



### **Advanced Mental Health Schizophrenia and Bipolar Disorder**

This session on advanced mental health treatment will review the DSM-5 criteria for bipolar disorder types 1 and 2, as well as schizophrenia and subtypes. The lecture will review the nuance in these complex conditions and common presentations.

#### **Learning Objectives**

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

- Describe several screening tools to screen for mania
  - Diagnose bipolar and schizophrenia using the DSM-5 TR
  - List several reasons for ER or specialist referral when addressing mental health concerns
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### **Caring For One is Caring For All: Primary Care Prevention Updates**

This session will cover the basic updates on the preventive care measures most common in primary care including nutrition, physical activity, sleep, stress management, social support, substance use cessation, and screening tests and measures (PSA, bone density, PAP smear, colonoscopy, and immunizations). Additionally, the talk will emphasize the importance of self-honoring practices for the care of the provider, the patient, and the community.

#### **Learning Objectives**

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

- Recall the most recent guidance for common preventative screening measures in primary care
  - Describe each of the six pillars of lifestyle medicine
  - Appreciate the importance of self-honoring practices for the care of the provider, the patient, and the community
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### **Dermatology for the Family Medicine PA!**

This session we will see many pictures of skin disease like varicella, eczema, tinea on a range of skin types and tones. We will talk about practical treatment tips for steroid cream. Including which ones to use where and what rashes that will not respond to steroid. We will end with when to refer, dermatologic red flags, and what to do when steroids do not fix it.

#### **Learning Objectives**

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

- Describe common skin diseases on a variety of skin types with emphasis on darker skin tones
  - Discuss practical tips about steroid cream
  - Know when to refer
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### **Diagnosis and Treatment of Common Rheumatology Conditions**

This session will review the treatment guidelines for rheumatoid arthritis, diagnosis and treatment options for common rheumatic conditions, and cover evaluation strategies and treatment guidelines for patients with osteoporosis.

#### **Learning Objectives**

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

- Discuss diagnostic approaches and treatment options for common rheumatic conditions encountered in primary care: RA, PsA, AS, lupus
  - Explain the 2021 ACR Treatment Guidelines for Rheumatoid Arthritis
  - Review evaluation strategies and treatment guidelines for patients with osteoporosis
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### **Do Anxiety and Depression Make You Smarter?**

This session is a basic primer on general anxiety, panic disorder, and major depression. These conditions are commonly encountered in primary care settings. We will review the DSM criteria and discuss the nuance in diagnosing mental health conditions. The speaker intends to present common ways of making patients feel comfortable bringing up and describing their mental health concerns in a primary care setting.

#### **Learning Objectives**

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

- Diagnose general anxiety and panic disorder using the DSM criteria using the DSM-5 TR criteria
  - Diagnose major depression using the DMS-5 TR criteria
  - Use several simple scales to help identify anxiety and depression
  - Talk to patients about their mental health
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### **First, Do No Harm: Polypharmacy and Deprescribing**

Both in training and in practice, clinicians are educated to prescribe in order to cure, prevent or improve what ails our patients. However, research that supports medical decision-making and pharmacology frequently does not include older adults, and clinicians typically receive little training in the benefits and risks to deprescribing. That being said, we have all had the sense that what we, the medical community, has to offer may not always be in the best interest for all of our patients. This session will provide tools to identify medications that may be causing harm or are no longer indicated and to provide an organized and evidence-based approach to deprescribing.

#### **Learning Objectives**

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

- Define and discuss polypharmacy, including prevalence and outcomes
- Review normal physiologic aging and how it affects pharmacokinetics
- Discuss approaches to deprescribing
- Practice case-based deprescribing



- Identify additional resources for deprescribing
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### **Introduction to the 12-Lead EKG: I Just Don't Get These Squiggly Lines**

This session is designed for practitioners who have a need or interest in reviewing the basics of the 12-lead EKG. It is designed to provide participants with a review of basic principles for analysis of cardiac rhythm strips and dysrhythmias. It will begin with a discussion of your basic EKG rhythms, including atrial/junctional arrhythmias, ventricular dysrhythmias, and AV blocks, identify all QRS complex components, heart rate calculation, and rhythm identification, and then covers the basics of the 12-lead EKG. Participants are then introduced to a brief systematic approach of interpreting the 12-lead.

#### **Learning Objectives**

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

- Apply a systemic approach to the interpretation of EKGs
  - Identify components of the EKG waveform
  - Describe 12-lead EKG features of ischemia, injury, and infarction
  - Differentiate normal versus pathologic Q-waves
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### **LGBTQ+ 101: Implementing Best Practices into Clinical Care**

Lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) individuals have unique healthcare needs and have experienced stigma and health inequalities when compared to the general population. These health inequities have been due in part to discrimination, lack of healthcare provider training, and decreased access to health insurance and care. LGBTQ+ individuals are at increased risk for substance abuse disorders, mental health concerns, cancer, and specific chronic conditions. They also have higher rates of certain infectious diseases, such as human immunodeficiency virus and other sexually transmitted infections. This session will help healthcare providers identify disparities unique to LGBTQ+ patients and offer approaches to implement culturally competent care.

