



January 23-25, 2021

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 Burrige, 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.