease: An Unhappy Marriage

AAPA Category 1 CME: 1

Description: Hypertension and chronic kidney disease (CKD) share a devastating bidirectional causal relationship that contributes markedly to cardiovascular disease (CVD) and mortality. Hypertension is the most common primary diagnosis in adult general practice. CKD affects 39 million Americans and the numbers are also rising worldwide. Together, these two major public health problems demand the attention of all clinicians. Unfortunately, both are often unrecognized and poorly managed in primary care. To assist PAs in combating this bidirectional unhappy marriage between hypertension and CKD, this case-based session focuses on its underlying pathophysiology, the hypertension phenotypes commonly seen in CKD, the differential diagnosis and evaluation of hypertension in CKD, and the new guideline recommendations published in 2020, for the management of hypertension in adults with CKD.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the pathophysiologic mechanisms through which hypertension can cause kidney injury and through which kidney disease can cause hypertension
- Define the phenotypes of hypertension more commonly seen in chronic kidney disease (CKD) than in the general population and their important clinical implications
- Discuss the key points to consider in evaluating hypertension in patients with CKD
- Discuss the latest guideline-based recommendations for the management of hypertension in patients with CKD

Primary Track: NEPH - Nephrology



IHS: School-Based Testing Program on the Fort Apache Indian Reservation as Mitigation Layer During COVID-19 Pandemic

AAPA Category 1 CME: 0.25

Description: This session is part of the Indian Health Service Symposium. The session outlines the building of infrastructure and programming to develop and execute surveillance testing for COVID-19 at reservation schools on the Fort Apache Indian Reservation.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify and discuss goals for stakeholder engagement and cross-sector collaboration for a public health initiative on a Native American reservation
- Describe logistical planning and requirements to stand-up a COVID-19 surveillance testing program for K-12 educational establishments
- Discuss the importance of COVID-19 surveillance testing on contact tracing and underlying understanding of community disease prevalence in a small, rural community
- Review lessons learned developing and conducting a large public health initiative during the COVID-19 pandemic on a Native American reservation

Primary Track: PUBL - Public Health

Individualizing Breast Cancer Risk Assessment

AAPA Category 1 CME: 1

Description: One in eight American women will be diagnosed with breast cancer. Survivorship for breast cancer is closely tied to stage at diagnosis. The earlier a breast cancer is identified, the better the outcomes for the patient in terms of extent of surgery, side effects to treatment and long term prognosis. Individual risks include family history, genetics, breast health history, and lifestyle. By personalizing care, primary care and gynecology providers can partner with patients to determine their risk and recommend the best methods to be proactive for early detection or prevention.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify factors that increase the risk for breast cancer
- Integrate genetic testing in breast cancer prevention
- Explain breast imaging modalities
- Summarize breast cancer prevention strategies

Primary Track: HEMO - Hematology/Oncology



Introduction to Gender-Affirming Surgical Care

AAPA Category 1 CME: 1

Description: Passage of the Affordable Care Act allowed for a wider array of individuals, most notably, underserved and underrepresented, to have the choice to access gender-affirming surgical care. This has a tremendous impact on the healthcare system and requires PAs to step up in providing such specialty care. This session contains a brief introduction on language, terminology, and disparities. Next, the faculty focuses on World Professional Association for Transgender Health Version 7 Guidelines and the medico-legal aspects of providing gender-affirming surgical care in the U.S. Lastly, the session also covers pre-operative, intra-operative, and post-operative gender-affirming surgical care including top surgery, vaginoplasty, metoidioplasty, phalloplasty, craniofacial surgeries, orchiectomy, hysterectomy, and more.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define language and terminology pertaining to sexual orientation, gender identity, and sexual practices
- Evaluate World Professional Association for Transgender Health (WPATH) Version 7 guidelines and recommendations for gender-affirming surgery
- Discuss pre-operative, intra-operative, and post-operative care pertaining to gender-affirming surgical procedures

Primary Track: SURG - Surgery

Introduction to Point-of-Care Ultrasound

AAPA Category 1 CME: 0.75

Description: This case-based session provides a detailed discussion of the clinical utility of diagnostic Point-of-Care Ultrasound (POCUS) for patients with common complaints. The session includes a thorough discussion of the basics of POCUS and image acquisition, and indications and scope of POCUS of organ systems commonly evaluated by POCUS. Additionally, the session will provide an in-depth look at the current literature pertaining to use of diagnostic POCUS, while contrasting it with current standard of care. This session covers the positive impact POCUS can have on evaluation, prognostication, and treatment decisions for common complaints and diagnoses. Information from this session will be applicable to PAs practicing in many clinical specialties, from POCUS novice to expert alike.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Explain the basics of ultrasound physics and orientation



- Summarize scope, indications, and evidence for Point-of-Care Ultrasound (POCUS) of the heart, lungs, peripheral vasculature, and soft tissues
- Interpret POCUS images of the heart, lungs, peripheral vasculature, and soft tissues
- Contrast evidence for standard of care with POCUS

Primary Track: EMER - Emergency Medicine

Introductory Cognitive Behavioral Therapy Skills Course

AAPA Category 1 CME: 1

Description: This session provides a brief overview of the evidence and theory behind cognitive behavioral therapy (CBT), from applied clinical case studies. Provided during the training will be basic CBT therapeutic format and several common CBT skills which are applicable to medical, psychiatric, and academic settings.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe CBT as a therapeutic modality
- Provide an overview of treatment, including the formation of a therapeutic relationship and structure of therapeutic sessions
- Construct a cognitive conceptualization based on the cognitive model
- Define 'automatic thought' and its role in the cognitive model
- Provide examples of behavioral activation and hypothesis testing in the cognitive model

Primary Track: PSYC - Psychiatry

It's Not House of Cards: How Washington REALLY Works and How PAs Can Effectuate Positive Change

AAPA Category 1 CME: 1

Description: The session is designed to inform participants on how federal policy impacts the PA profession and how federal advocacy can improve PA practice. The session includes an overview of AAPA's current top federal policy priorities for 2022, as well as information on best practices for PA advocates.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review historical relationship between federal government and the PA profession
- Recognize how federal healthcare programs and the federal workforce impact the PA profession



- Review AAPA's current federal policy priorities and explain how advocacy can improve PA practice and patient care
- Identify best practices for federal advocacy, how to overcome challenges to achieve success, and PA-PAC

Primary Track: PROF - Professional Role/Professional Practice

Keeping Up With STIs

AAPA Category 1 CME: 1

Description: Participants will be introduced to the updated CDC guidelines for sexually transmitted infection (STI) prevention, screening, and management. These long-awaited guidelines include several revisions to recommendations, including those on the treatment of gonorrhea and chlamydia, the approach to expedited partner treatment, and several screening recommendations. Using a case-based format, participants will apply the guidelines to common clinical presentations.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe current STI epidemiology and disparities in health and healthcare in STI burden in the U.S.
- Choose an appropriate screening or testing strategy for each of the common STIs: gonorrhea, chlamydia, syphilis, herpes, HPV, HAV, HBV, HCV, and HIV
- Choose an appropriate treatment for each of the following STIs: gonorrhea, chlamydia, syphilis, herpes, and HIV
- Access the CDC STI guidelines and other primary resources for up-to-date patient care information on the management of STIs

Primary Track: INFD - Infectious Disease/HIV

Ketamine: Uses and Abuses

AAPA Category 1 CME: 1

Description: Initially, ketamine was primarily used for pediatric procedural sedation. Therapeutic uses have expanded to adult and pediatric patients, pain, rapid sequence intubation, refractory depression, refractory neuropathic pain, and more. Learn how ketamine's mechanism of action provides benefit to patients in such different disease states and learn how to be aware of the potential for ketamine abuse, how to monitor for such abuse, and why ketamine may be abused. Therapeutic uses of ketamine, including the different doses for different therapies is highlighted in this session, as well as monitoring for potential adverse effects, and the potential ways to abuse ketamine.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Explain how the mechanism of action of ketamine allows it to be used in different clinical situations
- Create protocols for use, and monitoring such use, of ketamine in the emergency department vs. intensive care unit vs. out-patient clinics
- Analyze patient symptoms and patterns indicating potential ketamine abuse

Primary Track: PSYC - Psychiatry

Keynote: Raising the Alarm for Clinician Burnout and the Need to Support Well-Being

AAPA Category 1 CME: 0.5

Description: In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience. Learn about their past and future contributions to the movement to address burnout by convening, publishing, and shaping the national conversation along the priority areas of leadership engagement, breaking the culture of silence, organizational promising practices and metrics, workload and workflow, action on consensus report recommendations, and sustainability. Note: This session is part of the Symposium on Clinician and Clinical Student Well-Being within a Team-Based Environment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Summarize the work that the National Academy of Medicine has undertaken to foster the movement to address clinician burnout
- Recommend resources that are available to address clinician burnout

Primary Track: PROF - Professional Role/Professional Practice

Kicking the Stigma in Your Community: A Panel Discussion With the Indianapolis Colts and Your PA Colleagues

AAPA Category 1 CME: 1

Description: Take home lessons from 'Kicking the Stigma,' a community-based mental health initiative founded by the Indianapolis Colts and the Irsay family in late 2020. The 'Kicking the Stigma' program aims to raise awareness about mental health disorders and remove the shame and stigma too often associated with these illnesses. In this session, AAPA President Jennifer Orozco hosts a panel discussion with Kalen Jackson, vice chair and owner of the Indianapolis Colts, other integral members of the Colts' 'Kicking the Stigma' team, and your PA colleagues who shares the lessons they've learned as they've



worked to kick the stigma in their own communities. The session highlights challenges they've faced and opportunities they've found while gaining insight into how to successfully launch a locally-based mental health initiative. After hearing the experiences of the panel participants, you'll be equipped with the skills to help kick the stigma in your own community.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the prevalence of mental health disorders and how they affect individuals, families, and the community
- Identify ways that shame and stigma prevent sufferers from seeking appropriate care
- Summarize current approaches to reducing the shame and stigma of mental health that have been successful
- Reflect on how shame and stigma related to mental health disorders may affect one's own patient population and formulate approaches to reduce barriers to care

Primary Track: PSYC - Psychiatry

Lab Medicine Emergencies

AAPA Category 1 CME: 1

Description: This session is high energy, case-based, and entertaining presentation on management of critical laboratory values requiring emergent intervention. It covers hyponatremia, hypercalcemia, hyperkalemia, as well as acute thrombocytopenia. Participants will be asked to virtually fly to Mayo Clinic in Rochester, MN, and join the Hospital Medicine team caring for complex hospitalized patients.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the clinical features and complications of hyponatremia and describe its management
- Recognize the differential diagnosis and complications associated with hyperkalemia and appropriate management
- Recognize the differential diagnosis and complications associated with hypercalcemia and appropriate management
- Recognize the differential diagnosis and complications associated with acute thrombocytopenia and appropriate management

