



Anemia Unmasked: Case Studies in the Assessment and Management of Anemia

AAPA Category 1 CME Credit: 1.00

Anemia is more complex than just is more than just a CBC and iron replacement. It is a broad medical condition with implications ranging from cardiovascular to neurological. Primary care providers should be equipped to identify anemia in its diverse manifestations in order to confidently implement therapeutics that align with current guidelines and recommendations.

Learning Objectives

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

- Analyze diagnostics to distinguish between microcytic, macrocytic, and normocytic anemia
- Implement guideline mediated algorithms to determine the best course of treatment for different types of anemia
- Develop post-treatment care plans and identify proper referrals when indicated

Celiac Disease: Screening, Treatment, and Beyond

AAPA Category 1 CME Credit: 1.00

This session will aim to discuss the workup and treatment for celiac disease. We will discuss when and in whom screening for celiac disease is appropriate. As part of the treatment overview, we will discuss the principles of a gluten-free diet, as well as common pitfalls patients and caregivers run into. Finally, we will overview current research in this field, which aims to lessen the disease burden.

Learning Objectives

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

- Explain how to diagnose a patient with celiac disease on a gluten-free diet
- Explain the principles of a gluten-free diet
- Discuss the difference between gluten sensitivity and celiac disease and how to differentiate these diagnoses

Common Adult Mental Health Disorders in Primary Care

AAPA Category 1 CME Credit: 0.75

This presentation aims to equip attendees with the skills to analyze screening recommendations and diagnostic criteria for depression, recognize treatment options for depression, anxiety, and bipolar disorder. The session will provide insight on how to identify and evaluate generalized anxiety and panic disorders. The session covers the prevalence



and economic impact of depression, screening and diagnostic tools, risk factors, symptoms, and various treatment options, including pharmacotherapy and psychotherapy.

Learning Objectives

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

- Analyze the screening recommendations and diagnostic screening tools for depression, anxiety, and mood disorders
- Identify, compare, and contrast the presentation of depression, generalized anxiety, and mood disorder
- Recognize and implement the pharmacologic treatment options for depression, anxiety, and bipolar disorder
- Evaluate a patient with unspecified mood disorder for underlying bipolar disorder

Competent LGBTQIA+ Healthcare: Across the Lifespan

AAPA Category 1 CME Credit: 0.75

According to the most recent polls, approximately 7.6% of individuals in the U.S. identify as LGBTQ+. Individuals who identify as LGBTQ+ unfortunately face multiple health disparities including fear of discrimination and lack of competent healthcare providers trained in LGBTQ+ care. In this presentation, we will lay the foundations for competent, affirming LGBTQ+ care, by discussing how to approach the discussion of gender identity and sexual orientation with patients and affirming care across the lifespan. Resources for further information will be provided as well in a handout for participants for furthering knowledge of LGBTQ+ care.

Learning Objectives

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

- Describe qualities LGBTQIA+ patients desire with their healthcare providers
- Develop a process for discussing gender identity and sexual orientation with patient
- Demonstrate understanding of primary care needs for LGBTQIA+ patients based on patient-specific factors (e.g., cancer screenings, elder care)

Crawl Before You Walk, Walk Before You Run

AAPA Category 1 CME Credit: 0.75

Participants will review domains of pediatric development, typical patterns, and available screening materials.

Learning Objectives

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

- Introduce domains of typical pediatric development



- Outline order and progression of typical pediatric development
- Review screening tools available to pediatric providers to assess for developmental milestones

Dermoscopy Cases

AAPA Category 1 CME Credit: 0.50

This session provides a detailed discussion of different skin cancers and benign lesions and their dermoscopic criteria.

Learning Objectives

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

- Describe dermoscopy features of melanoma
- Describe dermoscopy features of basal cell carcinoma
- Describe dermoscopy features of actinic keratosis and squamous cell carcinoma
- Describe features of basic benign skin lesions

Dermoscopy: The Stethoscope for the Skin

AAPA Category 1 CME Credit: 0.75

This presentation provides a detailed discussion of the clinical utility of dermoscopy for patients with skin lesion concerns. The presentation will thoroughly discuss the basics of dermoscopy and its ability to increase diagnostic acumen based on current literature. Additionally, the session will provide an in-depth look at the triage amalgamated dermoscope algorithm research proven to be effective for novice dermoscopists, and its use in deciding whether to offer reassurance or to biopsy/refer the patient for further care. This session will discuss the positive impact dermoscopy can have on evaluation, prognostication, and treatment decisions for skin lesion concerns.

