



January 23-25, 2021

Draft Agenda for Full Conference*

Live Virtual Sessions

Saturday, January 23

12:15 – 12:30 p.m. EST **Welcome From Course Directors**

Jeffrey Katz, PA-C; Leslie Clayton Milteer, PA-C, MPAS, DFAAPA; and Ben Taylor, PhD, PA-C, DFAAPA

12:30 – 1:45 p.m. EST **The Future of Family Medicine in COVID-19 and Beyond**

Bob McNellis, MPH, PA

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

- Describe the challenges facing primary care and family medicine during COVID-19
- Reflect on the core values of family medicine and their renewed importance now
- Seek opportunities to redesign family medicine practice to provide high quality, high value patient-centered care

2 – 3:15 p.m. EST

The Virus of the Month: COVID, Flu, and Other Infectious Disease Hot Topics

Speaker TBD

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

- Discuss important considerations pertaining to the diagnosis, treatment, and prevention of COVID-19 in the family medicine setting
- Discuss the use of diagnostic testing for patients with suspected influenza infection
- Identify current immunization and treatment options for influenza and discuss the efficacy of each

3:30 – 4:45 p.m. EST

Advanced Practice Providers in Leadership in Primary Care

Leslie Clayton Milteer, PA-C, MPAS, DFAAPA

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

- Discuss the different forms of leadership roles, both formal and informal, in a clinical setting
- Identify needed skills of effective leaders and opportunities to develop those skills
- Identify opportunities to encourage non-physician leadership

5 – 5:30 p.m. EST **Welcome Networking Event**

Sunday, January 24

12:30 – 1:45 p.m. EST **Cutting Through the Hype: Cannabis in Clinical Practice**

Theresa Mallick-Searle, MS, RN-BC, ANP-BC

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

- Define the endocannabinoid system
- Discuss the medicinal use of cannabinoids, supported by the research
- Review practical clinical basics and safety considerations

2 – 3:15 p.m. EST **Sexual History Taking Pro Tips: Who, What, and How!**

Diane Bruessow, MPAS, PA-C, DFAAPA; Jonathan Baker, PA-C; and Danielle Varney, PA-C, MS

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

- Develop a broad and comprehensive definition of sex and sexual health
- Implement best and promising practices to improve patient health and wellness across the lifespan
- Adopt clinical strategies based in the practice of cultural humility to enhance your patient interactions

3:30 – 4:45 p.m. EST **Common Ocular Pathologies: To Refer or Not to Refer...That Is the Question**

Nancy Reid, MHA, DHSc, PA-C

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

- Differentiate between viral, bacterial, and allergic conjunctivitis
- Describe common eyelid disorders and the treatment for each disorder
- Describe common corneal disorders and the treatment for each disorder
- Differentiate between strabismus and amblyopia and discuss the appropriate treatment for each

Monday, January 25

12:30 – 1:45 p.m. EST **The Cardiorenal Syndrome and New Concepts in Preventing Diabetic Kidney Disease**

Jonathan Weber, MA, PA-C

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

- Describe pathophysiological factors of diabetic kidney disease (DKD)
- Outline the interconnectivity of type 2 diabetes, DKD, and cardiorenal syndrome (CRS)
- Interpret screening results for and classify DKD

- Analyze the results of recent trials as they relate to the treatment of DKD and CRS
- Apply prevention and treatment strategies for DKD

2 – 3:15 p.m. EST

Use of Telemedicine in Primary Care: Working Smarter, Not Harder

Laura Gunder McClary, DHSc, MHE, PA-C

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

- Identify the benefits of telemedicine services for patients, families, providers, health systems, and communities
- Identify patients appropriate for a telemedicine encounter
- Review legal aspects of telemedicine
- Review CMS policies impacting telemedicine practice
- Recognize appropriate resources to support telemedicine practice

3:30 – 4 :45 p.m. EST

Making It Stick: Patient Counseling in Primary Care

Susan LeLacheur, DrPH, PA-C

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

- Describe the underlying concepts of motivational interviewing
- Assess patient priorities in relationship to behavior change
- Given a patient case, apply evidence based behavior change strategies

Self-Paced Sessions

Air Traffic Controller: Deprescribing to Avoid the Near Collisions of Too Many Medications

Jeff Myers, MMSc, MIH, PA-C

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

- Describe the prevalence of potentially inappropriate medications
- Identify barriers and risks associated with deprescribing
- Review existing studies, models, and tools for deprescribing
- Develop an approach to partnering with patients and their families on deprescribing