Primary Track: HOSP - Hospital Medicine



Labs in Low Places: A Guide to Managing Nutritional Deficiencies After Bariatric Surgery

AAPA Category 1 CME: 0.75

Description: This session is part of the Nutrition and Obesity Symposium. This session provides PAs in primary care with a guide to the identification and management of nutritional deficiencies for the most frequently performed bariatric surgeries in the U.S. today.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the most common nutritional deficiencies according to bariatric surgery type
- Select the most appropriate laboratory screening measures and intervals according to bariatric surgery type
- Identify the most appropriate clinical interventions according to nutritional deficiency and bariatric surgery type

Primary Track: NUTR - Nutrition

Language of Fractures: Finding the Words to Describe Musculoskeletal Radiology

AAPA Category 1 CME: 0.75

Description: This interactive session is designed to provide the basics for musculoskeletal radiology when identifying and describing fractures. The language of fractures may be complex and simplifying common terminology allows for succinct description of injuries based on location, type, pattern, and displacement. Anatomy is reviewed and a case-based discussion highlights common fracture presentations. Pediatric fractures and concerning features on imaging is also included. The overall purpose of this session is to understand the characteristics of a fracture and communicate these findings accurately.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize common radiographic findings associated with orthopaedic injuries of the extremities
- Define common fracture terms used to describe the type and pattern of musculoskeletal injuries
- Describe a fracture in terms of site, location, configuration, articular involvement, and potential for physeal extension
- Determine amount of fracture displacement including translation and angulation
- Identify and describe worrisome features associated with pathologic fractures

Primary Track: ORTH - Orthopaedics



Level Up Your Hospice Skills: Hospice for the Non-Hospice Provider

AAPA Category 1 CME: 1

Description: This session defines and reviews the spectrum of palliative medicine with a concentration on hospice care. Appropriate for all PAs, participants will gain a new or better understanding of the expectations with hospice care, hospice eligibility, and hospice appropriate goals of care. The Medicare Hospice guidelines is highlighted as well as disease specific guides for hospice eligibility. Case studies are utilized to better demonstrate when to consider hospice and palliative care for patients. Additionally, there is a brief review of how to discuss hospice with patients. Lastly, the legislative changes now allowing PAs to work in hospice is discussed. All PAs who participate in this session will gain a leveled-up knowledge of hospice to better serve patients with serious and chronic illness.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Differentiate between Palliative Medicine and Hospice Care
- Examine the guidelines for hospice eligibility including a basic recognition of CMS rules and regulations
- Recognize hospice appropriateness through specific cases
- Learn how to refer patients to hospice

Primary Track: GERI - Geriatrics

Life After Head/Neck Cancer: The Role of the APP in Survivorship

AAPA Category 1 CME: 1

Description: Head and neck cancers constitute the sixth leading cause of cancer worldwide, and there are approximately 60,000 new cases diagnosed annually in the U.S. In addition to tobacco and alcohol, human papillomavirus (HPV) is a leading cause of head and neck squamous cell carcinoma (HNSCC), specifically in the oropharynx. While HPV-positive HNSCC has a significantly improved prognosis compared to HPV-negative HNSCC, toxicity from disease and treatment can lead to long-term side effects and disabilities. As the numbers of head and neck cancer survivors increase, current models of care will be inadequate. Implementation of new care processes will be crucial to better address quality-of-life issues and meet the needs of survivors. The goals of the APP lead head and neck cancer survivorship clinic are to monitor and manage late toxicities and psychosocial needs and to standardize ongoing surveillance. This proves the vital role APPs play in cancer management.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define head and neck cancer and review treatment side effects and management
- Review deescalated treatment side effects and management



- Define survivorship for head and neck cancer
- Express the important role APPs and RNs play in survivorship
- Discuss the current state of HPV vaccination in the U.S.

Primary Track: HEMO - Hematology/Oncology

Lung Assessment: Realizing Current Assessment Technique Limitations and an Introduction to the Power of Pleuropulmonary (Chest) Ultrasound

AAPA Category 1 CME: 0.75

Description: A 200-year history of the technologies utilized for assessment of the lung, from the stethoscope to the CT scan, is presented in brief as well as the published limitations of these technologies. The basics of pleuropulmonary (lung) ultrasound is introduced and the diagnostic accuracy is compared to those previous technologies, illuminating the power available to the appropriately trained PA at the bedside.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the limitations of the technologies historically available for evaluation of the lung
- Describe the fundamental starting point for evaluation of the lung
- Describe how to 'DAG' an image for lung ultrasound
- Recognize basic 'lung Semiology'
- Identify the basics of navigating the 'BLUE Protocol'

Primary Track: PULM - Pulmonology

Lung Cancer, Anything But Basic

AAPA Category 1 CME: 0.75

Description: The thoracic oncology lung cancer update will start with the baseline incidence and basics of lung cancer. This session also covers the evaluation and workup of a patient in the ambulatory clinical setting with a lung nodule or diagnosed lung cancer. The outpatient workup review is beneficial for primary care providers to understand and shorten the patients waiting time to have informed conversation with thoracic oncology specialist. Outpatient workup starts with general tests, diagnosis and staging of lung cancer. The second part of this session takes the workup a step further to highlight staging, treatment, and even post treatment survivorship. After a brief introduction into the staging systems, the session covers proper treatment therapies at each of those stages of cancer and current



research to support those therapies. Finally, the session outlines the patients needs after completion of oncologic treatment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Know incidence and lung cancer basics
- Discuss lung cancer screening and diagnostics included in the work up of lung cancer
- Analyze the current staging system and standards of care
- Discuss lung cancer survivorship

Primary Track: HEMO - Hematology/Oncology

Management of Headache Following Concussion/Mild Traumatic Brain Injury

AAPA Category 1 CME: 1

Description: Mild Traumatic Brain Injuries (mTBIs) or concussions are commonplace occurrences with post traumatic headache (PTH) as a common sequelae. This session distinguishes the common types of PTH, their pathophysiology, diagnosis, and management, both pharmacologic and non-pharmacologic.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the occurrence of post-traumatic headache (PTH) following a concussion/mild traumatic brain injury (mTBI)
- Discuss current thoughts on the pathophysiology of PTHs
- Distinguish between the common PTH types
- Apply methods to assess, diagnose and manage common PTH types
- Manage non-pharmacologic and pharmacologic treatments

Primary Track: NEUR - Neurology

Management of Patients with COVID-19: An ICU Perspective

AAPA Category 1 CME: 1

Description: Healthcare workers of all specialties are being impacted by COVID-19, specifically those working in higher acuity areas like the ICU. This session focuses discussion on the complexities of managing COVID-19 patients in the ICU, the programs and services various institutions have deployed to care for these patients and to support ICU providers, as well as what lessons we can learn from this pandemic to promote patient care and prevent or mitigate provider burnout moving forward.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Stimulate a dialogue on successful response, crisis communication, and education within healthcare systems as it relates to the COVID-19 pandemic
- Share strategies used to address the social and cultural experiences as well as challenges faced by ICU providers during the COVID-19 pandemic
- Discuss various treatments, resources, and programs designed by healthcare institutions implemented for patients with COVID-19 and its complications

Primary Track: COVID - Covid-19

Manifestations of Burnout in Clinicians: Current Understanding and Future Directions

AAPA Category 1 CME: 1

Description: A panel of experts engage in a discussion on the current state research on clinician burnout and well-being and where our knowledge needs to grow.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize what burnout looks like in clinicians
- Recommend steps that may be taken to reduce burnout or enhance well-being in clinicians
- Discuss areas for future research

Primary Track: PROF - Professional Role/Professional Practice

Mastering the Art of Feedback

AAPA Category 1 CME: 1

Description: Most people agree that feedback is important. Feedback helps the clinician learn new skills and accurately assess their ability. Feedback leads to improved performance and clinical excellence. Most people also agree that constructive criticism is hard to give and to receive. Feedback uptake, or the successful use of feedback, requires an individual to be ready, willing, and able to use criticism. Readiness requires one to manage emotions, to understand the message being given, and to know how to implement the criticism. Willingness requires motivation to change and a growth mindset. Able learners use adaptive and strategic behaviors to improve performance. This session considers barriers to feedback uptake and explore how preceptors and supervisors can support their students' and their employees' readiness, willingness, and ability to actualize constructive criticism. The participants will gain coaching strategies to improve their ability to give and use feedback.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the factors and individual characteristics that explain how clinicians use feedback to change practice
- Consider differences in how individuals accept and use feedback
- Explore strategies preceptors and supervisors can use to help others put feedback into action
- Use evidence-based, best practices the next time they deliver feedback

Primary Track: PROF - Professional Role/Professional Practice

May It Not Happen to Me! Avoiding Malpractice and Errors in Clinical Judgement

AAPA Category 1 CME: 1

Description: This session explains what is legally defined as medical malpractice, briefly reviews the litigation process, identify the most common types of clinical judgement errors that befall PAs based on actual PA cases, as well as research. Most importantly, the major focus of this session is to provide recommendations for safe and ethical clinical care to reduce malpractice incidence and risk based upon both research and the speaker's experience as a testifying PA scope of practice expert for the past 20 years. A number of actual PA malpractice cases in various clinical specialties is highlighted in this session that exemplify common malpractice pitfalls.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the elements that constitute the legal definition of medical negligence/malpractice
- Identify what is meant by PA standards of care and how such standards are determined
- Identify errors in clinical judgement by reviewing actual PA malpractice cases and to identify the most common errors made by PAs
- Identify practical ways in which PA malpractice incidence and risk may be reduced through ethical and wise clinical decisions and practice management
- Identify one's relative risk of being sued as a PA based on the latest research in comparison with NPs and physicians

Primary Track: HPOL - Health Policy/Law/Legislation/Regulations



Meeting the Nutritional Needs of Patients with Cardiovascular Disease

AAPA Category 1 CME: 1

Description: In this session the specific nutritional needs of patients with cardiovascular disease (CVD) is covered in order to provide PAs with higher confidence and knowledge in managing these patients. Assessment, heart and vascular healthy diets, and incorporation of nutrition discussions into patient visits is addressed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Develop a nutritional management plan for patients with cardiovascular disease

Primary Track: HEMO - Hematology/Oncology

My Tummy Hurts: Differentiating Pediatric Abdominal Pain Requiring a Surgical Consult

