Agenda

Saturday

7 a.m. – 4:15 p.m.  
On-Site Registration

7 – 8 a.m.  
Breakfast (Provided)

8 – 8:15 a.m.  
Introduction: What is Rheumatology?  
Beth Jonas, MD  
At the conclusion of this session, participants should be able to:  
• Identify the role of PAs and NPs in the rheumatology practice

8:15 – 8:45 a.m.  
Foundational Concepts for Rheumatology  
Beth Jonas, MD  
At the conclusion of this session, participants should be able to:  
• Recognize the elements of the immune system covering innate and adaptive immunity, including b-cells, t-cells, and complement  
• Describe the structure and function of a diarthrodial joint  
• Differentiate between inflammatory and non-inflammatory joint pain

8:45 – 9:30 a.m.  
Medical History Taking for the Rheumatic Diseases  
Karina Torralba, MD, MACM, RhMSUS, CCD  
At the conclusion of this session, participants should be able to:  
• Obtain a complete and logical history in a patient-centered manner of a patient with a suspected rheumatic disease  
• Elicit vital historical components including onset, quality, quantity, and location of symptoms, aggravating and alleviating factors, and associated symptoms  
• Elicit a full rheumatic disease review of systems  
• Integrate various historical data that is contributory to the development of a reasonable working differential diagnoses
9:30 – 9:45 a.m.  Break

9:45 – 11:15 a.m.  **Physical Examination: Focus on the MSK Exam in Rheumatology**
Andrea Barker, MPAS, PA-C; Michael Battistone, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD
At the conclusion of this session, participants should be able to:
• Evaluate normal musculoskeletal anatomy and contrast this with abnormal findings found in musculoskeletal disorders
• Demonstrate a logical and complete musculoskeletal physical examination
• Demonstrate muscle strength testing

11:15 – 11:45 a.m.  **Laboratory Evaluation of the Patient with Suspected Rheumatic Disease**
Susan Kelly Chrostowski, DNP, APRN, ANP-C
At the conclusion of this session, participants should be able to:
• Identify the important laboratory studies in the evaluation of patients with suspected rheumatic disease
• Recognize laboratory methods for the determination of autoimmune serologies
• Interpret the results of the synovial fluid analysis
• Select appropriate laboratory tests when evaluating persons with symptoms suggesting rheumatologic conditions
• Interpret the results of serological testing

11:45 a.m. – 12:45 p.m.  **Lunch (Provided)**

12:45 – 1:30 p.m.  **Rheumatoid Arthritis**
Janet Bahr, MSN, RN-C, APNP-BC
At the conclusion of this session, participants should be able to:
• Identify epidemiology, risk factors, and genetics associated with rheumatoid arthritis
• Describe the clinical presentation of rheumatoid arthritis
• Discuss the role of serologic testing and radiographs in diagnosis of rheumatoid arthritis
• Formulate plan for initiating medical management

1:30 – 2:15 p.m.  **Rheumatoid Arthritis: Focus on Therapy**
Janet Bahr, MSN, RN-C, APNP-BC
At the conclusion of this session, participants should be able to:
• Define indications for the use of oral DMARD and biologic medications
• Discuss the reasoning behind ordering hepatitis and tuberculosis tests before starting medications
• List labs required for medication monitoring of DMARD therapies
• Discuss response to therapy, and when to consider adding additional medications

2:15 – 2:30 p.m.  Break

2:30 – 3:15 p.m.  Crystal-Induced Arthritis
Anisha Dua, MD, MPH

At the conclusion of this session, participants should be able to:
• Identify epidemiology, risk factors and genetics associated with crystal-induced arthritis
• Describe the clinical presentation of gout and CPPD arthropathy
• Interpret the results of laboratory testing, synovial fluid analysis and radiographs in diagnosis of crystal-induced arthritis
• Recognize the indication of allopurinol in the treatment of hyperuricemia and the target uric acid level
• Identify the indications for the use of colchicine and NSAIDS in the treatment of acute crystalline arthritis
• Recognize the indications for the use of intra-articular steroids in the treatment of acute gout and pseudo-gout

3:15 – 4:15 p.m.  Rheum for Questions
Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:
• Review foundational concepts in rheumatology, physical exams, laboratory evaluations, rheumatoid arthritis, and crystal-induced arthritis
• Discuss case studies related to laboratory evaluations, rheumatoid arthritis, and crystal-induced arthritis

4:15 – 5:15 p.m.  Networking Happy Hour

Sunday

7 a.m. – 4:15 p.m.  On-Site Registration

7 – 8 a.m.  Breakfast (Provided)

8 – 8:45 a.m.  Osteoarthritis
Janet Bahr, MSN, RN-C, APNP-BC

At the conclusion of this session, participants should be able to:
• Identify epidemiology, risk factors, and genetics associated with osteoarthritis
• Describe the clinical presentation of osteoarthritis
• Recognize the role of radiographs in diagnosis of osteoarthritis
• Discuss pharmacologic and non-pharmacologic management of osteoarthritis

8:45 – 9:30 a.m.  
**Introduction to Multisystem Rheumatic Diseases**  
Karina Torralba, MD, MACM, RhMSUS, CCD  
At the conclusion of this session, participants should be able to:
• Recognize the importance of autoimmunity in the pathophysiology of multisystem rheumatic diseases
• Recognize the clinical presentation of the most common multisystem rheumatic diseases
• Utilize appropriate pharmacologic treatment for multisystem rheumatic disease