#### **Learning Objectives**

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

- Provide inclusive quality care to LGBTQ+ individuals
  - Address the health disparities of LGBTQ+ individuals
  - Identify common acute and chronic conditions affecting the LGBTQ+ community
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### **Over the Long Haul: An Approach to Post-COVID Conditions**

Long COVID is an umbrella term associated with a wide-range of physical and psychological symptoms and conditions following recovery from SARS-CoV-2 infection. Because this rapidly emerging syndrome can present as a spectrum of symptoms, it is important for primary care providers to recognize common clinical features and feel confident with providing patient-centered care for this challenging facet of the COVID-19 pandemic. This session will explore the evolving clinical landscape of long COVID, addressing common cardiopulmonary and neuropsychological manifestations, patient-centered approaches to



evaluation, useful long-term monitoring tools such as symptom inventories, and shared-decision management options. With the ultimate goal of optimized quality of life for these patients, the importance of interdisciplinary care and utility of emerging dedicated long COVID clinics will also be addressed.

### Learning Objectives

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

- Identify common physical and psychological manifestations of long COVID in the primary care setting
  - Develop clinical evaluation and monitoring plans based on emerging evidence-based approaches
  - Implement individualized medical management plans to optimize patient function and quality of life
  - Recognize the value of interdisciplinary care-teams, including long COVID Clinics, and when to refer
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### Physiologic Debris and Detritus Clogging the Biologic Pipes? Managing Coronary Artery Disease

Coronary artery disease is the leading cause of death in the U.S. Successful management requires strong partnerships between primary care and cardiology. The speaker will discuss the pathophysiology, modifiable risk factors, acute to chronic management, and potential acute and chronic sequelae of coronary artery disease to improve optimal patient-centric survival/quality outcomes.

### Learning Objectives

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

- Outline the pathophysiology of coronary artery diseases and review atherosclerotic cardiovascular disease (ASCVD; CAD/MI, Ischemic Stroke, and Peripheral Artery Disease)
  - Summarize the risk factors associated with atherosclerotic CAD
  - Explain the modifiable factors to reduce recurring coronary artery disease events
  - Discuss acute to chronic management of CAD (pharmacologic, surveillance, surgical and activity safety/"clearance") and the role of the inter-professional team in improving outcomes for patients with CAD
  - Review potential acute and chronic sequelae of CAD events
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### Reimbursement for Family Medicine

Coverage and payment policies for PAs and NPs continue to undergo a rapid transformation. Understanding the reimbursement landscape can assist in maximizing revenue generation and demonstrating value to employers and the health care system broadly. This session will alert PAs/NPs to the latest policy trends and changes in Medicare and commercial payer policies for 2023. In addition, you will gain knowledge about how to minimize concerns about billing mistakes that could lead to allegations and accusations of fraud and abuse.



### Learning Objectives

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

- Review changes in reimbursement policies and how PAs/NPs will be impacted
  - Discuss the current reimbursement landscape within both fee-for-service and value-based payment models
  - Identify strategies to improve recognition and tracking of the productivity and value NPs and PAs provide to their employers
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### Substance Use Disorders in Primary Care

Research demonstrates patients with an alcohol use disorder (AUD) are twice as likely to be seen by their primary care provider than those without an AUD. Recent studies also find that healthcare providers may not be good at recognizing substance use disorders (SUDs) in the outpatient setting. Thus, there is a need for healthcare providers to recognize the sequelae of SUDs and better identify and assist alcohol or drug-dependent persons. This session will provide an overview of screening, brief intervention, and referral to treatment for SUD and tools to incorporate alcohol and drug screening, intervention, and education into your daily practice and all aspects of medical care. We recognize that many healthcare workers already screen and assist. Still, we want to ensure that we are all asking the same questions and providing consistent, SBIRT-appropriate, evidence-based, and high-quality services.

### Learning Objectives

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

- Identify the main components and explain the rationale and research support for SBIRT
  - Discuss medical and social influences on our understanding of substance use
  - Explain the Stages of Change Model for use in SBIRT and understand how to apply the stages of change in clinical practice
  - Provide a brief overview of treatment options and criteria
  - Outline the steps to obtain your X-waiver through the Provider Clinical Support System
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### Summarizing the 2023 Updated GOLD Guidelines for the Treatment of COPD

The speaker will review the new 2023 GOLD Guideline recommendations and how these apply to the general practice environment. This session will look at therapy including newer triple inhalers as well as detailed look at exacerbation treatment and prevention.