AAPA Category 1 CME: 0.75

Description: One of the first things taught within pediatrics curriculum is that kids are not 'little adults.' Not only are their body systems different and their treatments necessitate consideration of their size, but they also are not able to communicate their symptoms as adults do. Consequently, the art of diagnosis for pediatric patients requires a different skill set. When a pediatric patient is brought to the clinic by their parents with a chief complaint of abdominal pain, the differential diagnosis is broad. This session focuses on key etiologies of pediatric abdominal pain, which require surgical consultation and intervention. The session also covers pyloric stenosis, malrotation and volvulus, intussusception, appendicitis, and testicular torsion. There are fundamental aspects of the history and physical exam that clarify the differential and inform selection of diagnostic studies. With these tools a definitive diagnosis can be made and treatment initiated.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify key differences in the history of pediatric patients with abdominal pain
- Identify physical exam findings pertaining to surgical etiologies of pediatric abdominal pain
- Choose the appropriate diagnostic imaging and laboratory tests to aid in the diagnosis of pediatric abdominal pain
- Recognize common causes of pediatric abdominal pain necessitating surgical treatment

Primary Track: PEDS - Pediatrics



Mythbusters: Diet and Exercise

AAPA Category 1 CME: 1

Description: This session is part of the Nutrition and Obesity Symposium. With all of the new fad diets and exercise trends that promise patients quick-weight loss, metabolism boosting, and body sculpting coupled with a confusing array of studies regarding 'good' and 'bad' fats, it can be hard for a clinician to keep up with what the science tells providers regarding diet and exercise. This session uses case presentations to expose a few common myths about diet and exercise, and explores the facts behind the myths.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Analyze the latest dietary fads and be able to offer recommendations to patients on which ones to avoid
- Identify common stumbling blocks regarding weight loss and exercise, and be able to explain how patients can combat this
- Describe genetic effects of diet and exercise on the molecular level
- Illustrate the concept of metabolism, and identify common myths associated with metabolism

Primary Track: NUTR - Nutrition

Neuro Emergencies: Recognition and Management Beyond FAST

AAPA Category 1 CME: 1

Description: Neurological emergencies occur in all practice settings and can happen at any moment. Early recognition and intervention of these emergencies can drastically improve patient outcomes. For many providers, emergencies involving the brain and spinal cord can feel overwhelming, especially in regard to which imaging studies should be ordered and when and how to initiate medical management before a specialist is available for consultation. Fortunately, there are evidence-based guidelines to guide initial management. This session covers common neurological emergencies and discusses clinical recognition, provides a brief review of pathophysiology, imaging modalities and initial medical management.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define neurological emergencies and explain the importance of early recognition of the pathology discussed
- Identify potential points of intervention before a patient deteriorates from neurological injury or disease



- Recognize the utility of imaging studies when suspecting neurological emergencies and identify which diagnostic tool is most appropriate
- List common pathogens associated with bacterial and viral meningitis and encephalitis and identify treatment considerations for special populations
- Summarize the common neurological emergencies discussed, including recognition of signs and symptoms that pathology is worsening

Primary Track: NEUR - Neurology

Oncology Emergencies for the Non-Oncology PA

AAPA Category 1 CME: 0.75

Description: PAs encounter patients with cancer in all clinical settings. With high levels of clinical suspicion, PAs can make a difference in health outcomes and significantly help patients maintain quality of life. Yet, many clinicians feel unprepared to deal with the unique challenges encountered when treating this patient population. This session guides the non-oncology clinician through the diagnosis and management of oncology emergencies commonly seen in PA practice.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the pathophysiology and risk factors of malignancy
- Diagnose each of these common oncology emergencies using well-accepted criteria
- Formulate a timely and effective management plan for each of these emergent situations
- Appreciate the role of the PA in the early detection and management of oncology emergencies

Primary Track: HEMO - Hematology/Oncology

Only Leaves Should Fall: Preventing Falls in Older Adults

AAPA Category 1 CME: 1

Description: This session focuses on the PA who practices in primary care, in urgent care centers and the emergency room. It is meant to provide a screening assessment to assist the provider who is managing acutely ill patients. Most older adults who suffer a serious injury present with several non-injurious falls prior to the fracture or other complication. Key points include the geriatric syndrome of falls, intrinsic and extrinsic factors, the contributions of medications, and the roles of other healthcare providers in fall evaluation and management.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the critical need to avoid falls in older adults
- List intrinsic and extrinsic factors that increase fall risk
- Provide a concise yet thorough evaluation framework
- Describe the contribution of other healthcare providers

Primary Track: EMER - Emergency Medicine

Optimal Team Practice in the States

AAPA Category 1 CME: 1

Description: This session covers state advocacy and optimal team practice. The session explores the PA practice landscape across the country, the OTP elements, and highlights state advocacy efforts.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe AAPA state OTP elements
- Discuss PA practice landscape across the country
- Identify opportunities for participation

Primary Track: PROF - Professional Role/Professional Practice

Oral Health: Certified PAs Caring for Smiles for Life

AAPA Category 1 CME: 1

Description: Tooth decay is an infectious, communicable disease and is almost entirely preventable. The interrelationship between bacteria, acid, and sugars leads to caries; and inflammation in the mouth can serve as a window into chronic disease or other conditions in the body. Plus, 61 million Americans live in areas where accessing care is difficult and health disparities persist, especially for vulnerable and underserved populations. This trend was worsened by the COVID-19 pandemic. PAs are equipped to fill this system gap because screenings, risk assessments, anticipatory guidance, and behavior change counseling are within the scope of PA practice. Learn not only the science behind oral health but how a focused history and a comprehensive physical can include oral health for patients across the lifespan. Get started with tools and resources to familiarize participants with the oral-systemic connection and the opportunity to provide the best whole-person care for their patients.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the importance of oral healthcare as an integral component of PA practice
- Demonstrate knowledge of oral disease and prevention
- Discuss routine counseling for dental problems across the lifespan
- Identify tools and resources to foster integration of oral health in PA practice

Primary Track: ENT - Ears/Nose/Throat

PAHPM: Developing and Recognizing Palliative Professional Competencies

AAPA Category 1 CME: 1

Description: This session is part of the PAs in Hospice and Palliative Medicine Symposium. PAs are positioned to be champions of the comprehensive approach to the management of palliative and serious illness patient populations including end of life care and hospice. PAs with post-graduate experiential and didactic training are becoming part of the workforce. With the addition of PAs as palliative specialists they can assume leadership roles on multiple interdisciplinary teams to improve care for all serious illness patients and their caregivers.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Illustrate how PAs on interdisciplinary teams can promote health equity and access to care for serious illness patient populations in multiple settings
- Discuss how additional training in palliative medicine and hospice care can enhance the leadership opportunities for PAs
- Describe the challenges of delivery of care across the lifespan - from prenatal to geriatric patient populations - and how PAs address them in a comprehensive approach

Primary Track: PAIN - Pain Management/Palliative Medicine

PAHPM: Palliative Medicine and Hospice Care in 21st Century Medicine Work in the Great New Frontiers: PAs in Hospice, TH/TM and Home Medicine

AAPA Category 1 CME: 1

Description: This session is part of the PAs in Hospice and Palliative Medicine Symposium. The population of seriously ill patients has exponentially increased in the last several years and redefined the delivery of healthcare as a whole. In this session, using a case-based approach, the current landscape in caring for these patients is examined. This includes providing palliative medicine including end of life care in a variety of settings such as inpatient, outpatient, and community and home based models.



Participants will take away an awareness of the challenges and solutions that can be applied to their own careers and practice.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify models for delivery of palliative and hospice care
- Define and discuss best practices and challenges to optimize PA practice on Interdisciplinary teams
- Delineate the differences among the terms home health, home care, and home medicine
- Discuss transitions between care settings

Primary Track: PAIN - Pain Management/Palliative Medicine

PAHPM: PAs are Perfect for Palliative Care: How to Demonstrate What You Already Know!

AAPA Category 1 CME: 1

Description: This session is part of the PAs in Hospice and Palliative Medicine Symposium. ARC-PA (2010) has included educational standards that specify palliative and end-of-life care for populations of seriously ill patients. This population has exponentially increased and redefined the training and delivery of healthcare as a whole. PAs are positioned to be champions of the comprehensive approach to the management of these patients with their core training as compassionate listeners and in system-based patient centered healthcare. This session highlights a number of education and training opportunities available to PAs for the management of serious illness care. These programs demonstrate the value of enhancing primary palliative skill sets and PA leadership in the field.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the scope of programs and resources that have been developed for clinician training in the management of serious illness patient populations
- Discuss how training programs can enhance clinical practice and address social determinants of health
- Using a case-based presentation, delineate ways in which clinical PAs have pivoted in the last two years to encompass palliative medicine for all serious illness patient populations

Primary Track: PAIN - Pain Management/Palliative Medicine



PAs Can Transform Addiction Care in the ED and Hospital Setting

AAPA Category 1 CME: 1

Description: As opioid overdose deaths continue to surge across the U.S., fueled by the rise of fentanyl, as well as historical prescribing patterns, treatment has remained difficult to access for most patients. PAs are on the front lines of this overdose epidemic yet standards in evidence-based treatment guidelines are yet to be implemented in most practice locations. In this session, faculty presents the current evidence in addiction care, medication choices for patients, and guidance for implementation of this change in practice in emergency departments and hospitals. This session also explains the importance of barrier-free patient access to naloxone. This information will benefit all PAs working in areas where they may treat a patient struggling with addiction, from emergency medicine, hospitalist groups, surgical specialties to primary care. PAs could serve to bridge the gap between evidence-based care for addiction and the implementation of this important treatment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify opioid use disorder and recognize the signs and symptoms of opioid withdrawal
- Discuss the indications for, timing of administration, and pharmacokinetics of buprenorphine
- Describe the essential initial steps important to the implementation of a program to treat SUDs in an evidence-based manner in the ED and hospital

Primary Track: SUBA - Substance Abuse

PAs Go Beyond: Hayley Arceneaux on Space Flight, Medical Research, and Her Infallible Spirit

AAPA Category 1 CME: 0.75

Description: This session includes a one-on-one conversation with PA Hayley Arceneaux and AAPA President Jennifer M. Orozco and highlights Arceneaux's career, her unbelievable experiences, and her infallible spirit. Arceneaux, a pediatric cancer survivor and current PA at St. Jude Children's[®] Research Hospital, made history in 2021 when she traveled to space. On this first all-civilian space flight, she became the youngest American, first pediatric cancer survivor, and the first PA to go to space. On the three-day flight, she and three other crew members traveled farther into space than any human has gone in more than a dozen years. Arceneaux served as the mission's medical officer and led pre- and post-flight medical-based research and analysis. She also took time to call her patients from space! Arceneaux embodies the spirit of 'going beyond,' not just with her space flight, but with her dedication to her patients and to the PA profession. This insightful and interesting conversation on going beyond is something PAs do every day.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe how the experience of illness and other life experiences can shape one's outlook and career goals
- Reflect on how the learner's own experiences have shaped decisions about career and life
- Renew personal and career goals based on this reflection