Learning Objectives

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

- Explain the difference between polarized and nonpolarized dermoscopy
 - Define the two main ways that dermoscopy works
 - Interpret dermoscopy images of angioma, dermatofibroma, and seborrheic keratosis lesions based on their distinct diagnostic criteria
 - Apply TADA successfully to evaluate skin lesions and determine if a biopsy or referral to dermatology is necessary
 - Discuss the effect dermoscopy and TADA have on diagnostic evaluation, prognostication, and treatment of skin lesions
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Diabetes Medication Titration Situations: Is There a Rhyme or Reason?

AAPA Category 1 CME Credit: 0.75

Selecting the appropriate medications to manage type 2 diabetes presents unique challenges. Further, the need to optimize medication dosing increases the management complexities. Through case studies, we will review dosing strategies for oral antihyperglycemic agents, injectable GLP-1 receptor agonists, and insulin therapies. Participants should complete this session with increased confidence in the nuanced management of medication dosing for their patients with diabetes.

Learning Objectives

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

- Discuss dosing for oral antihyperglycemic agents
- Outline dosing and medication conversions of GLP-1 receptor agonists
- Review insulin dosing in the case of hyperglycemia or hypoglycemia

Diabetes Updates for 2025: The Ins(ulins) and Outs

AAPA Category 1 CME Credit: 1.00

The treatment of diabetes mellitus continues to evolve with yearly updates in guidelines regarding lifestyle modifications, social determinants of health, management of comorbidities, diabetes technology, and new data emerging about the benefits of certain diabetes medications for specific patient populations which have driven those changes. In this presentation, the faculty will provide an overarching view of the critical updates from the American Diabetes Association (ADA) standards of care from the past few years through audience-response questions and application to patient scenarios to assist providers in the optimal, patient-centered care of diabetes.

Learning Objectives

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

- Describe the most recent updates to the ADA Standards of Care from the past few years
 - Develop a lifestyle modification plan to address diabetes using patient-specific factors, including SDOH
 - Implement medical therapy for diabetes using patient-specific factors
 - Analyze the success of medical therapy for diabetes using diagnostic testing and diabetes technology
 - Discuss updates in management of microvascular complications of diabetes
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Diagnosing Dizziness: A Case-Based Approach

AAPA Category 1 CME Credit: 0.75

This session includes relevant case studies for participants to review and formulate an accurate differential diagnosis for common and high-risk disorders that cause vertigo or non-syncope dizziness. Watch hands-on practice of the relevant clinical maneuvers will also be included.

Learning Objectives

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

- Identify the etiology, risk factors, and clinical manifestation for common and high-risk disorders that cause vertigo or dizziness
- Identify the relevant special maneuvers and diagnostic workup for common and high-risk disorders that cause vertigo or dizziness
- Formulate the differential diagnosis for common and high-risk disorders that cause vertigo or dizziness

Electrocardiogram Abnormalities

AAPA Category 1 CME Credit: 0.75

Electrocardiogram abnormalities are seen in nearly 30% of the population in the U.S. (NIH 2023). This session will review common ECG abnormalities seen in the primary care office and the appropriate clinical interventions.

Learning Objectives

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

- State the most common ECG abnormalities identified in the primary care office
- Describe clinical interventions for newly identified ECG abnormalities in the primary care office
- Identify risk factor modification for patients with abnormal ECG findings
- Clinically correlate ECG abnormalities with pathology
- Determine ECG abnormalities that warrant referral for specialty care

Electrolyte Frenzy: Navigating the Highs and Lows

AAPA Category 1 CME Credit: 1.00

Watch this engaging and interactive session on electrolyte imbalances. This session will delve into the critical role electrolytes play in maintaining bodily functions and overall health. The speaker will guide you through case-based scenarios focusing on the complexities of electrolyte balance, with an emphasis on calcium, potassium, and sodium. Learners will gain valuable insights to deepen their understanding of electrolyte



physiology and enhance their diagnostic skills in electrolyte abnormalities. Don't miss this opportunity to elevate your knowledge and clinical practice in this crucial area of patient care.

Learning Objectives

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

- Recall the importance of electrolytes
- Discuss signs and symptoms associated with electrolyte imbalances
- Describe EKG findings to identify electrolyte issues
- Explain treatment and management of electrolyte abnormalities

Focus on the Diagnosis and Management of ADHD

AAPA Category 1 CME Credit: 0.75

This session will discuss the evaluation of patients with ADHD from a primary care viewpoint. Diagnostic criteria will be applied to patient cases. Treatment options will be discussed with an emphasis on current, evidence-based pharmacologic treatment.

