**Agenda**

**Saturday**

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

7 – 8 a.m. **Breakfast (Provided)**

8 – 8:15 a.m. **Introduction to the Training Rheum**

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

• Identify the role of PAs and NPs in a rheumatology practice

8:15 – 8:45 a.m. **Foundational Concepts for Rheumatology**

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

• Recognize the elements of the immune system
• 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 in Rheumatology**

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

• Obtain a complete and logical history of a patient with a suspected rheumatic disease, in a patient-centered manner
• 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**  
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**  
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 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**  
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**  
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 tests needed prior to initiation and monitoring of DMARD therapies  
- Discuss response to therapy and when to consider adjusting therapy

2:15 – 2:30 p.m. **Break**

2:30 – 3:15 p.m. **Crystal-Induced Arthritis**  
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 CPPD arthropathy

3:15 – 4:15 p.m.  Rheum for Questions

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

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

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 diseases
9:30 – 10:30 a.m.  **Systemic Lupus: The Prototype of an Autoimmune Disease**
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

10:30 – 10:45 a.m.  **Break**

10:45 – 11:30 a.m.  **Polymyalgia Rheumatica and Giant Cell Arteritis**
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 a plan for initiating medical management

11:30 a.m.– 12:15 p.m.  **Selected Topics in Pediatric Rheumatology**
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.  **Chronic Musculoskeletal Pain and Fibromyalgia**
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 chronic pain syndromes
- Describe treatment strategies – both pharmacological and non-pharmacological

1:45 – 2:15 p.m.  **Evaluation of the Patient With Back Pain**
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

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

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

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**

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 Disorders**

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.  **Hands-On Practicum**

At the conclusion of this session, participants should be able to:
- Demonstrate the physical examination of the hand, wrist, and elbow
- Discuss the role of musculoskeletal ultrasound in the evaluation of a patient with arthritis
- Perform a knee and shoulder injection on a task trainer

12:45 – 1:45 p.m.  **Closing Lunch (Provided): Developing Your Career in Rheumatology**

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.*