Primary Track: PROF - Professional Role/Professional Practice

Peripheral Vascular Disease for the Primary Care Provider

AAPA Category 1 CME: 1

Description: Pain or swelling of the legs are common problems encountered by primary care providers. Both symptoms can be caused by disorders of the veins or arteries in the legs, but how can we tell if the problem is really vascular? How does arterial disease present differently from venous disorders? What do you do if your patient has an ulcer? Early diagnosis and treatment of peripheral vascular disorders can greatly improve morbidity and patient quality of life, and help prevent amputations. This session examines the presentation, diagnosis, and treatment of venous and arterial diseases in the legs.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the common signs and symptoms of patients presenting with peripheral vascular disease of the legs
- Differentiate between the symptoms and physical exam findings of venous disease from the symptoms and exam findings of arterial disease in the legs
- Describe the best initial interventions for peripheral venous and arterial disease, and when to refer to a vascular surgeon

Primary Track: CV - Cardiovascular

Pharmacotherapy for Obesity

AAPA Category 1 CME: 1.25

Description: This session is part of the Nutrition and Obesity Symposium. Evidence-based treatment for obesity requires competency in the judicious use of pharmacotherapy. This session explores the office use of anti-obesity medications and emerging therapies.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the indications and use of pharmacotherapy for the treatment of obesity



- List the FDA approved available agents for the treatment of chronic weight management
- Describe treatment outcomes for the newest GLP-1 receptor agonist, semaglutide
- Discuss emerging therapies

Primary Track: ENDO - Endocrinology

Point-of-Care Ultrasound in Critical Illness

AAPA Category 1 CME: 0.75

Description: This case-based session provides a detailed discussion regarding the clinical utility of diagnostic Point-of-Care Ultrasound (POCUS) in the setting of three common critical illnesses: trauma, sepsis, and undifferentiated shock. Organ systems will be reviewed and new organ systems will be discussed. An in-depth look at the current literature pertaining to use of diagnostic POCUS, while contrasting it with current standard of care is provided. This session outlines the positive impact POCUS can have on evaluation and treatment of common, life-threatening medical illnesses. While most applicable to PAs who treat acutely ill patients, this session is germane to all PAs currently using or interested in POCUS.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Summarize scope and indications for Point-of-Care Ultrasound (POCUS) in the setting of acute, critical illness
- Interpret POCUS images in the context of acute, critical illness
- Contrast evidence for standard of care with POCUS
- Discuss the effect POCUS has on diagnostic evaluation and treatment of acute, critical illness

Primary Track: EMER - Emergency Medicine

Postpartum Depression

AAPA Category 1 CME: 0.75

Description: This session is part of the Mental Health Symposium. Mental health has taken top priority with all patients, including obstetric and postpartum individuals. Now more than ever, we need to learn how to identify and support mothers suffering from mood disturbances and the risk of suicide. This session provides insight into the evaluation and management of postpartum depression.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Learn how to Identify the patient at risk for postpartum depression
- Discuss evaluation techniques to better assess each patient
- Review the available treatment options for the lactating and non-lactating person

Primary Track: OBGY - Obstetrics and Gynecology

Practical Cases in Direct-to-Consumer Genetic Testing

AAPA Category 1 CME: 0.75

Description: Direct-to-consumer genetic testing (DTC GT) is a convenient and increasingly popular method to help people obtain genetic information. Primary care and specialty healthcare professionals encounter patients with questions regarding DTC GT results, but may be reluctant to tackle genomic medicine in their clinical practice and are seeking opportunities to enhance their genomic knowledge. This session is designed to help PAs apply knowledge of DTC GT results and develop the skills to manage patient cases that include carrier testing, low, moderate, and high risk health and disease risks, and pharmacogenomic results. This session is lead by genetics professionals who are members of the Inter-Society Coordinating Committee for Practitioner Education in Genomics (ISCC-PEG)/NIH, which aims to improve genomic literacy of healthcare professionals and enhance the effective practice of clinical genomic medicine. This group has designed this session as part of the DTC GT project.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the current direct-to-consumer (DTC) genetic/genomic testing (GT) landscape
- Assess DTC GT disease risk results in a patient scenario
- Apply DTC GT carrier results in a patient scenario
- Evaluate DTC GT pharmacogenomic results in a patient scenario

Primary Track: GENE - Genetics

Preceptor, Adjunct, Faculty: Opportunities to Give Back through PA Education

AAPA Category 1 CME: 1

Description: This session is intended for those wanting to give back to the profession through educating future PAs. Participants will gain insight into the various opportunities in PA education including precepting, lecturing, proctoring, and small group/skills lab facilitation. This session is designed for clinicians interested in precepting PA students or for those wanting to become more involved as adjunct



or full-time faculty. The session also highlights roles and responsibilities within PA education and resources needed to successfully transition into academia.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the various roles and opportunities available in PA education
- Recognize the benefits and challenges to educating PA students
- Discuss the expectations of an adjunct faculty member when working with a PA program
- Describe the responsibilities and rewards for full-time PA faculty members
- List resources available for transitioning into an academic role

Primary Track: PROF - Professional Role/Professional Practice

Prediabetes: Exposing a Simmering Menace

AAPA Category 1 CME: 1.25

Description: This session is part of the Diabetes Symposium. One out of three patients with prediabetes will progress to type 2 diabetes within 3-5 years. Prediabetes raises the relative risk of cardiovascular and cerebrovascular disease. Although not everyone with prediabetes goes on to develop type 2 diabetes, primary care providers cannot understate the significance of prediabetes. This session aims to present strategies for primary care providers to increase identification of patients with prediabetes or those with risk factors for prediabetes and recommend early interventions to 'change the tide' of this menace.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Compare the epidemiology and pathophysiology of prediabetes to diabetes
- Review risk factors, screening tools, and diagnostic criteria for prediabetes
- Analyze the relationship between prediabetes and comorbid diseases
- Develop screening strategies and evidence-based treatment plans for patients suspected with prediabetes

Primary Track: ENDO - Endocrinology



Preparing for the NASH Epidemic: A call for action to PAs

AAPA Category 1 CME: 0.75

Description: Nonalcoholic fatty liver disease (NAFLD) and nonalcoholic steatohepatitis (NASH) are common clinical conditions with an increasing prevalence. NASH is now the leading liver disease for liver transplantation in the U.S. NASH and its stage of fibrosis can be identified by primary care providers by non-invasive testing, treatment, and appropriate referral for advanced disease. Risk factors for NASH include insulin resistance, hyperlipidemia, cardiovascular disease, central obesity, and a FH. This session is a primer on NAFLD, a call to action by PAs and other primary care providers to not only identify patients with the disease, but to appropriately stage the severity of fibrosis, treat the underlying steatosis, and hopefully delay the development of advanced fibrosis/cirrhosis and their complications.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define and differentiate Non-alcoholic steatohepatitis (NASH) from NAFLD
- Review the epidemiology of NASH, association as a multi-system disease, and mortality
- Diagnose NASH by non-invasive testing and assess stage of disease
- Identify treatment regimens for NASH to reduce hepatic steatosis, delay or reverse fibrosis, and monitor complications of cirrhosis

Primary Track: GAST - Gastroenterology

Project Access: Reignite for Change

AAPA Category 1 CME: 0.5

Description: Project Access has been a long-standing initiative by AAPA and PAEA. The need to create diverse pipelines of PA students still remains necessary. Anyone can hold a Project Access event in their community at any time. This session is presented by members of AAPA's DEI Commission and provides information about how to hold a Project Access event, offers information about the newly updated toolkit, and highlights AAPA's Project Access initiatives for the future.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the importance of Project Access in the past and present
- Provide the toolkit and process to conduct a Project Access Session

Primary Track: DIVR - Disparities/Diversity



Project ECHO Epilepsy/Neurology: Empowering Primary Care Providers

AAPA Category 1 CME: 1

Description: Primary care providers deliver care to approximately half of people with epilepsy. The Extension for Community Outcomes (ECHO) is an international program designed to bring expert consultants virtually to primary care providers via short didactic and case based discussions supplemented to actual cases submitted by participants. This session highlights topics and cases presented over the four years of University of Cincinnati/Epilepsy Foundation ECHO Epilepsy Program.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the ECHO model of education for primary care providers
- Explain the concerns and management of pregnancy in the patient with epilepsy
- Recognize the indications for starting and stopping antiseizure medications

Primary Track: NEUR - Neurology

Pump, then Tank: An Approach to Undifferentiated Shock

AAPA Category 1 CME: 1

Description: There's a moment when the hair on your neck stands on end and cold sweat beads on your forehead. Your patient's blood pressure plummets and everyone in the room looks to you for guidance. You know the traditional approach to any medical problem, but that requires the one thing you don't have: time. This session creates a new paradigm through which to view the patient in undifferentiated shock and gives clinicians the tools they need to help their patient when it counts the most.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the clinical presentation of undifferentiated shock
- Describe the early steps to assess the patient in shock
- Outline an early management plan to treat patients in undifferentiated shock

Primary Track: CCME - Critical Care Medicine



Ready to Educate? Demystifying the Transition to Academia

AAPA Category 1 CME: 1

Description: In 2020, underrepresented in medicine (URiM) faculty made up only 9.2% of faculty and 11.2% of program directors across all PA programs. As the nation becomes more diverse and health disparities are increasingly brought to light, PA programs serve as an important gateway to diversify the PA profession and meet the needs of underserved communities. The rapid growth in the number of PA programs demands an intentional approach to engaging diverse PA clinicians who may have interest in academia. Demystifying the role of a PA educator and providing insight into faculty roles and responsibilities is a first step in engaging diverse PAs who may be considering making a career change from clinician to educator. This session provides insight into the role of a PA educator, identifies opportunities to engage with PA programs, and covers specific considerations for diverse PA clinicians ready to take the leap.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the importance of a diverse healthcare workforce
- Review the current PA education landscape, PA faculty demographics, and outline considerations when transitioning to academia
- Describe roles and responsibilities of various PA program faculty positions
- Identify barriers and specific challenges to recruitment and retention of underrepresented in medicine PA educators
- Discuss strategies to improve recruitment efforts to achieve faculty diversity

Primary Track: DIVR - Disparities/Diversity

Recognition and Management of Alcohol Use Disorder

AAPA Category 1 CME: 0.75

Description: This session is part of the Mental Health Symposium. Misuse of alcohol has been a maladaptive coping skill since likely the first fermented brew was developed. While data collection has been impacted, it does appear that the COVID pandemic has only worsened the rates of addiction to alcohol and other substances. This session explores evidenced-based screening protocols for alcohol use disorder, decision tools for determining appropriate levels of care, and options for medication management.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review burden of alcohol use disorder and options for screening



- Explore outpatient and inpatient detox protocols and how to determine what is the appropriate level of care
- Identify medications used for assisting with maintenance of sobriety

Primary Track: SUBA - Substance Abuse

Refocusing Our Lens: Trauma-Informed Care Practices

AAPA Category 1 CME: 0.75

Description: This session is part of the Mental Health Symposium. Over the last 20 years, there has been much discussion and research surrounding adverse childhood events, trauma, and health outcomes. It has been observed that individuals with high rates of abuse, neglect or exposure to violence or substance abuse have far worse physical and mental health outcomes than their age-related counterparts. It is crucial to recognize that trauma is pervasive and can affect an individual's health status and their ability to access care. This session examines the current methods used to screen for trauma as well as the guiding principles of trauma-informed care delivery. Utilizing case studies, providers will learn how to shift their conversations from 'What's wrong with you?' to 'What happened to you?' and learn how to apply trauma-informed care lens to their practice.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define Adverse Childhood Events Score (ACEs) and understand the development of the ACE criteria
- Implement trauma-informed care into the practice model
- Construct a plan to supporting patients/families with trauma and toxic stress

Primary Track: PSYC - Psychiatry

Reimbursement Update: What's New?