Learning Objectives

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

- Discuss the epidemiology, risk factors and etiologies of ADHD in the U.S.
- Describe the evaluation of children and adults with ADHD
- Apply the diagnostic criteria for ADHD to patient cases
- Formulate treatment plans for individuals with ADHD
- Discuss the pharmacologic treatment options for patients with ADHD

Hair Loss and the Other "B-Word"

AAPA Category 1 CME Credit: 1.00

Hair loss/balding (the other B-word) may be very distressing for the patient and is often a challenging chief complaint for the provider. The faculty will break down scarring and nonscarring alopecias, their unique signs and symptoms, appropriate workup, and condition-specific treatment options. The main objective of this presentation is to increase your confidence in diagnosing and managing hair loss for your patients.

Learning Objectives

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

- Compare signs and symptoms associated with scarring and nonscarring alopecias
- Educate patients on the proper use of topical minoxidil
- Recognize when referral to a dermatology provider is appropriate



- Choose the appropriate first-line therapy for androgenetic alopecia (AGA), alopecia areata (AA), telogen effluvium (TE), and traction alopecia

How to Talk to Patients about Suicide: Information, Assessment, and Discussion of Suicide

AAPA Category 1 CME Credit: 1.00

In this presentation, participants will be informed on factors that contribute to suicidal ideation for patients. Participants will also develop techniques to help uncover suicidal ideation with patients who may be reluctant to disclose.

Learning Objectives

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

- Describe the scope of suicide within the U.S.
- Demonstrate how to identify a patient who may be at risk for suicide
- Illustrate what to do when you identify a patient at risk for suicide

It Hurts Every Step I take, and I Can't Walk: A Closer Look at How to Get Your Patients Back on Their Feet

AAPA Category 1 CME Credit: 0.75

A variety of case presentations will be shared and reviewed. Learners will gain knowledge and be able to work through real life patient complaints related to pain of the foot and ankle. We will discuss way to to recognize certain disorders and implement treatments including gold standards as well as what to consider and do when disabilities are present. In-depth focus for Achilles tendinitis, arch pain, fractures, and sprains.

Learning Objectives

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

- Explain abnormalities of the Achilles tendon through imaging and physical exam
- Describe fracture patterns and worrisome features on x-rays
- Illustrate the pros and cons of advanced imaging with foot and ankle disorders
- Discuss treatment options including when to implement immobilization

Lets Slow Down and Talk about Hypothyroidism

AAPA Category 1 CME Credit: 0.75

This is an overview of hypothyroidism, from diagnosis to treatment and explanation of subclinical hypothyroidism.



Learning Objectives

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

- Explain the difference of hypothyroidism and subclinical hypothyroidism
- Explain how to diagnose hypothyroidism
- Explain how to treat hypothyroidism

Making Obesity Treatment O-b-easy Part 1

AAPA Category 1 CME Credit: 0.75

This session will review available treatment options for obesity. The efficacy of treatment options will also be discussed.

Learning Objectives

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

- Define BMI eligible for obesity treatment
- Identify different treatment options for obesity and contraindications for each treatment
- Evaluating effectiveness of obesity treatments

Making Obesity Treatment O-b-easy Part 2

AAPA Category 1 CME Credit: 0.50

This session will review patient cases focused on weight loss and include discussions on treatment options, as well as how to design a weight loss plan based on the patient's needs.

Learning Objectives

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

- Discuss different patient cases for obesity treatment
- Apply obesity treatments to patient's individual needs
- Design a weight loss plan based on the patient's needs

Mastering Hormonal Harmony: Advanced Strategies in Menopause, PCOS, Endometriosis, and Menorrhagia

AAPA Category 1 CME Credit: 1.00

This session will help participants better manage the associated clinical manifestations of numerous gynecologic conditions. It is meant to give primary care providers more knowledge and competence when seeing common reproductive health complaints.



Learning Objectives

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

- Describe hormonal levels, including luteinizing hormone (LH) and follicle-stimulating hormone (FSH), in various gynecologic conditions
- Explain the role of hormone replacement therapy (HRT) during perimenopause and menopause
- Identify hormonal abnormalities associated with polycystic ovarian syndrome (PCOS) and outline effective management strategies
- Discuss menorrhagia, including its hormonal influences and pharmacologic treatment options

Movement Disorders

AAPA Category 1 CME Credit: 0.75

Primary care is often the first place movement disorders are identified. This session will provide a primer to increase the PA/NP's awareness of how these conditions can present, what history questions to ask to identify them, physical exam findings, and a primary care-focused awareness of managing these complex conditions. By taking a holistic approach to patient assessment and management the primary care PA/NP can play a significant role in the care of patients with movement disorders.

