

AAPA
CONFERENCE  ON DEMAND
2021 Top 5

Total AAPA Category 1 CME Credits: 5.25

Anaphylaxis

AAPA Category 1 CME: 1

Description: Review the 2021 Anaphylaxis Practice Parameters including rapid diagnosis, treatment and follow up care. This session is ideal for Family Practice, Urgent Care/ED and Pediatric PAs. We will recognize what is new in the field of anaphylaxis prevention including how high risk infants can have the risk of anaphylaxis to peanut reduced by up to 90%.

Learning Objectives:

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

- Recognize anaphylaxis quickly using a simple plan for the evaluation of a severe allergic reaction
- Investigate the need for early epinephrine and the logic behind this recommendation
- Examine the role of epinephrine and adjunct medications in the acute and longer term treatment of anaphylaxis
- Discover the different epinephrine auto-injectors, discuss the cost and pro/cons of each and go through scenarios of actual patients with anaphylaxis
- Review the latest advances in the prevention of severe allergic reactions including new data on peanut anaphylaxis prevention

Primary Track: ALRG - Allergy/Immunology

Anemia: Too Low, No Go

AAPA Category 1 CME: 1

Description: Anemia is a common finding in primary care, as an estimated 3.5 million people in the U.S. have some form of the disease. It is important for clinicians to understand normal red blood cell and hemoglobin biochemistry, genetics, physiology, and pathology. The universally available complete blood count and the reticulocyte count provide an efficient, cost-effective diagnostic tool. Along with conducting a thorough history, physical examination, and common laboratory testing, primary care providers can identify the cause of anemia in most cases. Patients with unclear results or genetic causes require referral to a hematologist or further investigation and management.

Learning Objectives:

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

- Explain the normal physiology of blood cells
- Evaluate the common presentations and work-up of patients with anemia
- Interpret the CBC and other common laboratory tests for anemia
- Develop a differential diagnosis and work-up of microcytic, normocytic, macrocytic, and hemolytic anemias using common tests, treatment, and prevention

Primary Track: HEMO - Hematology/Oncology

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Dia-BEAT-it: How to Safely Get Your Patients with Diabetes Moving

AAPA Category 1 CME: 1

Description: Using the American Diabetes Association Position Paper, this session will provide PAs with practical tips to safely get patients with prediabetes and diabetes moving. The session will review unique pathophysiological changes that occur in diabetes that should be considered when discussing exercise with patients. It will also discuss barriers to exercise and suggestions on how to overcome them. Lastly, resources and free links to exercise classes will also be shared, in order to implement change at your next office visit.

Learning Objectives:

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

- Identify the American Diabetes Association recommendations for exercise for individuals with diabetes and prediabetes
- Identify special considerations for patients with complications
- Identify common medications that may effect participation in exercise for individuals with diabetes
- Examine the effect of insulin and blood glucose levels on exercise participation for individuals with diabetes
- Determine and address barriers to physical activity
- Discuss behavioral strategies for starting and maintaining an exercise program using SMARTER goal setting

Primary Track: ENDO - Endocrinology

Five Can't Miss EKG's

AAPA Category 1 CME: 0.75

Description: Embark on a day in the clinic seeing five patients together as each mystery unravels. Will you be able to spot the red flags? Will you uncover the high risk EKG findings that the machine may miss in time to save the patients life? Join the faculty in this high yield session designed to keep you safe from the land mines that lay in wait on the EKG!

Learning Objectives:

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

- Identify Brugada's on the ECG
- Identify HOCM on the ECG
- Spot STEMI mimics on the ECG

Primary Track: EMER - Emergency Medicine

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Keynote: Rebooting Healthcare

AAPA Category 1 CME: 1.5

Description: The COVID-19 pandemic has shown us how vulnerable we are in a fee-for-service healthcare model where we don't have a team to help us. In Health 3.0, two things emerge as a necessity: team-based, relationship-driven care where healthcare providers are paid to do the right thing for patients, and providers who practice at the top of their training. In addition, healthcare providers want to have a voice in a system where they are often voiceless and share issues so they can feel that they are not alone or isolated. This goes a long way to lifting that sense of burnout that people are suffering. The keynote address will cover how the healthcare system can be more connected and purpose driven. It will focus on how we can change our own way of being in the world, our own behaviors, and ways of interacting with others, that will then emerge as better healthcare system for everyone.

Learning Objectives:

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

- Recognize vulnerabilities in a fee-for-service healthcare model
- Describe how to provide relationship-driven care
- Identify ways to overcome feelings of isolation and burnout
- Assess personal behavior that will lead to a better healthcare system for all

Primary Track: PROF - Professional Role/Professional Practice