AAPA Category 1 CME: 0.75

Description: This session is designed to assist PAs in understanding the rules and requirements that surround reimbursement for the services perform. PAs will be able to explain billing rules and better understand how they generate revenue and overall value to employers. The session will also alert PAs about how to minimize concerns about billing mistakes that could lead to practice audits and allegations of fraud and abuse.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Explain changes in reimbursement policies and how PAs will be impacted
- Discuss the current reimbursement landscape for PAs within both fee-for-service and value-based payment models
- Identify strategies to improve recognition and tracking of the productivity and value PAs provide to their employers

Primary Track: REIM - Reimbursement Issues/Business of Medicine

Rheumatology for the PCP

AAPA Category 1 CME: 1.25

Description: This is a basic rheumatology session which addresses some of the most commonly presenting autoimmune diseases in a primary care setting, as well as degenerative arthritis. The focus is on presenting providers with enough relevant information to differentiate degenerative vs. inflammatory arthritis on physical exam, how to record this information, what lab and X-ray orders apply, and what the results mean, and review categories of treatment. This covers osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and systemic lupus.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Apply a higher level of confidence in diagnosing and communicating with patients regarding rheumatic diseases
- Practice improved diagnostic skills for the presenting common rheumatologic conditions
- Appraise variations in rheumatologic presentations in the primary clinical setting
- Specific what labs/X-rays to order and interpret what they mean
- Name treatment categories such as NSAIDs and DMARDs, Biologics and Janus Kinase Inhibitors

Primary Track: RHEU - Rheumatology

RIA: Chronic Low Back Pain (LBP) in Underserved Communities: A Study of African American and Latino Older Adults

AAPA Category 1 CME: 0.5

Description: This session is part of the Research in Action. This study examines the impact of chronic LBP among underserved older adults. A multivariate analysis was performed. The results suggested that



underserved adults with LBP were more likely to have poor physical and mental quality of life, depression, obesity, and higher healthcare utilization.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize the impact of chronic low back pain on older African American and Hispanic adults
- Recognize the prevalence of chronic low back pain in underserved minority communities

Primary Track: DIVR - Disparities/Diversity

RIA: Forecasting the Physician Assistant/Associate Workforce: 2020-2035

AAPA Category 1 CME: 0.5

Description: This session is part of the Research in Action. A predictive model based on two data sources projected the supply of PAs in the actively practicing medical workforce in the US spanning 2020-2035 was approximately 205,000 assuming a growth rate of 35 percent.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Know the projected future supply of PAs in the workforce
- Discuss the dynamics of U.S. health workforce policy and PA supply

Primary Track: HPOL - Health Policy/Law/Legislation/Regulations

RIA: Identifying PA programs contributing to workforce diversity: A primer to health equity

AAPA Category 1 CME: 0.25

Description: This session is part of the Research in Action. This research in action identifies top PA program contributors to PA workforce diversity using National Center of Education Statistics data and previews next steps in the effort toward improving the diversity of the profession and ultimately achieving health equity.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the impact of the PA pipeline upon workforce diversity and health equity
- Identify next steps toward improving diversity in the PA workforce

Primary Track: DIVR - Disparities/Diversity



RIA: Parental Leave Policies of Physician Assistant Programs

AAPA Category 1 CME: 0.5

Description: This session is part of the Research in Action. Transparency of parental leave policies to PA program applicants would allow for applicants to make better informed decisions regarding program attendance and better prepare them for success in their roles as both PA students and parents.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Reflect on parental leave policies in PA programs and possible paths towards change

Primary Track: DIVR - Disparities/Diversity

RIA: PAs' Clinical Care and Counseling Related to Nutrition may be Limited by Lack of Nutritional Knowledge

AAPA Category 1 CME: 0.5

Description: This session is part of the Research in Action. PAs acknowledge the importance of nutrition in human health but are limited in their ability to address these issues in clinical practice by lack of knowledge. This gap should be addressed in all phases of PA education.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe gaps in knowledge acknowledged by PAs that limit their ability to provide care related to nutrition
- Formulate a plan to address these gaps

Primary Track: NUTR - Nutrition

RIA: Physician Assistant/Associate Retirement Intent: Seeking the Exit Ramp

AAPA Category 1 CME: 0.25

Description: This session is part of Research in Action. When do PAs seek the exit ramp from clinical activity? An analysis of PA retirement intent produced a predictive value that correlates with retirement patterns in other professions. PAs are working longer than presumed. This study adds to a better understanding of who is likely to retire.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify challenges in understanding when PAs are likely to depart clinical practice
- Articulate why retirement information is needed for predictive staffing purposes

Primary Track: PROF - Professional Role/Professional Practice

RIA: Primary Care PA Practice: Roles, Perceived Barriers, and Physicians' Opinions of PA Practice: A Pilot Study

AAPA Category 1 CME: 0.5

Description: This session is part of the Research in Action. There is little literature that identifies the role of primary care PAs, captures practice barriers they face, or evaluates collaborating physician perspectives. Surveys were developed to investigate these concepts. Results will inform strategies to reduce barriers and optimize PA practice.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe potential barriers to primary care PA practice

Primary Track: PROF - Professional Role/Professional Practice

RIA: Research Should Not Be a Scary Word

AAPA Category 1 CME: 0.5

Description: This session is part of Research in Action. The word research should not be scary to PAs. This session outlines avenues for PAs to be engaged in research within the clinical setting, why it is important, and insights as to why every PAs can be involved.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Evaluate opportunities for contributing to research
- Explain why it is important for PAs to understand and support research

Primary Track: PROF - Professional Role/Professional Practice



RIA: Saturday Pap Clinic, Preventative Health Pilot

AAPA Category 1 CME: 0.5

Description: This session is part of Research in Action and explores a Saturday PAP clinic and preventative health pilot.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss cervical cancer screening and barriers that contribute to infrequent or no Pap smear testing
- Discuss possible intervention to improve cervical cancer screening rates in the U.S.

Primary Track: PREV - Preventive Medicine

RIA: The COVID-19 Pandemic, Job Postings and Employment Trends Among U.S. Physician Associates. The COVID-19 Impact Study

AAPA Category 1 CME: 0.25

Description: This session is part of the Research in Action. The COVID-19 pandemic has led to redeployments, furloughs, and provider deaths. This study used secondary payroll data and online job postings to investigate the impact of COVID-19 on the PA workforce. The results found that the PA profession was on average more resilient than other professions.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the impact of COVID-19 on the health care workforce
- Describe trends in job postings and employment of U.S. PAs during the COVID-19 pandemic
- Compare and contrast employment trends of PAs, NPs, and the general healthcare sector
- Identify key lessons learned from the COVID-19 pandemic and implications for PA value in the U.S. healthcare system

Primary Track: INFD - Infectious Disease/HIV

RIA: The Current State of Diversity, Equity, and Inclusion Practices in PA Training

AAPA Category 1 CME: 0.5

Description: This session is part of Research in Action. PA programs were surveyed to gain an understanding of the current state of DEI efforts in PA education. A majority of programs report having



DEI goals, yet very few measure the effectiveness of strategies taken to address their goals. This highlights a critical need for PA education.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the current state of diversity, equity, and inclusion efforts in PA education
- Describe the major areas of DEI engagement as outlined in the PAEA toolkit

Primary Track: DIVR - Disparities/Diversity

RIA: The Opportunity to Lead Mediates Physician Assistant Professional Fulfillment

AAPA Category 1 CME: 0.25

Description: This session is part of Research in Action. As practitioners in every specialty of medicine, PAs represent an important leadership resource for healthcare employers. However, PAs may experience the opportunity to lead in a positive or negative manner. This study broadened what is known about the influence of leading on PA well-being.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Evaluate the influence of leadership responsibility on PA well-being
- Articulate the benefits to employers of providing leadership opportunities to PA

Primary Track: PROF - Professional Role/Professional Practice

RIA: What Is AAPA Doing to Advance PA Research?

AAPA Category 1 CME: 0.5

Description: This session is part of Research in Action. This session explores what AAPA is doing to advance PA research, including work by AAPA as well as support for others engaged in research or wanting to learn more.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify financial support available for research on the PA profession
- Differentiate between the types of research resources available from AAPA

Primary Track: PROF - Professional Role/Professional Practice



Rolling Stones: A Primer on Nephrolithiasis for PAs in Primary Care

AAPA Category 1 CME: 1

Description: The incidence of kidney stones and its associated economic costs and morbidity have been rising significantly, and this trend shows no signs of reversing. Recently recognized changes in risk factors, especially the obesity epidemic, account for much of this rise, but new knowledge has also been gained regarding the roll of genetic factors. Importantly, effective measures are now available to reduce the risk of recurrent stones. PAs, especially those engaged in primary care, should be able to identify patients who have risk factors for stone formation and be capable of evaluating, medically managing, and preventing stones in this ever-growing patient population. This case-based session outlines the clinical evaluation of kidney stones and offers a simple stepwise approach to medical management focused on preventing recurrent nephrolithiasis. The content is drawn from the latest evidence-based information in the published literature.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify important risk factors for nephrolithiasis
- Identify newly recognized morbidities associated with nephrolithiasis
- Pursue the appropriate diagnostic work-up for determining the pathogenesis of the various types of kidney stones
- Apply appropriate interventions to prevent recurrences of the various types of kidney stones

Primary Track: NEPH - Nephrology

Sepsis and Septic Shock

AAPA Category 1 CME: 1

Description: Although sepsis outcomes have improved in recent years, overall morbidity and mortality remain high. Sepsis is common but is frequently unrecognized by clinicians at initial presentation. This leads to delay in treatment and poor outcomes. The Third International Consensus Definitions for Sepsis and Septic Shock, otherwise known as Sepsis-3, has updated and simplified definitions, focusing clinical criteria on organ dysfunction. These simplified definitions and diagnostic criteria are easy to apply in any setting and give providers the tools to quickly recognize sepsis and start treatment immediately. This session focuses on the early recognition of sepsis and management strategies to decrease mortality.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define Sepsis and Septic Shock
- Demonstrate how aggressive resuscitation, early antibiotics and source control help improve morbidity and mortality