Learning Objectives

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

- Identify the common presenting symptoms and physical exam findings of movement disorders
- Address how medications may provide symptom management for movement disorders
- Support a holistic approach to management of patients with movement disorders

Outpatient Management of Congestive Heart Failure

AAPA Category 1 CME Credit: 1.00

The Heart Failure Society of America estimates more than 6.5 million Americans over the age of 20 have heart failure with nearly a million new cases of heart failure diagnosed annually. Primary care providers are integral to the treatment of heart failure patients. Guideline-directed medical therapies are complex and require a strong understanding of implementing therapies and mitigating barriers to care.



Learning Objectives

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

- Recall guideline-directed medical therapy for the treatment of heart failure and reduced ejection fraction, according to the American College of Cardiology guidelines
- Discuss strategies for initiation and titration of guideline directed medical therapy
- Describe laboratory and radiologic studies used to assess responses to therapy and disease progression
- Identify barriers to care for heart failure patients and ways to mitigate these barriers

Pan's Labyrinthitis: The Rabbit Hole of Vertigo and Dizziness

AAPA Category 1 CME Credit: 1.00

This session will highlight the key etiology, clinical manifestation, and diagnostic workup for common and high-risk disorders that cause vertigo or non-syncope dizziness.

Learning Objectives

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

- Identify common disorders that cause vertigo or dizziness
- Identify high-risk disorders that cause vertigo or dizziness
- Describe the relevant special maneuvers and diagnostic workup for common and high-risk disorders that cause vertigo or dizziness

Preoperative Risk Assessment

AAPA Category 1 CME Credit: 1.00

Preparing a patient for surgery should focus on identifying risks that may impact the course of care related to surgery. The primary care PA/NP's role is to evaluate a patient's specific risk factors in the context of the intended surgery. This will inform what testing is needed, avoid excessive testing, guide medication management, and provide recommendations to the patient and the surgical team to reduce potential complications. The preoperative risk assessment should focus on optimizing the patient's potential for success in the context of the intended surgical treatment plan.

Learning Objectives

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

- Identify and determine the risk of surgical procedures concerning an individual patient
 - Address appropriate testing during a preoperative assessment in the context of the intended procedure and that patient's risk factors
 - Optimize the patient's medical risk for the best outcome for a specific surgical intervention
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Putting Your Finger on Prostate Evaluation, Cancer Screening, Guidelines, Controversies, and Management of Elevated PSA

AAPA Category 1 CME Credit: 1.00

This presentation will discuss recommendations for the evaluation of the prostate. Current recommendations for prostate cancer screening, AUA guidelines, controversies surrounding prostate cancer screening, and management of elevated PSA. Further discussion will include prostate evaluation techniques, including labs, imaging, and biopsy. Controversy surrounding the USPSTF screening guidelines will be discussed with emphasis placed on the impact the controversy has had on current recommendations and prostate cancer management. Explanation of what constitutes an elevated PSA level and the factors that can influence PSA results will be discussed. Overview of the next steps after an elevated PSA result, including repeat testing, DRE, and further diagnostic procedures will be reviewed. Treatment options for prostate cancer, including a brief introduction to the various treatment modalities for prostate cancer, including surgery, radiation therapy, and active surveillance. Considerations for treatment choice based on cancer stage, patient health, and personal preferences will also be reviewed.

Learning Objectives

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

- Describe the evaluation and management of an elevated PSA
- Describe the management of benign prostate conditions
- Describe appropriate referral to urology for benign and malignant prostate disease

Shots and Giggles

AAPA Category 1 CME Credit: 1.00

Participants will review vaccine-preventable diseases, as well as the recommended vaccination schedule. In addition, we will review common myths and difficulties encountered in clinical practice surrounding vaccinations and how best to engage families in the vaccination process.

Learning Objectives

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

- Review the diseases which we can prevent with pediatric vaccinations
 - Review the recommended pediatric vaccination schedule
 - Review common myths encountered in clinical practice and best practices for patient/parent engagement in the vaccination process
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Sick or Not Sick: Pearls of Pediatric Assessment

AAPA Category 1 CME Credit: 0.75

Participants will review the major points of the pediatric assessment and apply learning to patient situations in a case-based format.

