Agenda for Full Conference*

Live Virtual Sessions

Saturday, January 23

12:15 – 1:45 p.m. EST  Welcome From Course Directors & The Future of Family Medicine in COVID-19 and Beyond  
Course Directors: Jeffrey Katz, PA-C, DFAAPA; Leslie Clayton Milteer, PA-C, MPAS, DFAAPA; and Ben Taylor, PhD, PA-C, DFAAPA  
Session Speaker: 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  
Session Speaker: Divya Ahuja, MD, MRCP (London)  

At the conclusion of this session, participants should be able to:  
• Discuss the diagnosis and treatment of COVID-19  
• Review the COVID-19 vaccine efficacy and long term outlook  
• Discuss other infectious disease hot topics

3:30 – 4:45 p.m. EST  Leadership Roles in Primary Care: PAs and APRNs Can Do That  
Session Speaker: 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
Session Speaker: 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!
Session Speakers: 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 sexual history taking 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
Session Speaker: 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
Session Speaker: 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**
Session Speaker: Laura Gunder McClary, DHSc, MHE, PA-C

At the conclusion of this session, participants should be able to:
• Explore the challenges, limitations, and opportunities for healthcare providers in telemedicine
• 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

**Behavior Change**
Session Speaker: 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**

**Acute on Chronic Heart Failure With Reduced Ejection Fraction**
Session Speaker: Benjamin Schultze, PhD, MSN, MEd, ARNP, ACNP-BC, CHSE

At the conclusion of this session, participants should be able to:
• Identify the most common cause of acute and chronic heart failure in the United States
• Discuss how chronic heart failure is categorized based upon symptom presentation
• Identify common medications used for managing heart failure

**Air Traffic Controller: Deprescribing to Avoid the Near Collisions of Too Many Medications**
Session Speaker: Jeff Myers, MMSc, MIH, PA-C

At the conclusion of this session, participants should be able to:
• Describe the prevalence of potentially inappropriate medications in patients
• Define and discuss deprescribing and barriers to its success
• Review existing tools to help deprescribe
• Develop an approach to partnering with patients and their families on deprescribing

**Burnout: How We Got Here and How to Get Your Life Back**
Session Speakers: 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 Imaging Refresher**
Session Speaker: Gopal Allada, MD

At the conclusion of this session, participants should be able to:
• Review chest radiograph techniques
• Discuss the basic approach to chest radiograph interpretation
• Review thoracic imaging anatomy
• Discuss chest imaging terminology with regard to patterns and distribution
• Identify common clinical syndromes using chest radiograph interpretation skills

**COPD Update 2021**
Session Speaker: Gopal Allada, MD

At the conclusion of this session, participants should be able to:
• Review the causes and epidemiology of COPD in the US
• Discuss the updated COPD guidelines for outpatient management
• Identify and manage acute exacerbations of COPD

**Demystifying Dermatologic Diagnoses in Primary Care**
Session Speaker: 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 to narrow the differential diagnoses
• Formulate initial treatment options for common papulosquamous and infectious skin conditions
• Gain confidence and enjoyment in seeing patients with generalized rashes and other dermatologic conditions in primary care

**Getting to Yes: Practical Strategies for Navigating Immunization Decisions With Older Adults**  
Session Speaker: 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 that 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**  
Session Speaker: Nisha McKenzie, PA-C

At the conclusion of this session, participants should be able to:
• Develop comfort in counseling patients on risks, benefits, and efficacy of all forms of contraception with a focus on research and FDA recommendations
• Review insertion and removal techniques for long acting reversible contraceptives, as well as explain difficult insertions and removals techniques
• Review common myths and misconceptions regarding contraception use especially in regard to age, parity, and comorbidities

**Hypertension: What's Up Is Down**  
Session Speaker: Lawrence Herman, DMSc, MPA, PA-C, DFAAPA

At the conclusion of this session, participants should be able to:
• Discuss the long- and short-term trends in hypertension prevalence, including special populations
• Implement guideline-based therapeutic choices, utilizing shared decision-making, to effect hypertension control for individual patients
• Evaluate strategies to increase practitioner and patient adherence and positively impact population health with respect to hypertension sequelae

**Legal Medicine: Avoidance of Law Suits**  
Session Speaker: Ben Taylor, PhD, PA-C, DFAAPA

At the conclusion of this session, participants should be able to:
• Identify tips that help you avoid malpractice cases
• Recognize factors that help win or guarantee losing the case
• Discuss documentation “dos and don'ts”
• Discuss strategies for coping with post-litigation emotional scars

**Medication Considerations in the Preoperative Patient**
Session Speaker: 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

**Moving Toward Health Equity in Primary Care**
Session Speaker: 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**
Session Speaker: 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**
Session Speaker: 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
Session Speaker: 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 Clinicians
Session Speaker: Todd Leech, PA-C, EdD

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

- Review common side effects of psychiatric medications, including antidepressants commonly prescribed in primary care, atypical antipsychotics, and mood stabilizers
- Address patient expectations regarding psychiatric medications
- Review medication augmentation and switching strategies in the treatment of depression
- Discuss situations where psychiatric referral is warranted

Primary Care Point-of-Care Ultrasound
Session Speakers: 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
Session Speaker: 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**
Session Speaker: Ben Taylor, PhD, PA-C, DFAAPA

At the conclusion of this session, participants should be able to:
• Identify abnormalities on the EKG
• Discuss the EKG manifestations of Wellens syndrome
• Identify abnormal manifestations of a left main stem occlusion
• Recognize the EKG manifestations and clinical significance of ARVD
• Recognize the different types of WPW

**The Battle of the Bulge: Overweight, Obesity, and Adiposopathy**
Session Speaker: 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?**
Session Speaker: 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**
Session Speaker: 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**
Session Speaker: Gerald Kayingo, PhD, PA-C

At the conclusion of this session, participants should be able to:
• Describe the clinical presentation of common infectious diseases seen in primary care settings
• Discuss the management of common infectious diseases seen in primary care settings
• Recognize life threatening infections and appropriately refer patients to specialized care

**What Does Fasting Blood Sugar and A1C Have to Do With Mood Disorders?**
Session Speaker: 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’s for Dinner? Nutrition and Exercise 101**
Session Speaker: Karli Burridge, PA-C, MMS, FOMA

At the conclusion of this session, participants should be able to:
• Define macronutrients and discuss the hormonal impact of various macronutrients
• Obtain a proper nutrition history
• Utilize various dietary patterns and discuss how they may impact health
• Recognize the impact of physical activity on health
• Obtain a proper physical activity history
• Develop a physical activity plan

**Women’s Health: Menopause**
Session Speaker: 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

*This agenda may be updated or modified without notification.