- Discuss the importance of lactic acid and procalcitonin levels in the septic patient

Primary Track: INFD - Infectious Disease/HIV

Sickle Cell Disease: Addressing Racism and Discrimination

AAPA Category 1 CME: 0.75

Description: Sickle Cell Disease (SCD) is the most common genetic disorder in the U.S. affecting approximately 100,000 people. One in 500 African Americans are born with the disease. SCD is a disease state where an abnormal hemoglobin, HbS, forms. In its deoxygenated state, the erythrocyte is less pliable and sickles cause several complications. The acute nature of the disease leads to recurrent emergency department visits most often for the treatment of acute pain. Unfortunately, SCD carries a stigma, and many patients face barriers to appropriate treatment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recall the pathophysiology and epidemiology of sickle cell disease
- Recognize the acute nature of sickle cell disease leading to recurrent emergency department visits
- Identify treatment barriers preventing adequate pain management in the emergency department

Primary Track: HEMO - Hematology/Oncology

The 5 Ws of Cervical Cancer Screening

AAPA Category 1 CME: 1

Description: Widespread adoption of population-based screening has been associated with more than a 70% decrease in cervical cancer incidence and mortality in the U.S. Despite these gains, the American Cancer Society estimates 14,480 new cases of invasive cervical cancer will be diagnosed and 4,290 women will die from cervical cancer in 2021. In fact, the death rate from cervical cancer has not changed significantly over the last 10 years. This session examines the updated screening recommendations from USPSTF endorsed by ACOG, ASCCP, and SGO. Although cervical cancer screening options have expanded, cervical cytology, primary hrHPV, and co-testing are all effective in detecting cervical precancerous lesions and cancer. The session also covers the various options for cervical screening, the intervals for each, algorithms for evaluation of an abnormal pap smear, and the recommendations for HPV vaccination.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Review updated USPTF recommendations for cervical cancer screening
- Incorporate the ASCCP consensus guidelines for management of cytologic cervical abnormalities (including ASCUS, LGSIL, HGSIL and atypical glandular)
- Identify the algorithm for the appropriate use of HPV testing and managing results
- Determining appropriate candidates for the use of the HPV vaccine and address the myths about the vaccine

Primary Track: INFD - Infectious Disease/HIV

The Acute Kidney

AAPA Category 1 CME: 1

Description: Acute kidney injury (AKI) is a common and increasing diagnosis seen in the clinic and the hospital settings. The complications of missed and under treated AKIs are devastating to the patient and result in increased healthcare costs for patients, communities, and healthcare systems. This session aims to increase the understanding of how AKI is defined, how to diagnose, as well as treatment options currently available. The session covers when to refer to nephrology in the hospital setting as well as the outpatient clinic. Treatment and diagnoses guidelines includes most recent KDIGO recommendations, as well as the utilization of biomarkers in predicting who is most susceptible to develop AKI, and in the prognosis of progression as well as recovery. The session also includes implications of AKI on CKD development and progression. Case studies are utilized throughout the session to help with clinical application.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define Acute Kidney Injury (AKI)
- Identify causes of AKI
- Ascertain testing utilized to identify an AKI as well as utilization of biomarkers in predicting risk of injury/probability of recovery
- Discuss treatment options for AKI with objective use of which treatments and when they are indicated

Primary Track: NEPH - Nephrology



The Angry Vagina: Management of Vaginitis for Primary Care

AAPA Category 1 CME: 1

Description: This session is designed to equip the non-gynecology provider with the tools to tame the angry vagina. It focuses on identification via presenting symptoms, laboratory findings, and treatment options. Participants will learn potential co-morbid pitfalls and how to overcome them.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify the most common types of vaginitis and differentiate between presenting symptoms
- Discuss co-morbid conditions that interfere with successful treatment of vaginitis, both organic and patient-created
- Given a clinical scenario, construct a treatment plan for a patient presenting with vaginitis

Primary Track: OBGY - Obstetrics and Gynecology

The Art of Medical Writing: Roadmap to Publication

AAPA Category 1 CME: 1

Description: One task remains daunting for clinicians, researchers, and educators at every stage of their careers: writing for publication. Whether it's a doctoral dissertation or hospital newsletter, every writing project starts with the same steps-and is vulnerable to the same pitfalls. This session combines lecture and workshop elements to explore the entire writing process, from topic selection to final publication.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe a process of self-reflection to select the most appropriate writing project topic
- Discuss the important steps in planning and writing an academic manuscript
- Outline a typical process for manuscript submission to a peer-reviewed journal

Primary Track: CDEV - Career Development/Leadership

The Dizzy Patient: What to Do When Your Patient is Spinning Out of Control

AAPA Category 1 CME: 1

Description: Dizziness is one of the top five chief complaints in the ED and primary care office and out of 100 dizzy people in the community, only 10 will go to their primary physician and one will go to a specialist. By age 60, about 30% of adults have experienced dizziness severe enough to seek the advice



of their medical provider. Timely identification and treatment can mean the difference between recovery and disability. This session reviews the different types of dizziness typically attributed to vertigo, how to differentiate them, evaluate them, treat them, and how/when to refer. The session is intended for PAs in primary care (family medicine and internal medicine), urgent/emergent care, and ENT.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the anatomy and physiology of the vestibular system
- Discuss the basic types of dizziness and their causes
- Identify and describe how to treat the most common cause of vertigo, BPPV

Primary Track: ENT - Ears/Nose/Throat

The Genetics Evaluation: Who to Refer and What to Expect

AAPA Category 1 CME: 1

Description: This session is intended for practicing PAs wanting to learn more about the field of medical genetics and to discuss which patients may benefit from a genetics evaluation. The goals are to help PAs 'think genetically' when evaluating a patient in clinic and have a higher index of suspicion for genetic conditions, which may prompt a referral to genetics. Potential referrals is reviewed using cognitive and physical exam findings. The intricacies of a genetics evaluation is also reviewed in order to help PAs get a better understanding, appreciation, and utility of a genetics consult. Briefly, options for genetic testing is highlighted as well as genetic counseling and consenting for genetic testing. Resources are provided including how to locate a genetics professional and appropriate genetics websites to utilize.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize patients who may benefit from a genetics evaluation
- Discuss the overall process of a genetics evaluation
- Identify web-based resources for locating a genetics provider
- Identify web-based genetics resources to enrich one's knowledge and understanding of genetic disorders

Primary Track: GENE - Genetics



The Good, the Bad and The Iatrogenic

AAPA Category 1 CME: 1

Description: Polypharmacy is a common issue: medications from multiple practitioners, OTC medications and supplements can combine to cause reactions, known side effects and sometimes hospitalization and death. And often this could have been avoided. Using a collection of true-life stories collected from PAs and NPs nationwide, we present 'The Good, the Bad and the Iatrogenic'. Come and learn from your colleagues! Will include medical marijuana issues.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Using patient examples, highlight medication errors that occur in the office, in the emergency room and in the hospital
- Using patient examples, review both dosing and medication selection errors including the pathophysiological rationale for medication selection
- Using patient examples highlight errors in OTC meds and cannabis

Primary Track: PREV - Preventive Medicine

The Hoarse Whisperer

AAPA Category 1 CME: 1

Description: Hoarseness affects one third of the population at some point in their lives and significantly impacts quality of life, especially if the hoarseness is for a prolonged time period. This prevalent symptom can have multiple presentations and etiologies making it a complex presenting symptom to evaluate in patients. This session outlines the anatomy and physiology of the larynx, appropriate evaluation of a hoarse patient, and treatment options utilizing videostroboscopy recordings to illustrate laryngeal findings associated with a variety of diagnoses. The session also delineates when to refer to a specialist and provides clinical pearls applicable to all specialties.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe laryngeal anatomy and physiology and how pathologic alterations in the anatomy or physiology of the larynx affect phonation
- Discuss the appropriate history and physical examination of the hoarse patient and formulate a comprehensive differential diagnosis
- Summarize treatment options for hoarseness including medication, speech therapy, and procedural and surgical modalities

Primary Track: ENT - Ears/Nose/Throat



The Human Microbiome: The Gut and Beyond

AAPA Category 1 CME: 1

Description: The human body is a diverse and complex ecosystem. A person's biome is affected by their diet, environment, lifestyle, and genotype. The critical balance of the microbiome plays a role in health and disease. Management of the microbiome spans the specialties, from eczema, Parkinson's, depression, clostridium difficile, inflammatory bowel disease, and more. It is critical that clinicians consider the state of their patients' overall microbiome, especially in this age of greater appreciation of the impact of one's microbiome.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the growing interest in the role of the human microbiome in health and disease
- Analyze how changes in the microbiome may contribute to disease
- List five human diseases for which microbiome disturbances have been implicated as a causal factor
- Discuss how medications and lifestyle can deplete or enhance the microbiome
- Recognize that research on the human microbiome is rapidly evolving, and changes to current practice and standard interventions are subject to change

Primary Track: GAST - Gastroenterology

The Hypertension Guidelines War: Case Studies

AAPA Category 1 CME: 1

Description: In 2020, the USPTF reaffirmed screening all adults older than age 40 and those with risk factors for hypertension. Each guideline has a different definition of hypertension and contradicting recommendations for when to initiate treatment, what testing to do, and how/when to prescribe medications. So what should a PA do? This a case-based session, outlines recent HTN guidelines. The session highlights the newest 2021 KDIGO guidelines vs. the cardiology (ACC/AHA) guidelines for direct patient management. The faculty brings perspectives from cardiology and nephrology.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review recent HTN guidelines
- Using a patient case model, discuss perspectives in HTN management for internal medicine patients
- Review evidence-based prescribing guidelines for the treatment of HTN, as well as contradictions and adverse effects of antihypertensive medication

Primary Track: CV - Cardiovascular



The Impact of Clinician Burnout on Healthcare Systems: Current Understanding and Future Directions

AAPA Category 1 CME: 1

Description: This session presents a panel of experts engaging in a discussion on what we know about the impact of clinician burnout on patients and on health systems as well as where more information is needed.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss how clinician burnout impacts healthcare systems
- Illustrate how clinician burnout may impact patient outcomes
- Evaluate factors within a healthcare system that may contribute to clinician burnout and well-being

Primary Track: PROF - Professional Role/Professional Practice

The Intersection of Impostor Phenomenon and Burnout - Addressing Special Clinician Populations

AAPA Category 1 CME: 0.75

Description: Both impostor phenomenon (IP) and burnout are pervasive issues in the health professions. There has been an increased AAPA focus on burnout in the PA workforce. This session outlines the foundations of IP and burnout, active contributors, intersectionality, outcomes data, and prevalence in underrepresented in medicine PA populations.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define Impostor Phenomenon (IP) and burnout
- Discuss the relationship between IP and burnout
- Identify workplace contributors that lead to burnout
- Discuss the relationship between URiM (underrepresented in medicine) status and occupational stress
- Compare and contrast burnout rates among URiM and majority populations