Burnout: How We Got Here and How to Get Your Life Back

Heidi Brown, PA-C and Talia Sierra, PA-C

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

- Discuss factors contributing to PA/NP burnout
- Identify the prevalence of PA/NP burnout
- Discuss the signs and symptoms of PA/NP burnout

- Identify barriers to overcoming burnout
- Apply preventative/treatment tools for burnout

Chest X-Ray Refresher

Gopal Allada, MD

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

- Identify relevant thoracic structures on chest radiographs
- Discuss chest imaging terminology with regard to patterns and distribution
- Identify common clinical syndromes using chest radiograph interpretation skills

COPD Update for the Primary Care Provider

Gopal Allada, MD

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

- Identify the causes and epidemiology of COPD in the US
- Discuss the updated COPD guidelines for outpatient management
- Determine and manage acute exacerbations of COPD

Demystifying Dermatologic Diagnoses in Primary Care

Kara N. Roman, MMS, PA-C

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

- Recognize the most common primary care presentations of dermatologic disease focusing on morphology and distribution
- Formulate initial treatment options for common papulosquamous and infectious skin conditions
- Gain confidence in and enjoyment for seeing patients with generalized rashes and other dermatologic conditions in primary care

Getting to Yes: Practical Strategies for Navigating Immunizations Decisions With Older Adults

Michelle Kerr, MPAS, PA-C

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

- Outline current ACIP immunization recommendations for adults 50 years and older
- Describe key concepts in behavioral economics which may affect adult immunization rates in older adults
- Devise strategies for addressing common barriers to patient adherence to recommended adult immunizations

Hormonal Contraception: More Than Just Pregnancy Prevention

Nisha McKenzie, PA-C

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

- Counsel patients on risks, benefits, and efficacy of all forms of contraception with a focus on research and FDA recommendations
- Summarize insertion and removal techniques for long acting reversible contraceptives, as well as explain difficult insertions and removals techniques
- Describe common myths and misconceptions regarding contraception use especially in regard to age and comorbidities

Legal Medicine: Avoidance of Law Suits

Ben Taylor, PhD, PA-C, DFAAPA

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

- Discuss how a case of medical malpractice goes forward to judgement
- Identify the four D's of negligence
- Discuss the importance of medical documentation

Moving Toward Health Equity in Primary Care

Howard Straker, PA-C, EdD, PA-C

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

- Define health disparity, healthcare disparity, health equity, structural racism, and implicit bias
- Discuss the role of PAs and NPs in addressing health disparities in primary care
- Identify health disparities that may be present in primary care
- Recognize resources available to address health disparities

Non-Pharmacologic Methods of Treating Chronic Pain

Theresa Mallick-Searle, MS, RN-BC, ANP-BC

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

- Define and differentiate chronic from acute pain
- Briefly discuss the impact of poorly managed chronic pain
- Discuss the various non-pharmacological modalities available to manage chronic pain

Oh Baby, New Baby! What to Look for in the First 4 Days of Life

Elizabeth P. Elliott, MS, PA-C

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

- Explain common newborn care to a new parent
- Identify signs of illness in the immediate newborn period
- Discuss the most common concerns of a new parent

Pharmacological Approaches to Treating Chronic Pain in the Primary Care Setting

Deanna Bridge Najera, MPAS, MS, PA-C, DFAAPA

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

- Evaluate chronic pain complaints, including assessing risk for substance use and screening for mental health
- Explore the various pharmacologic treatment options for chronic pain including opioid and non-opioid options with a review of the CDC guidelines
- Discuss the PA/NP role in medications for opioid use disorder (MOUD)

Practical Psychiatry Tips for Primary Care

Todd Leech, PA-C, EdD

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

- Recognize and manage common side effects of SSRIs, mood stabilizers, and antipsychotics
- Discuss brief behavioral interventions to manage patient distress
- Discuss the use of naltrexone in the primary care setting

Preoperative Medication Management

Leslie Clayton Milteer, PA-C, MPAS, DFAAPA

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

- Discuss current recommendations for medication adjustments in the preoperative period for cardiac, anticoagulant, and diabetic medications
- Make proper recommendations to the surgical and perioperative team regarding medication monitoring during the pre and post-operative periods
- Educate patients regarding recommended medication adjustments, as needed in accordance with current evidence-based standards