9:30 – 10:30 a.m.  
**Systemic Lupus: The Prototype of an Autoimmune Disorder**  
Karina Torralba, MD, MACM, RhMSUS, CCD  
At the conclusion of this session, participants should be able to:
• Identify epidemiology, risk factors, and genetics associated with systemic lupus
• Describe the clinical presentation of systemic lupus
• Recognize the role of serologic testing in diagnosis of systemic lupus
• Discuss the disease management of systemic lupus erythematosus

10:30 – 10:45 a.m.  
**Break**

10:45 – 11:30 a.m.  
**Polymyalgia Rheumatica and Giant Cell Arteritis**  
Anisha Dua, MD, MPH  
At the conclusion of this session, participants should be able to:
• Identify epidemiology associated with PMR and GCA
• Describe the clinical presentation of PMR and GCA
• Discuss the role of laboratory testing, tissue biopsy, and imaging in the diagnosis of PMR and GCA
• Formulate plan for initiating medical management

11:30 a.m. – 12:15 p.m.  
**Selected Topics in Pediatric Rheumatology**  
Janet Bahr, MSN, RN-C, APNP-BC  
At the conclusion of this session, participants should be able to:
• Recognize the clinical presentation, laboratory evaluation, and treatment considerations of various JIA types
• Recognize the clinical presentation, laboratory evaluation, and treatment considerations of JDM
• Recognize the clinical presentation, laboratory evaluation, and treatment considerations of JSLE

12:15 – 1:15 p.m.  
**Lunch (Provided)**

1:15 – 1:45 p.m.  
**Approach to the Patient With Chronic Musculoskeletal Pain/Fibromyalgia**  
Susan Kelly Chrostowski, DNP, APRN, ANP-C  
At the conclusion of this session, participants should be able to:  
• Describe the clinical presentation of fibromyalgia  
• Recognize the distinguishing features between fibromyalgia and inflammatory conditions  
• Recognize the role of central pain sensitization in the pathophysiology of fibromyalgia  
• Describe treatment strategies – both pharmacological and non-pharmacological

1:45 – 2:15 p.m.  
**Evaluation of the Patient With Back Pain**  
Anisha Dua, MD, MPH  
At the conclusion of this session, participants should be able to:  
• Differentiate between mechanical back pain and inflammatory back pain  
• Distinguish the causes of acute and chronic back pain  
• Recognize red flag signs and symptoms related to back pain  
• Discuss the role of laboratory testing and radiographs in the evaluation of back pain

2:15 – 2:30 p.m.  
**Break**

2:30 – 3:15 p.m.  
**Seronegative Spondyloarthropathy**  
Anisha Dua, MD, MPH  
At the conclusion of this session, participants should be able to:  
• Define spondyloarthritis, the spectrum of conditions, and their common clinical features  
• Discuss important distinguishing features between ankylosing spondylitis, psoriatic arthritis, and reactive arthritis  
• Identify the role of laboratory testing and radiographs in the diagnosis of various spondyloarthritides  
• Discuss general principles of management of various spondyloarthritides – both pharmacologic and non-pharmacologic
3:15 - 4:15 p.m.  Rheum for Questions
Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:
• Review concepts in osteoarthritis, multisystem rheumatic diseases, systemic lupus, polymyalgia rheumatica, giant cell arteritis, pediatric rheumatology, chronic musculoskeletal pain, back pain, and seronegative spondyloarthropathy
• Discuss case studies related to osteoarthritis, multisystem rheumatic diseases, systemic lupus, polymyalgia rheumatica, giant cell arteritis, pediatric rheumatology, chronic musculoskeletal pain, back pain, and seronegative spondyloarthropathy

Monday
7 a.m. – 1:45 p.m.  On-Site Registration
7 – 8 a.m.  Breakfast (Provided)
8 – 9 a.m.  Osteoporosis
Susan Kelly Chrostowski, DNP, APRN, ANP-C

At the conclusion of this session, participants should be able to:
• Describe the pathophysiology and risk factors for osteoporosis
• Discuss the indications for screening and evaluation of osteoporosis
• Evaluate and determine appropriate management of the patient with osteoporosis

9 – 9:30 a.m.  Barriers to Care
Beth Jonas, MD

At the conclusion of this session, participants should be able to:
• Recognize disparities in healthcare that may impact patient care
• Identify issues related to insurance that can impact healthcare
• Describe how barriers to healthcare can impact medication adherence

9:30 – 10:15 a.m.  Common Regional Musculoskeletal Problems
Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:
• Describe and differentiate common regional musculoskeletal problems based on historical information and physical examination
• Determine reasonable strategies for the treatment of common regional musculoskeletal problems
• Judiciously utilize medications to control pain, swelling and other symptoms related to soft tissue disorders

10:15 – 10:45 a.m.  Break for Hotel Room Check-Out

10:45 a.m. – 12:45 p.m.  Joint Injection Workshop
Andrea Barker, MPAS, PA-C; Michael Battistone, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:
• Identify indications, contraindications, risks, benefits, materials, and proper injection technique
• Obtain and document informed consent
• Perform a knee and shoulder injection on a mannequin

12:45 – 1:45 p.m.  Closing Lunch (Provided): Developing Your Career in Rheumatology
Janet Bahr, MSN, RN-C, APNP-BC; Andrea Barker, MPAS, PA-C; Michael Battistone, MD; Susan Kelly Chrostowski, DNP, APRN, ANP-C; Anisha Dua, MD, MPH; Beth Jonas, MD; and Karina Torralba, MD, MACM, RhMSUS, CCD

At the conclusion of this session, participants should be able to:
• Discuss challenges that a PA/NP might encounter when transitioning into a rheumatology practice, and how these challenges can be addressed
• Discuss the value that PAs and NPs bring to a rheumatology practice

This agenda may be updated or modified without notification.