Primary Track: PROF - Professional Role/Professional Practice



The SGLT-2 Inhibitor: Its Indication in Glycemic, Cardiovascular, and Renal Disease

AAPA Category 1 CME: 1

Description: This session is part of the Diabetes Symposium. FDA approved use of the sodium glucose cotransporter 2 (SGLT-2) inhibitors for glycemic management and for patients with type 2 diabetes mellitus. The SGLT-2 class, which has continued to grow significantly with the expanding FDA indications, includes certain cardiovascular and renal comorbidities. This session covers the glycemic, cardiovascular, and renal indications for use of SGLT-2 inhibitors as well as the dosing, potential side effects, and special indications.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the key results from cardiovascular outcome trials (CVOTs) focusing on cardiovascular and renal protection in T2DM
- Discuss clinical implications for SGLT-2 inhibitors from CVOTs and additional recent SGLT-2i trials
- Discuss how to design treatment approaches based on the newest guidelines that incorporate the results of recent trials

Primary Track: ENDO - Endocrinology

The Status of HIV in 2022

AAPA Category 1 CME: 1

Description: This session is designed to equip providers with an update on what every PA needs to know about HIV. While HIV medicine has evolved significantly over the past four decades, over 35,000 HIV infections occur annually in the U.S. The epidemiology continues to change with infections disproportionately affecting southern states, populations of color, and sexual and gender minorities. Guidelines incorporate screening for HIV into routine medical care. Prevention continues to expand with increased utilization of antiretroviral mediated prevention including preexposure prophylaxis and treatment as prevention. While HIV treatment options have significantly improved, long term survivors face new complications including certain cancers and inflammatory mediated disease. While HIV can be considered a chronic disease, the societal stigma surrounding this sexually transmitted disease requires that providers approach HIV with a unique perspective.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the current status of the HIV epidemic in the U.S.
- Identify updated guidelines for prevention and treatment of HIV
- Evaluate clinical indications for the newest FDA-approved HIV treatment medications

Primary Track: INFD - Infectious Disease/HIV



Things that Go Bump in the Night: Evaluation of Neck Masses

AAPA Category 1 CME: 1

Description: Neck masses can be confounding to unravel as there are many disease processes that can result in a neck mass. This session outlines the differential diagnosis and evaluation of patients of all ages with a neck mass. In addition it gives you the tools you need to narrow the differential diagnosis, proceed with appropriate evaluation, and come to the final diagnosis for your patient with a neck mass. This session is structured toward any PA that examines the neck and is a great overall review of neck masses for all specialties.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe appropriate evaluation, including history and physical exam, of a patient presenting with a neck mass
- Develop a prioritized differential diagnosis for a patient presenting with a neck mass
- Select appropriate diagnostic testing for a patient presenting with a neck mass

Primary Track: ENT - Ears/Nose/Throat

Thrive: Nutrition Information for Providers

AAPA Category 1 CME: 1

Description: This session is part of the Nutrition and Obesity Symposium. PAs are patient advocates, and in the fight to remain healthy and avoid disease, nutrition and exercise are touted as the mainstays of medicine; however, finding up-to-date and evidence-based research on nutrition is challenging. This session provides an update on nutrition research for PAs caring for a wide variety of patients, including patients with diabetes, those preparing for surgery, and patients of all ages.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Demonstrate the different options available to discuss nutrition with prediabetic and diabetic patients
- Identify the important macro- and micronutrients recommended during both the pre- and post-surgical timeframes
- Calculate basic recommendations for specific nutrient needs including calories, protein, hydration, and nutrient supplementation
- Discuss the transtheoretical model as a method to implement behavioral change

Primary Track: NUTR - Nutrition



Toward Health Equity Using Social Justice as the Roadmap: Becoming a JEDI Warrior!

AAPA Category 1 CME: 0.75

Description: This session is designed to navigate the roadmap toward better patient health outcomes. Though the paths are many, there is one convergent goal: health equity. Follow along as faculty discuss pioneering efforts (past, present, and future) of how to leverage social justice as our compass that guides us on our collective journey toward justice, equity, diversity, and inclusion (JEDI) in the PA profession.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss the historical context of systemic oppression in healthcare
- Recognize where opportunities for improvement in justice, equity, diversity, and inclusion remain in the health professions
- Learn ways to become a future leader in DEI efforts within healthcare

Primary Track: DIVR - Disparities/Diversity

Traveler's Diarrhea

AAPA Category 1 CME: 0.75

Description: Traveler's diarrhea (TD) is one of the most common illnesses afflicting the modern traveler. TD refers to a watery diarrhea that varies in severity, from tolerable up to incapacitating, and develops in individuals during or within 10 days of returning from travel to underdeveloped regions. Most cases of TD are self-limiting but with the ease of international travel it is important for the modern PA provider to rapidly identify, diagnose, and manage TD with the best evidence available. This session explores the highest yield evidence-based practices to combat TD in the primary care setting.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the etiology, risk factors, and differential diagnosis for traveler's diarrhea
- Discuss the clinical presentation, evaluation, and management of the most common forms of traveler's diarrhea
- Discuss the most current evidence-based non-pharmacological and pharmacological treatment modalities for traveler's diarrhea
- Identify red flags that would warrant further evaluation in a patient presenting with traveler's diarrhea
- Develop patient education as it relates to traveler's diarrhea

Primary Track: INFD - Infectious Disease/HIV



Treating Obesity in the 21st Century: Please Check your Weight Bias at the Door

AAPA Category 1 CME: 1

Description: This session is part of the Nutrition and Obesity Symposium. Obesity is a chronic disease process with significant, complex pathophysiology. Unfortunately this has not yet been accepted by society or the medical community at large. As a result, weight bias exists exerting a negative impact on access to care and appropriate obesity management. The goal of this session is to help clinicians understand obesity as a disease and identify the negative and often subtle impact of weight bias. The session highlights ways to identify and reduce weight bias in your own practice and help patients access proper obesity treatment.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize that obesity is a chronic disease with complex pathophysiology
- Identify sources of weight stigma and bias
- Discuss the consequences of weight bias
- Describe strategies to reduce weight bias

Primary Track: ENDO - Endocrinology

Treatment Updates of Diabetic Kidney Disease Based Upon 2020 KDIGO Guidelines

AAPA Category 1 CME: 1

Description: Diabetes is the leading cause of kidney disease and failure in the U.S. The international kidney disease guidelines were recently updated to include initiation of SGLT2 (sodium-glucose cotransporter 2) inhibitors for management of diabetic kidney disease (DKD) in addition to standard-of-care. This session addresses what is standard-of-care; and why this standard is vitally important when managing chronic kidney disease. Research estimates that only 50% of providers are utilizing standard-of-care-treatment. Additionally, participants will gain insights into SGLT2 inhibitors protection for both kidney and heart disease along with potential side effects to be aware of when initiating SGLT2 inhibitors. The session provides case studies to educate about the latest treatment guidelines for management of DKD.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Illuminate the current recommendations for treatment of diabetic kidney disease based upon KDIGO 2021 guidelines
- Identify the multi-risk factor interventions for treating DKD and limiting cardiovascular death
- Discuss new pharmacologic options for treatment of DKD

Primary Track: ENDO - Endocrinology



Type 1 Diabetes: Out of the Shadows

AAPA Category 1 CME: 1

Description: Patients with type 1 diabetes account for approximately 5-10% of all cases of diabetes. Yet these patients are often eclipsed in the literature and in practice by patients with type 2 diabetes. The ADA/EASD recently convened a writing group to develop a consensus statement that aims to bring adults with type 1 diabetes 'out of shadows' from patients with type 2 diabetes. The draft guidelines were presented at ADA's 2021 Scientific Sessions to seek critical feedback on this work in progress. This session aims to review the major proposals and distinct goals of the ADA/EASD for primary care providers and their patients with type 1 diabetes.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Explore the proposed ADA/EASD standards of care for patients with type 1 diabetes
- Review rationale for new algorithm for the diagnosis of type 1 diabetes
- Recognize advances in the comprehensive care of patients with type 1 diabetes
- Apply clinical strategies to case-based scenarios for patients with type 1 diabetes

Primary Track: ENDO - Endocrinology

Understanding Allergies

AAPA Category 1 CME: 1

Description: This fast-paced session brings participants the state of the science in allergy testing and treatment. It will covers how allergy testing is done for pollen, contact allergies, and foods. Participants will discover what is new in allergy treatment and then delve into the best practice treatment strategies for their patients. The session also highlights the newest allergy guidance for both the prevention of food allergies to new treatments for patients who may already have a life threatening allergy. The session offers what is new and practical for patient populations as much has changed in the past few years. Ideal for anyone in family practice, pediatrics, urgent care/ED, internal medicine, or allergy/ENT.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Examine the latest trends and testing opportunities for allergies that are airborne, contact, and ingested
- Summarize the best practices for treating different allergic conditions including newer therapies for atopic dermatitis and seasonal allergies
- Discuss and evaluate the latest new guidelines for the treatment and prevention of food allergies with a focus on peanut allergy



- Summarize the newest in food desensitization therapy and how this novel approach can eliminate the most serious food allergy reactions

Primary Track: ALRG - Allergy/Immunology

Untold Stories of John Henryism: Being Black in the PA Profession

AAPA Category 1 CME: 1.25

Description: The virtual AAPA Listening Sessions for Black PAs in June 2020 pulled back the veil of the lived experiences of PAs of color and highlighted the need for more inclusive practices. John Henryism is a coping strategy leading to decreased health and possible decreased job engagement. Clinical enterprises and professional organizations can serve as change agents by promoting diversity, equity, and inclusion initiatives to address unique contributors that lead to impairment, burnout, and decreased wellness in underrepresented in medicine populations e.g., Black PAs.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define John Henryism (JH)
- Discuss the association between JH, health status, and burnout
- Understand the role of JH in decreased job engagement and retention
- Discuss strategies for creating inclusive practices

Primary Track: DIVR - Disparities/Diversity

Update from NCCPA: Focus on PANRE Alternative

AAPA Category 1 CME: 1

Description: This session provides detailed information on the planned alternative to PANRE that will launch in 2023. The session offers a brief review of the CAQ program and the disciplinary role of NCCPA. The session also describes the various ways NCCPA communicates with PAs and the public and other services provided.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Describe the options available for PANRE beginning in 2023
- Describe the CAQ program
- Describe the disciplinary policy and role of NCCPA
- Recognize the many ways NCCPA communicates with PAs and the other services provided