Learning Objectives

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

- Review the components of the general pediatric assessment
- Apply the findings of the general pediatric assessment to determine patient condition
- Identify critical findings in the components of the basic pediatric assessment

Sniffles, Sneezes, and Sore Throats: Mastering the Art of Upper Respiratory Relief

AAPA Category 1 CME Credit: 0.75

During this session, viral and bacterial upper respiratory infections across the lifespan including non-pharmaceutical and prescription treatments for colds, sinusitis, otitis media, and pharyngitis will be reviewed. Discussion of the implications of antibiotic overuse, awareness of current problems in direct relation to overuse, and the importance of a unified front for patient safety to decrease adverse outcomes will also be included.

Learning Objectives

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

- Recall the most common organisms associated with upper respiratory infections
- Formulate and prescribe treatment regimens for upper respiratory infections consistent with current guidelines
- Explain the importance of antimicrobial stewardship during every patient encounter

Stay Ahead of the Game: USPSTF's Cancer Defense Strategies

AAPA Category 1 CME Credit: 1.00

This evidence-based presentation will provide a detailed discussion on rates of breast, cervical, and colon cancer and a review of screening guidelines. The faculty will apply case-based learning to promote and engage education on how to screen and when to refer. Epidemiology, risk factors, etiology, prevention, and patient education will be summarized.

Learning Objectives

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

- Review U.S. and world rates of breast, cervical, and colon cancer
- Outline the United States Preventative Task Force (USPTF) and American Cancer Society recommendations for breast, cervical, and colon cancer screening



- Explain epidemiology, etiology, prevention, and patient education regarding breast, cervical, and colon cancer

The Agony of De-Feet! A Guide to Foot and Ankle Disorders that Walk into Your Clinic

AAPA Category 1 CME Credit: 0.75

Participants should feel comfortable seeing foot and ankle concerns that walk into their clinics. Practitioners should readily be able to recognize abnormalities on plain x-rays, formulate a diagnosis, and implement treatments. Faculty will also discuss and provide optimization strategies for patients to promote healing and prepare for specialty referral when needed. At the end of the session, participants should have a much better understanding of anatomy of the foot and ankle, pathologies, red flag concerns to further implement treatment safely and effectively.

Learning Objectives

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

- Recognize common radiographic abnormalities of foot and ankle disorders
- Formulate working diagnosis and treatment strategies
- Implement proper treatments for foot and ankle disorders
- Discuss when to refer to a specialist
- Implement prevention strategies for patients to prevent foot and ankle pathologies

Thyroid Case Studies

AAPA Category 1 CME Credit: 0.75

This session will include patient case studies that are commonly seen in the family medicine practice.

Learning Objectives

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

- Diagnose and treat a hypothyroid patient
- Diagnose and treat a hyperthyroid patient
- Diagnose and treat a patient with subclinical hypothyroidism

Updates in the Treatments of Hyperlipidemia: The Bread and (too much) Butter of High Cholesterol

AAPA Category 1 CME Credit: 1.00

The treatment of hyperlipidemia has been centered around the use of statin therapy along with lifestyle modifications. Even though statins are effective medications, patients and provider inertia have relegated this therapy to a simple once-a-day pill that is often poorly



optimized for the purposes of cardiovascular risk reduction. Novel therapies including PCSK9-inhibitors, ezetimibe, and bempedoic acid are therapies that promise to improve cardiovascular outcomes in patients. PAs and NPs in primary care are poised to impact the lives of patients by integrating these new modalities in the care of hyperlipidemia and cardiovascular disease.

Learning Objectives

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

- Integrate risk factors and comorbidities for risk stratification, assessment, and plan of care
- Delineate treatment options based on risk stratification in accordance with the American College of Cardiologist and American Heart Association guidelines
- Optimize treatment plans and escalate care by incorporating novel therapeutics beyond statins, including ezetimibe, bempedoic acid, and PCSCK9-inhibitors
- Develop sustainable lifestyle strategies with patients that align to their social determinants of health

What Do I Do With This Red Eye?

AAPA Category 1 CME Credit: 1.00

The red eye is a common symptom in patients visiting their primary care providers. Recognizing that not all with red eye are due to infection and some can lead to vision loss. This lecture was compiled to help primary care providers feel comfortable in identifying causes of the red eye and knowing when to refer the patient to ophthalmology.

Learning Objectives

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

- Discuss the pathophysiology behind red eye
 - Differentiate between red eye conditions that require urgent or emergent referral
 - Discuss common treatments for conjunctivitis
-