### Learning Objectives

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

- Review the 2023 Global Initiative for Chronic Obstructive Lung Disease (GOLD) Guidelines
  - Summarize recommendations for the diagnosis and classification of COPD disease
  - Apply guidelines for COPD treatment to the general practice environment
  - Formulate a plan for comprehensive treatment and exacerbation prevention
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### **The Icky, Squishy, and Smelly: Chronic Wound Care**

A wound - yuck! What do I do with this? When do I refer the patient? What is medihoney? Ever had questions or feel stuck regarding chronic wound care? This session is for you...if you can hold your lunch. This session is intended to cover the basics of chronic wound management: initial wound evaluation; cleaning a wound and patient education; choosing a dressing; antibiotic treatment if necessary; what NOT to do; and when to refer.

#### **Learning Objectives**

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

- Recognize a chronic wound and describe distinguishing factors
  - Identify the etiology of a non-healing wound
  - Discuss treatment options for chronic wounds
  - Assess the need for a multidisciplinary approach to wound healing
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### **The Patient Will See You Now: Telemedicine 2.0**

In this session, practical applications of telemedicine for the family practice medicine provider will be reviewed. The speaker will review various reimbursable telemedicine options that could be integrated into your current practice and what trends to expect in the future. The plan for this session is to review some physical examination modifications that can be done on a synchronous telemedicine platform to better take care of our patients along with providing learners resources and information on where they can learn more.

#### **Learning Objectives**

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

- Review the various types of telemedicine
  - Perform various modifications for physical examination on a telemedicine platform
  - Discuss how telemedicine can be utilized/integrated for present and future use
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### **Update Round-up! Applying the Latest Guidelines for Diabetes and Cardiovascular Disease**

Hypertension, diabetes, and hyperlipidemia are significant contributors to atherosclerotic cardiovascular disease (ASCVD) which is a leading cause of morbidity and mortality. To ensure the best outcomes for patients, it is imperative that primary care providers are equipped and confident in identifying and effectively managing these conditions. This session will serve to update providers on current, evidence-based screening recommendations, diagnostic criteria, and approach to management of hypertension, diabetes, and ASCVD in the outpatient primary care setting. Integrative case-based learning activities will reinforce participants' fundamental knowledge and understanding of core practice principles for common and complex disease presentations. Practical and useful clinical pearls for recognizing relevant cultural and social determinants, which may impact shared decision-making, approach to motivational counseling, and successful lifestyle modifications, will be discussed.



### Learning Objectives

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

- Utilize recommended screening methodologies from the USPTF and other authorities
  - Apply current diagnostic guidelines for hypertension and atherosclerotic cardiovascular disease (including hyperlipidemia) from ACC/AHA and diabetes from ADA/AACE
  - Implement individualized treatment plans using recommended algorithms for evidence-based pharmacotherapeutics and shared-decision approaches
  - Counsel and motivate diverse patient populations on cardiovascular health with culturally informed lifestyle modifications and social determinants of health
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### Weekend Warriors: What's Causing All This Pain?

During this session, the speaker will discuss common orthopaedic injuries of the weekend warrior that are frequently seen in family medicine practices. This session will review physical exam findings, indications for imaging and findings on radiographs, along with treatment options to help alleviate patient's pain and when referrals are indicated.

### Learning Objectives

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

- Develop a differential diagnosis for orthopaedic injuries based on physical exam findings
  - Identify orthopaedic pathology seen on radiographs
  - Determine the need for advanced imaging such as MRI and CT scans for orthopaedic injuries
  - Develop treatment plans for commonly seen orthopaedic injuries in weekend warriors
  - Determine when surgery referrals for orthopaedic injuries are indicated
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### Well-Child Care: The Cornerstone of Pediatric Healthcare

This session will review the components of well-childcare for the primary care provider. In addition, the speaker will review Bright Futures resources, the gold standard materials available to providers for efficient and complete well-childcare visits. These resources will be presented in the context of a practice environment so that participants can envision best ways for implementation.

### Learning Objectives

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

- List the components of the well-child visit according to Bright Futures
  - Describe the various tools and materials available to providers for well-child visits
  - Examine various practice models to develop a standardized way of approaching well-child visits
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### What Caused That? A Review of Viral Exanthems and Enanthems

This session will review manifestations of common viral infections in the primary care pediatric population.



# FAMILY MEDICINE ON DEMAND

## 2022 Sessions

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### **Learning Objectives**

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

- Identify common viral exanthems and enanthems presenting in pediatric primary care
  - Recognize significant history and physical exam findings specific to viral exanthems and enanthems
  - Review general courses of illness and common therapies for viral exanthems and enanthems
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