Primary Track: PROF - Professional Role/Professional Practice



Updates in Overactive Bladder

AAPA Category 1 CME: 0.75

Description: Overactive bladder (OAB) and urge urinary incontinence affect millions of individuals in the U.S. This session focuses on the diagnosis and therapeutic options for OAB and urge urinary incontinence by reviewing medical, behavioral, and surgical treatments. Case scenarios are used as a way to work through the diagnosis and treatment process.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Review the definitions of overactive bladder and urge urinary incontinence and how to recognize it in clinical practice
- Recognize the signs and symptoms of overactive bladder and review the diagnostic process
- Identify medical, behavioral, and surgical treatment options for overactive bladder and urgency urinary incontinence
- Review American Geriatrics Society Beers Criteria for OAB medications and the potential side effects
- Discuss several case studies as a way to better understand the diagnosis and treatment of OAB

Primary Track: GU - Genitourinary

Urinalysis Conundrums

AAPA Category 1 CME: 0.75

Description: Primary care providers are often faced with the responsibility of making a diagnosis based on the results of laboratory tests involving urinalysis microscopic procedures. A thorough knowledge of the microscopic elements being identified in a urine sample is essential to proper interpretation of these laboratory tests. Using a series of cases, participants will be presented with patient scenarios that will include urinalysis results and microscopic evaluation of urine sediment. The session also promotes better understanding of the concepts involved and highlights the significance of a variety of urinalysis microscopic findings that aid in making a diagnosis.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Correlate urine dipstick results to provider-performed urine microscopy findings to assist in making a clinical diagnosis
- Analyze the urine dipstick and microscopic findings of common renal disorders noted in primary care



- Utilize urinalysis dipstick and microscopic findings to separate unusual disorders from more commonly encountered disorders

Primary Track: LABM - Laboratory Medicine

Using 'AMPS' as a Quick Effective Approach for Depression and Anxiety

AAPA Category 1 CME: 1

Description: This session is part of the Mental Health Symposium. The session provides tools to increase primary care clinician's confidence in screening, diagnosing and treating depression and anxiety. It also provides an overview of clinical applications for anxiety and depression with a review of case examples. The session is also designed to provide an opportunity to use a framework called AMPS (A: Anxiety disorders, M: Mood disorders, P: Psychotic disorders, S: Substance use disorders) and how to provide initial psychiatric assessment in the primary care setting.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize depression and anxiety in the primary care setting
- Recall the first line antidepressant and describe the basics of cognitive behavioral therapy
- Recall the recommended approach for documenting disorders
- Review the common management issues

Primary Track: PSYC - Psychiatry

USS: Career Management Workshop: Concepts Learned and Shared from Military Service to Help Early Career PAs and Beyond

AAPA Category 1 CME: 0.5

Description: This session is part of the Uniformed Services Symposium. A PA's career options vary depending on timing, the flexibility of the individual's plan, and current and emerging requirements. Military PAs are able to develop a career plan focused on factors that are important for their professional experience while balancing their personal and family objectives. This session is designed to facilitate a discussion including military and civilian PAs about how they can be proactive in preparing and managing their careers in the military and beyond. It provides regulations, planning tools, resource documents, lessons learned, and tips for success. The session also covers career planning, the domains of leader development, mentorship, and computer systems used in these processes. The session includes several links and references with additional helpful information on PA career management.



Learning Objectives

At the conclusion of this session, participants should be able to:

- Inform others about the importance of early career management
- Provide regulations, planning tools, documents, lessons learned, and tips for success in career management
- Provide coaching opportunities to conduct hands-on preparation in career management using the provided planning tools

Primary Track: CDEV - Career Development/Leadership

USS: Establishing a Wellness Program for Military Deployment Cycles: Improving Military Readiness by Focusing on Our People

AAPA Category 1 CME: 1

Description: This session is part of the Uniformed Services Symposium. The military's number one priority is people. The Army's mission is to win the nation's wars. Service members who are required to deploy need not experience stress during the deployment cycles. It is important for providers who see military personnel and their families to know about the deployment cycle and establish a wellness program in addressing potential causes of stress.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Explain the military's deployment cycle
- Recognize the stressors during deployment cycles
- Discuss the importance of wellness programs in addressing causes of stress during military deployment cycles
- Provide mitigation and prevention tools through mindfulness and wellness programs
- Identify what PAs can do to help when seeing military members and their families during deployment cycles

Primary Track: PUBL - Public Health

USS: Gender Incongruence: What Military PAs Need To Know About Current Policies and Procedures

AAPA Category 1 CME: 1

Description: This session is part of the Uniformed Services Symposium. Within the DoD, 2,200 service members have been diagnosed with gender incongruence and are seeking treatment. Policy regarding accession into military ranks and treatment options has shifted depending upon our country's



governmental administration at the time. The military PA must be familiar with policy, regulation, and essential resources for clinical practice regarding gender-diverse patients. Therefore it is critical for military PAs to stay abreast of policy changes to offer appropriate treatment options to their patients and accurate guidance to commanders. Awareness of gender incongruence will impact the PA's clinical practice both inside and outside military medical treatment facilities. This session provides PAs with the tools and resources needed to treat gender-diverse, transgender, and nonbinary patients effectively and compassionately.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define the DoD's new gender diverse policy
- Identify the role of PAs in complying with policy as they serve as providers and advisors to their command
- Provide tips and tools to provide evidence based medicine and standard of care to patients with gender incongruence that comply with military policy

Primary Track: VETS - Veteran's Health

USS: Leadership Panel: Preparing for Executive Leadership: Lessons Learned and Tips for Success

AAPA Category 1 CME: 1.25

Description: This session is part of the Uniformed Services Symposium. Military PAs have supported the military by ensuring the military force is both ready to fight today and prepared for the challenges of tomorrow. Since the inception of the PA profession, military PAs have demonstrated that they are versatile and adaptable force multipliers, performing essential work in a variety of environments ranging from combat outposts to clinics and command suites. There have been vast changes in the role of the PA, and in the opportunities for PA development, which includes opportunities in executive leadership. Military PAs have a dual role in being clinicians and being leaders. This session includes a panel discussing their experiences by sharing lessons learned and tips for success in executive leadership that will help all audiences, military and civilian, in navigating their careers, especially those who have aspirations to take on executive leadership roles.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Explain the importance of the role of the military clinician as also being a military leader
- Explain the importance of leaders, managers, and followers
- Provide experiences and lessons learned from a panel of executive-level leaders

Primary Track: PROF - Professional Role/Professional Practice



What Every PA Should Know about HIV Prevention and Preexposure Prophylaxis

AAPA Category 1 CME: 0.75

Description: Over 35,000 HIV infections occur annually in the U.S., despite widespread availability diverse options for HIV prevention. Antiretrovirals (ARVs) can reduce the spread of HIV as preexposure prophylaxis (PrEP) among individuals who are negative for HIV and eliminate risk of transmission from people living with HIV. Multiple options now exist for ARV PrEP and a robust pipeline continues to deliver new options such as injectable, implantable, and other long-acting PrEP. As professionals with prescriptive authority PAs are responsible for keeping up-to-date on ARV-based HIV prevention. Evolving identification of risk factors as a personal and population level can be used by PAs to determine the risk profiles of each patient and determine a patient-centered prevention plan. This session is designed to assist participants in becoming familiar with these medications to counsel patients on indication, use, and side effect profile alongside the other methods of HIV prevention including condoms and post-exposure prophylaxis.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify risk factors for HIV among patients
- Become familiar with HIV prevention methods, including PrEP, PEP, and treatment as prevention
- Reference current guidelines for the use of ARVs as prevention
- Discuss how HIV prevention can be tailored as part of patient-centered care

Primary Track: INFD - Infectious Disease/HIV

When to Refer: Pediatric Hematology Pearls for the Primary Care Provider

AAPA Category 1 CME: 1

Description: PAs caring for children in any setting encounter unexpected hematologic abnormalities. When presented with abnormal lab results, atypical bleeding, or a family history of blood disorders, PAs may choose between management of the condition in their clinical practice or referring to pediatric hematology for additional workup and treatment. This session outlines the most common referrals made to pediatric hematology and explains how primary care workup and management can be optimized for children with hematologic diagnoses.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recognize typical clinical presentations of common hematologic disorders
- Determine necessity and urgency of referrals to pediatric hematology
- Develop an understanding of primary care and general pediatric management of hematologic disorders



Primary Track: HEMO - Hematology/Oncology

Winning the Job Search: Strategies for Securing and Negotiating the Ideal Position

AAPA Category 1 CME: 1

Description: Are you confident negotiating salary and contract terms? According to a Career Builder survey, 73% of employers are willing to negotiate salary, but only 45% of job seekers even attempt to negotiate. Lack of career education during PA training programs is pervasive, and this leaves much of the PA profession unsure how to navigate the job market, negotiate salary and fringe benefits, and understand employment contracts. Participants engaging in this session will learn through case-based, true career stories about how to win the job market, including successfully negotiating salary, developing an understanding of fringe benefits, and building confidence in reviewing contract terms.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Summarize strategies to secure an ideal job offer
- Interpret current research on salary negotiation and pay gaps in clinicians
- Identify and review resources to guide salary negotiation
- Discuss strategies for successful salary and benefit negotiation
- Identify and analyze critical components of an employment contract

Primary Track: CDEV - Career Development/Leadership

Your Patient is Intubated...Now What?

AAPA Category 1 CME: 0.75

Description: Initiation and implementation of mechanical ventilation can be life-saving but a daunting challenge for inexperienced or nonintensivist PAs. This session aims to simplify and explain the initiation and initial management of mechanical ventilation while explaining purpose and goals. Presented for complete understanding are rationale for certain modalities, methods and the history of mechanical ventilation. The session includes further discussion on tactics to insure success along with pitfalls in order to obtain and maintain an optimal physiologic state.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Recall and describe simple mechanical ventilation modalities
- Analyze and interpret initial physiologic markers and make adjustments appropriately



- Recognize common pitfalls and reproduce proven tactics to achieve physiologic markers
- Recall the history of mechanical ventilation and certain modalities
- Establish and analyze an initial order set for an intubated patient

Primary Track: CCME - Critical Care Medicine

You're Not Alone: Examining the Darker Side of Medicine

AAPA Category 1 CME: 0.75

Description: This session provides information regarding rates of depression, suicide, and anxiety among PAs and PA students. Learn about symptoms and resources available for help.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Discuss prevalence of depression, anxiety and suicidal ideation among PAs and PA students
- Identify symptoms of depression, anxiety, and suicidal ideation
- Identify at least one resource for help

Primary Track: PSYC - Psychiatry

Zooper Hero! Overview of Zoonotic Exposures for PAs in Emergency Medicine

AAPA Category 1 CME: 1

Description: In this superhero-themed presentation, participants are guided through interactive cases and key clinical components of some of the most common and some of the most dire zoonotic exposures that patients may present with in the emergency medicine setting.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Identify clinical presentations associated with animal exposures
- Review etiology, epidemiology, and geographic distribution of animal-related disease
- Discuss emergency department evaluation and management of zoonotic and animal-related disease

Primary Track: EMER - Emergency Medicine