Primary Care Point-of-Care Ultrasound

Matt Chan, MD and Sara Winter, PA-C, MS, SLP

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

- Identify the benefits of point-of-care ultrasound (POCUS) use in practice
- Identify applications and protocols of POCUS in primary care/family medicine
- Determine the improved health outcomes for family medicine patients with the use of POCUS for preventative medicine initiatives

Reimbursement 101: What You Need to Know

Michael L. Powe

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

- Describe the important Medicare reimbursement changes implemented for 2021
- Identify strategies to improve the recognition and tracking of the contributions and productivity of PAs and NPs in various specialties and practice settings
- Explain the unique role that PAs and NPs play in driving increased efficiencies and expanding access to care in new value-based payment models

That Doesn't Look Quite Right: Refining Your EKG Reading Skills

Ben Taylor, PhD, PA-C, DFAAPA

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

- Discuss the EKG manifestations of Wellens syndrome
- Identify abnormal manifestations of a left main stem occlusion
- Recognize the EKG manifestations and clinical significance of the prolonged QT interval

The Battle of the Bulge: Bariatric Endocrinology in 2021

J. Michael Gonzalez-Campoy, MD, PhD, FACE

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

- Review the pathophysiology of obesity
- Discuss obesity management as a chronic disease
- Define treatment goals for individual patients
- Discuss treatment options for obesity
- Discuss overweight, obesity, and adiposopathy as an endocrine disease spectrum

The Patient With Newly Diagnosed Diabetes: What Now?

Joy Dugan-Moverley, DHSc, MPH, PA-C

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

- Prescribe pharmacological treatment for patients with type 2 diabetes mellitus
- Implement psychosocial interventions for patients with newly diagnosed type 2 diabetes mellitus
- Recommend diabetes self-management and education for diabetes self-care

To Treat or Take the Backseat: Management of Common Foot and Ankle Conditions

Sonya Ahmed, MD

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

- Discuss basic foot and ankle anatomy and how it correlates with common foot and ankle conditions
- Identify common foot and ankle orthopaedic conditions that exist and how to non-operatively manage them
- Offer different treatment strategies for basic foot and ankle pathologies and know when to refer to a specialist

Updates in Patient Management of Common Infectious Diseases

Gerald Kayingo, PhD, PA-C

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

- Discuss the diagnosis and treatment of common infectious diseases encountered in family medicine
- Outline recent updates in patient management of common infectious diseases encountered in family medicine
- Discuss current international guidelines for the management of septic shock

What Does Fasting Blood Sugar and A1C Have to Do With Mood Disorders?

Phyllis R. Peterson, MSPA

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

- List the principles of collaborative care treatment in mood disorders
- List three ways that antidepressant therapy may affect outcomes in mood disorders
- Describe when to switch antidepressants and three methods for doing so
- Provide the names, doses, and common side effects of four mood stabilizers

What Was I looking For? Menopause and Its Effects on the Brain and Body

Elyse J. Watkins, DHSc, PA-C, DFAAPA

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

- Differentiate between the various stages of menopause
- Evaluate the appropriateness of different laboratory tests commonly used to diagnose menopause
- Summarize the evidence-based treatment options for menopausal issues
- Develop appropriate patient education that addresses the long-term effects of menopause

What's for Dinner? Nutrition and Physical Activity 101

Karli Burrige, PA-C, MMS, FOMA

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

- Discuss the role that nutrition and physical activity play in overall physical and mental health
- Identify the current state of nutrition and physical activity in the general US population
- Discuss appetite and energy regulation
- Assess nutrition and physical activity habits in the clinical setting
- Develop an individualized nutrition and physical activity plan using behavioral strategies including using the 5 A's, motivational interviewing, and cognitive behavioral therapy

What's New in Hypertension: From Anti-Hypertensives to Patient Compliance

Lawrence (Larry) Herman, DMSc, MPA, PA-C

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

- Identify common side effects associated with anti-hypertensives
- Discuss considerations for medication choice in special populations
- Identify ways to improve medication adherence
- Define resistant hypertension and discuss how to manage patients with this condition

When the Pump Crumps: Managing Heart Failure in the Outpatient Setting

Benjamin Schultze, PhD, MSN, MEd, ARNP, ACNP-BC, CHSE

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

- Identify how heart failure is staged and discuss how to apply this staging to your patient's symptoms
- Identify current evidence guiding pharmacological management of chronic heart failure

- Discuss when advanced therapies are needed

*This agenda may be updated or modified without notification.